

# Lakeside Christian Fellowship Ripples



FEBRUARY 2021

VOLUME VIII, NUMBER 2

Church Family,

The Old Testament Prophet, Jeremiah, wrote a prophetic letter to the Israelites who were exiled in Babylon. Biblically, they had been warned by Jeremiah and others that unless they repented of their disloyalty to God they would suffer at the hands of their enemies. Sure enough somewhere between 597 BC and 586 BC the Southern Kingdom of Judah was overrun and conquered by the Babylonians under the Leadership of King Nebuchadnezzar. The best and the brightest of their leaders and citizenry were carried away to Babylon.

As a displaced and disenfranchised people held captive by an idolatrous foreign power the Israelites were totally grief-stricken. Psalm 137:1 depicts their sense of emotional bankruptcy. "By the waters of Babylon, there we sat down and wept, when we remembered Zion (Jerusalem)."

In this depressive state of Exile Jeremiah delivers to them a word of encouragement from Almighty God. "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you." (Jeremiah 29:11-12)

It took 70 years, one generation in Exile, but the people of Judah did return to their homeland and their faith.

We all know how difficult the year 2020 has been for so many due to the Pandemic. In a sense we have been in Exile with isolation, masking, social distancing and the like. Still we have hope that God has our best interests at heart. It will take time but a future with our welfare and hope is yet before us. I believe that a key to our restoration is a return to renewed faith and worship of God. It has been challenging as a church to remain connected, especially with social distancing.

However, God has been with us. We are able to bring you church news updates and a worship experience by way of YOUTUBE TV. We have moved our offices to the Rodenbeck Building next door where we have our worship services. This additional room will allow us to hold meetings, bible studies, covered-dish dinners, receptions, etc. Further good news is that although our giving is down we still have sufficient contributions to meet all of our expenses. Amazingly, during the Pandemic we have also welcomed seven new members to our church.

In short it has been a difficult time but God has been with us all along. Thanks be to God for His mercy and grace.

I look so forward to greeting you back in church as soon as it is safe to do so. Thank you for your continued support and faithfulness.

Blessings in Jesus' Name,

*Pastor Rick*

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## LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for December 14, 2020

The Leadership Council meeting was called to order at 1:57 pm, December 14, 2020 by Moderator Donna Nash. Council members present were Donna Nash, Genie Carroll, Dave Freeman, Wilma Sanders, Rodger Elliott, Ginger Halsted and Jean Sholes.

**INVOCATION:** Rev. Rick Waters opened the meeting with prayer.

**OPENING REMARKS:** Donna Nash – December's "Thought to Ponder" by unknown author. "Your careers are what you are paid to do. Your calling is what you were made to do. God is not finished with you yet!"  
Regular Meeting – November 9, 2020 Minutes approved by acclamation

### COMMISSION REPORTS

**FINANCIAL UPDATE:** Genie Carroll reported that our current bank balance is \$23,000.00 below our usual income, but we continue to do okay. A chart from 2019-2020 shows that current donations average about \$3,000.00 less per month. With monies donated by Members, we were able to purchase 22 Thanksgiving gift cards at \$75.00 each for needy families.

**STEWARDSHIP COMMISSION:** Chairperson Dan Olson was not present and there was no report.

**BUILDING & GROUNDS:** Rodger Elliott reported that we are on target to take possession of the additional footage on December 23, 2020. The fee to move the copy machine is \$375.00. Genie Carroll moved that we accept the lease as written; Dave Freeman seconded the motion and it was approved by unanimous vote.

**FAITH IN ACTION:** Wilma Sanders reported that we have the funds to purchase WalMart cards for the People in Blue Drive for First Responders. After a brief discussion, the Council agreed to purchase 78 cards at \$25.00 each. It was noted that the Women's Christian Fellowship group donated \$200.00 to Blue Santa.

**WORSHIP COMMISSION:** The Council welcomed Ginger Halsted back; she has been missed during her recovery from an accident. She brought up the discussion about who we might hire to clean the building regularly. Donna Nash said she will interview the candidates.

**PASTORAL RELATIONS:** Dave Freeman requested that there will be an Executive Meeting after the closing of the open meeting. He showed the Council a large poster that we have that can be used to draw people's attention to our church.

**OUTREACH & MINISTRIES:** Pastor Chuck Smith was not present.

### OLD BUSINESS

Health Alert Continues – Austin Public Health Department registered a concern because we had two members in our midst who tested positive for Covid; Department noted that we are doing everything right

Donations – Internet/Electronic Funds, currently on hold

Thank you cards to Shepherds, Ministries, etc. - Donna did this

October 2021 – Open House to Community Encouragement to members to volunteer, give gifts, furniture donations, etc. for building

### New Business

Big Screen TV & Cameras

Insurance – Increase Square Footage

Signage for New Building

Appreciation Gifts to LV First Responders

### Future Topics

Next Meeting: January 11, 2021

**Adjourn** Meeting adjourned at 3 PM

CHURCH  COUNCIL

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Welcome  
Our *New*  
Member

Jean Dunham  
Joined  
January 3, 2021



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

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



### **The Cedar Waxwings have arrived!**

If you have had the privilege of glancing outside at just the right moment to see a flock of cedar waxwings roost in a nearby tree, you undoubtedly understand the birding buzz surrounding these exquisite creatures. Our state draws these somewhat migratory birds because of winter fruit supplies from cedar, (which gives them part of their name) and other varieties of trees. However, the yaupons excite them the most in the months of January and February. In Texas, the cedar waxwing is a common to abundant winter resident in all parts of the state except in the Trans-Pecos portion of the state.

Cedar waxwings are named for the waxy red tips on their secondary wing feathers, but the purpose of the waxy secretions is unknown. These crested birds have pale yellow to lemon-colored bellies and a matching band of yellow at the **tip** of their square tail.

Picture provided by Dave Freeman  
(taken in his yard)



## Health Watch



### Herd Immunity: How Many People Need to Get the COVID-19 Vaccine?

Dec. 30, 2020 - [Katie McCallum](#)

Your squad. Your crew. Your pod. Your fam. Your wolfpack.

It's time to add a new one to the list: Your herd. Why? Because to get this pandemic under control — and to protect our squads, crews, pods and fams — we need what's called "herd immunity." And the COVID-19 vaccine is our best shot (pun totally intended) of getting us there.

"Herd immunity is when a large enough portion of a community is immune to a virus so that the virus can no longer spread easily from person to person," explains Dr. Ashley Drews, medical director of infection prevention and control at Houston Methodist. According to Dr. Drews, the most realistic way to achieve herd immunity is through wide-scale vaccination. To understand why, take a quick look at the death toll 10 months into this pandemic, and that should be all it takes to see that herd immunity by way of natural immunity is a slow, deadly process.

"What we've needed since the start of this pandemic is a way to achieve wide-scale immunity without people ever being at risk for developing a severe infection. Less than a year later, COVID-19 vaccines are giving us a way to achieve this," explains Dr. Drews. "But the existence of a vaccine alone isn't enough to reach herd immunity. It takes people getting vaccinated — many, many people."

### How many people need to get vaccinated?

Herd immunity looks different for different viruses. That's because the concept hinges on how easily a particular virus spreads from person to person. "It's still unclear exactly how many people will need to be vaccinated in order to achieve herd immunity to COVID-19, but experts estimate that it will take somewhere around 70% of the population — with some estimates ranging as high as 90%," says Dr. Drews.

In the U.S., that means at least 248 million people will need to be vaccinated. "What we need to keep in mind is that some people can't get vaccinated, either due to their age or medical history. So those of us who can get vaccinated need to do our part to protect those who can't," explains Dr. Drews.

Lastly, if you've already had COVID-19, don't assume this means that you don't need to get vaccinated. It's important to know that you can get COVID-19 more than once — meaning vaccination is still important for you, too.

So, even if you're young and healthy and even if you've had COVID-19 and recovered, here's why herd immunity is so necessary.

### Herd immunity is powerful — and it takes, well, the herd

To understand herd immunity, let's take a look at our squads, our crew, our pods, our fams — because, whether we've realized it yet or not, these groups have blended together to create one big herd during this pandemic. Let's say your squad is five of your old college buddies. Three of you are taking the pandemic pretty seriously, but the other two aren't. After what you thought was a safe gathering, three of you end up with COVID-19 — presumably via your friend who's being less safe, but in this fake scenario there's no need to point fingers. You're all young and healthy, and your mild cases aren't fun by any stretch of the imagination, but they're not life-threatening. But, one of your friends in your squad also has a crew — the three friends he plays golf with on weekends. And before he even realizes he's sick, his crew gets sick, too. Fortunately, only mild cases in the crew, too. Except, someone in the crew has a wife who is high risk. Unfortunately, she gets COVID-19 — and her case is severe.

The fact is that, right now, your squad isn't just your five friends. Your squad is also the three people in someone else's crew, the 10 people in another person's pod, as well as your family and their own squads,



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crews and pods. It's also your coworkers, the teachers at your kids' schools and the random people you encounter running errands.

There are no squads, crews and pods during this pandemic, only the herd.

Re-imagine your scenario, but this time with most of your squad vaccinated. Your un-vaccinated friend might get COVID-19, but the rest of you will be protected. And with only one person ill, the odds of the virus spreading from squad to crew to fam are much lower, too.

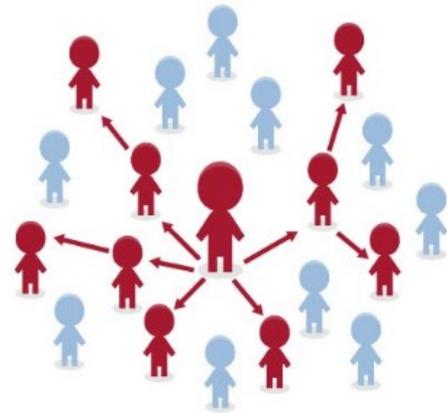
### Herd immunity won't come easy, though

Like most things pandemic-related, herd immunity comes with a question mark or two. "In particular, we don't yet know how long vaccine-induced immunity will last. The natural immunity acquired after infection seems to last for several months, and the expectation is that the immunity conferred via vaccination will last even longer. But we don't know exactly how long yet," explains Dr. Drews. "This is one of the major reasons that it will be important to continue wearing a mask after being vaccinated, as well as practicing the other preventive measures we've used to keep our communities safe during this pandemic."

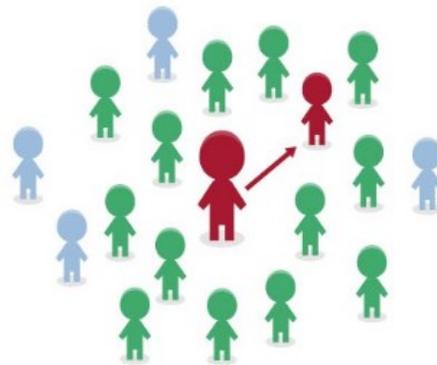
And it's not just questions, there are challenges, too. "There are logistical hurdles to vaccinating 248 million people — from developing a sufficient supply of vaccine to then distributing this supply across the entire country. In addition, many people are still skeptical about these new vaccines, and misinformation is adding to this fear," says Dr. Drews.

As COVID-19 vaccines are made more and more available, the entire herd will have a role in helping to end this pandemic — by getting vaccinated.

Remember, to this virus, there are no squads, no crews, no pods — only one big herd. And herd immunity, by way of vaccination, is what we need to help keep our squads, crews, pods and fams safe



No herd immunity



Herd immunity achieved

● Susceptible      ● Infected

Source: GAO adaptation of NIH graphic.

● Immune      → Disease transmission

| GAO-20-646SP



## Health Watch



### COVID-19 Variants: What You Need to Know About Coronavirus Mutations

Jan. 19, 2021 - [Katie McCallum](#)

For a disease that's taken almost 2 million lives worldwide, hearing that new variants of COVID-19 are emerging and spreading across the globe is understandably anxiety-inducing.

Dr. Wesley Long, director of diagnostic microbiology at Houston Methodist who is involved in the coronavirus sequencing efforts, is here to explain what we know and don't know about these new coronavirus variants, as well as what these variants mean in our fight against COVID-19.

#### What is a COVID-19 variant exactly?

**Dr. Long:** As a virus replicates to make more of itself, small genetic changes — called mutations — can occur. In many cases, these mutations have no effect on the virus, good or bad. These mutations can even help us track how viruses spread around the world. In some cases, however, these mutations can be advantageous to the virus. Each variant of COVID-19 is characterized by a distinct collection of mutations. Put simply, COVID-19 variants have accumulated changes to the coronavirus genome that persist as the virus passes from person to person. If the changes result in a more transmissible virus, like the D614G mutation, we may then see more and more of that particular variant in infected patients.

Since variants arise as the virus replicates, the more we allow this new coronavirus to spread among us, the more chances we give new variants of COVID-19 to arise.

#### How many COVID-19 variants are there?

**Dr. Long:** There are thousands of COVID-19 variants circulating around the globe. The first major COVID-19 mutation that seemed to increase contagiousness was detected early in the pandemic. Called the D614G variant, it quickly became the defining mutation of the predominant variants causing COVID-19 infections in the U.S. over the last eight months. Strains carrying D614G have since accumulated new mutations and split into three major variant groups.

Recently, more variants have arisen, including the:

- B.1.1.7 strain – first detected in the U.K. in Sept. 2020, but recently identified in Harris County
- B.1.351 strain – first detected in South Africa in Oct. 2020

The CDC is also reporting that a new COVID-19 variant is currently circulating in Nigeria.

Each of these new variants differs genetically, but almost every variant so far has one or more mutations in the virus' spike protein — which plays a role in how the virus invades human cells.

#### Are the new COVID-19 variants more dangerous?

**Dr. Long:** Right now, there's no evidence that any COVID-19 variants we have studied cause more severe illness or increase a person's risk of death. Some scientists do believe, however, that several of these newer variants — particularly the B.1.1.7 strain that originated in the U.K. — spread more easily from person to person. This may be similar to the story of D614G.

While COVID-19 cases have increased alongside the presence of these variants, it's still too early to tell whether this is due to these strains being more contagious or simply because of a breakdown in the preventive measures that keep communities safe. We need more data, including lab studies, to confirm whether these strains really do spread more easily.

#### Will the COVID-19 vaccine work on new variants?

**Dr. Long:** We do not expect these particular variants to impact the effectiveness of our current COVID-19 vaccines. However, as we begin to roll out the vaccines, it will be critically important that we continue to sequence COVID-19 isolates from those who are infected to look for new variants that could escape our current vaccines.

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If a vaccine-resistant variant does arise eventually, all hope is not lost. One beauty of our two current COVID-19 vaccines — both [mRNA vaccines](#) — is that the technology behind these vaccines actually lends itself to more quickly iterating on second-generation vaccines that can account for new mutations. Still, we need to do everything we can to slow the spread of the pandemic while we get these vaccines distributed.

#### What can I do to protect myself from these new variants?

**Dr. Long:** New variant or old, the protective measures you should be taking to stay safe from COVID-19 remain the same:

Practice [social distancing](#)

Avoid social and [family gatherings](#), especially large groups and events held indoors

[Wear a mask](#) when in public

Stay home [if you feel sick](#)

Lastly, we need vaccine-based [herd immunity](#). When the COVID-19 vaccine is made available to you, please consider getting vaccinated. We've all experienced first-hand over the last 10 months the true impacts of this global pandemic. With two incredibly effective vaccines becoming more widely available, and more vaccines in the pipeline, it's time to embrace vaccine-induced immunity so that we can turn the tide against this pandemic.

## YOUR “POWER OF ONE” BENEVOLENCE FUND AT WORK!

THANK YOU



May your church thrive as you  
share God's blessings with all you meet!  
I am very grateful to have received  
financial assistance this month.

God Bless

Cynthia & Ty



FIRST PERSON/LAST PAGE

## Reality Is a Function of Perspective

With her mother in hospice care during the pandemic, an SLP sees how clinicians become lifelines for families and isolated patients.

BY RONDA POLANSKY

The best step to bridging a communication gap is to better understand another perspective—not what you look at, but where you are looking from. I am a health care professional; I am also the only child of a dying woman in hospice during a pandemic.

COVID-19 is not just a health care crisis, but a human, economic, and social crisis. One of the many cruelties inflicted by the virus is that many suffer being left to die alone, scared, and longing for loved ones. Ordinarily, a crucial component of good palliative care is intimate support at bedside, as the power of human presence and touch cannot be overestimated in providing compassionate care.

But the comfort of family at the dying person's bedside is gone when institutions lock down. When all visitors were barred from visiting hospitals and long-term care facilities starting in March, there was no understandable explanation you could provide to someone with dementia or Alzheimer's about the COVID-19 moratorium on visits.

My mom is 82 years old, weighing less than her age now at 68 pounds. At the end stages of Alzheimer's, she is nonverbal, visually impaired, and physically contracted. I have not been allowed to see her since March 13. Depending on others to tell me how she is or is not doing has taken a toll on my psyche in ways I could never have imagined. As we entered month six, I continued to struggle to receive updates on her status with responses such as "no change," "same," or "doing OK"—or no response at all.

Reality is a function of perspective. But my reality, from



SLP Ronda Polansky with her mother.

my perspective of a daughter and a health care professional, is that she was not "doing OK." Being unable to visit and confirm that she is receiving proper care and comfort have been the most difficult.

When I treat patients, I pause to adjust my perspective: "If this was my family, what would I want to know?" Whether it is returning calls or stepping out to speak to them, it is my job, in taking care of patients, to take care of their families as well.

I am in health care to serve others in their time of need. Our smiles are now covered by masks, but a touch can make someone feel noticed and important. I want to be the light in someone's day, but I can also be the moon in their darkest of hours.

Being in lockdown is as close to imprisonment as you can get

without being incarcerated for a crime. Families will remember the separation and absence more than last moments. We need to realize we cannot change the circumstances, but we can change our perspectives—and in that moment, we could change someone's day. ☺

**Ronda Polansky MS, CCC-SLP**, is partner/owner of Ampcare, a developer of neuromuscular electrical stimulation technologies, and DiagnósTEX, a provider of mobile modified barium swallow studies in the Dallas/Fort Worth and surrounding areas. She is an affiliate of ASHA Special Interest Group 13, Swallowing and Swallowing Disorders (Dysphagia).  
•ronda@diagnostex.us

*This column presents contributors' views and experiences in their own voices.*

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Greetings!

Wow....Hard to believe that January is nearly behind us! Our fundraising for 2021 has already begun and we need your help. The Amplify Austin “I Live here I Give here” (ILHIGH) campaign has kicked off and will end with 24 hours of giving March 4<sup>th</sup> – March 5<sup>th</sup>. Hill Country Community Ministries (HCCM) is pleased to be a part of this awesome philanthropic event again this year! We are officially kicking off our “I live here I give here” campaign and would like to invite you to participate to make this event bigger than ever!

[Click here](https://www.amplifyatx.org/organizations/hill-country-community-ministries) to be taken to our Amplify Austin fundraising page or go to <https://www.amplifyatx.org/organizations/hill-country-community-ministries>

In 2019 we served 13,519 families distributing OVER 1 million pounds of food! In 2020 we served 22,857 families! This is 41% INCREASE and, again, distributed OVER 1 million pounds of food!!! In December 2020 we served food to 626 families impacting 1,893 individuals just at our food pantry location!!! The need is great and this first event of the year can be a huge kick start for HCCM!

I am reaching out to you to ask for your support in spreading the word to your members about the Amplify Austin, ILHIGH event. HCCM has a fantastic opportunity for a matching donors! The HCCM board members have gotten together and they have made a personal pledge to match our first \$4,000 in donations! According to the statistics provided by Amplify Austin, an organization that offers *matching contributions* raises **4X** more than organizations without a matching contribution program.

From the entire team of volunteers, staff, our board of directors and clients, we want to thank YOU for your past and future support! Hill Country Community Ministries would not be able to do the things we do without YOU and the support of so many in our community. We count our blessings as we continue to reach so many more families in our community that need our help! We look forward to extending our reach to so many more in 2021! Thank you for your consideration and please do not hesitate to reach out to me with any questions about our upcoming events and how you can be a part of what we do!

Thank you so much!!!

Gene Krider  
Director of Community Engagement  
Hill Country Community Ministries

Mail: P.O. Box 1064, Leander, TX 78646  
Location: 1005 Lacy Drive, Leander, TX 78641  
Phone: 512-259-0360, Ext. 209  
[www.hccm.org](http://www.hccm.org)



**Amplify Austin**

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**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	4	5	6
7 10:30 AM Worship Service @ Worship Center & Live Streaming	8 2:00 PM Leadership Council Meeting	9	10	11	12	13
14 10:30 AM Worship Service @ Worship Center & Live Streaming 	15	16	17 NO WORSHIP SERVICE 	18 	19	20
21 10:30 AM Worship Service @ Worship Center & Live Streaming	22	23	24	25	26	27
28 10:30 AM Worship Service @ Worship Center & Live Streaming						

For more information visit the LCF website at [www.lakesidechristians.org](http://www.lakesidechristians.org)

# FEBRUARY



# BIRTHDAYS

Frank Robbins .....	1
Sue Thompson.....	4
Sharon Killough.....	5
Page Massey .....	6
Jim Wood.....	9
Fred Pontesso .....	14
Don Shafford.....	16
Frank Smith.....	20
Mary Ann Childs .....	22
June Freeman .....	24
Carolyn Schodde.....	24
Cindi Brewer.....	25

## Prayer Corner

*“365 Days of Prayer for Christian  
That Bring Calm & Peace “  
By Oliver Powell*

**Dear Lord,**

**Let Your Holy love dwell in our hearts to  
make us fully live every day.**

**Reach out and touch us that we may  
become one with You and learn to be  
thankful for everything that we see, smell,  
and taste around us.**

**Touch our hearts to make us always in  
awe of the things that happen to us  
every day.**

**Grant in us a thankful heart to appreciate  
the things that we have seemed to take  
for granted,**

**Amen!**



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

### January , 2021

YTD Offerings .....	\$34,235.00
YTD Expenses.....	\$16,752.05

# Lakeside Christian Fellowship

Worship Location

1922 American Drive, Lago Vista

Office

1924 American Drive, 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

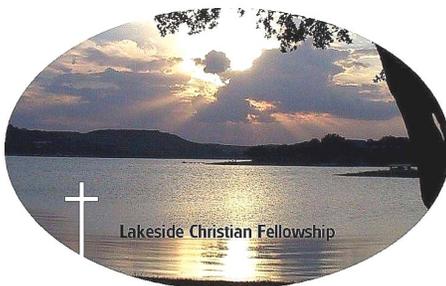
Rev. Chuck Smith, Minister of Outreach & Ministries

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CHRISTIAN  
FELLOWSHIP**

P.O. Box 4874  
Lago Vista TX 78645

**Phone: 512-267-1700**



[www.lakesidechristians.org](http://www.lakesidechristians.org)



February