

# Lakeside Christian Fellowship Ripples



JUNE 2020

VOLUME VIII, NUMBER 6

*Dear Church Family,*

The Apostle Paul wrote the following to his Christian brothers and sisters at Philippi from his jail cell in Rome, “For God is my witness, how I long for all of you with the compassion of Christ Jesus”. Paul had a special affection for the Philippian Christians and even more so due to his imprisonment. We can only imagine how it might be to be incarcerated in prison in solitary confinement and being separated from those near and dear to you because of circumstances beyond your control. The social distancing, sheltering in place, self-quarantine and hospitalization resulting from this pandemic has caused considerable angst among people across the globe.

Personally I feel quite strongly in regard to my relationship with you parishioners. I am grateful that we can communicate from a safe distance by telephone, texting, email and the like but it is not the same as seeing and greeting each other face-to-face. As a minister not being able to safely welcome folks in worship and visit in homes and hospitals leaves me feeling in a real sense helpless. I am grateful that we are able to bring you virtual worship experiences on Sunday mornings but it is not the same thing. Believe me preaching to a practically empty church is daunting at best.

I pray that God enables you to continue to practice the protocols required for safety and that you are finding ways to occupy yourself. Since most of us have more time on our hands it would be grand to give a little more time to God through prayer, scripture-reading and Christian service. A blessed way to find meaning at times like this is to find safe ways to reach out and touch someone in the name of Jesus Christ our Lord.

Again as Paul would say, “...how I long for all of you with the compassion on Christ.”

Blessings to You and Yours,

*Pastor Rick*

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LAKESIDE CHRISTIAN FELLOWSHIP  
Leadership Council Report for April 6, 2020

**CALL TO ORDER:** The Leadership Council meeting was called to order by Moderator Donna Nash at 10:05 am, April 6, 2020.

Council members present were: Donna Nash, Genie Carroll, Wilma Sanders, and Chuck Smith.

(A quorum was not present)

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

**OPENING REMARKS:** Moderator Donna Nash offered a thought to ponder: "The Hunger for Love is much more difficult to remove than the Hunger for Bread." - Mother Teresa-

**COMMISSION REPORT -**

**Financial Update:** Members are sending in their contributions. Income is stable at this time.

**Stewardship Commission:**  
Not present

**Building & Grounds Update:**  
Chairperson Roger Elliott was not present, but it was noted that Rodger and his grandson, Conner along with Pastor Chuck Smith have been diligently working on providing the Sunday Services to be taped or live streamed.

**Faith in Action:** Chairperson Wilma Sanders noted that attempts to contact HCCM has been made and no response at this time. Discussion was made to continue to reach out to our members for their needs.

**Worship Commission:** Not present

**Pastoral Relations:** Not present

**Outreach & Ministries:** Moderator Donna Nash contacted Rolling Hills co-moderator Patsy Aird regarding Easter Sunday Sunrise Service. Several churches were involved in a united effort to provide our community with a Sunrise Service. Contact was made to open the doors of communication between sharing information during this time of Pandemic.

**Old Business:** Donna Nash reported that the "Pop & Drop" program consists of neighborhood shepherds which are currently dropping 110 communion packets to all members and constituents.

**HEALTH ALERT:** Notifications by e-mail, mail and the Ripples continue to all members

**New Business:** Easter Sunday - Plans to live stream the Worship Service.

Ripples Jr. is being printed and distributed to keep Church Family aware of any upcoming changes

No actions were taken due to lack of quorum present.

Genie Carroll, Wilma Sanders and Donna Nash distributed all communion kits to the shepherds for Easter Sunday Service.

**Future Topics:** Our next meeting will be May 11, 2020..

The meeting was adjourned .

Respectively submitted,;

Donna Nash

Moderator



## 2021 NOMINATIONS

We're here to listen to you. The LCF Bylaws, Article IV, 4.2 (b) require the Nominating Committee to make this announcement. The Nominating Committee shall seek names (yours or other LCF members) in identifying candidates to serve in leadership positions. We welcome your thoughts as we consider our task of recommendations for 2021.

You may speak with any member of the Nominating Committee:  
Chairman - Jim Guy; Jean Mangum; Eleanor Smith;  
Page Massey; Edwina Woolsey or Clyde Hance.



**Nominating**  
**COMMITTEE**

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**HCCM**  
Hill Country Community Ministries

Help for People, Hope for the Future

*Pastor Rick + Lakeside Christian Fellowship*

*Thank you so much for your donation to Hill Country Community Ministries! Your support + generosity mean so much, especially during this time of increased need.*

*You're helping to feed thousands of people in our community!*

*Warm Regards,  
Jessa Holloway*

### **FOOD FOR THOSE IN NEED DURING COVID-19 PANDEMIC**

**Blessings to all our church family!! This is a time that tests our faith in God and patience in mankind. However, some people are more blessed than others during this time. Those "others" need our help. I'm talking about the Hill Country Community Ministries, who always provide food for families in need. Now, with the COVID-19 pandemic, HCCM has been overwhelmed with those in need of food/meals. Lakeside Christian Fellowship Church continues to donate food and clothing items to them. However, during this time a monetary gift of only \$1.00 can yield four meals and \$25.00 yields 100 meals. There's not much we can do about this pandemic, except to take all the necessary precautions and pray for each other.**

**Some members of the church have asked about making donations to help feed people during this crisis. So, if you would like to donate to HCCM, please make your check out and mail to:**

**Hill Country Community Ministries  
1005 Lacy Drive  
Leander TX 78641**

**HCCM is a non-profit organization and any donation is tax-deductible. You will receive documents for the IRS.**

**Remember, God blesses those who bless others!**

**Wilma Sanders  
Chairman, Faith in Action**

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# **MEMORIAL DAY SERVICE MAY 24, 2020**

**Lakeside Christian Fellowship— Streaming Service Production Staff**



*Rick and Chuck*



*Bill*



*Cindi*



*Rodger and Connor*



*Burt*



*Congregation*



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# TWO MONTHS OF QUARANTINE!



Housebound tearing my hair out



Ready for the Barber Shops to re-open! (or maybe not?)



Burt Burchette cooking up some mighty fine looking ribs!



Dick and Wilma Sanders know how to do quarantine in style!



Margy Burchette keeping the hummingbirds fed!



We hope that everyone is doing well and that we will all be together again soon!

In the meantime, stay safe and healthy!



## Health Watch

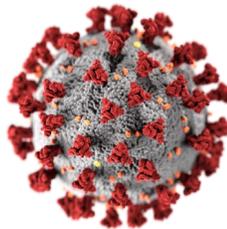


A Useful Health & Nutrition Short Guide for the COVID-19 / Coronavirus Pandemic

[https://www.thalassemia.org/boduw/wp-content/uploads/2020/03/A-Useful-Health-Nutrition-Short-Guide-for-the-COVID-19-Pandemic\\_EN.pdf](https://www.thalassemia.org/boduw/wp-content/uploads/2020/03/A-Useful-Health-Nutrition-Short-Guide-for-the-COVID-19-Pandemic_EN.pdf)

### Introduction:

The coronavirus presents many uncertainties, and none of us can completely eliminate our risk of getting infected with COVID-19. Nevertheless, one thing we can do is eat as healthily as possible.



In addition to the well-known personal hygiene and preventive measures against the new coronavirus (COVID-19), we can also follow some simple recommendations regarding our nutrition that strengthen our immune system and could better prepare us for an epidemic for in which the virus rapidly spreads to many people within a short period of time.

TIF's Medical Advisor, Dr Anastasios Giakoumis, MD PhD, Haemoglobinopathies Consultant & Internal Medicine Specialist, has compiled on behalf of TIF this short guide with helpful health and nutrition tips that can possibly boost our defenses against viruses.

### What to do:

1. Make sure to be sufficiently hydrated with 2-3 liters of water consumed throughout the day. If you come to drink water because you are thirsty, this means that you are already dehydrated.
2. Rest regularly and sleep at least 7-8 hours daily.
3. Exercise but non-exhaustively, e.g. a half-hour walk, 3 days a week.
4. Maintain a normal body weight through a balanced diet. Especially these days you should often consume small and light meals. Hot soups, such as chicken soup, and hot honey drinks are nutritious and beneficial choices.
5. Manage stress effectively, as it weakens your immune system.
6. Manage chronic illnesses that are debilitating, such as blood disorders, cardiopulmonary disease and diabetes, as best as possible.

7. Stop smoking. The new coronavirus can cause severe respiratory infections to which smokers are more susceptible, due to their respiratory system having already been affected by smoking.

### What to eat:

There are some types of food, commonly referred to as "superfoods", that are known or believed to



provide your body with the necessary vitamins, minerals and antioxidants.

These include:

1. Citrus fruits and their freshly squeezed juice, which are rich in hesperidin, a bioflavonoid which appears to inhibit the activity of successive virus divisions
2. Dark grapes, berries and cinnamon, as they are foods rich in procyanidins and lectins, which appear to block the attachment of the virus to the lungs through the enzyme ACE2
3. Celery, broccoli, cauliflower, green peppers, parsley, dandelion, carrots, olive oil, mint and rosemary, with the same beneficial mechanism of action as above
4. Dairy products, which are rich in vitamin D
5. Legumes, seeds and nuts, a natural source of zinc, which is proven to support the immune system
6. Green tea and chamomile, which contain the natural antioxidant catechin
7. Sardine and mackerel, in which omega-3 fatty acids and vitamin D are abundant

Finally, probiotics (lactobacilli and bifidobacteria) and echinacea (purple coneflower) have been shown to benefit the body against viruses, but taking them requires the consent of your family doctor.

TIF tries to help you keep healthy and fit! Discuss the above information with your peers, family and treating physician.

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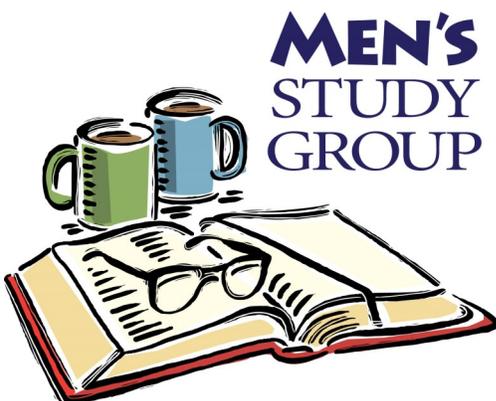
~ PV Men's Fellowship ~

**Men's Fellowship  
will be suspended until further notice**

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

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~ Lakeside Men's Bible Study ~



Men's Bible Study  
will be suspended until  
further  
notice.

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

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## Lakeside Christian Women's Fellowship

The Lakeside Christian Women's Fellowship and the Women's Bible Study groups are on summer vacation and are all at home "staying in place" during this time of COVID-19. We pray that everyone is well and safe.



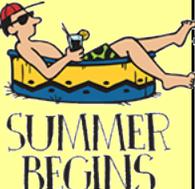
Wednesday, May 20th, was the birthday of our dear and special Pastor Rick who was honored with a surprising and unique celebration of a "DRIVE BY" from 15 church members with all the fanfare of automobile horns, streamers, posters, noisemakers, cards and cookies. Delighting in the event and noise was Margy Burchette, Reasa Burton, Genie Carroll, Dave Jones, Darrell and Barbara McClaid, Donna Nash (photographer, baker and advertising specialist), Ginny Parish, Fran Pontesso, Frank & Jan Robbins, Jean Sholes, Edwina Woolsey, Lil Burch and Regina Holmes, (planning and organizers). Sharon Waters accompanied Rick who enjoyed all the frivolity of the occasion. Some attendees were wearing masks and are difficult to discern in the photos. Note that Rick and Sharon were not wearing masks or gloves but honored the 6 foot distancing. Pastor Rick was so excited to see some of his flock. It was heavenly to see everyone even for just a few minutes. We were blessed and a good time was had by all!!!!

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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 Streaming	8 2:00 PM Leadership Council @ Worship Center	9	10 9	11	12	13
14 10:30 AM Worship Service Streaming 	15	16	17	18 	19	20 
21 10:30 AM Worship Service Streaming 	22	23	24	25	26	27
28 10:30 AM Worship Service Streaming	29	30				
				<p>For more information visit the LCF website at <a href="http://www.lakesidechristians.org">www.lakesidechristians.org</a></p>		



Joyce Coleman .....	04
Donna Nash.....	05
Marvin Miller.....	06
Shirley Sherwood .....	06
Jack Tyler .....	06
Wayne Walker .....	08
Linda Summers .....	14
Sharon Waters.....	15
Regina Holmes.....	16
June Womble .....	16
Barbara McClaid.....	25



- David & Betty Houghton  
June 14
- Warwick & Jean Andrews  
June 16
- Ron & Maja Linderman  
June 16
- Gene & Laurie Glass  
June 19
- Don & Sharon Killough  
June 27
- Darrell & Barbara McClaid  
June 28

If you would like your dates to be included, please send your information: [lakesidechristianfellowship@yahoo.com](mailto:lakesidechristianfellowship@yahoo.com)



## Prayer Corner

[www.beliefnet.com/prayables/prayer-galleries/10-powerful-prayers-for-healing-and-change.aspx](http://www.beliefnet.com/prayables/prayer-galleries/10-powerful-prayers-for-healing-and-change.aspx)

Lord,

*I thank You for being with me through thick and thin, in the best of times and in the most challenging times. You are my rock, my fortress, my everything. With You, I discover complete serenity. You never forsake me. You were with me at the start, and You will be with me at the end. Until then, we carry on knowing the difference between achievable goals and futile efforts.*

~Amen



May 28, 2020

YTD Offerings.....	\$101,208.00
YTD Expenses.....	\$79,541.00

# Lakeside Christian Fellowship

Worship Location  
1922 American Drive, Lago Vista

Office  
1918 American Drive, Suite 3, Lago Vista  
512-267-1700, [office@lakesidechristians.org](mailto:office@lakesidechristians.org)

Mailing Address  
P. O. Box 4874, Lago Vista, TX 78645

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

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**LAKESIDE  
CHRISTIAN  
FELLOWSHIP**

P.O. Box 4874  
Lago Vista TX 78645

**Phone: 512-267-1700**  
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**[www.lakesidechristians.org](http://www.lakesidechristians.org)**

