

# Lakeside Christian Fellowship Ripples



DECEMBER 2019

VOLUME VII, NUMBER 12

*Dear Church Family,*

It is hard to believe that it will soon be the Advent-Christmas Season again. Such a wonderful time of year for many while for others it is a difficult time, perhaps missing that special loved one who is absent from the family gathering.

There are numerous messages of encouragement that God offers us this season in the midst of our struggles. We need to ponder again what God did for us so long ago through Baby Jesus in that stable as the initiation of our salvation and continues to bring us His Message that should warm our hearts with an extra measure of God's Abundant Grace.

The word 'Advent' means 'Coming' and thus how God 'comes' to us offering us and the rest of the world His priceless gifts of love, joy, peace and hope as well as the anticipation of the subtleties in which the Holy Spirit may choose to reveal these gifts. We should also realize that God may see fit to use us as delivery messengers to administer these gifts to folks we meet, especially this Holy Season. Most of us have had the blessing of reaching out to help or serve someone else in need and have felt the warmth of God's presence because of the act of service. This is certainly a time to be Generous to the glory of God.

Lakeside Christian Fellowship has planned several worship experiences that we pray will assist you in your Christmas experience of Jesus when He first came to Bethlehem and continues to arrive in hearts that are open to receive Him.

On Saturday, November 30, our Worship Committee Chair, Ginger Halsted, has recruited the help of several persons to decorate our Worship center with the Christian symbols of the Advent-Christmas Season. Thanks to all of them. Each Sunday during Advent-Christmas we will have persons who have agreed to light Advent Candles and read appropriate scriptures to begin our worship services. Thanks to all of them as well.

Don't forget that our wonderful Choir will present their Christmas Special on Sunday afternoon, December 8 at 4:00 pm. The title is 'Let There Be Christmas' by Joseph M. Martin. Several guest singers and musicians will also participate. We are so appreciative of all of our music folks-Bill Parcher, Karen Adams and our Choir. What a gift they are to us all year long!

Christmas Sunday will be observed on December 22 at 10:30 am. In addition we will observe Christmas Eve with a service on Tuesday, December 24 at 5:00 pm. We have chosen this time so that those who attend will return home in plenty of time for their Christmas Eve plans with family and friends. If you should have children visiting on Christmas Eve please know that we will have a Children's Time for them also.

Hope you will join us for these Advent-Christmas celebrations. May you experience a Joyful Christmas and a Christ-filled New Year.

From our family to yours-  
*Rick and Sharon Waters*

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

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## 2019 Advent ~ Christmas Calendar



Sunday, December 1  
First Sunday of Advent  
10:30 am Worship

Sunday, December 8  
Second Sunday of Advent  
10:30 am Worship



Christmas Cantata  
"Let There Be Christmas"  
4:00 pm, LCF



Sunday, December 15  
Third Sunday of Advent  
10:30 am Worship

Sunday, December 22  
Fourth Sunday of Advent  
10:30 am Worship



Tuesday, December 24  
Christmas Eve Candlelight Service  
5:00 pm Worship

Sunday, December 29  
First Sunday after Christmas  
10:30 am Worship



Sunday, January 5  
Epiphany Sunday  
10:30 am Worship

*You are Cordially Invited*

*Lakeside Christian Fellowship*

*Chancel Choir and Friends  
Performing Joseph Martin's*

*“Let There Be Christmas”*

*Sunday, December 8, 2019*

*4:00 PM*

*1922 American Drive*

*Lago Vista, Texas*

*Come Celebrate With Us !*



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## Lakeside Christian Women's Fellowship

**The LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP - -**

will present its 4th exciting 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. Expect something new and stirring from Fall 2019 to Spring 2020, from special people sharing significant stories.

On Monday, December 16<sup>th</sup>, 10:30 a.m., we will meet in the Bluebonnet Room to welcome member and guest speaker, Edwina Woolsey. This month we will enjoy a Covered Dish Luncheon. Ladies, please bring your favorite food: casserole, salad, perhaps a special recipe from your Mother. Please extend an invitation to all ladies in the community for an experience of learning and warm fellowship. Your presence is valued.

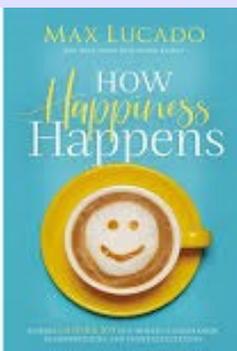
For information  
contact:

Lil Burch  
@ 512-267-2278  
email:  
[raylilpv@aol.com](mailto:raylilpv@aol.com)

## LAKESIDE CHRISTIAN WOMEN'S BIBLE STUDY

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

**CURRENT BIBLE STUDY, "UNAFRAID: MARY", will be completed on Dec. 11<sup>th</sup>.** This book is the last of five novellas written by famous Christian author, Francine Rivers. Mary, one of the most revered women in history, responded in simple obedience when God spoke and chose her to bear the long-awaited Messiah. Donna Nash will present chapter 7 on December 4<sup>th</sup>, and Edwina Woolsey will conclude the study December 11<sup>th</sup>. Twenty-eight ladies are participating in this study.



**PLEASE NOTE, NO BIBLE STUDY IS SCHEDULED FOR December 18, December 25 or January 1; time to celebrate the holidays.**

New study, **"HOW HAPPINESS HAPPENS"** by Max Lucado will begin on **January 8<sup>th</sup>**. In this book you will discover a way of life—backed by Jesus' teaching and modern research—that produces a happiness that lasts, a reliable joy that endures through any season.

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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.

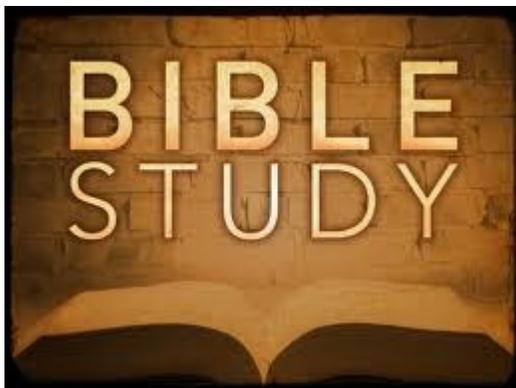
We look forward to seeing everyone! Come hungry and you will be satisfied!

*Contact Dan Olson 512-267-2374 for more information*



## ~ Lakeside Men's Bible Study ~

Join us the 2nd and 4th Tuesdays of each month beginning with a light breakfast at 8 am with the study to begin at 8:30 am in the LCF Worship Center. It's ok if you want to skip breakfast.



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



## Health Watch



### Avoiding Problem Foods as You Age

<https://www.webmd.com>

#### Grapefruit

It may be surprising, but foods can affect how your medicine works. That's why it's always best to ask your doctor or pharmacist if you should avoid any foods.



For example, if you take medicine for high blood pressure, anxiety, or insomnia, grapefruit juice may interact with your drugs. Don't miss out on the vitamin C and potassium that grapefruit holds. Instead, enjoy other citrus fruits like oranges and limes. But check the labels of other juices before you drink them. Some may contain grapefruit juice.

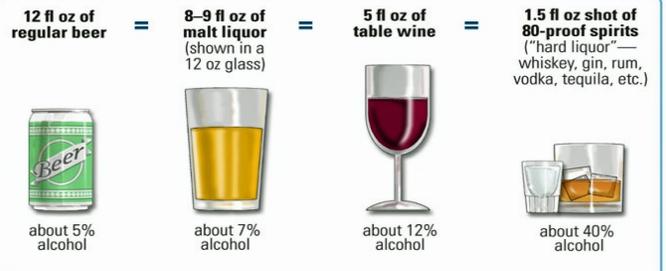


#### Raw Vegetables

If you have sensitive, decayed, or missing teeth, raw vegetables may be high on your list of foods to avoid. But don't miss out on the vitamins and fiber. Instead, try cooking vegetables until they are softer. Or use pureed vegetables – such as carrots, pumpkins, and beets in soups or stews. You can also try canned vegetables. Just look for those with no added salt.

#### Beans

Some people avoid beans because of the gas and stomach pain they can cause. But if you've banned beans from your diet, you may want to reconsider. An excellent source of fiber, beans are also high in protein and iron and low in fat. The trick is to add beans to your diet slowly. Start by having a small serving a few times a week. Or try using a digestive enzyme that's sold over the counter to reduce gas.



#### Alcohol

Moderate drinking may reduce your risk of heart attack and some types of strokes. But as you age, alcohol may affect you differently, even if you're used to a glass of wine with dinner or a beer with TV. Alcohol disrupts sleep and can raise your blood pressure, too. Alcohol can also cause hypoglycemia in people with diabetes. It even affects the way medicines work. Talk to your doctor about your alcohol use.



#### Dairy

You may have trouble digesting milk or dairy products as you age. But you may not have to give up all dairy products and the calcium and protein they provide. Many people can have small amounts of dairy with no stomach upset. And some dairy products are better tolerated than others. Non-fat plain yogurt and low-fat cheeses are especially nutritious choices. Or try lactose-free dairy products.

#### Caffeine

Although caffeine may not be a problem for everyone, it can make some people feel anxious or jittery. Caffeine can also increase your heart rate and cause sleeping problems. If you're trying to cut back, be sure to taper off slowly. Stopping caffeine too quickly may cause headaches, nausea, or vomiting. Slowly replace caffeinated drinks with water, herbal tea, or decaf.





## Health Watch



### Avoiding Problem Foods as You Age

<https://www.webmd.com>

#### Meats

Some of the healthiest cuts of meat, such as lean steak, can be the most difficult to chew. While hamburger is much easier on the teeth, it's often a less nutritious choice. It can contain 20% to 30% fat. Instead, look for lean ground beef with no more than 10% fat. Or for a healthier protein source that's easy to chew, try fish.



#### High-Salt Foods

If you're 51 or over or in a high-risk group, the CDC recommends you watch how much sodium you get. If you're over 51, the recommended limit is 2,300 mg per day. And if you're in a high risk group make sure you get no more than 1,500 mg of sodium each day. Too much sodium can raise your blood pressure and put you at higher risk for heart attack and stroke. The main culprits? Processed foods, such as frozen foods, snack foods, salad dressings, and lunch meats. Read labels carefully and look for "sodium free," low-salt, or no-salt alternatives.

#### Cruciferous Vegetables

Do you avoid cruciferous vegetables because of problems with gas?



Cruciferous vegetables – broccoli, cabbage, cauliflower, and kale, for example – are high in vitamin C, beta-carotene, fiber, calcium, iron, and folate. Some studies have shown they may also reduce your cancer risk. Don't avoid these vegetables. Just add them to meals gradually, in smaller servings. Drinking plenty of fluids may help too.

#### Fruit

Fresh fruits contain an abundance of vitamins, fiber, and other important nutrients. But it may be hard to eat your "apple a day" if you have trouble chewing. Instead, try canned fruits with no added sugar or syrup, or eat softer fruits, such as berries, bananas, and melons. You can also blend your favorites into a fruit smoothie.



#### Raw Sprouts

Clover, alfalfa, radish, and mung bean sprouts are high in B vitamins and other nutrients. But raw sprouts can also pose a health threat to seniors and anyone with a weakened immune system. Because they are grown in warm, humid conditions, sprouts are more likely to harbor bacteria than other fresh produce. To enjoy sprouts safely, cook them thoroughly before eating.



([https://www.webmd.com/healthy-aging/ss/slideshow-food-problems?ecd=wnl\\_day\\_090519&ctr=wnl-day-090519\\_nsl-LeadModule\\_title&mb=4mv8vUKwhb6qshaVQLIewOHnVev1imbCVyyoHXTf0%40c%3d](https://www.webmd.com/healthy-aging/ss/slideshow-food-problems?ecd=wnl_day_090519&ctr=wnl-day-090519_nsl-LeadModule_title&mb=4mv8vUKwhb6qshaVQLIewOHnVev1imbCVyyoHXTf0%40c%3d))

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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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1 10:30 AM Worship Service @Worship Center	2	3 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	4 9:15 AM CWF Bible Study @ Bluebonnet Room	5 10:30 AM Alzheimer's Support Group @ LV Library	6	7
8 10:30 AM Worship Service @Worship Center 4:00 PM Christmas Cantata @ Worship Center	9 2:00 PM Leadership Council Meeting @ Worship Center	10 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	11 9:15 AM CWF Bible Study @ Bluebonnet Room	12	13	14
15 10:30 AM Worship Service @ Worship Center	16 10:30 AM CWF Meeting @ Bluebonnet Room	17 8:30 AM Men's Fellowship Breakfast @ PV Club Room  6:30 PM Cancer Discussion Group @ LV Library	18  NewsLetter DEADLINE	19 10:30 AM Alzheimer's Support Group @ LV Library	20	21
22 10:30 AM Worship Service @ Worship Center	23	24 5:00 PM  Christmas Eve SERVICE	25 MERRY CHRISTMAS! Office Closed  Christmas Holiday	26	27	28
29 10:30 AM Worship Service @Worship Center	30	31  Bring on the NEW YEAR!	For more information visit the LCF website at <a href="http://www.lakesidechristians.org">www.lakesidechristians.org</a>			



Carolyn Bass .....	3
Shirley Moore .....	16
Jim Guy .....	18
Gene Glass.....	26



Mike and Theresa Sholes	12/8
Bonnie & Sid McClung	12/10
Fran & Fred Pontesso	12/22

To be included, please send  
your information to:  
[lakesidechristianfellowship@yahoo.com](mailto:lakesidechristianfellowship@yahoo.com)

## Prayer Corner

### A Prayer for Christmas

Loving Father, help us remember the birth of Jesus, that we may share in the song of the angels, the gladness of the shepherds, and worship of the wise men. Close the door of hate and open the door of love all over the world. Let kindness come with every gift and good desires with every greeting. Deliver us from evil by the blessing which Christ brings, and teach us to be merry with clear hearts. May the Christmas morning make us happy to be thy children, and Christmas evening bring us to our beds with grateful thoughts, forgiving and forgiven, for Jesus' sake. Amen.

*—Robert Louis Stevenson*

#### November 2019

Average Sunday Attendance .....	79
YTD Offerings .....	\$211,671.00
YTD Expenses .....	\$180,558.00

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Sue Bird presented a check to Moderator Scott Cameron from the estate of her brother Dennis Jones for the Lakeside Christian Fellowship Building Fund.



Behind the scene our "Office Gals".  
Linda Anderson and Deborah Reed



Rowyn and Valyn (pictured with Reverend Chuck Smith), granddaughters of Wayne and Donna Nash received their 1st communion from Reverend Chuck Smith on October 6, 2019. They were baptized earlier this year by Reverend Rick Waters.

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Wilma Sanders is pictured presenting Holly Jackson, LVISD Communications Coordinator, with 30 (\$75.00) Lowe's grocery gift cards for Thanksgiving meals. They were extremely thankful for all that our church continues to donate for the less fortunate families in the school district.

The Lago Vista Lowe's Grocery Store was very pleased to hear how much our church helps the school district and Hill Country Community Ministry. Lowe's donated 13 legal-size boxes of items including baby food, baby formula, baby wipes and bottles and regular food items and more to Lakeside to share with HCCM. Jack and Paula Tyler were happy to pick up the boxes and deliver to Hill Country Ministry on behalf of Lakeside Christian Fellowship!



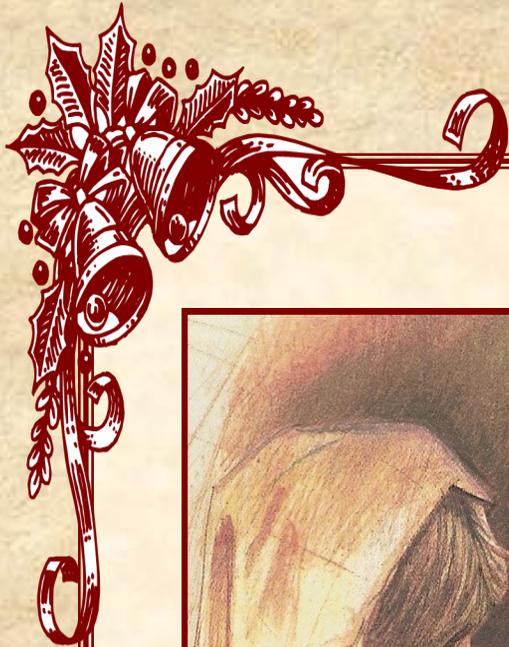
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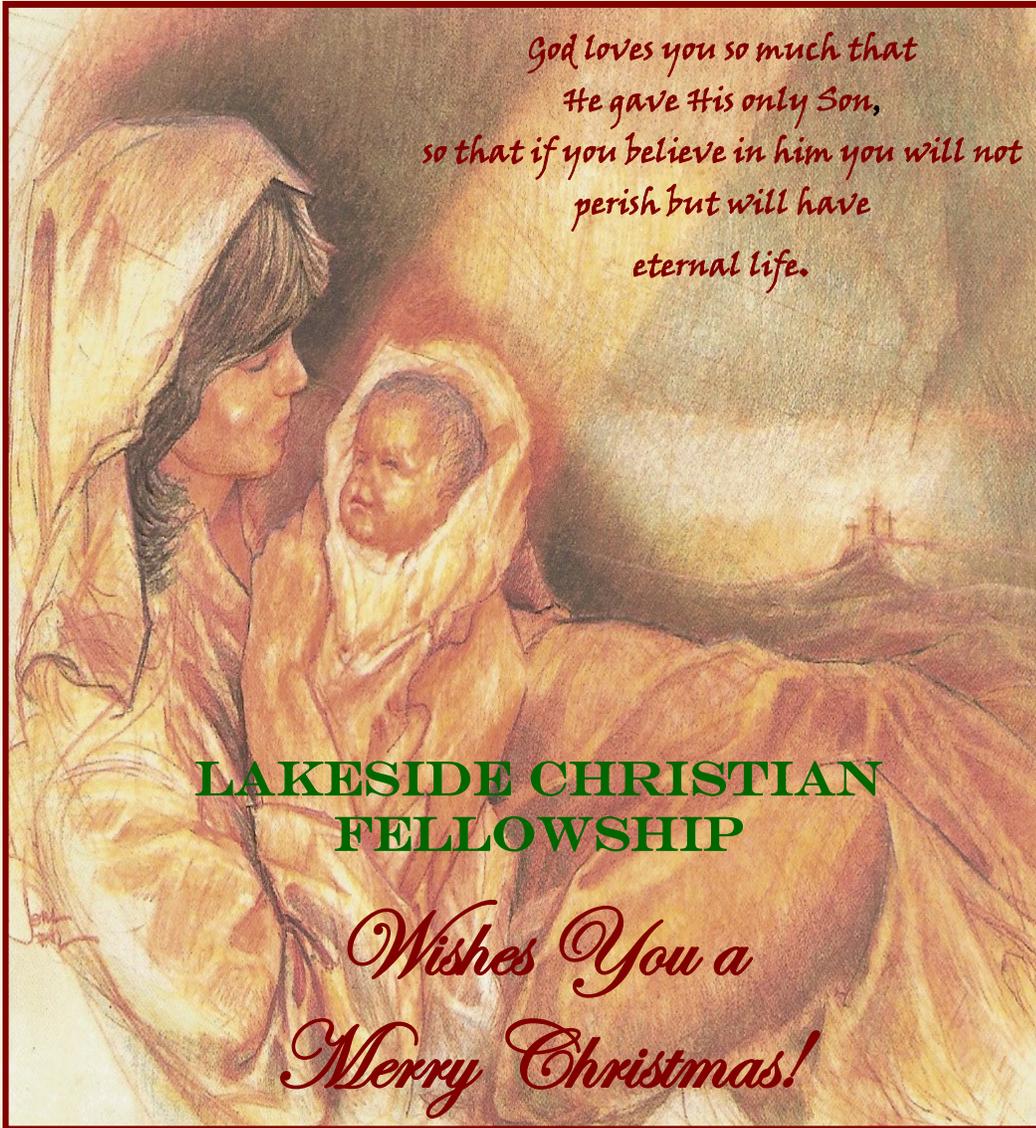
Rodger and Victoria Elliott hosted a Thanksgiving Dinner for the Lakeside Christian Fellowship Chancel Choir at their home on Sunday, November 24th. The choir enjoyed a traditional Thanksgiving meal with all the trimmings!



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*God loves you so much that  
He gave His only Son,  
so that if you believe in him you will not  
perish but will have  
eternal life.*



**LAKESIDE CHRISTIAN  
FELLOWSHIP**

*Wishes You a  
Merry Christmas!*



# Lakeside Christian Fellowship

Worship Location  
1922 American Drive, Lago Vista

Office  
1918 American Drive, Suite 3, Lago Vista  
512-267-1700, [lakesidechristianfellowship@yahoo.com](mailto: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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[www.lakesidechristians.org](http://www.lakesidechristians.org)

