

Lakeside Christian Fellowship Ripples



NOVEMBER 2020

VOLUME VIII, NUMBER 11



Happy Thanksgiving!

“O give thanks unto the Lord; for he is good: for his mercy endureth for ever.” *(Psalm 136:1)*

2020 has been a year for the ages around the world; yet we have so much to be thankful for. Yes, it seems that every day bad news surrounds us locally and around the world especially in the United States with the upsurge of Covid cases as the fall and winter months approach – where we cannot get out as much as during the summer. We must be more diligent than ever.

The Apostle Paul reminds us in Philippians, “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.” *(Philippians 4:6-7)*

Let us pray for our state and nation for righteous administration of justice. Pray for those in the medical profession who are working on a vaccine and a treatment to mitigate the effects of the virus. Pray for the doctors and nurses in our hospitals who care for those not only with the Covid virus, but also those who suffer from the various ailments that required hospitalization. Pray for our police, firefighters, and EMS who are the first responders. Be thankful for those who are on the frontlines of the pandemic.

This would be a scary time if not for the promise that God will never leave us nor forsake us. Be thankful for what God has and is providing to each of you – your family, your friends and neighbors – thankful for shelter and food – thankful for providing life, liberty and the pursuit of happiness.

This Thanksgiving I am thankful for all of you. It is a joy serving and sharing with you the love of God, the grace of Jesus Christ and the communion of the Holy Spirit. Thank you for your standing diligently with Lakeside Christian Fellowship during this year of uncertainty.

God will see us through this pandemic – Keep The Faith! Pastor Chuck



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

LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for September 14, 2020

The Leadership Council Meeting was called to order at 2 PM, September 14, 2020 by Moderator Donna Nash. Council members present were Donna Nash, Genie Carroll, Dave Freeman, Wilma Sanders, Dan Olson, Roger Elliot, Virginia Halsted, Rick Waters, Chuck Smith and Jean Sholes.

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

OPENING REMARKS: Donna Nash – A thought to Ponder - “When a Person's ways and words are the same, the fusion is explosive.” Max Lucado

Approval of LCF Minutes:
Regular Meeting – August 10, 2020
(1) Approved as written by acclimation

COMMISSION REPORTS

FINANCIAL UPDATE: Genie Carroll reported that while income is down for the year, the church continues to be in good shape financially

STEWARDSHIP COMMISSION: Dan Olson reported that the books for the drive have been distributed and there are 5 outstanding books. Books are to be returned to the office by September 29th, 2020.

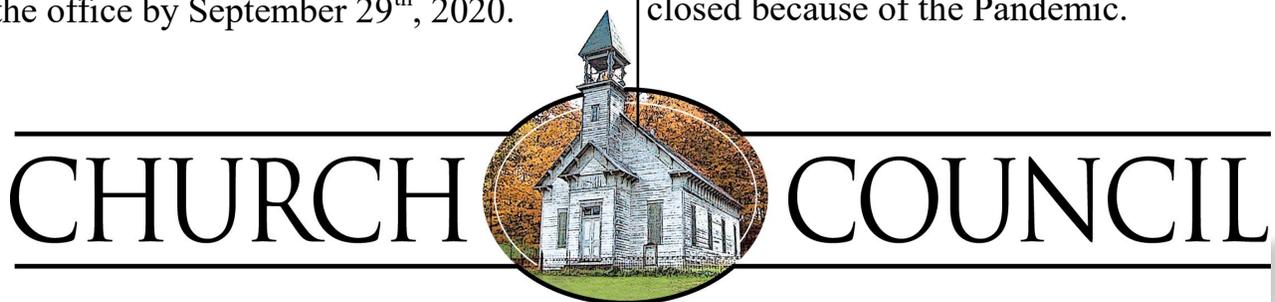
BUILDING & GROUNDS UPDATE: Roger Elliott reported that a new air conditioner has been installed by the building owners

FAITH IN ACTION: Wilma Sanders reported that she delivered school supplies donated by Lakeside Christian Fellowship to the Lago Vista Middle school on 9 September. Thanks to the Labor Day sales, we still have money left over and will be donating funds for meals with Hill Country Community Services soon.

WORSHIP COMMISSION: Virginia Halsted had nothing new to report, but did advice that she has a person who cleans her house and may be a candidate to clean our church once we reopen. She will discuss it in more detail with the individual and see if she is interested.

PASTORAL RELATIONS: Dave Freeman reported that the office is doing well and Bill Parcher and Cindy are working well together in their roles.

OUTREACH AND MINISTRIES: Chuck Smith had nothing new to report; the Alzheimer and Cancer support groups continue to be suspended since the library is closed because of the Pandemic.



LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for September 14, 2020

OLD BUSINESS:

Computer Purchased: Pastor Chuck reported that he purchased the electronic equipment as approved by the Council last month. He reported that there were 25 people attending the reopening service on 9/13/2020 and an additional 51 who viewed the virtual service during live streaming. Implied Consent: Motion made by Wilma Sanders to post: "Video cameras are being used during services". Genie Carroll 2nd and the motion carried. Virtual funeral services were approved by the Council. Several funeral services are pending.

Moderator Donna Nash noted that Health Alerts continue and masks are required if you attend the services. She noted that the church did open for services on September 13, 2020.

NEW BUSINESS:

There was a brief discussion regarding the date for the annual Congregational Meeting. Motion was made by Ginger Halsted that the meeting take place on October 25, 2020, immediately following the church services Dave Freeman 2nd and the motion carried.

Dave Freeman reported that the church will have an advertisement in the Lago Vista High School Football Programs for the upcoming year

Power of One - There was a brief discussion about the Power of One funds and a quarterly report to note how much money is donated and for what purposes

There was a brief discussion on providing additional ways for members to pay their tithes and/or make donations to the church, such as electronic/internet funds.

Publication of the Ripples Jr. has been suspended.

Next meeting will be held on October 12, 2020

Meeting adjourned at 3:11 pm

Motions:

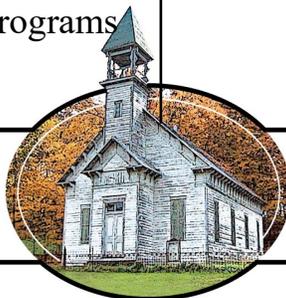
Minutes 8/10/20

Video camera consent

Congregational meeting 10/25/20

Respectively submitted by Jean Sholes,
Secretary

CHURCH COUNCIL



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GIFT 35 ADOPT A SHOEBOX

A couple of years ago, there was no church in La Laguna, a remote village that is home to the Nahuatl, an unreached people group in western Mexico. Now there is a thriving congregation of believers among the Nahuatl—and it began with the dedication of Pastor José Benítez and a truckload of shoebox gifts. Our Operation Christmas Child project partnered with Pastor José to reach the village with shoeboxes and the Gospel, and as these simple gifts opened their hearts, many children and parents came to faith in Jesus Christ. Boys and girls in over 100 countries are hearing the Good News through Operation Christmas Child. But some shoebox gifts are packed by people who are not able to give the \$9 we request for shipping and related costs. By adopting a shoebox, you can partner with them to deliver the Good News of the Gospel to places like La Laguna, and “bring salvation to the ends of the earth” (Acts 13:47, ESV).



A special THANK YOU to Linda Harting for heading up the CWF Samaritan Shoe Box Ministry each year. A shoebox full of gifts are collected and given to children in need around the world. Thank you Christian Women’s Fellowship for your donations and for participating in such a rewarding program.

Please contact Linda Harting at 512-267-1280 if you would like a shoebox to fill or need to drop one off.



November 1, 2020

**Set clocks back
one hour on
Saturday
night,
October 31,
2020!**





Health Watch 12 Powerhouse Vegetables You Should Be Eating



Written by WebMD

Cream of the Crop

If you regularly load up your grocery cart with a variety of veggies, you could be well on your way to a healthier and longer life. But which ones should you reach for? Recent research has shown that dozens of vegetables pack a particularly big nutritional punch. Sneaking them into your daily diet couldn't be simpler.

Beet Greens

Beet roots' edible leafy tops are brimming with vitamin K, which is linked to a lower chance of getting type 2 diabetes. One cup raw provides nearly twice your daily requirement. **Cooking tip:** Saute a bunch of tender beet greens with some olive oil and garlic for a healthy side dish. Or chop them and add to frittatas, soups, or pasta dishes.



Beets

Not to be outdone by their tops, ruby red beets are a leading source of nitrates, which are good for your blood pressure. Plus, you get fiber and other nutrients from beets. **Cooking tip:** Roasting beets boosts their natural sweetness. Wrap each beet individually in foil and bake at 350 F until tender. Or skip the oven. Grate raw beets and add to slaws or as a topping in sandwiches.

Microgreens

Great things come in small packages. The baby versions of radishes, cabbages, kale, and broccoli can be higher in nutrients like vitamins C and E than the regular, mature plants. They range in flavors from peppery to tangy. **Cooking tip:** Try adding a handful of microgreens to sandwiches and salads, or use as a garnish for soups.



Watercress

Often overshadowed by arugula, this peppery green can knock any dish into nutritional shape. It's particularly rich in vitamins A, C, and K, and other antioxidants that are good for you. **Cooking tip:** Watercress can instantly make sandwiches and salads more lively and fresh-tasting. Or blend the greens into pureed soups.

Swiss Chard

Two main varieties of Swiss chard are found on store shelves: one with multicolored stems and veins, often called rainbow chard, and another with white stems and veins. Both are great sources of lutein and zeaxanthin, an antioxidant duo that's good for your eyes. At only 7 calories a cup for raw chard, the green giant is waistline-friendly, too. **Cooking tip:** To preserve its nutritional might, lightly steam chard and toss with vinaigrette. You can also use the leaves instead of tortillas when making soft tacos.



Collard Greens

This Southern favorite contains a wealth of nutritional goodness, including notable amounts of vitamins K and C, folate, and beta-carotene. To boost your daily nutrition, aim to eat about 2 cups of dark, leafy greens like collards every day. Two cups of raw greens is equal to 1 cup of vegetables, and 2.5 cups is recommended daily for a 2000-calorie diet. **Cooking tip:** Quickly blanch the leaves in boiling water, then chop them and add them to whole-grain or lentil salads.

Asparagus

With an earthy-sweet flavor, asparagus is a good way to load up on folate. Research suggests that this B vitamin is an ally in the battle against high blood pressure. **Cooking tip:** Shave raw asparagus with a vegetable peeler. You'll get ribbons that are wonderful in salads.





Health Watch

12 Powerhouse Vegetables You Should Be Eating

Written by WebMD



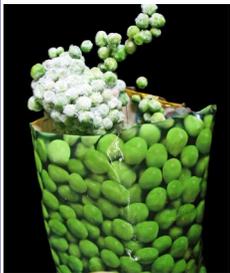
Spinach

This green has healthy amounts of vitamins C, A, and K as well as manganese. Working 1.5 cups of green, leafy vegetables into your day may lower your odds of getting type 2 diabetes. **Cooking**

tip: Sneak spinach into your daily routine by adding it to scrambled eggs and casseroles or blending it into smoothies.

Baby Kale

Packed with nutrients like beta-carotene, vitamin C, and bone-building vitamin K, kale has been billed as an ultimate super food. Not everyone likes its strong flavor. Enter up-and-coming baby kale. The immature kale leaves are deliciously tender and don't require any chopping. **Cooking tip:** Look for baby kale packed in plastic containers alongside baby spinach in supermarkets. Use in wraps, salads, and pasta dishes.



Frozen Peas

It's always a good idea to stash a bag of green peas in your freezer. Each cup of frozen peas delivers an impressive 7.2 grams of fiber. Fiber helps you feel full, so you eat less later. It's also good for your digestion and helps lower cholesterol levels. **Cooking tip:** Use frozen peas

in soups, dips, potato salads, and pasta dishes.

Red Bell Pepper

You think of it as a veggie, but it's actually a fruit. One medium pepper delivers B vitamins, beta carotene, and more than twice your daily need for vitamin C. **Cooking tip:** For a fanciful main dish, cut the tops off peppers, remove the inner white membranes and seeds, and then roast until tender. Finish by filling with your favorite whole-grain salad.



Broccoli

Broccoli is one of nature's rock stars. It's a top source of natural plant chemicals shown to help lower the risk of some cancers (though many other things also affect your cancer risk). Each cup of the florets also gives you

plenty of vitamins C and K. **Cooking tip:** Steam the florets for a simple side dish. Or add them into stir-fries, frittatas, and even smoothies that also have naturally sweet things, like fruit, to mask the broccoli taste.

October
is



National Breast
Cancer Awareness
Month!

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Thanksgiving
Baskets



If you would like to help sponsor a Lago Vista family Thanksgiving dinner, please fill out this form and return it the church office by November 12, 2020. Thank you!

Lakeside Christian Fellowship will be working with the Lago Vista School District to provide grocery shopping gift certificates to 20 Lago Vista families for their Thanksgiving dinners.

Yes!, I wish to sponsor one family Thanksgiving dinner!

Those who bring thanksgiving as their sacrifice honor me.

Psalm 50:23



Name

\$ 25.00 Suggested Gift

Name

\$ 25.00 Suggested Gift

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Church
Office Hours:
Wednesday
and
Thursday
9:30 am
to 3:30 pm

November

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 10:30 AM Worship Service @Worship Center Daylight Savings Time Ends 	2	3 Election Day 	4	5	6	7
8 10:30 AM Worship Service @Worship Center & Live Streaming	9 2:00 PM Leadership Council	10	11 Veterans Day 	12 Deadline for Thanksgiving Drive 	13	14
15 10:30 AM Worship Service @Worship Center & Live Streaming	16	17	18	19	20	21
22 10:30 AM Worship Service @Worship Center & Live Streaming	23	24	25	26  Office Closed	27	28
29 10:30 AM Worship Service @Worship Center & Live Streaming	30					
				For more information visit the LCF website at www.lakesidechristians.org		



- Fran Pontesso 5
- Joan Neely 6
- Jean Hemer 8
- Paula Fisher 9
- Laurie Glass 11
- Beth Kiker 11
- Dorothy Dickinson....20
- Ed Sherwood27



Marvin & Miryam Miller
November 18

Wayne & Bonnie Walker
November 29

To be included, please send
your information to:
lakesidechristianfellowship@yahoo.com

Prayer Corner

A Prayer for Gratitude and Thanksgiving

Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are Able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!
In Jesus' Name, Amen.

Written by Debbie McDaniel

October 29, 2020

Average Sunday Attendance24
YTD Offerings.....\$174,291.00
YTD Expenses.....\$155,562.00

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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