

Lakeside Christian Fellowship Ripples



NOVEMBER 2019

VOLUME VII, NUMBER 11

Thanksgiving Gratitude

We have so many things to be thankful for both individually and as members of Lakeside Christian Fellowship. First of all, I thank God for all of you and I thank God that I am allowed to be a part of this fellowship. As a church we've been serving God for ten glorious years and he has granted us bountiful wonders for which I will be eternally grateful.

I ran across an article which I want to share with you in its entirety. It's written primarily for young parents who have children, but it also carries an important message of gratitude for all us no matter our age. The article is titled "*Thanksgiving Thoughts to Express Gratitude - Why We Should Give More Than Thanks on Thanksgiving*" by Simran Khurana. Ms. Khurana is the editor-in-chief for ReachIvy (a premium education advisory that helps aspiring students get accepted into top-tier educational institutions globally) and a freelance editor for UNOCorp. (<https://www.thoughtco.com/thanksgiving-thoughts-about-gratitude-2833184>.)

"One of the most famous Aesop's tales of gratitude is the Lion and Androcles. Androcles, a slave who was wandering in a forest, chanced upon an injured lion, which had a huge thorn stuck inside its paw. Androcles helped the lion by removing the thorn and gave the lion a new lease of life. Later, Androcles was captured, and thrown in a dungeon with a hungry lion. The lion rushed towards its victim, but it soon realized that Androcles was the same man who saved its life in the forest. The lion did not attack the slave. Instead, it licked his face like a pet dog and showered the slave with love. That's a simple story of gratitude that we tell our kids to remind them about the importance of gratitude.

But how many of us truly remember to express gratitude? In the daily humdrum of life, you forget to thank the neighbor who keeps a watch on your kids when you need to be away at work. You forget to thank the teacher, who stays back after school to help you with your school projects. You fail to express gratitude to your parents, who have immensely contributed all through your life. And who remembers to thank the librarian, the banker, the plumber, or the garbage pickup truck driver?

Gratitude should not be merely customary politeness. It should reflect a deep humility and love that we feel towards one another. Saying, 'thank you' is just the beginning of expressing gratitude. To make gratitude go a long way, you should give back in any way possible. Just like the lion in the story.

Being thankful has many benefits. A thankful heart has no place for arrogance, resentment, jealousy, or anger. You will often find that people who express genuine gratitude have a pleasant and amiable personality. When you express gratitude, you make friends. When gratitude is accompanied by a generous word of praise or two, relationships thrive. Also, a grateful person can hope to gain more favors in the future from his generous friends.

The story of gratitude in Aesop's fable about the lion and the slave is a moral lesson where kindness and generosity triumphs. Even today, when the world is plagued by natural calamities people rise above these challenges with kindness. Teach your kids [and grandkids] the importance of gratitude with these Thanksgiving thoughts. Sow the seed of gratitude in their heart early in life, so that they can grow up to be humble and appreciative human beings."

In closing Dietrich Bonhoeffer wrote these words: "In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." Truer words were never spoken. Have a great Thanksgiving everyone.

Pastor Chuck Smith

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LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for October 14, 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, Rodger Elliott, Don Killough, Dave Freeman, Chuck Smith, Ginger Halsted, Wilma Sanders, Rick Waters and Jean Sholes. Not present was Genie Carroll. Also present were Dan Olson, Sue Thompson, Regina Holmes, and Donna Nash.

INVOCATION: At 2:00 pm Rick Waters opened the meeting with prayer.

The minutes from the September meeting were presented and the following corrections were made: under Outreach Ministries the date was corrected to October 15 and under Old Business the word abet in the first sentence was amended to read "about". Ginger Halsted moved that the minutes be accepted as corrected; Dave Freeman 2nd the motion and it carried.

FINANCIAL REPORT: In Genie Carroll's absence, Scott Cameron had prepared the summary, noting there was nothing significant this month. Roger Elliott moved that the report be seconded; Wilma Sanders 2nd and the motion carried.

STEWARDSHIP COMMISSION: Don Killough reported that the stewardship drive was completed and the results were slightly more than anticipated, for a successful drive.

BUILDING AND GROUNDS: Roger Elliott reported that that the church needs to purchase a new video projector. The current projector is very old and needs to be replaced. After some discussion it was determined that the Memorial Fund has more than adequate funds available and a suggestion was made that the \$416.00 cost for a new projector be taken from that fund. Ginger Halsted moved that we purchase the new projector using monies from the Memorial fund. Dave Freeman seconded the motion and it carried.

FAITH IN ACTION: Chairperson Wilma Sanders reported that the school supplies requested by teachers were distributed at the end of July. She noted that this evening she and Scott Cameron will attend an event at the middle school where the church's donation will be recognized.

PASTORAL RELATIONS: Dave Freeman noted that he had nothing new to report.

WORSHIP COMMISSION: Ginger Halsted reported that she, Pastor Rick Waters and Music Director Bill Parcher had met and after discussion are requesting to purchase 25 music books of praise songs for the choir using money from the Memorial Fund. Ginger made the motion; Dave Freeman seconded and the motion carried.

CHURCH  COUNCIL

LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for October 14, 2019

Ginger noted that for the upcoming 2020 year Regina Holmes and Reasa Burton will share the position of Head Usher; Jean Sholes and Jean Hemer will be in charge of the elements; Mary Ann Childs will continue to take care of the flowers and Wayne Walker will continue to make coffee.

OUTREACH MINISTRIES: Chuck Smith noted there was nothing new to report, but wanted to remind us that tomorrow night will be the 1st meeting of the cancer support group at the new time of 6:30. He noted that the Alzheimer's support group is doing very well.

OLD BUSINESS: Donna Nash reported that plans for the 10th anniversary celebration dinner to be held on October 20, 2019 at the K-Oaks Clubhouse are well underway. We have ordered dinner for 100 individuals. We are renting the dishes and flatware from the Women's Club. She, Jean Sholes and Mike and Theresa Sholes will be setting up the clubhouse and decorating for the evening.

NEW BUSINESS: Dan Olson presented the report of the Constitution Review Committee. Members of that committee are: Dan Olson, Sue Thompson and Shirley Moore. They have prepared a condensed version of the constitution which will be verbally presented by Ms. Thompson at the annual congregational meeting. Written copies of the Constitutional changes will be

available to anyone who would like to peruse them. After review and discussion, a motion was made by Don Killough to approve the condensed version as presented; Dave Freeman seconded the motion and it carried.

Past Rick Waters advised us that the Gatherer's Gospel Music group will be giving a concert at the Great Hills Baptist church on Feb. 8, 2020 and he thinks it will be a great thing for our church to attend. Regina Holmes told us that the cost per person will be \$40.00 which includes the concert and bus ride. Everyone will be advised to bring their own sack lunch. The bus will depart between 3:00 and 3:30 pm and the concert starts at 6:00pm and ends at 9:00pm, a motion was made by Roger Elliott that we get the bus to attend this event. Ginger Halsted seconded the motion and it carried. Regina Holmes will be in charge of reserving the bus, etc.

At 3:40 pm, the Council meeting was adjourned.

Respectively submitted,
Jean Sholes, Council Secretary

CHURCH  COUNCIL

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Thankful



Scott Cameron and Wilma Sanders were recognized at the LVISD Board Meeting on Monday, October 14, 2019, for donating food and school supplies on behalf of LCF. The board is very appreciative of the efforts put forth to give so many items needed for their students. Wilma Sanders has done a magnificent job in shopping for and supplying the schools and ultimately the children with things needed and deserves all of our appreciation for a job well done.. The high school counselor expressed her gratitude for the support given by LCF.



November 3, 2019

Fall
BACK!

**SET CLOCKS BACK
ONE HOUR BEFORE BED
SATURDAY NIGHT**



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



Lakeside Christian Fellowship celebrated its 10th anniversary with a catered dinner at K-Oaks on Sunday, October 20, 2019. The event was attended by over 100 guests.

Leading the celebration were Scott Cameron, whom welcomed everyone to the event and gave an interesting history of the church which was followed by a slide show put together by Dan Olson and Burt Burchette showing past events. Reverend Rick Waters gave the invocation. Jan Robbins, the night's Master of Ceremonies, gave the mission statement and recognized our charter members and all of those past and present that have served the church. Dave Freeman recognized Reverend Rick Waters and Linda Anderson for their 10 years of service to the church. Donna Nash read the names of the members that have gone to be with the Lord followed by a moment of silence. Reverend Chuck Smith closed the event with prayer. A wonderful time was had by all!



Karen Adams played music for the congregation before dinner was served.



Reverend Chuck Smith and Reverend Rick Waters

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William Parcher and Mike Sholes



Donna Nash with remembrance of those that are no longer with us.



Master of Ceremonies, Jan Robbins



Dave Freeman presented 10 year service awards to Reverend Rick Waters and Linda Anderson.

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Aneta Stovall summed it up when she said,
“Cheers to Lakeside!”

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~ PV Men's Fellowship ~

Join the Lord's Men for Men's Breakfast on the first and third Tuesday's of the month at 8:30 AM in the Point Venture Club Room.

Men's Breakfast is more than a place to have a great breakfast. It is a gathering of Christian men where we bond with each other and devote our skills to the benefit of the community.

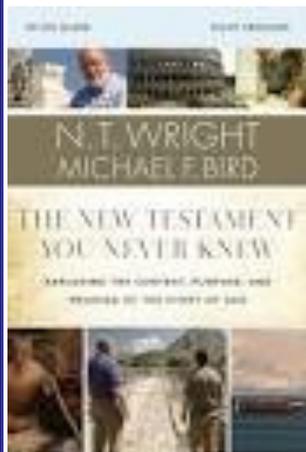
We look forward to seeing everyone! Come hungry and you will be satisfied!

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 for this 8 week study with a light breakfast at 8am and discussion (8:30am). The study began August 13th.

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

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Lakeside Christian Women's Fellowship

The LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP - - will present its 3rd exciting program entitled "CONVERGENCE? CONICIDENCE? IT'S A GOD THING! The convergence of events and coincidences show the hand of God working in our lives and in past events. Expect something new and stirring from Fall 2019 to Spring 2020, from special people sharing significant stories.

On Monday, November 18th, at 10:30 am in the Bluebonnet Room, we will welcome member and guest speaker, Jan Robbins, who will review a book by famous author, Thomas Cahill, "How the Irish Saved Civilization". **KINDLY BRING CANNED FOOD TO THIS MEETING FOR HILL COUNTRY MINISTRIES DISTRIBUTION. IT'S ALSO TIME TO PACK SHOEBOX GIFTS FOR SAMARITAN'S PURSE OPERATION CHRISTMAS CHILD ANNUAL COLLECTION.** Call Linda Harting at 512-267-1280 for more information.

Please extend an invitation to all ladies in the community for an experience of learning and warm fellowship. Your presence is valued.

For information on
Women's Bible
Study
contact:

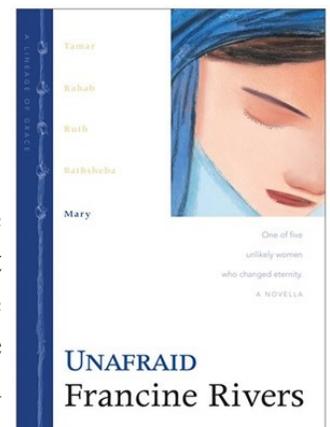
Lil Burch
@ 512-267-2278
email:
raylilpv@aol.com

LAKESIDE CHRISTIAN WOMEN'S BIBLE STUDY

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

NEW BIBLE STUDY, "UNAFRAID: MARY", BEGAN OCTOBER 16th. This book is the last of five novellas written by famous Christian author, Francine Rivers. Twenty-eight ladies are participating in this study.

All eternity had been waiting for this moment. God chose one woman. Meet Mary, one of the most revered women in history. But first, she was an ordinary woman striving to please God in the same way that women still do today. When God spoke, Mary responded in simple obedience. And God chose her to bear the long-awaited Messiah. She couldn't know that raising the perfect son would break her heart and change the world forever.





Health Watch

Tufts Health & Nutrition Letter / September 2019

Why Do We Overeat?



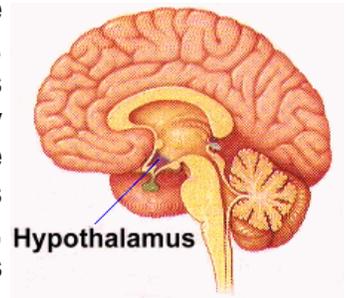
As researchers seek to understand the many biological factors that regulate the desire to eat, consumers are stuck in a world of sometimes-overwhelming choices.



Humans eat for many reasons, and hunger is just one of them. Overeating contributes to excess weight gain, and subsequently cardiovascular disease, metabolic syndrome, diabetes, hypertension, and other problems. “Scientists have been working for decades to try to explain why we overeat,” says Emmanuel Pothos, PhD, an associate professor at Tufts Sackler School of Graduate Biomedical Sciences. Perhaps identifying the biological and psychological factors that contribute to overeating will lead to the discovery of an “off” switch that will make it a thing of the past. More likely, a combination of changes, at the personal, healthcare, and community levels, will be required to curb overeating.

The All-Controlling Brain: “Feeding is controlled by neurons in our brain,” says Dong Kong, PhD, a neuroscientist and assistant professor at Tufts University School of Medicine. “Hunger, fullness, and even some of our food preferences are initiated, controlled, and managed through the central nervous system.”

Scientists have known since the 1950s that a region of the brain called the *hypothalamus* is involved in the regulation of feeding. The hypothalamus works to keep the body in balance (homeostasis): as energy needs increase, the hypothalamus tells the body to increase



energy (calorie) intake by eating. When enough calories have been consumed, the hypothalamus signals that eating should stop. “The problem with this ‘homeostatic model’ is that it does not adequately explain the current obesity epidemic,” says Pothos. “If homeostatic mechanisms of energy balance were controlling everything, one would expect the majority of the population to be at their ideal weight.” So what else is going on that impacts the brain’s efforts to keep things in balance?

Is it Hormones? “Humans evolved a very strong hormonal drive to seek and consume food,” says Anastassios G. Pittas, MD, MS, co-director of the Tufts Medical Center Diabetes and Lipid Center. “That served us very well throughout most of history when food was scarce. Today, food is abundant, but our bodies still have these robust food-seeking pathways.”

A hormone called *ghrelin* is sometimes referred to as the ‘hunger hormone.’ “Ghrelin is released by the stomach when the stomach is empty,” says Kong. “It travels in the bloodstream to the brain where it acts in the hypothalamus to stimulate appetite.” When administered to humans, ghrelin has been found to increase food intake by up to 30 percent. At the time of ghrelin’s discovery, it was hoped that finding a way to control ghrelin levels would be the key to



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taming overeating, but the body's appetite regulation mechanisms are not so simple. Another hormone that stimulates feeding and calorie intake was identified recently, and it is quite possible that other mechanisms will be discovered in the future.

One hormone that opposes ghrelin is *leptin*, which inhibits appetite. "Leptin tells the brain to stop eating and start burning calories," says Kong. "Leptin is secreted by fat cells. The more fat cells we have in our bodies, the more leptin should be signaling the brain to decrease appetite. Unfortunately, we find that leptin often doesn't work in individuals with obesity. If we can solve this leptin resistance, perhaps we can cut down on overeating."

Another hormone that has gotten attention with respect to overeating and weight gain is insulin. "There is no question that overeating leads to obesity, which leads to insulin resistance [a lack of normal response to circulating insulin]," says Pittas. "Whether insulin resistance leads to overeating is a very complicated topic." Insulin is responsible for getting the body's main fuel—glucose—out of the bloodstream and into the cells to provide energy. "It also acts in the central nervous system to indicate it's time to stop eating," says Pittas. "People who are insulin resistant may lose that satiety effect, which leads to overeating. More significantly, the body secretes more insulin in an effort to overcome insulin resistance. Research from our group suggests that a diet high in refined carbohydrates and added sugars in the setting of this hypersecretion of insulin leads people to eat more. Two to three hours after a meal high in refined carbohydrates, all that insulin causes blood sugar levels to drop, which is a robust signal for eating. So we end up with a vicious cycle: overeat, gain weight, become insulin

resistant, secrete more insulin, overeat—and round and round."

Hormones released in times of stress are also related to appetite, meaning that "stress eating" does have some biological basis. In immediate short-term stressful situations, levels of epinephrine (adrenaline) rise, putting the body into "fight-or-flight" mode and dampening appetite. But if stress continues, another hormone, called cortisol, is released. Cortisol increases appetite.



Is It Food Addiction?

"One reason we overeat is because food can stimulate the reward system in our brains," says Sai Das, PhD, a scientist in the

Energy Metabolism Laboratory at the Human Nutrition Research Center on Aging. "If eating particular foods makes us feel good, we are more likely to want more. While from an evolutionary standpoint this may have helped us remember where the berries grew or motivated us to hunt, in today's environment of easily-accessible food, it could be leading to overeating."

Pothos has done extensive animal research on food and the body's reward system. "A dominant theory in the 1990s that is still popular today is the concept that food can have addictive qualities," says Pothos. The neurotransmitter *dopamine*, which is known to play a role in drug addiction, has been studied for a possible connection to overeating. "Brain imaging studies in humans with obesity have shown dopamine receptors to be deficient," says Pothos. "This suggests that people may



Health Watch

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Why Do We Overeat?



overeat in an effort to compensate by stimulating more dopamine release.” Pothos has clearly demonstrated a link between deficient brain dopamine and overeating in rats and mice, and research in humans is ongoing.

“In rats that have been previously exposed to high calorie, high-fat, high-refined-carbohydrate foods, these foods stimulate dopamine release, but normal nutritious rat-chow does not,” says Pothos. “The animal seeks out palatable food to boost low dopamine levels and try to derive pleasure from eating.” Too few studies have been done to conclusively identify specific foods or ingredients capable of triggering an addictive-like response in humans.

Dopamine is unlikely to be the only brain chemical involved in overeating. “It is likely that a combination of chemical effects leads to overeating,” says Pothos.

Other Factors: Large portions, constant access to highly palatable foods, stress, mealtime distractions, and memories of pleasurable eating experiences are just a few of the many factors that contribute to *satiety override*—ignoring (or even being unaware of) the body’s signals that we have consumed enough fuel to keep us going. “Research has shown that external cues impact our eating behavior,” says Alice H. Lichtenstein, DSc, Gershoff professor of nutrition and policy at the Friedman School. “People tend to eat more when larger portions are in front of them, when they are offered a large variety of foods (think buffet), or when they eat mindlessly while focusing on electronic devices or the TV.”

We also know that lack of sleep can impact food intake. A recent systematic review published in the *Journal of Sleep*

Research found that increases in the length of sleep time were associated with improved measures of insulin sensitivity and reductions in appetite, among other factors. “Another reason we overeat may be that we have extended our waking hours, which increases our window of eating opportunity,” says Das.

What to Do: While the lack of a clear biological target for medications and the range of factors that contribute to overconsumption may seem discouraging, there are things we can do to help keep our eating in check. “What works for one person may not work for someone else,” says Pothos, “but there are a number of things we can try to curb overeating.” Being vigilant about portion sizes, avoiding distractions while eating, getting at least seven hours of sleep a night, and choosing a healthy dietary pattern low in highly-palatable low-nutrient foods are all strategies that may help cut down on overeating. “Finding healthy, non-food ways to stimulate the brain’s reward center (such as with exercise) may help if dopamine deficiency is an issue,” says Pothos.

Policy changes and industry decisions may be important to curbing overeating. Reducing portion sizes and making highly-processed, highly palatable foods more expensive and less available (while improving access to healthier options) could change the food environment our food-seeking brains must navigate.

Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
2,345 calories
53 grams fat

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

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Thanksgiving
Baskets



If you would like to help sponsor a Lago Vista family Thanksgiving dinner, please fill out this form and return it to the back of the Worship Center, in the basket on the cabinet. Thank you!

Lakeside Christian Fellowship will be working with the Lago Vista School District to provide grocery shopping gift certificates to 20 Lago Vista families for their Thanksgiving dinners.

Yes!, I wish to sponsor one family Thanksgiving dinner!

Those who bring
thanksgiving as their
sacrifice honor me.

Psalm 50:23



Name

\$ 25.00 Suggested Gift

Name

\$ 25.00 Suggested Gift

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Church
Office Hours:
Wednesday
and
Thursday
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 <i>Remember to set your clocks back one hour!</i>
3 10:30 AM Worship Service @Worship Center <i>Daylight Savings Time FALL BACK Ends</i> 	4	5 8:30 AM Men's Fellowship Breakfast @ PV Club Room	6 9:30 AM CWF Bible Study @ Bluebonnet Room	7 10:30 AM Alzheimer's Support Group @ LV Library	8	9
10 10:30 AM Worship Service @Worship Center	11 2:00 PM Leadership Council 	12 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	13 9:30 AM CWF Bible Study @ Bluebonnet Room	14	15	16
17 10:30 AM Worship Service @Worship Center	18 10:30 AM CWF Meeting @ Bluebonnet Room	19 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room 6:30 PM Cancer Discussion Group @ LV Library	20 9:30 AM CWF Bible Study @ Bluebonnet Room 	21 10:30 AM Alzheimer's Support Group @ LV Library	22	23
24 10:30 AM Worship Service @Worship Center	25	26 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	27 9:30 AM CWF Bible Study @ Bluebonnet Room	28  <i>Office Closed</i>	29	30
				<div style="background-color: green; color: white; padding: 10px; text-align: center;"> <p>For more information visit the LCF website at www.lakesidechristians.org</p> </div>		



Fran Pontesso	5
Joan Neely	6
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Paula Fisher	9
Laurie Glass	11
Beth Kiker	11
Nancy Meierhoff.....	14
Dorothy Dickinson....	20
Ed Sherwood	27



Bonnie & Wayne Walker
November 29

To be included, please send
your information to:
office@lakesidechristians.org

A Prayer for Thanksgiving

Loving God,

We turn our hearts to you on this
day for giving thanks, mindful of
your many gifts.

For each one, we are grateful.

For each one, we are blessed.

For each one we are opened to the
abundance of your love.

May this Thanksgiving Day offer a
reminder to be generous with others,
as you are with us.

We praise you.

We rejoice in you.

We give you thanks.

Amen.

October 31, 2019

Average Sunday Attendance.....	66
YTD Offerings	\$195,257.00
YTD Expenses.....	\$163,720.00

Lakeside Christian Fellowship

Worship Location
1922 American Drive, Lago Vista

Office
1918 American Drive, Suite 3, Lago Vista
512-267-1700, lakesidechristianfellowship@yahoo.com

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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CHRISTIAN
FELLOWSHIP**

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www.lakesidechristians.org

November