

Lakeside Christian Fellowship Ripples



AUGUST 2019

VOLUME VII, NUMBER 8

Dear Church Family,

I hope you are having a pleasant summer. Sharon and I were blessed with a lovely cruise to the British Isles in May. Then we spent about 10 days in Nebraska helping our son and daughter-in-law recover from orthopedic surgery. They needed help with meals and chauffeuring their eight year-old son and ten year-old daughter to all their summer camps and other activities . We were glad we were able to help.

We did not wish to be gone from our church longer than necessary but it is so comforting to know that Pastor Chuck is willing and able to step right in when needed. We do not plan to leave for any other extended period of time this year. My brother-in-law is seriously ill with Mantel Cell Non-Hodgkins Lymphoma in Colorado and might require my visit in the worst case scenario. Please keep Rev. David Piper and his wife, Claudia in your prayers.

I realize that many of our folks have summer plans which might keep them from coming to church but I would urge you to make every effort to be with us for the rest of the summer. I do not usually invite people to come to hear my sermons, that would be presumptuous. However, I am embarking on a sermon series which I have never attempted before, I am preaching on a number of the names of God revealed in Scripture which have a great deal to teach us about the nature, character and attributes of God in the Bible. It is my sincere hope and prayer that this sermon series will enable us all to grow in the knowledge and understanding of God so that our worship (public and private) might be enhanced and our spiritual journeys enriched.

To God be the Glory!

Hope to see you in church,

Pastor Rick Waters

A family of faith connecting people to Christ and to each other!

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~ PV Men's Fellowship ~

Men,

Mark your calendar. It is time for Men's Breakfast to resume after a nice sabbatical. Hope you have enjoyed a nice summer. Breakfast resumes on Tuesday September 3 at the Point Venture Community Center at 8:30 AM. The cooks will have prepared a scrumptious breakfast for you.

We will start the new season with an interesting program. I assume everyone knows about the condos being built on Boggy Ford near the Oaks. We will have a speaker come and tell us about the status of the project and the plans after it is completed.

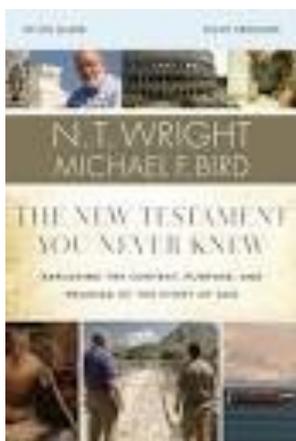
Welcome back!

Contact Dan Olson 512-267-2374 for more information



~ Lakeside Men's Bible Study ~

You will discover things you never knew about Jesus' baptism and journey into the wilderness, the meaning behind his parables and miracles, the significance of his death and resurrection, the incredible expansion of the early church into the Greco-Roman world, and how the transforming mission of Jesus can still turn the world upside down today. Through reading the New Testament we continually discover that God indeed keeps his promises, but those promises don't always look like what people expected. Especially when it comes to Jesus. So, come join the journey with N.T. Wright and Michael Bird and they will help you understand the New Testament you never knew.



Join us on the 2nd and 4th Tuesdays of each month beginning August 13th for this 8 week study with a light breakfast at 8am and discussion (8:30am).

Contact Chuck Smith 512-922-6233
for more information.

A family of faith connecting people to Christ and to each other!



Lakeside Christian Women's Fellowship

The LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP - -

is now vacationing for the summer, while the newly elected 2019-2020 officers are organizing and preparing for another nine months of service and fellowship.

Jan Robbins, Program Chair, has once again selected and developed a very interesting program entitled CONVERGENCE?

COINCIDENCE? **IT'S A GOD THING!** The convergence of events and coincidences show the hand of God working in our lives and in past events.

We will meet in the Bluebonnet Room on September 16th at 10:30 am and welcome special guest, Linda McCullough, who will present the first program with her book review on PURE GRIT by Diane Carlson Evans, telling the story of World War 11 POW Nurses in the Philippines.

Expect something new and exciting from Fall 2019 to Spring 2020, from special people sharing significant stories.

Please extend an invitation to all ladies in the community for an experience of learning and warm fellowship. We look forward to meeting and greeting our partners in faith.

CONTINUE Enjoying your SUMMER!! No monthly meetings in July or August.

WOMEN'S BIBLE STUDY meets each Wednesday at 9:30 am in the Bluebonnet Room.

NEW STUDY BEGAN JULY 10th ... "The Girl's Still Got It", the book of Ruth by Liz Curtis Higgs, one of our favorite authors who also wrote, "It's Good to be Queen".

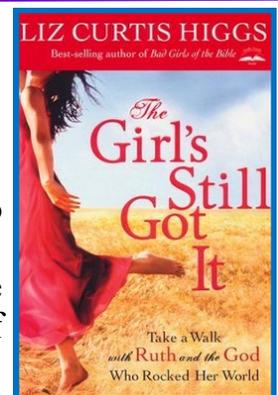
"**The Girl's Still Got It**" is a 12 chapter study book about Ruth as she travels from Moab to Bethlehem, certain of her calling, yet uncertain of her future. One of the best selling authors and President of Proverbs 31 Ministries, Priscilla Shirer, comments "this is by far the most interesting, encouraging and applicable books on Ruth she had ever read". Through this rags-to-riches redemption story---see what God is trying to teach us and recognize He has a plan for all of us. We invite you to take a walk with Ruth and the God who rocked her world.

For information on
Women's Bible
Study
contact:

Lil Burch
@ 512-267-2278
email:
raylilpv@aol.com

or

Donna Nash
@ 512-267-5947
email:
hilltophappiness@gmail.com





Health Watch



Gastroparesis: What you need to know

By Lori Smith BSN MSN CRNP

[Causes](#), [Symptoms](#), [Complications](#),
[Natural remedies](#)
[Dietary tips](#), [Treatment](#), [Diagnosis](#)

Gastroparesis is a medical condition that affects the movement of food from the stomach to the small intestine.

It happens when the stomach's normally occurring contractions are not working properly. It is sometimes known as stomach paralysis.

During digestion, stomach contractions help move the partially digested food from the stomach to the small intestine. Here, further digestion and nutrient absorption occur. In people with gastroparesis, this does not occur properly.

This change interferes with how the stomach empties. The condition can lead to nausea, vomiting, and blood sugar and nutritional abnormalities.

Gastroparesis affects around [10 men and 40 women](#) in every 100,000, but in the United States, 1 in 4 adults have symptoms that resemble those of gastroparesis.

Fast facts on gastroparesis

- The cause of gastroparesis is sometimes unknown, but some common risk factors include [diabetes](#), [multiple sclerosis](#) (MS), and [chemotherapy](#).
- Symptoms include [heartburn](#) or [acid reflux](#) and bloating.
- Complications include [dehydration](#) and [malnutrition](#).
- Natural remedies include eating small, frequent meals and avoiding foods that lead to bloating.
- Treatment can help relieve symptoms, but the options available will also depend on any underlying condition.

Causes



Gastroparesis happens when the stomach is not able to move food on to the small intestine.

- The symptoms of gastroparesis can be mild or severe.
- The cause may be unknown in some cases, but certain factors that can increase the risk.

These [include](#):

- vagus nerve damage or surgery
- uncontrolled diabetes
- certain drugs or medications, such as tricyclic [antidepressants](#), [calcium](#) channel blockers, clonidine, dopamine agonists, lithium, nicotine, and [progesterone](#)
- conditions such as [Parkinson's disease](#), multiple sclerosis, amyloidosis, and [scleroderma](#)
- stomach surgery
- viral infection
- medical treatments such as [radiation therapy](#)



Health Watch Health Watch



Gastroparesis: What you need to know

- [hypothyroidism](#)
- Certain psychological disorders
- eating disorders
- [cancer](#)
- chemotherapy
- use of pain relief medications, such as codeine
- anticholinergic drugs, which block nerve signals

At times, the cause of gastroparesis is unknown. These cases are referred to as idiopathic gastroparesis. Those at the [highest risk](#) for developing idiopathic gastroparesis include young and middle-aged women.

Symptoms



*GERD and heartburn
are symptoms of gastroparesis*

The symptoms of gastroparesis [include](#):

- heartburn or reflux disease ([GERD](#))
- nausea or vomiting of undigested food

- feeling full-up earlier than normal
- stomach bloating or pain
- reduced appetite
- weight loss due to low-calorie intake

Symptoms are often worsened by eating solid foods, fatty foods, and foods high in fiber or by drinking high-fat or fizzy drinks.

Complications

Gastroparesis is not only an uncomfortable medical condition, but it can also cause a variety of complications.

These include:

- severe dehydration, due to vomiting
- malnutrition, as a result of poor absorption
- blood sugar abnormalities
- hardened, undigested food that can form a solid mass, which can sometimes be life-threatening
- bacterial overgrowth in the stomach due to undigested food
- reduced quality of life

Natural remedies

Alternative therapies may provide relief to some people.

These may include [acupuncture](#), acupressure, biofeedback, hypnotherapy, the use of [ginger](#), and skin application of antinausea medications.



Health Watch



Gastroparesis: What you need to know

By Lori Smith BSN MSN CRNP

Dietary tips



Small meals are recommended, and these should be low in fat and fiber.

Dietary modifications [are important for](#) people with gastroparesis. Steps to take [can include](#):

- small, frequent meals
- avoiding raw or uncooked fruits and vegetables
- avoiding fibrous fruits and vegetables
- eating liquid foods such as soups or pureed foods
- eating foods low in fat
- drinking water during meals
- gentle exercise following meals, such as walking
- avoiding fizzy drinks, smoking, and alcohol
- not lying down within 2 hours after eating

Small changes in diet, such as eating soups, may help people with gastroparesis.

Treatment

Treatment often involves tackling the underlying cause of gastroparesis. Some [medical treatments](#) that can alleviate the symptoms, for example, by helping the stomach to empty.

- antinausea medications, such as prochlorperazine, diphenhydramine, and thiethylperazine, or ondansetron
- drugs to increase stomach contractions like metoclopramide
- [antibiotics](#) such as erythromycin may be recommended
- injections with Botulinum toxin (Botox)
- electrical gastric stimulation, a surgical procedure where electrodes are attached to the stomach to trigger contractions
- feeding tubes or intravenous forms of [nutrition](#) may be required in some cases

If someone thinks that they are experiencing symptoms of gastroparesis, they should speak with their health provider for evaluation and treatment.

Diagnosis

After a symptom review and physical exam, a healthcare provider may recommend certain tests and procedures to confirm a diagnosis of gastroparesis.

Tests and procedures that [can be used](#) include:

- Upper gastrointestinal [endoscopy](#) (upper GI): A flexible tube with a lighted camera is used to examine the upper gastrointestinal system, looking for any abnormal areas.
- Radiologic imaging procedures: Such procedures include the use of [CT scan](#), [MRI](#), and [ultrasound](#).
- Upper GI series: Also referred to as a barium X-ray or barium swallow, this test involves drinking a liquid that coats the digestive tract and then having an X-ray. This allows doctors to see abnormal areas such as [inflammation](#), infection, cancer, and [hernias](#).
- Gastric emptying study: This nuclear medicine procedure allows for evaluation of the rate of stomach emptying in the presence of solid food or liquids.



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- **Breath test:** After drinking some sugar water, the amount of gas metabolized by the body is measured in a sample of the breath.
- **Gastric manometry:** This test evaluates the electrical activity and smooth muscle movement of the stomach and small intestine. To do this, a thin tube is passed through the mouth and into the stomach.
- **Electrogastrography:** With the use of skin electrodes, an electrogastrography measures stomach electrical activity.
- **The smart pill:** A wireless capsule is consumed to test digestive speed. During the test, pH, temperature, and pressure changes are recorded as the pill passes

through the gut.

- **Scintigraphic gastric accommodation:** Stomach volumes both before and after a meal are measured using radioactive material. The presence of more than 10 percent residual food within the stomach 4 hours after a meal meets the criteria for gastroparesis.
- **Small intestine X-ray:** This test is typically used to check for an intestinal blockage that could be causing symptoms of delayed stomach emptying. These symptoms could be confused for gastroparesis.

<https://www.medicalnewstoday.com/articles/313873.php>



Lakeside Christian Fellowship

10th Anniversary Celebration

**October 20, 2019
5 - 8 P.M.
At K-Oaks**

Flowers - One of God's most beautiful gifts to us!

Remember your loved ones, celebrate a special occasion, rejoice in our church by supplying the flowers for our worship service. If you would like to



Altar Flowers

provide flowers for a Sunday service, please sign up on the Flower Chart posted on the bulletin board in the Worship Center and contact Mary Ann Childs at (512) 517-3231 to place your order. Let the church office know if you would like something printed in the bulletin for your special occasion!

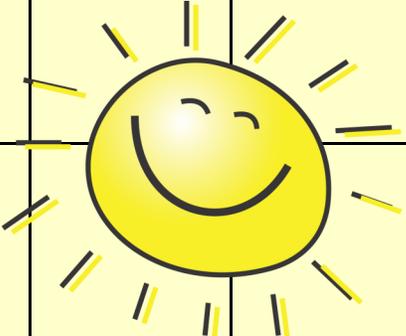
A family of faith connecting people to Christ and to each other!

Church Office Hours:
Wednesday and Thursday
from 9:30 am to 3:30 pm.

AUGUST



Please remember that all church activities should be scheduled on the master calendar in the church office. Thank you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:30 AM Alzheimer's Support Group @ LV Library	2	3
4 10:30 AM Worship Service @ Worship Center	5	6	7 9:30 AM CWF Bible Study @ Bluebonnet Room	8	9	10
11 10:30 AM Worship Service @ Worship Center	12 2:00 PM Leadership Council @ Worship Center	13 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	14 9:30 AM CWF Bible Study @ Bluebonnet Room	15 10:30 AM Alzheimer's Support Group @ LV Library	16	17
18 10:30 AM Worship Service @ Worship Center	19 10:00 AM Cancer Support Group @ LV Library	20	21 9:30 AM CWF Bible Study @ Bluebonnet Room	22 	23	24
25 10:30 AM Worship Service @ Worship Center	26	27 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	28 9:30 AM CWF Bible Study @ Bluebonnet Room	29	30 	31
<p>For more information visit the LCF website at www.lakesidechristians.org</p>						



Tom Gardner	2
Tommie Thompson	2
Burt Burchette.....	4
Linda Harting	5
Darrell McClaid	5
Dawn Thompson.....	6
Don Killough.....	9
Jean Mangum	20
Janette Howle.....	24
Clyde Hance.....	25
Maja Linderman.....	29



Ed & Shirley Sherwood
August 2

Jim & Ietha Guy
August 6

Tim & Tess Benefield
August 11

Burt & Margy Burchette
August 28

Charlie & Nan Knapp
August 29

Rick & Sharon Waters
August 29

Please send your information to:
office@lakesidechristians.org

Prayer Corner

Prayers are edited and adapted from
Pocket Prayers by Max and Andrea Lucado.



*Our Father in heaven,
hallowed be Your name. Your kingdom come.
Your will be done on earth as it is in heaven.*

Matthew 6:9-10

Father, you are above all, know all, and see all. Yet you hear me as if I am your only creation. May I not view you as a distant father, but as one who has come to earth and understands the challenges and temptations of my life. Be near me today and whisper reminders that you are close and holding me as your child. My friends need you today as they make difficult decisions in their workplaces and within their families. Would you show them that you are closer than even their earthly fathers? Thank you for hearing me and listening to my pleas. It's in Jesus' name I pray this, amen.

July 2019

Average Sunday Attendance	64
YTD Offerings	\$141,826.00
YTD Expenses	\$114,899.00

Lakeside Christian Fellowship

Worship Location
1922 American Drive, Lago Vista

Office
1918 American Drive, Suite 3, Lago Vista
512-267-1700, office@lakesidechristians.org

Mailing Address
P. O. Box 4874, Lago Vista, TX 78645

Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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