

# Lakeside Christian Fellowship Ripples



MARCH 2020

VOLUME VIII NUMBER 3



*Dear Members and Friends,*

## **What Should We Do About Lent?**

The Lenten season began on Ash Wednesday, February 26<sup>th</sup>. For many of us, from the time we were children we were told that we must give up something for Lent and that always amounted to giving up sweets or chocolate. What can I say – we were kids. We would gladly give up spinach or vegetables but sweets, especially chocolate? So, to teach the children that abstinence meant more than merely giving up something that we liked, parents devised a plan. In many homes when I was growing up the children observing Lent had to put aside a nickel or a dime every day during Lent that they would present as an offering on Easter Sunday.

I believe that we, as adults, should continue what our parents had us do some time ago, but with a twist. As adults our Lent should take on a greater meaning. Let's say if you're intent on giving up something easy, rather than giving up the latté in the morning, why not put aside the money for charity; maybe it's about not going out to dinner or to the movies and putting aside that money for charity instead. You see, Lent is also about generosity, it is about practicing penance. It is a journey that begins on Ash Wednesday with ashes on our foreheads and ends at the foot of the Cross on Good Friday.

What I'm trying to get at is that Lent is not simply about us always being willing to give up something; we can also be willing to take on something. Most importantly it is about God giving us something. God wants to transform our lives. We must ask ourselves the question: What is God inviting us to change this Lent?

*Pastor Chuck*

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LAKESIDE CHRISTIAN FELLOWSHIP  
Leadership Council Report for January 13, 2020

**CALL TO ORDER:** The Leadership Council meeting was called to order by Moderator Donna Nash at 2:05 pm. Council members present were: **Donna Nash, Chuck Smith, Genie Carroll, Wilma Sanders, Don Killough, Ginger Halsted and Jean Sholes**

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

**OPENING REMARKS:** Donna Nash thanked Chuck Smith for the installation of officers on January 12, 2020 at the Sunday Church Service. A copy of LCF Constitution and By-Laws was given to each member of the Council. Ms. Nash noted that we will be abiding by the Constitution and By-Laws of the church. (1) The minutes for the Dec. 9, 2019 Council meeting were approved as written by acclimation.

**COMMISSION REPORTS:**

**Financial Update:** Chairperson Genie Carroll asked if anyone had questions regarding the Dec. 2019 Balance Sheet and Income and Expenses/Budget report. There was a brief discussion regarding the funds that are in a money market account at Regions State Bank. (2) Virginia Halsted moved to close the account at Regions State Bank and move the funds to the Security State Bank where all other church funds are kept. Don Killough 2<sup>nd</sup>. The motion carried.

**Stewardship Commission:** Chairperson Don Killough had nothing new to report.

**Building and Grounds:** Chairperson Roger Elliott was not present, but sent a report. The propane tank had been filled and the PA system is being repaired, if possible; if not we may have to purchase a new one.

**Faith in Action:** Chairperson Wilma Sanders reported that the Super Bowl bins will be

put out for food collection soon.

**Pastoral Relations Update:** Chairperson Dave Freeman was not present.

**Worship Commission:** Chairperson Ginger Halsted reported that the choir will be back from their break next Sunday.

**Outreach & Ministries:** Chairperson Chuck Smith noted that the Alzheimer's Support group continues to meet on 1<sup>st</sup> and 3<sup>rd</sup> Thursday mornings and the Cancer Support group will meet on Tuesday the 19<sup>th</sup>.

**OLD BUSINESS:** There was nothing new to report

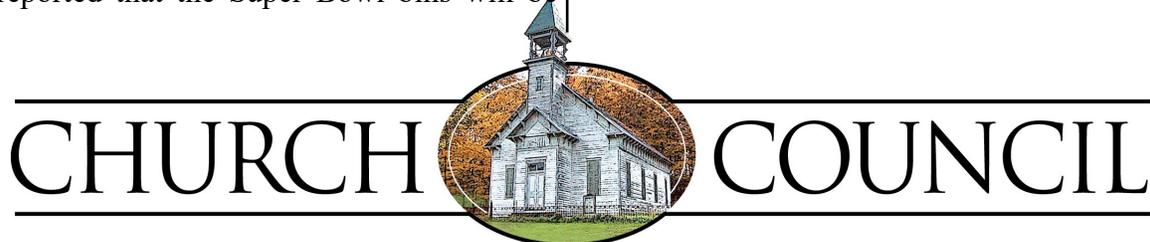
**NEW BUSINESS: Outreach** Moderator Donna Nash made an impassioned plea for everyone to think about ways to increase attendance at our church. She encouraged all of us to brainstorm ideas, volunteer, set challenges and goals to encourage our local community to attend our church and check us out! The Council asks our members to give suggestions volunteer ideas to help our church to grow.

Regina Holmes reported that there are 16 tickets remaining for the Bill Gaither function in February. (3) Genie Carroll moved that the church purchase a sack lunch for each ticket holder; for \$7.00 each. The monies will come from the fellowship/hospitality fund. Ginger Halsted 2<sup>nd</sup> the motion and it carried.

The Council adjourned at 3:15 to closed session.

Respectfully submitted by Jean Sholes, Secretary

- 1) Minutes
- 2) Close MM Acct at Regions State Bank & move funds
- 3) Purchase Sack Lunches for Gaither bus trip attendees



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# LENTEN *Schedule*



February 26, Ash Wednesday  
Worship 12:00 p.m. at Lakeside Worship Center



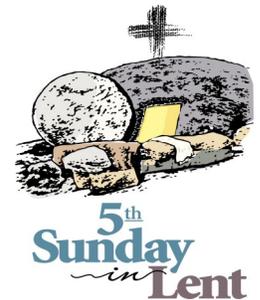
March 1, 1st Sunday in Lent  
No Worship Service due to La Primavera Bike Race



March 8, 2nd Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



March 15, 3rd Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



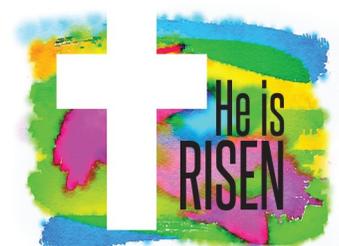
March 22, 4th Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center

March 29, 5th Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



April 5, Palm/Passion Sunday  
Worship 10:30 a.m. at Lakeside Worship Center

April 12, Easter Services  
Sunrise Service 7:00 a.m. at Hancock Park  
Regular Easter Service 10:30 a.m.  
at Lakeside Worship Center



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## **“Pop & Drop”**

**Be a part of the new “Pop & Drop” program!**

**Just POP IN & DROP OFF**

**Pop in for a visit and drop off flowers or food.  
We have many home bound members of LCF.  
Let’s brighten their day!  
Let’s “Pop & Drop!”**

**There will be a sign-up sheet at the back of church or  
contact Donna Nash to join this amazing group!  
Make someone happy today!**



**As Carolyn Bass  
recovers from hip  
surgery she  
requested that Lance  
“Please go play golf!”**



**Cleta  
Brewster  
celebrates  
her 93rd  
Birthday!**



**Barbara  
McClaid  
is up walking  
after a knee  
replacement.**

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## More “Pop and Drop”



Donna Nash and Fran Pontesso  
Popping and Dropping!



Joy Webb exclaimed  
“Oh you people, You never  
forget me!”



Aneta Stovall receives a  
Valentine's surprise!



Jean Andrews's mobility is  
improving with the help of  
physical therapy while  
Warwick is the chief cook  
and bottle washer!



Elaine Bhone plans to move  
near her children in September.



**DON'T FORGET TO SET  
YOUR CLOCKS  
SATURDAY NIGHT  
MARCH 7**



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## Lakeside Christian Women's Fellowship

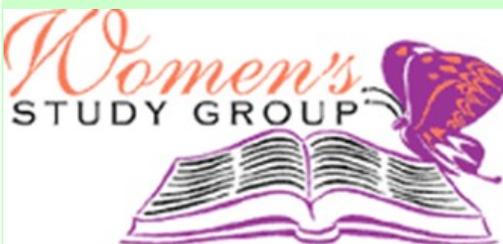
**The LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP - - will present its 7th exciting program entitled "CONVERGENCE? COINCIDENCE? IT'S A GOD THING!"**

This topic explains the convergence of events and coincidences showing the hand of God working in our lives and in past events.

Expect something new and stirring at the next three monthly meetings from March to May 2020, from special people sharing significant stories.

On Monday, March 16<sup>th</sup> at 10:30 a.m., we will meet in the Bluebonnet Room to welcome Pastor Rick Waters presenting his personal experience on the subject of "It's a God Thing." 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)



**WOMEN'S BIBLE STUDY** meets on Wednesday's at 9:30 am in the Bluebonnet Room. Arrive at 9:15 and enjoy fellowship.

**CURRENT BIBLE STUDY is, "HOW HAPPINESS HAPPENS" by Max Lucado, a New York Times Resounding Bestseller Author.** 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. **HAPPINESS: EVERYONE CRAVES IT!**

Consider and plan to attend the next new Bible Study tentatively scheduled for April 1<sup>st</sup>.

Title and author to be announced.

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# MEN'S GROUP

~ PV Fellowship ~

Men's Fellowship Breakfast meets every 1st and 3rd Tuesdays of the month at the Point Venture Community Center.

Please join us for a great breakfast and fellowship with other Christian men at 8:30 am.

We look forward to seeing you.



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

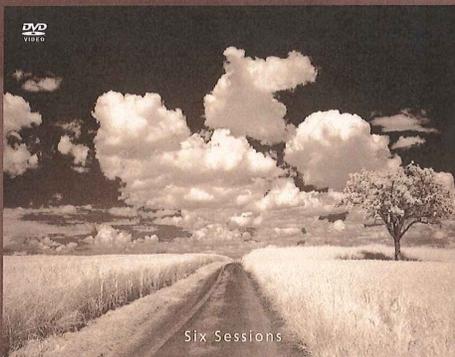
~ Men's Bible Study ~

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

A new study began  
January 28, 2020.

Bible Study is held in the Lakeside  
Christian Fellowship  
Worship Center at 8:30 a.m.

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



## SURPRISED BY HOPE



Rethinking Heaven, the Resurrection,  
and the Mission of the Church

**N. T. WRIGHT**

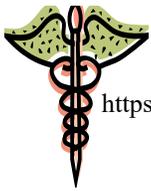
Is Our Future  
in Heaven all  
that Really  
Matters?

That's not what the  
Bible teaches.

Premier Bible scholar  
N. T. Wright takes you  
inside the Scriptures  
to grasp the full,  
breathtaking hope  
Jesus offers the world,  
and its implications for  
how we live our lives  
today as believers.

Six transforming, faith-inspiring sessions





## Health Watch

### Strategies to prevent heart disease

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502>



February is American Heart Month.

You can prevent heart disease by following a heart-healthy lifestyle. Here are strategies to help you protect your heart.

[By Mayo Clinic Staff](#)

Heart disease is a leading cause of death, but it's not inevitable. While you can't change some risk factors — such as family history, sex or age — there are plenty of ways you can reduce your risk of heart disease.

Get started with these seven tips for boosting your heart health:

#### 1. Don't smoke or use tobacco

One of the best things you can do for your heart is to stop smoking or using smokeless tobacco. Even if you're not a smoker, be sure to avoid secondhand smoke.



Chemicals in tobacco can damage your heart and blood vessels. Cigarette smoke reduces the oxygen in your blood, which increases your blood pressure and heart rate because your heart has to work harder to supply enough oxygen to your body and brain.

There's good news though. Your risk of heart disease starts to drop in as little as a day after quitting. After a year without cigarettes, your risk of heart disease drops to about half that of a smoker. No matter how long or how much you smoked, you'll start reaping rewards as soon as you quit.

#### 2. Get moving: Aim for at least 30 to 60 minutes of activity daily



Regular, daily physical activity can lower your risk of heart disease. Physical activity helps you control your weight and

reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and type 2 diabetes.

If you haven't been active for a while, you may need to slowly work your way up to these goals, but in general, you should aim for at least:

- 150 minutes a week of moderate aerobic exercise, such as walking at a brisk pace

- 75 minutes a week of vigorous aerobic activity, such as running

Two or more strength training sessions a week

Even shorter bouts of activity offer heart benefits, so if you can't meet those guidelines, don't give up. Just five minutes of moving can help, and activities such as gardening, housekeeping, taking the stairs and walking the dog all count toward your total. You don't have to exercise strenuously to achieve benefits, but you can see bigger benefits by increasing the intensity, duration and frequency of your workouts.

#### 3. Eat a heart-healthy diet

A healthy diet can help protect your heart, improve your blood pressure and cholesterol, and reduce your risk of type 2 diabetes. A heart-healthy eating plan includes:

- Vegetables and fruits
- Beans or other legumes
- Lean meats and fish
- Low-fat or fat-free dairy foods
- Whole grains
- Healthy fats, such as olive oil

Two examples of heart-healthy food plans include the Dietary Approaches to Stop Hypertension (DASH) eating plan and the Mediterranean diet.

Limit intake of the following:

- Salt
- Sugar
- Processed carbohydrates
- Alcohol
- Saturated fat (found in red meat and full-fat dairy products) and trans fat (found in fried fast food,

#### Mediterranean Diet Pyramid



**Health Watch**

Strategies to prevent heart disease, Page 2

chips, baked goods)

**4. Maintain a healthy weight**

Being overweight — especially around your middle — increases your risk of heart disease. Excess weight can lead to conditions that increase your chances of developing heart disease — including high blood pressure, high cholesterol and type 2 diabetes.

One way to see if your weight is healthy is to calculate your body mass index (BMI), which uses your height and weight to determine whether you have a healthy or unhealthy percentage of body fat. A BMI of 25 or higher is considered overweight and is generally associated with higher cholesterol, higher blood pressure, and an increased risk of heart disease and stroke.

Waist circumference also can be a useful tool to measure how much abdominal fat you have. Your risk of heart disease is higher if your waist measurement is greater than:

- 40 inches (101.6 centimeters, or cm) for men
- 35 inches (88.9 cm) for women

Even a small weight loss can be beneficial. Reducing your weight by just 3% to 5% can help decrease certain fats in your blood (triglycerides), lower your blood sugar (glucose) and reduce your risk of type 2 diabetes. Losing even more helps lower your blood pressure and blood cholesterol level.



**5. Get good quality sleep**

A lack of sleep can do more than leave you yawning; it can harm your health. People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack,



diabetes and depression.

Most adults need at least seven hours of sleep each night. Make sleep a priority in your life. Set a sleep schedule and stick to it by going to bed and waking up at the same times each day. Keep your bedroom dark and quiet, so it's easier to sleep.

If you feel like you've been getting enough sleep but you're still tired throughout the day, ask your doctor if you need to be evaluated for obstructive sleep apnea, a condition that can increase your risk of heart disease. Signs of obstructive sleep apnea include loud

snoring, stopping breathing for short times during sleep and waking up gasping for air. Treatments for obstructive sleep apnea may include losing weight if you're overweight or using a continuous positive airway pressure (CPAP) device that keeps your airway open while you sleep.

**6. Manage stress**

Some people cope with stress in unhealthy ways — such as overeating, drinking or smoking. Finding alternative ways to manage stress — such as physical activity, relaxation exercises or meditation — can help improve your health.



**7. Get regular health screenings**

High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

**Blood pressure.** Regular blood pressure screenings usually start in childhood. Starting at age 18, your blood pressure should be measured at least once every two years to screen for high blood pressure as a risk factor for heart disease and stroke. If you're between 18 and 39 and have risk factors for high blood pressure, you'll likely be screened once a year. People age 40 and older also are given a blood pressure test annually.

**Cholesterol levels.** Adults generally have their cholesterol measured at least once every four to six years. Cholesterol screening usually starts at age 20, though earlier testing may be recommended if you have other risk factors, such as a family history of early-onset heart disease.

**Type 2 diabetes screening.** Diabetes is a risk factor for heart disease. If you have risk factors for diabetes, such as being overweight or having a family history of diabetes, your doctor may recommend early screening. If your weight is normal and you don't have other risk factors for type 2 diabetes, screening is recommended beginning at age 45, with retesting every three years.

If you have a condition such as high cholesterol, high blood pressure or diabetes, your doctor may prescribe medications and recommend lifestyle changes. Make sure to take your medications as your doctor prescribes and follow a healthy-lifestyle plan.

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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
 <p>For more information visit the LCF website at <a href="http://www.lakesidechristians.org">www.lakesidechristians.org</a></p>						
1 <b>No Worship Service</b> <i>La Primavera Bike Race</i>	2	3 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	4 9:30 AM CWF Bible Study @ Bluebonnet Room	5 10:30 AM Alzheimer's Support Group @ LV Library	6	7 
8 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center <b>Time Change</b>	9 2:00 PM Leadership Council Meeting	10 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	11 9:30 AM CWF Bible Study @ Bluebonnet Room	12	13	14
15 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	16 10:30 AM CWF Monthly Meeting @ Bluebonnet Room	17 8:30 AM Men's Fellowship Breakfast @ PV Club Room  6:30 PM Cancer Support Group @ LV Library	18 9:30 AM CWF Bible Study @ Bluebonnet Room	19 10:30 AM Alzheimer's Support Group @ LV Library	20	21
22 10:30 AM Worship Service @ Worship Center 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	23	24 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	25 9:30 AM CWF Bible Study @ Bluebonnet Room	26 	27	28
29 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	30	31				



Gregory Brown .....	6
Dave Farwell .....	8
Joe Wolverton .....	8
Shirley Davis .....	8
Dave Jones .....	13
Wayne Nash .....	17
Dorothy Gudgeall.....	18
William Bush.....	22
Ginger Halsted.....	23



Lance & Carolyn Bass  
March 1

Jim & Nancy Wood  
March 6

William and Linda Summers  
March 10

Dave & Julie Jones  
March 18

Dan & Bev Olson  
March 19

## *Prayer Corner*

### Lenten Prayer

<https://www.catholic.org/lent/story.php?id=73813>

**Almighty and Everlasting God,  
You have given the human race  
Jesus Christ our Savior as a model of  
humility.**

**He fulfilled Your Will by becoming  
Man**

**And giving His life on the Cross.**

**Help us to bear witness to You  
By following His example of suffering  
And make us worthy to share in His  
Resurrection.**

**We ask this through our Lord Jesus  
Christ, Your Son.**

**Amen.**

**February 27, 2020**

Average Sunday Attendance.....	75
YTD Offerings.....	\$57,135.00
YTD Expenses.....	\$27,724.00

# Lakeside Christian Fellowship

Worship Location  
1922 American Drive, Lago Vista

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

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

**LAKESIDE  
CHRISTIAN  
FELLOWSHIP**

P.O. Box 4874  
Lago Vista TX 78645

**Phone: 512-267-1700**  
**[lakesidechristianfellowship@yahoo.com](mailto:lakesidechristianfellowship@yahoo.com)**



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

