

Lakeside Christian Fellowship Ripples



JULY 2019

VOLUME VII, NUMBER 7

Wow! Its already July. Half a year has gone by! Is it just me or has time speeded up? Of course it hasn't but sure seems like it to me. I thought getting older and retiring or semi-retiring things would slow down a bit, but as all of you know we seem to be getting busier and busier and that's great because our lives are full of extensions to our families and making new friends because now we can socialize more. Slow down? Nah!

The biblical stories of Abraham and Moses are those that show men of faith that lasted well into their elder years. I began once again my own study of Hebrews about how Christ is greater than Moses and that he is the High Priest "on the order of Melchizedek" who visited with Abraham and the certainty of God's promises to us.

Chapter 11 of Hebrews begins this way, "Now faith is the assurance of things hoped for, the conviction of things not seen.... By faith we understand that the universe who was created by the Word of God, so that what is seen was not made out of things that are visible." Faith is what sustains us as we get older and more mature in Christ

We are told of the faith of Abraham, the founder and patriarch of the three great religions of the world. We are told of the faith of Moses to lead the chosen to the Holy Land. We are told of the faith of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets who "through faith conquered kingdoms, enforced justice, obtained promises...were made strong out of weakness..." even though they did not receive what was promised in their lifetimes.

Faith sustains us and will guide us – give us hope for the future in Christ Jesus. Slow down? No way!

Pastor Chuck Smith

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

LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for June 10, 2019

CALL TO ORDER: The Leadership Council meeting was called to order by Moderator Scott Cameron at 2:00 pm. Members present were Scott Cameron, Dave Freeman, Chuck Smith, Genie Carroll, Ginger Halsted and Don Killough,

INVOCATION: Ginger Halsted opened the meeting with Prayer.

The May 2019 minutes were approved.

FINANCIAL UPDATE: Genie Carroll distributed the Income and Expenses/Budget and the financial report and noted that all expenditures are in line and we are in good shape financially. Ginger Halsted moved to accept the report; Dave Freeman seconded and the motion carried.

STEWARDSHIP COMMISSION:

Don Killough distributed the 2020 budget planning worksheets.. He informed the board that the worksheets needed to be returned to the church office by July 17 and the Stewardship Drive begins on September 8.

BUILDING AND GROUNDS: There was nothing to report.

FAITH IN ACTION: There was nothing to report.

WORSHIP COMMISSION: Ginger Halsted reported that the Hill Country Singers would no longer be practicing at Lakeside Christian Fellowship.

Rehearsals will now be held at Rolling Hills..

PASTORAL RELATIONS UPDATE: Dave Freeman discussed various options in reaching out to new residents in the community.

OUTREACH MINISTRIES: Rev. Chuck Smith gave a brief update on the Cancer and Alzheimer support groups. Genie Carroll suggested possibly mentioning our presence in the neighborhood app Next Door.

OLD BUSINESS: There was a lot of discussion on the planning of the LCF 10th Anniversary celebration. A catered sit down dinner has been set for October 20, 3-8 p.m. at K-Oaks. (Look for more details in the coming months)

It has been decided to do away with the 5th Sunday Pot Luck Luncheon for the rest of the 2019 year.

NEW BUSINESS: It was voted and approved to change the power of one days to the second and fourth Sundays.

The next council meeting will be held on August 12.

Meeting adjourned at 3:12 pm.
Respectively submitted by Dave Freeman.

CHURCH  COUNCIL

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



**The Church office
will be closed on July 4th.
The staff at Lakeside Christian Fellowship
wishes you all a safe and happy July 4!**



**Lakeside Christian
Fellowship**

**10th Anniversary
Celebration**

**October 20, 2019
3 - 8 P.M.
At K-Oaks**

**The Power of One
Days
have been changed
to the 2nd and 4th
Sundays**

**Benevolence:
God's Love in Action**

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~ PV Men's Fellowship ~

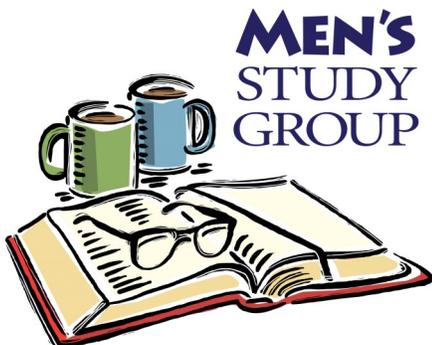
The PV Men's Group is on Summer break for July and August. The group will resume in September meeting every 1st and 3rd Tuesday. We enjoy fellowship and the usual great breakfast! We look forward to the men of the church joining us for a great way to start the morning with food and relaxing conversation. Please join us for good food and fellowship!!



Contact Dan Olson 512-267-2374 for more information

~ Lakeside Men's Bible Study ~

The Lakeside Men's Bible Study Group will not be meeting in July, but will begin again on August 13, 2019 where we will meet on the 2nd and 4th Tuesdays of each month at 8am for a light breakfast and discussion at 8:30am. Enjoy your summer and looking forward to seeing you in August.



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

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Lakeside Christian Women's Fellowship

The LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP - -

is now vacationing until Monday, September 16th, but the 2019-2020 officers are working diligently during the summer to offer another nine months of exciting programs!

Jan Robbins, Program Chair, will develop and introduce another intriguing series entitled "CONVERGENCE AND COINCIDENCE, IT'S A GOD THING". Webster's New World College Dictionary defines CONVERGENCE as an act, fact or condition of coming together, or coming together at a point, to move or be directed toward each other, or to the same place, purpose or result, to approach a definite limit. COINCIDENCE is the fact or condition of coinciding, an accidental or remarkable occurrence of events or ideas at the same time, suggesting but lacking a causal relationship.

On Monday, September 16th, we will gather in the Bluebonnet Room at 10:30 am and welcome distinguished guest, Linda McCullough, who will present the first program, "POW NURSES IN THE PHILLIPINES".

Expect something new and interesting from Fall 2019 to Spring 2020, from special people sharing their 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.

LAKESIDE CHRISTIAN WOMEN'S BIBLE STUDY

WOMEN'S BIBLE STUDY meets each Wednesday at 9:30 am in the Bluebonnet Room, **EXCEPT NO STUDY ON JULY 3rd.**

NEW STUDY TO BEGIN JULY 10th ... "The Girl's Still Got It" by Liz Curtis Higgs, one of our favorite authors who also wrote, "It's Good to be Queen"; the book that the study group just completed. "The Girl's Still Got It" is about the book of Ruth as she travels from Moab to Bethlehem, certain of her calling, yet uncertain of her future. Hold Naomi's hand and watch love put the pieces of her broken life back together. And hang out with Boaz, their kinsman-redeemer, who blesses both women and honors God, Big time. You know Ruth's story. Now meet her in person and prepare to be changed. See what God is trying to teach us through this rags-to-riches redemption story---he has a plan, for your life too. Take a walk with Ruth and the God who rocked her world.

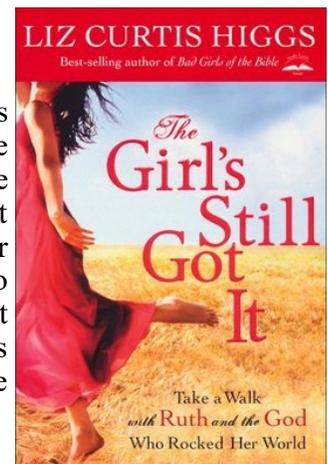
Call/email Lil for study book, \$ 12. 512-267-2278 raylilpv@aol.com

For information on
Women's Bible
Study
contact:

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

or

Donna Nash
@ 512-267-5947
email:
waynnsh@aol.com





Health Watch

Skin Cancer Awareness



The American Academy of Dermatology is raising awareness about skin cancer, the most common cancer in the United States. Melanoma, the most deadly form of skin cancer, is on the rise for young adults ages 25 to 29. Prevention and screening are key to discovering this cancer early. When melanomas are found at an early stage, they are easier to cure, so everyone is encouraged to learn how to do skin self-exams

Melanoma

Follow-up care

After your melanoma treatment has been completed, you must be careful to monitor for recurrence and second cancers. Because of your history of melanoma, you're at an increased risk for developing a new melanoma or skin cancer, so follow-up care and skin cancer prevention are especially important.

Monitoring for recurrence or a second primary melanoma

Most recurrences of melanoma develop within the first five years after treatment, so your follow-up visits will be more frequent within that time period. However, late recurrence, even after 10 years, is also possible. How often your doctor will see you for follow-up visits depends on several factors, including the stage of the melanoma and your particular risk factors (see Table 1). Your check-ups will include a thorough physical exam with particular attention to your skin and lymph nodes.

Tests on blood samples and regular X-rays and imaging scans have not been found to be useful for follow-up, but they may be done if you have symptoms or clinical signs that suggest recurrence. For anyone at a high risk for recurrence, imaging studies may include computed tomography (CT), positron emission tomography (PET) or combined PET/ CT to look for melanoma in the organs and lymph nodes. Magnetic resonance imaging (MRI) may be used to look for the spread of melanoma to the brain, and a bone scan may be performed to look for the spread of melanoma to the bones.

Your doctor will ask you to participate in your follow-up care with a monthly self-examination of your skin for potential melanoma. During these skin checks, you should also look for any abnormal lumps, especially where the surgery was done and in nearby lymph nodes. The "ABCDE" rule will help you know the difference between a melanoma and a benign (not malignant) mole (see Figure 1). Because family history plays an important role in melanoma and other skin cancers, your family members should also have regular skin screenings.

The importance of skin cancer prevention

As the risk of recurrence decreases, the risk of developing a second melanoma or other type of skin cancer increases. This means you must continue skin cancer prevention practices, even when your follow-up visits become further apart. Be prepared to practice skin cancer prevention for your entire life!

The most important preventive measure is to avoid excessive exposure to ultraviolet (UV) rays. The sun is the primary source of UV rays, and you and your family should follow national guidelines to protect yourself (see Helpful Tips below). Protection from UV rays is especially important for people with a fair complexion, light-colored eyes, blond or red hair, and a tendency to burn or freckle with exposure to the sun. Another dangerous source of UV rays is indoor tanning facilities. Studies have shown the risk of melanoma is three times higher for people who regularly use such facilities.

Sun exposure and indoor tanning should never be used for the purpose of increasing your levels of vitamin D. If required, oral supplements are an excellent way to boost your vitamin D levels safely and effectively. To be sure you are getting enough vitamin D, your doctor will likely check your blood levels and may suggest a vitamin D supplement.



Health Watch

Skin Cancer Awareness



Hidden dangers – Think before you ink

Monitoring your body for signs of melanoma is a tedious yet necessary task if you want to avoid the most dangerous form of skin cancer. Doctors say this is especially true if you cover your skin with tattoos, as they can delay your diagnosis and put you in more danger than people who are ink-free.

It's important to watch new and existing moles — along with birthmarks — that change color, shape or size. When ink (or laser tattoo removal) alters the skin's pigment, these signs are harder to detect, which is why many doctors strongly advise against covering existing skin problems with tattoos.

If you are fair-skinned, have several moles or have relatives with melanoma, think before you ink. If you can't resist, doctors advise opting for a lighter and smaller tattoo that still allows you to easily survey your skin. Most tattoo artists will steer clear of moles for the very same reason and agree that it's smart to get clearance from a dermatologist before you decide to decorate any part of your body.

The same consideration applies when you choose to lose your tattoos with the help of laser treatments. Lasers should never come in contact with moles or birthmarks, so make sure that the procedure can be performed safely before you begin.

Although there's no connection between tattoos and cancer, there is a realistic concern that they may prevent you from finding and fixing skin problems early, when a cure is more likely.

Life after cancer

Transitioning into a post-treatment schedule

Early screening tests, new developments in treatment and better side effect management are all credited with increasing cancer survival rates, especially in the field of melanoma. More than 1 million of the estimated 14.5 million cancer survivors in the U.S. today are melanoma survivors. The cancer community is realizing now that with more and more survivors comes the responsibility to continue care

beyond treatment. Recovery — both physical and mental — takes time, resources, education and patience.

Defining cancer survivorship

Cancer survivorship is often defined in two ways: completing treatment and having no remaining signs of disease; or living with, through and beyond cancer. According to the second definition, survivorship begins at diagnosis, continues through treatment and persists past it—including those who are living disease-free and those who are managing cancer as a chronic condition.

As you transition into survivorship, you may experience some unexpected difficulty. You may begin to realize that unfortunately the issues related to your cancer do not end when treatment stops. Your history of disease will affect both your health care needs and your lifestyle every day from here on. Knowing what to expect and the resources available can be valuable assets as you continue your own journey into life after cancer.

What to expect

Cancer and its treatment can affect your body long after it ends—for days, months or even years. Many cancer survivors must manage continuing and late effects of treatment, such as cognitive changes, fatigue, lymphedema and neuropathy. There are ways to alleviate and manage these effects, so maintaining an open dialogue with your health care team even after treatment has ended is vital. Your quality of life after cancer should be a continuing, lifelong focus as you move forward from your diagnosis.

The effects of cancer and its treatments also include psychosocial and emotional changes. Surviving cancer can stir up a lot of feelings, which will be different for everyone. Survivors often experience a mixture of emotions, from relief and joy to stress, depression, guilt or fear. It's important to be aware that these emotions and many others may arise so you can be prepared to acknowledge, accept and move past them—and seek the appropriate help if you have trouble doing so.



Health Watch

Skin Cancer Awareness



Creating a survivorship plan

Once you're past primary treatment, it's important to take the time to create a survivorship plan. Similar to the way your treatment plan helped you navigate treatment, a survivorship plan is like a life wellness plan—a roadmap that helps you figure out where you're going and how to get there. No single plan applies to every patient, but certain aspects of a plan may be similar.

Your survivorship plan should include everything from comprehensive information about the treatments you received to a follow-up care schedule and more. While you may be able to compile most of the necessary information on your own, be sure to thoroughly discuss each component of your survivorship plan with your doctor.

What to include

A well-documented medical history record and summary of your cancer treatments can help any doctors you see in the future provide you with the best possible care. Your records should contain your entire history of medical care, including your exact cancer diagnosis (date of diagnosis, specific cancer type, stage and location of the cancer), symptoms, diagnostic tests, procedures, treatments (including drug names and dosages), dates, side effects and any supportive care you received. It's also important to include information about your family's medical history, including any history of cancer. And if you haven't already, create a contact log for your entire health care team. List names, titles, phone numbers and addresses; also describe the role each person played (or plays) in your care.

Late effects are those that develop weeks, months or even years after your treatment ends. Because of this, your survivorship plan should include information about your risk for developing certain late effects based on your specific type of cancer and treatment plan. Be sure to ask your doctor about the signs and symptoms you should watch for so that you can detect and manage them early on. Your survivorship plan should also discuss the risk that your cancer may come back as a local recurrence

(where it originally developed) or as a distant recurrence in the form of metastatic disease.

In addition to your medical history and treatment summary, your survivorship plan should include plans for follow-up care. At the end of your treatment plan, your doctor should provide you with a follow-up care schedule. This schedule will detail the information regarding future appointments, diagnostic tests and exams. Ask about how often you will have checkups for the first year, second year, etc. Also record any medications you'll be taking, including maintenance therapy drugs.

Staying healthy and active is perhaps as important as sticking to your follow-up schedule so you and your doctor may choose to add healthy goals and recommendations to your survivorship plan. This can include things such as working with a dietitian to establish healthier eating, maintaining or starting an exercise regimen, quitting smoking if you are a smoker and vowing to wear sunscreen every time you go outside.

In your survivorship plan, you might also want to include your estate plan. This usually involves completing advance directives, naming a power of attorney, developing a will and possibly establishing trusts.

Your survivorship plan is only useful if you actually understand and use it. If you have questions about any of the elements in your plan, don't hesitate to ask your doctor.

Resources

Many advocacy groups are dedicated to bettering the lives of people with melanoma. These nonprofit organizations are typically founded by people touched by melanoma with a goal of providing support to survivors, raising awareness of the disease, and increasing funding for research. You can find a wealth of resources on the websites of these advocacy groups, including educational materials on melanoma and its treatment, news on the latest research, information on support groups, and online forums. Some organizations provide links to search for melanoma clinical trials, and others post survivor



Health Watch Skin Cancer Awareness



stories. With most advocacy groups, you can sign up to receive news updates directly by email and can follow the groups on social networking sites (such as Facebook and Twitter). In addition, many advocacy groups coordinate local fundraising events that can bring you closer to others who share similar experiences.

Hundreds of cancer advocacy groups and other non-profit organizations offer financial and social assistance to people with melanoma. Your oncology social worker, hospital patient-services representative, local cancer organization and local United Way can guide you to additional resources of financial assistance, especially sources in your community.

Additional Resources

American Academy of Dermatology
SPOT Skin Cancer

American Academy of Family Physicians
Safe-Sun Guidelines

American Melanoma Foundation
Prevention

Centers for Disease Control and Prevention
Skin Cancer Prevention

Skin Cancer Foundation
Prevention

A B C D E RULE	ABCDE Rule	Benign tumors	Melanomas
A Asymmetry		Symmetric (both halves are the same)	
B Border		Clear-cut, distinct border	
C Color		Uniform light or dark color	
D Diameter		Less than 6 mm (usually)	
E Evolving		No change over time	

**How To
Detect
A
Melanoma**



Health Watch Skin Cancer Awareness



Recommendations for follow-up after treatment for melanoma

Clinical/pathologic stage	Follow-up
Stage 0 (in situ)	Annual skin examination.
Stage IA-IIA	History and physical examination (with emphasis on lymph nodes and skin) every six to 12 months for five years, then every year as needed; annual chest X-ray. Routine blood work or imaging is not recommended.
Stage IIB-IV	History and physical examination (with emphasis on lymph nodes and skin) every three to six months for two years, every three to 12 months for three years, then every year as needed. Imaging studies (chest X-ray, CT, PET/CT and/or MRI) may be done every four to 12 months for people who are at high risk for recurrent or metastatic disease.

Helpful tips – Protecting yourself from ultraviolet (UV) light exposure

Important protection measures
<ul style="list-style-type: none"> • Wear protective clothing. Consider UPF-rated clothes if you sunburn easily. • Wear a broad-brimmed hat. • Wear sunglasses that protect against UV rays. • Minimize your exposure to the sun during its highest intensity (10 a.m. to 4 p.m.). • Use lip balm with an SPF of at least 30; petroleum jelly does not provide protection against the sun. • Do not use indoor tanning facilities.
Use sunscreen appropriately
<ul style="list-style-type: none"> • Choose a sunscreen with a sun protection factor (SPF) of at least 30. For some individuals, a sunscreen with even higher SPF may be necessary to avoid burning. • Select a sunscreen that protects against both UVA and UVB rays. Look for labels with the words “broad spectrum” or “multispectrum” or that list ingredients such as titanium dioxide or zinc oxide. (Try to avoid sunscreens with oxybenzone or retinyl palmitate, which may be dangerous for certain groups of people.) • Expand the use of sunscreen beyond the summer. Remember that snow reflects up to 80 percent of the sun’s rays. • Use sunscreen anytime you plan to be in the sun for more than 20 minutes, even when it’s cloudy. • Apply sunscreen at least 30 minutes before going out in the sun. • Use sunscreen even if wearing makeup that contains SPF. (Apply sunscreen underneath makeup.) • Apply sunscreen liberally and reapply at least every two hours (sooner if swimming or sweating). Adults need at least a shot glass full of sunscreen lotion per application. If you use a spray sunscreen, be sure to coat all of your exposed skin. • Make sure to use sunscreen on often-forgotten areas, such as ears, scalp (if bald) and back of neck. • Check the expiration date on the bottle of sunscreen; expired products may not be effective.

FORREST GUMP GOES TO HEAVEN

He is at the Pearly Gates, met by St. Peter himself. However, the gates are closed, and Forrest approaches the gatekeeper. St. Peter said, 'Well, Forrest, it is certainly good to see you. We have heard a lot about you. I must tell you, though, that the place is filling up fast, and we have been administering an entrance examination for everyone. The test is short, but you have to pass it before you can get into Heaven.' Forrest responds, 'It sure is good to be here, St. Peter, sir. But nobody ever told me about any entrance exam. I sure hope that the test ain't too hard. Life was a big enough test as it was.' St. Peter continued, 'Yes, I know, Forrest, but the test is only three questions.

First:

What two days of the week begin with the letter T?

Second:

How many seconds are there in a year?

Third:

What is God's first name?'

Forrest leaves to think the questions over. He returns the next day and sees St. Peter, who waves him up, and says, 'Now that you have had a chance to think the questions over, tell me your answers.' Forrest replied, 'Well, the first one -- which two days in the week begins with the letter 'T'? Shucks, that one is easy. That would be Today and Tomorrow.. 'The Saint's eyes opened wide and he exclaimed, 'Forrest, that is not what I was thinking, but you do have a point, and I guess I did not specify, so I will give you credit for that answer. How about the next one?' asked St. Peter. 'How many seconds in a year? Now that one is harder,' replied Forrest, 'but I think and think about that, and I guess the only answer can be twelve.' Astounded, St. Peter said, 'Twelve? Forrest, how in Heaven's name could you come up with twelve seconds in a year?' Forrest replied, 'Shucks, there's got to be twelve: January 2nd, February 2nd, March 2nd...' 'Hold it,' interrupts St. Peter. 'I see where you are going with this, and I see your point, though that was not quite what I had in mind....but I will have to give you credit for that one, too. Let us go on with the third and final question. Can you tell me God's first name?' 'Sure,' Forrest replied, 'it's Andy.' 'Andy?' exclaimed an exasperated and frustrated St Peter. 'Ok, I can understand how you came up with your answers to my first two questions, but just how in the world did you come up with the name Andy as the first name of God?' 'Shucks, that was the easiest one of all,' Forrest replied. 'I learnt it from the song,

ANDY WALKS WITH ME,
ANDY TALKS WITH ME,
ANDY TELLS ME I AM HIS OWN.'
St. Peter opened the Pearly Gates,
and said: 'Run, Forrest, run.'

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.



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	2	3 NO BIBLE STUDY	4 HAPPY 4TH 	5	6
7 10:30 AM Worship Service @ Worship Center	8 NO LEADERSHIP COUNCIL MEETING IN JULY	9	10 9:30 AM CWF Bible Study @ Bluebonnet Room	11	12	13
14 10:30 AM Worship Service @ Worship Center	15 10:00 AM Cancer Support Group @ LV Library	16	17 9:30 AM CWF Bible Study @ Bluebonnet Room 	18 10:30 AM Alzheimer's Support Group @ LV Library	19	20
21 10:30 AM Worship Service @ Worship Center	22	23	24 9:30 AM CWF Bible Study @ Bluebonnet Room	25	26	27
28 10:30 AM Worship Service @ Worship Center	29	30	31 9:30 AM CWF Bible Study @ Bluebonnet Room	<div style="background-color: red; color: white; padding: 10px; text-align: center;"> <p>For more information visit the LCF website at www.lakesidechristians.org</p> </div>		



David Freeman.....	1
Genie Carroll.....	10
Dick Sanders	14
Joy Webb.....	16
Jan Wilson.....	17
Letha Guy.....	19
Emma Smith.....	20
William Parcher.....	21
Miryam Miller.....	28
Aneta Stovall.....	29



Jim & Jeanene Wheeler
July 4

James & Elizabeth Orr
July 11

David & June Freeman
July 19

Chuck & Emma Smith
July 20

Dick & Wilma Sanders
July 23

Please send your information to:
office@lakesidechristians.org

Freedom Prayer for Independence Day

(1979 Book of Common Prayer,
Protestant [Episcopal Church](#) in the USA)

Lord God Almighty,
in whose name the founders of
this country won liberty for
themselves and for us, and lit
the torch of freedom for
nations then unborn: Grant
that we and all the people of
this land may have the grace
to maintain our liberties in
righteousness and peace;
through Jesus Christ our
Lord, who lives and reigns
with you and the Holy Spirit,
one God, forever and ever.
Amen.

June 27, 2019

Average Sunday Attendance	66
YTD Offerings	\$120,827.00
YTD Expenses	\$.98,370.00

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

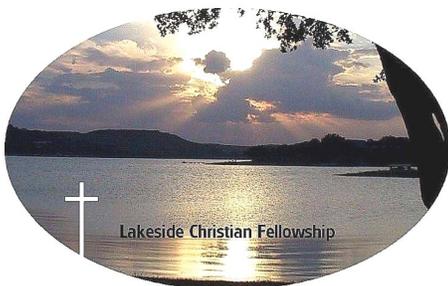
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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LAKESIDE CHRISTIAN FELLOWSHIP

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