

Lakeside Christian Fellowship Ripples



JANUARY, 2020

VOLUME VIII, NUMBER 1

A New Year is upon us and we have so much to be thoughtful of during 2019 and I am hopeful for a joyous and prosperous 2020 for you and your family. We often think of resolutions for the coming year – most of which we fail to keep before the year is out. During my research, I ran across an internet article by Dr. Deepak Chopra, founder of the Chopra Foundation who offers four intentions rather than resolutions. After reading the article, I thought that intentions are easier to do rather than resolutions to keep, therefore here is a portion of Dr. Chopra's article:

The Four Intentions:

I want a joyful, energetic body. I want a loving, compassionate heart. I want a restful, alert mind.

I want lightness of being.

As you can see, these intentions move from body, emotions, and mind to spirit. These are the domains of consciousness where pure awareness takes form as sensations, images, feelings, and thoughts. There is a flow that is natural to everyone's life, and what you are intending here is to replace resistance, disorder, effort, and struggle with an easier way of living. To use the power of intention requires a new way of approaching body, emotions, mind, and spirit as a single stream of being. This is easily accomplished by a small shift in your daily routine.

Step 1: Take a few moments in the morning to sit quietly before moving into the day's activity. This is your time for setting the inner agenda for the day, in a state of quiet attention. If you already meditate or pursue your own inner practice, you can add the four intentions at the end of your session.

Step 2: When your mind is settled, follow your breath, easily and effortlessly, for five minutes. At the end of the time (or at the end of your regular meditation), place your attention on your heart.

Step 3: Repeat the four intentions, taking a pause between each one to let the intention find its place inside you. The mind-body connection is fluid, so intentions go to different places every day, giving rise to a new response. Be easy with any response that comes, and return your attention to your heart before saying the next intention. For example, silently say the first intention: *I want a joyful, energetic body*. Wait a moment to let your attention go to any sensation, image, feeling, or thought that arises. Notice the response, then put your attention back on your heart and silently say the second intention: *I want a loving, compassionate heart*. Don't judge your response or try to change it. It's fine to have any response, even if you might label it negative. The purpose here is to get your attention to loosen up and go where the mind naturally wants to go. If you find that any response feels too strong or causes distress, open your eyes, take a few deep breaths until you feel centered again, then go back to the next intention. Don't force anything.

Step 4: When you have finished the four intentions, sit quietly in a settled state for a few minutes. Then get up and go about your day.

Happy New Year Everyone,
Pastor Chuck and Emma

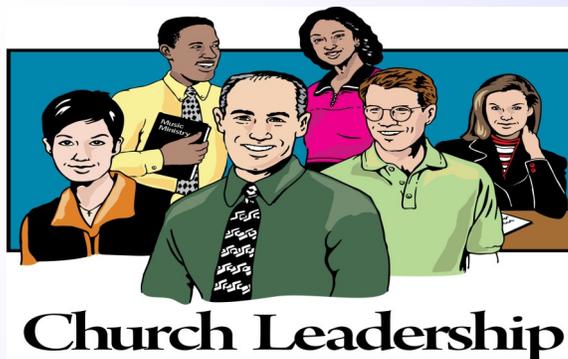
<https://chopra.com/articles/for-the-new-year-do-something-better-than-a-resolution>

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

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**Lakeside Christian Fellowship
Extended Leadership Council Contact List (January 2020)**

Donna Nash - Moderator	hilltophappiness@gmail.com	512-267-5947
Don Killough - Stewardship Commission Chair	killodon89@gmail.com	512-267-2625
Genie Carroll - Treasurer	geniecarroll@gmail.com	512-215-9229
Jean Sholes - Secretary	mjmsholes@austin.rr.com	512-267-4549
Rodger Elliott - Building & Grounds Commission Chair	rodger_elliott@hotmail.com	512-355-3237
Wilma Sanders - Faith in Action Commission Chair	wsunkist@aol.com	512-792-9309
Ginger Halsted - Worship Commission Chair	vhalsted32@gmail.com	512-267-1628
David Freeman - Pastoral Relations Commission Chair	djfreeman@austin.rr.com	512-267-0809
Pastoral Relations Commission		
David Freeman - Chairman	djfreeman@austin.rr.com	512-267-0809
Jan Robbins - Member	grandjan04@gmail.com	512-428-5361
Jim Orr - Member	jwoassoc@aol.com	512-267-3263
Jack Tyler - Member	kb5txs@att.net	512-267-1693
Jay Meierhoff - Member	jlm7194@swbell.net	512-267-5553
Betty Houghton - Member	bettmor@att.net	512-267-4319
Letha Guy - Member	lvgrams@yahoo.com	512-267-2157
Ministries Commissions		
Chuck Smith - Ministries Coordinator	chucksmith_lv@yahoo.com	512-922-6233
Carolyn Bass - New Member Chair	lance.bass2604@gmail.com	214-801-6343
Regina Holmes - Congregational Care Chair	gypsygranma@yahoo.com	432-553-2461
Mike and Theresa Sholes - Fellowship/ Hospitality Chair		512-291-3324
Paula Tyler - Volunteer Resources Chair	superhammy@att.net	512-267-1693
Dan Olson - Historian	dolson10@austin.rr.com	512-267-2374
Rev. Chuck Smith - Minister of Outreach	chucksmith_lv@yahoo.com	512-922-6233
Rev. Rick Waters - Pastor	rickwaters2@austin.rr.com	267-2877 & 850-7114 (c)
Deborah Reed - LCF Office Administrator	lakesidechristianfellowship@yahoo.com	512-267-1700



LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for November 11, 2019

CALL TO ORDER: The Leadership Council meeting was called to order by Scott Cameron at 2:00 pm. Council Members present were **Scott Cameron, Dave Freeman, Chuck Smith, Genie Carroll, Wilma Sanders, Don Killough and Ginger Halsted.** Donna Nash was also at the meeting to observe how our meetings are conducted.

INVOCATION: Rev. Chuck Smith opened the meeting with prayer.

OPENING REMARKS: Scott Cameron had no opening remarks. He proposed the Minutes from the Oct 14th 2019 council meeting be accepted as written, plus the minutes from the Oct. 27th Annual Congregational Meeting. The council members in attendance unanimously agreed to Scott's proposal and the minutes from both meetings were approved.

FINANCIAL REPORT: Genie Carroll distributed the October 2019 Balance Sheet and Income and Expenses/Budget report. She reported that everything looks good although there seems to be a slight reduction on the YTD Income. A motion to approve was made by Don Killough and seconded by Ginger Halstead and approved by the council members.

STEWARDSHIP COMMISSION: Don Killough had nothing to report.

BUILDING AND GROUNDS: Rodger Elliott was not in attendance but after a brief discussion between Scott Cameron and Chuck Smith it was decided this issue would be talked about in an Executive Session at the end of our regular council meeting.

FAITH IN ACTION: Chairperson Wilma Sanders updated the council about the student school supplies which LCF had donated to the LVISD Elementary & Middle Schools. She also mentioned that she

and Scott Cameron had met with Dr. Suzy Lofton-Bullis the LVISD Asst. Superintendent and the District Board in recognition for our generosity. She also told us the plans getting under way to obtain Lowe's \$75.00 Thanksgiving Gift Cards for LVISD families plus some other less fortunate families.

PASTORAL RELATIONS: Chairperson Dave Freeman said that he's working with the PRC members to put together a plan for Staff EOY Bonuses. This plan when completed will be presented to the LCF Leadership Council at the Dec. 9th meeting for their approval. He also stated he's been working on creating new ads to promote our church.

WORSHIP COMMISSION: Chairperson Ginger Halsted said she's working on the Christmas decorations.

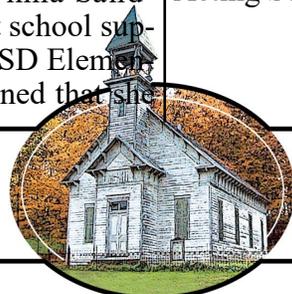
OUTREACH MINISTRIES: Rev. Chuck Smith reported about the changes being considered for the Cancer Support Group to help attract more attendees to their monthly meetings. They are also considering opening up their meetings to include the family caregivers. We'll be informed when these changes have been agreed upon and when they'll be implemented.

The open portion of the council meeting was adjourned at 2:35 P.M.

An Executive Council Meeting ran for the next 30 minutes.

Respectively,
Dave Freeman,
Acting Secretary

CHURCH COUNCIL

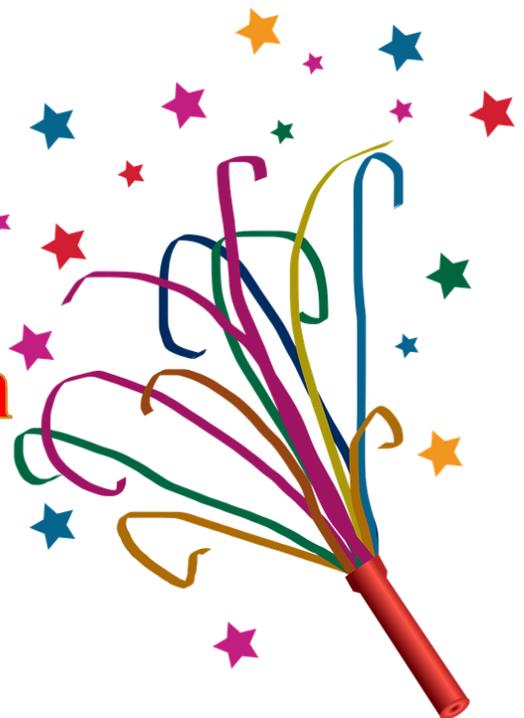


A family of faith connecting people to Christ and to each other!



The Lakeside Christian Fellowship Staff along with Scott Cameron, Dave Freeman and Donna Nash enjoying a Christmas celebration luncheon at The Highland Lakes Grille on December 18, 2019.

Happy New Year!
From the
Lakeside Christian
Fellowship
Staff



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



**Lakeside Christian Fellowship
Choir and Friends
Presented
“Let There Be Christmas”
A Christmas Cantata by Joseph M. Martin**

On Sunday, December 8, 2019, a joyful gathering of Amazing voices lifted in glory to the birth of the coming King with over 100 people in attendance!





Health Watch



6 Common Beverages You Should Always Avoid

<https://wellnesscaptain.com> By
Captain's Crew_ May 25, 2019

A fresh, cold drink seems like the perfect ending of a hot, summer day. Not to mention a delicious beverage to warm you up on cold days. While these are the easiest ways to quench your thirst or make you feel cozy and comfortable, they are also a sure way to blow up your weight loss plan and even overall health.

That's why, in order for you to stay lean and healthy all the time, check out this list of the most common beverages that you should always avoid if you know what's good for you. Remember, next time life gives you lemons, don't make and drink lemonade, unless it's calorie free and sugarless!



Fruit juice

Not all juice is created equal, with fresh squeezed being better than pasteurized for instance. But all juice is packed with sugar and a sure way to adding more calories to your diet.

Compared to raw fruits, juice lacks nutrients such as protein and fiber and is packed with fructose, which is one of the main culprits for belly fat. To have a clearer picture, just know that an average glass of orange juice, for example, provides as many calories as six oranges and about 36 grams of sugar.

Replace with: Water with slices of oranges, lemon or grapefruit.



Sugary coffee drinks

Sure, Lattes, Frappuccinos and the entire "chino" family are as tasty as they can be but they really stack up when it comes to nutrition. Coffee beverages with sugary syrups, chocolate or caramel toppings and all the other fancy stuff they may

have, generally provide around 350 – 450 calories and 45-80 grams of sugar per drink. Talk about sugar rush!

In addition, the caffeine they usually include can give you a quick buzz through the first part of the day but later mess with your nervous system and sleep pattern.

Replace with: Simple, black coffee or de-caf.



Diet Soda



Calorie free but full of negative health effects. That's your diet soda. Even if some think it is a healthier choice instead of the regular

soda, diet soda is usually full of chemicals that may pave the way for serious chronic diseases. Apart from artificial color, diet soda includes aspartame, a sugar substitute meant to promote weight loss but found to do quite the opposite. It also enhances the sweet taste, usually making diet sodas sweeter than regular ones and leaving you craving for more sugar.

Replace with: Water. It is always the best choice to stay hydrated.



Health Watch



6 Common Beverages You Should Always Avoid

<https://wellnesscaptain.com> By
Captain's Crew_ May 25, 2019

Pre-mixed alcoholic drinks

If you like to sip on Margaritas or Pina Coladas every once in a while, maybe it's time to drop this habit. Such beverages not only do they include all sorts of preservatives but also lots of added sugar with detrimental effects. Much like diet soda.



These sugar-spiked drinks boost your energy but then make you crash and burn once the sugar high wears off. More than that, they make you very thirsty by speeding up the dehydration generally caused by alcohol.



Replace with: A glass of red wine with antioxidant benefits.

Vitamin-enhanced water

Vitamin water has gained a lot of popularity in recent years. But you might be disappointed to know that in most cases it's more hype than hydration. Although it is a healthier alternative to the sugar laden juice and soda, it is still packed with calories. Roughly 120 calories per bottle, mostly coming from sugar.

When it comes to the actual vitamins, don't expect these drinks to fix any deficiencies. Most of them contain vitamins that you can obtain from adopting a healthy diet. Not to mention such products are not exactly cheap.

VITAMIN WATER



Replace with: A multivitamin or detox water.

Protein drinks

Drinking a protein shake before workout to boost your performance or restore your depleted energy



after a workout is common practice. However, if you're chugging protein drinks instead of actually eating protein foods, just don't! Many products out there include hydrogenated oils, unnecessary nutrients and loads of artificial sweeteners that do your health no good. To sift the good from the bad, see [How You Can Use The Best Protein Powder to Drop Pounds for Good](#).

Replace with: High-protein foods such as eggs, lean meat, yogurt, seafood.



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~ PV Men's Fellowship ~

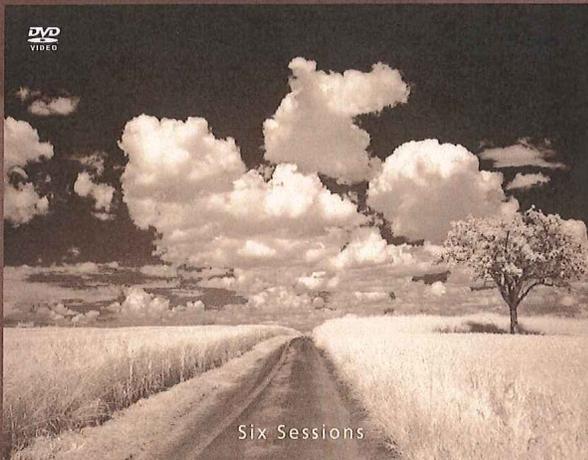
At our last Men's Fellowship Breakfast for 2019 on December 3, we asked members for a donation to Blue Santa.

On Tuesday December 10, Clyde Hance and Dan Olson delivered a check for \$350.00 to Lago Vista Police Chief Danny Smith for Blue Santa. It has been a tradition for several years that Men's Breakfast deliver a check to Chief Smith for Blue Santa for our support to this wonderful charity for the children.



Men's Breakfast will convene again on **Tuesday, January 7**, to start the new year with great food and fellowship. Please join us to be part of this group of men who enjoy fellowship with other Christian men.

Contact Dan Olson 512-267-2374 for more information



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and the Mission of the Church

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 ZONDERVAN®

Lakeside Men's Bible Study

Bible study meets
every 2nd and 4th
Tuesday of the
month.

A new study
begins
January 28, 2020
at 8:30 a.m. in the
Lakeside Christian
Fellowship
Worship Center

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Lakeside Christian Women's Fellowship

THE LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP will present the 5th exciting program entitled "CONVERGENCE? COINCIDENCE? IT'S A GOD THING!" on Monday, January 20, 2020, at 10:30 a.m. in the Bluebonnet Room. Our guest speaker will be member Regina Holmes. Please extend an invitation to all ladies in the community for an experience of learning and warm fellowship. Your presence is valued!

LAKESIDE CHRISTIAN WOMEN'S BIBLE STUDY

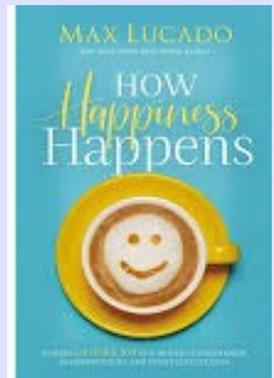
WOMEN'S BIBLE STUDY meets on Wednesday's at 9:30 a.m. in the Bluebonnet Room.

PLEASE NOTE, NO BIBLE STUDY IS SCHEDULED FOR January 1; time to celebrate the holidays.

New study, "HOW HAPPINESS HAPPENS" by Max Lucado will begin on January 8th. 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.

For information
on
Women's Bible
Study contact:

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



Lakeside Christian Women's Bible Study met at Jan Haygood's home for a Christmas luncheon to kick off the holiday season on Wednesday, December 18, 2019.

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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 OFFICE CLOSED	2 10:30 AM Alzheimer's Support Group @ LV Library	3	4
5 10:30 AM Worship Service @ Worship Center	6	7 8:30 AM Men's Fellowship Breakfast @ PV Clubroom	8 9:15 AM CWF Bible Study @ Bluebonnet Room	9	10	11
12 10:30 AM Worship Service @ Worship Center	13 2:00 PM Leadership Council Meeting @ Worship Center	14 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	15 9:15 AM CWF Bible Study @ Bluebonnet Room	16 10:30 AM Alzheimer's Support Group @ LV Library	17	18
19 10:30 AM Worship Service @ Worship Center	20 10:30 AM CWF Meeting @ Bluebonnet Room	21 8:30 AM Men's Fellowship Breakfast @ PV Clubroom 6:30 PM Cancer Discussion Group @ LV Library	22 9:15 AM CWF Bible Study @ Bluebonnet Room	23 	24	25
26 10:30 AM Worship Service @ Worship Center	27	28 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	29 9:15 AM CWF Bible Study @ Bluebonnet Room	30	31 	

For more information visit the LCF website at
www.lakesidechristians.org



Jay Meierhoff	3
Sid McClung.....	6
Armor Lee Gardner	7
Rodger Elliott	8
Jean Sholes.....	8
Reasa Burton.....	13
Victoria Elliott.....	13
Harlan Fisher	13
Dan Olson.....	17
Jack Currier.....	21
James Orr	22
Cleta Brewster	31



Harlan & Paula Fisher
1/1

Frank & Eleanor Smith
1/3

If you would like your dates to be included please send your information to the church office at:
lakesidechristianfellowship@yahoo.com

Prayer Corner

Credo for the New Year

I believe
That I enter a glorious new year
To be filled with prayer and praise.
With service to God and mankind,
With inspired creative activity.

I believe
That God's presence goes with me
Wherever I shall go this year,
By train or Ires or car or boat,
Slowly paced on foot, or high in air.

I believe
His love is shining in my body,
His wisdom guides my mind,
His peace fills me with poise,
His strength is ever at my call.

Oh I believe
That this is God's new year.

—Elizabeth Searle Lamb

December 26, 2019

Average Sunday Attendance.....	74
YTD Offerings.....	\$231,615.00
YTD Expenses	\$202,891.00

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

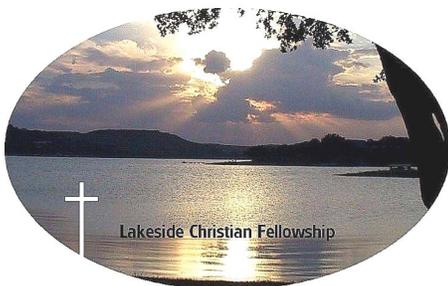
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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CHRISTIAN
FELLOWSHIP**

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Lago Vista TX 78645

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JANUARY