

# Lakeside Christian Fellowship Ripples



APRIL 2021

VOLUME VIII, NUMBER 4

*Dear Church Family,*

**I trust that you and your loved-ones remain safe and healthy during this time which tries our souls.**

**Psalm 90 has been attributed to Moses who lived roughly from 1300 to 1200 BC. Verse 10 indicates that by Moses' time the life span of the ancient Hebrews was between 70 and 80 years, similar to our own today.**

**Some experts suggest that our life span could approach 100 on average, especially with good nutrition, healthy life-style and the miracles of modern medicine. Of course environment and genetics seem to play a roll as well.**

**Psalm 90 compares the brief life of the human being to the eternal existence of God. In the words of the Psalmist, "God has been our dwelling place in all generations. We humans are mortal and return to dust. We are like grass that is renewed in the morning and fades and withers in the evening. A thousand years are less than a day by God's reckoning of time." Indeed human life is fragile and short at best. In fact our life-expectancy in the US has diminished due to the alarming death rate of the Covid-19 Pandemic.**

**April is Easter Season which reminds us that because Jesus was Resurrected on Easter Sunday we who believe in Him shall inherit life everlasting. Looking forward to His forthcoming Resurrection Jesus said to His Disciples, "Because I live you shall live also" (John 14:19). Of course eternal life is a difficult concept for us to grasp as finite human beings. However, the promise is that the essence of who we are lives on beyond the physical world by faith in Jesus Christ. This means that one Grand Day we will be reunited with friends and loved ones in God's Eternal Kingdom.**

**In the meantime don't forget that we meet for the worship of our Eternal God every Sunday because Jesus arose on a Sunday. Each Sunday should be a Resurrection Day for all believers.**

**He Is Risen! He is Risen indeed!**

*Pastor Rick*

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

LAKESIDE CHRISTIAN FELLOWSHIP  
Leadership Council Report for February 8, 2021

**CALL TO ORDER:** The Leadership Council meeting was called to order at 2:00 pm, February 8, 2021 by Moderator Donna Nash. Council members present were Donna Nash, Genie Carroll, Dave Freeman, Dan Olson, Rick Waters and Chuck Smith.

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

**OPENING REMARKS:** Donna Nash – February's "Thought to Ponder" from Romans 8:31 "If God is for us who can ever be against us?" -Paul-  
Regular Meeting – December 14, 2020  
Minutes approved by acclamation (1)

**COMMISSION REPORTS**

**FINANCIAL UPDATE:** Chairperson Genie Carroll reported that even though our current bank balance is below our usual income, we continue to do okay. While our income is less than last year's, our expenses have been lower so as to offset some of the loss, we continue to do well.

**STEWARDSHIP COMMISSION:** Chairperson Dan Olson showed the Council his ideas to update the Stewardship Books with new pictures and current membership listings. He reported that Sue Thompson will do the Annual Financial Review.

**BUILDING & GROUNDS:** Chairperson Rodger Elliott was not present.

**FAITH IN ACTION:** Chairperson Wilma Sanders was not present, but Donna Nash reported that our Gifts to First Responders was very well received.

**WORSHIP COMMISSION:** Chairperson Virginia Halsted advised that the communion delivery to homes continues to work well and members who attend church in person have been bringing the elements that were delivered to their home with them for the service. The Council agreed that we should

continue to deliver the elements to homes for the time being. Pastor Rick brought up the coming Easter season and the Council unanimously agreed that we should not have Ash Wednesday or Sunrise services because of the continued Covid issues.

**PASTORAL RELATIONS:** Chairperson Dave Freeman asked if anyone had been interviewed for the position of Housekeeper. Donna Nash advised that she will be doing that in the near future.

**OUTREACH & MINISTRIES:** Chairperson Chuck Smith advised that the Web page needs updated but after a brief discussion, it was decided that the time to address that will be March when we will have a better idea of attendance as we continue to battle Covid.

**OLD BUSINESS**

Health Alert Continues – Austin Public Health Department

Donations – Internet/Electronic Funds – has been shelved for the present time

October 2021 – Opening House to Community

Signage for New Building  
80/20% volunteer

**NEW BUSINESS**

Facebook Advertising and Boosted Posts  
Staff Concerns

Ricoh Copier Lease – lease will be up in March – Motion was made by Dave Freeman to purchase the new 5 year lease; Virginia Halsted 2<sup>nd</sup> and the Motion carried. (2)

New Directory to be updated.

**FUTURE TOPICS**

Next Meeting: March 8, 2021

**ADJOURN:** Meeting adjourned at 3:10 pm

Respectively submitted by Jean Sholes, Secretary

CHURCH



COUNCIL

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LCF Leadership Council Members have been diligently working behind the scenes for the past year 2020-2021!



LCF Leadership Council from left to right are:  
Back row- Moderator, Donna Nash; Pastoral Relations, Dave Freeman;  
Reverend Rick Waters; Reverend Chuck Smith; Building and Grounds, Rodger Elliott  
Front row - Secretary, Jean Sholes; Treasurer, Genie Carroll;  
Worship Commission, Ginger Halsted

(Not pictured are Faith in Action, Wilma Sanders and Stewardship, Dan Olson)



**The Alzheimer's Caregiver Group  
is starting back up on  
Thursday, April 15, 2021  
@ 10:30 AM  
in the LCF Activity Center**



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Jan H, Genie Carroll, Donna Nash, Edwina Woolsey, Jan Robbins, Regina Holmes, Sharon Waters, Letha Guy and Lisa F. met on Tuesday March 2, 2021 for lunch and to discuss the re-opening of Bible Study.

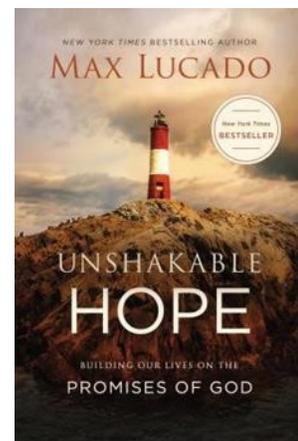


**Make plans to reunite at Ladies Bible Study which began on Wednesday, March 17, 2021 at 9:30 a.m. in the new LCF Activity Center!**

**All women are invited to join and be a part of this amazing group of women who hunger the Word of God.**

**We will be studying "Hope" by Max Lucado.**

**We had a great turnout for Ladies Bible Study on Wednesday, March 17, 2021!  
Welcome Back!  
It was so good to see everyone again!**

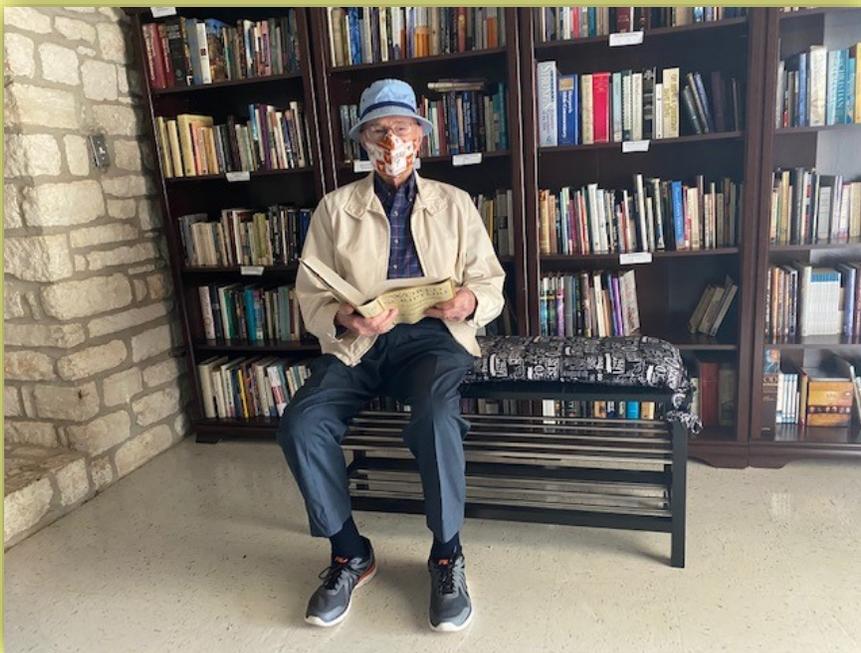


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**Our  
Church Library is in the  
new Church  
Office Reception  
area.**

**The library was  
organized and sorted by  
Wayne and Donna Nash,  
Reverend Chuck Smith,  
Dan Olson and Jack Tyler.**



**Come check out a  
book of interest and  
enjoy reading it  
while sitting on our  
new bench!**

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**Volunteers are the**  
**HEART**  
**of our church**



**A BIG THANK YOU**  
**To all of those whom volunteered their**  
**time to help get the church office and**  
**activity center set up and decorated!**



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## Health Watch

### 10 of the Best Plant-Based Sources of Protein

<https://www.everydayhealth.com/diet-nutrition/best-plant-based-sources-of-protein/>

By [Moira Lawler](#) Medically Reviewed by [Lynn Grieger, RDN, CDCES](#)

Last Updated: July 24, 2019



Yes, it's entirely possible to score your protein fix from plants alone. Here are the ingredients that'll get you there. When you hear the word "protein," you likely think of a chicken breast or a hunk of steak. That makes sense — meat is one of the best sources of this macronutrient, [according to the Heart Foundation](#). But it's not the *only* source. In fact, it's entirely possible to get the protein you need each day without eating meat like [poultry](#), beef, and pork. "When done thoughtfully, individuals can meet their protein needs exclusively from plant-based sources," says Nathalie Sessions, RD, of Houston Methodist Hospital in Texas.

#### The Possible Benefits of Trading Meat Protein for Plant Protein

One perk of eating animal protein is that these sources are complete — meaning they provide the nine essential [amino acids](#) our bodies can't make, according to the [Cedars-Sinai Blog](#). But there are benefits to trading or reducing your meat consumption and filling up on plant proteins, including:

**Losing weight** - When followed properly, [plant-based diets](#), such as a [vegetarian diet](#), may help you lose weight, according to a review of 12 randomized controlled trials [published in January 2016 in the Journal of General Internal Medicine](#). **Helping the environment** - Swapping meat for plants to get your protein fix can similarly benefit the environment, notes an [article published in December 2018 in Nutrients](#).

**Boosting your heart health** - When it comes to red meat, the benefits of relying on plant alternatives for protein arguably get even more impressive. "Some studies have linked red meat with an increased [risk of heart disease](#) and type 2 diabetes, partly due to the [saturated fat](#) content," Sessions says. In fact, a [randomized controlled trial published in June 2019 in the American Journal of Clinical Nutrition](#) found that among diets with red meat, diets with white meat, and diets with plants, the plant-based diets had the most positive effects on [LDL or "bad" cholesterol levels](#). Per the [American Heart Association](#), replacing saturated fat with healthier fats, such as polyunsaturated and monounsaturated fat, can benefit lipid and [cholesterol levels](#).

Meanwhile, [other research, like a meta-analysis published in April 2014 in JAMA Internal Medicine](#), reveals that compared with omnivorous dieters (those who eat both plant and animal proteins) vegetarians had lower [diastolic and systolic blood pressure numbers](#). Those benefits can lead to a healthier ticker, lowering your risk for heart disease, according to the [Centers for Disease Control and Prevention](#). **Lengthening your life** -

The [National Institutes of Health](#) reports that red meat consumption may shorten your life. The group recommends swapping it out of your diet in favor of healthier [protein sources](#). By following a diet with a variety of foods, it's possible to get your fix of the amino acids your body needs to perform at its best, notes Cedars-Sinai. "No one needs to eat red meat to be healthy," Sessions says.

#### 'How Much Protein Do I Need?'

[According to Harvard Health Publishing](#), the recommended daily allowance for protein is 0.8 grams (g) per kilogram of body weight. Multiply your weight in pounds (lb) by 0.36 — that's how many grams of protein you should be getting each day at a minimum. Therefore, if you weigh 150 lb, you'd aim for 54 g of protein daily. To think of it another way, protein should make up between 10 and 35 percent of your daily calorie intake, says Shira Sussi, RDN, the founder of Shira Sussi Nutrition in Brooklyn, New York. That's not a difficult ask for most Americans. "We are not terribly worried about getting enough protein — most Americans are meeting or exceeding the recommended intake," Sessions says. "In many cases that I've seen working with clients and patients, they are overdoing protein intake while also underdoing the recommended intakes of the nutrient-rich vegetables, fruit, and whole grains." Sussi suspects it's because "people are raised with the idea that protein — specifically animal protein — needs to be the center of the meal, and that a meal without protein is not satisfying or fulfilling." She challenges this thinking and says it doesn't need to be all about a large piece of meat at dinner. You could get your fix by incorporating high-quality protein to meals and snacks throughout the day, such as by adding a serving of beans to a salad or stacking grilled [tofu](#) steaks in between slices of bread for lunch, Sussi says. Ready to explore the plant side of protein? Here are 10 of



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the best plant-based proteins to start incorporating into your meals, whether you're looking to ditch animal products completely or are simply looking to diversify your protein options.

#### Lentils (Up to 9 g of Protein per ½ Cup)



Sussini says lentils and other legumes (such as beans, peas, nuts, and seeds) offer a full protein package. “They’re rich in [fiber](#), vitamins, minerals, and phytonutrients, and [can] provide [up to 9 g of protein per serving](#),” which is ½ cup cooked legumes, she says. They also contain [antioxidant](#)-rich polyphenols, which [a study published in 2017 in the International Journal of Molecular Sciences](#) says have anti-obesity, anti-cancer, [anti-inflammatory](#), and anti-diabetes properties. Incorporate lentils as the protein in a veggie-packed soup or as the star of your next veggie burger

#### Chickpeas (7 g of Protein per ½ Cup)



“Chickpeas (aka garbanzo beans) are legumes that are rich in protein, folate, fiber, iron, phosphorus, and healthy fatty acids, [according to Harvard T.H. Chan School of Public Health](#). A ½-cup serving of chickpeas has about 7 g of protein, according to the United States Department of Agriculture (USDA).

Sussini suggests roasting them for a crispy snack, or you can get your fix in hummus — chickpeas are the main ingredient in the dip.

#### Hemp Seeds (10 g of Protein per 3 Tbsp)

“These little seeds contain all nine essential amino acids, and [3 tablespoons \(tbsp\) provide 10 g of protein](#),”



Sussini says. You may also spot them at the grocery store as hemp hearts, which are shelled hemp seeds.

Sussini suggests sprinkling hemp hearts or seeds on [salads](#), soups, yogurt, or on top of nut-buttered toast. “They have a subtle nutty flavor profile and nice crunch — I call them ‘nutrition sprinkles,’” she says.

#### Tofu (8 g of Protein per 3 Ounces)



Like hemp seeds, soy contains all nine essential amino acids, making it a complete protein, Sussini says. Soy is at the root of several types of foods, including [soy milk](#), [edamame](#), miso, tempeh, and soy nuts, giving you plenty of ways to incorporate soy products into your diet. It's the main ingredient in tofu, too, which should be high on your list of meat substitutes. One slice, which is 85 g or 3 ounces, offers 8 g of protein, according to the [USDA](#).

It also contains [potassium](#) and iron, Sussini says. Soy products don't have the best reputation — you may have heard that soy can lead to breast cancer. [According to the American Cancer Society](#), that link was found in animals and doesn't appear to be an issue for

humans, which is why their experts say it's safe and advisable to enjoy soy products. The great thing about tofu is it's a great addition to stir-fries and one-pan recipes you can roast in the oven

#### Nuts (5 to 6 g of Protein per ¼ Cup)



No matter which nut is your favorite, it likely is a good [source of protein](#), clocking in at about 5 to 6 g per small handful (less than ¼ cup), Sussini says. [Almonds](#) offer the most protein per serving, with pistachios close behind in the No. 2 spot, [according to California Almonds](#). In addition to protein, nuts are good sources of heart-healthy unsaturated fats, which can [lower](#)



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[cholesterol levels](#), [according to the Mayo Clinic](#). And thanks to the many options — including almonds, pistachios, cashews, walnuts, and hazelnuts — it's easy to add a variety to your diet. Sprinkle them on salads, in smoothies, or on top of veggies, Sussi suggests.

#### Quinoa (8 g Protein per Cup)



Though it's technically a seed, [quinoa](#) is commonly referred to as a whole grain and can be used in place of other grains like [rice](#) and pasta. One cup of cooked quinoa offers 8 g of protein and 5 g of satiating fiber, [according to the Harvard T.H. Chan School of Public Health](#). Not to mention that quinoa is a complete protein because it contains all essential nine amino acids.

Enjoy quinoa throughout the day — in the morning in milk like you would a breakfast cereal, for lunch as the protein in your salad, and at dinner in place of pasta.

#### Nutritional Yeast (8 g of Protein per ¼ Cup)



Many [vegans](#) go nuts over nutritional yeast's cheese-like umami flavor, but there are several reasons non-vegans should also give it a try. "It's packed with B vitamins, the antioxidant [glutathione](#), and protein," Sussi says. "[A quarter cup has 8 g of protein.](#)" Plus, it's [free of gluten](#), sugar, dairy, and artificial flavors or ingredients. "Add it to soups and sauces, sprinkle it on popcorn or [avocado](#) toast, or blend with soaked cashews to make a great homemade vegan cheese on pasta or veggies," Sussi suggests.

#### Tempeh (13 g Protein per 3 Oz)



Though not as popular as tofu, tempeh is another high-protein soy product that makes a great meat substitute. It's essentially a packed cake-like helping of fermented soybeans, though oftentimes spices and grains, such as rice, will be added. A 3-ounce serving of tempeh contains 13 g of protein, [per the USDA](#). You'll find it in the refrigerated section of the grocery store. Once you get it home, try it in a stir-fry or in a sandwich.

#### Black Beans (10 g Protein per 1 Cup)



Take your pick for your bean of choice — black beans, navy beans, cranberry beans, kidney beans, and so on. Sussi says there are more than 20 varieties and they all offer essential nutrients. "They're nutritional powerhouses," says Sussi, explaining that they're rich in protein, fiber, folate, magnesium, and iron. A ½ cup of black beans contains 5 g of protein, [according to the USDA](#). Sussi suggests adding beans to salads, stir-fries, soups, and stews. Opt for low-sodium or no-sodium-added varieties when shopping for canned beans at the grocery store, she says.

#### Peanut Butter (7 g Protein per 2 Tbsp)



Yes, the childhood staple is delicious *and* a good source of quality, plant-based protein. Two tbsp has 7 g of protein, plus other key nutrients such as [heart-healthy](#) monounsaturated fat and some fiber, [per the USDA](#). Just be sure to [buy healthy varieties](#) and keep your portion size in check — the aforementioned portion has a whopping 180 calories, so it can quickly move from a healthy [protein source](#) to an indulgent treat that may contribute to weight gain if you overdo it.

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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  10:30 AM Worship Service & Streaming Live	5	6	7 Women's Bible Study 9:30 AM @LCF Activity Center	8	9	10
11 10:30 AM Worship Service @ Worship Center & Streaming Live	12 2:00 PM Leadership Council @LCF Activity Center	13	14 Women's Bible Study 9:30 AM @LCF Activity Center	15 Alzheimer Group 10:30 AM @LCF Activity Center	16	17
18 10:30 AM Worship Service @ Worship Center & Streaming Live	19	20	21 Women's Bible Study 9:30 AM @LCF Activity Center	22  	23	24
25 10:30 AM Worship Service @ Worship Center & Streaming Live	26	27	28 Women's Bible Study 9:30 AM @LCF Activity Center	29	30 	
<p>For more information visit the LCF website at <a href="http://www.lakesidechristians.org">www.lakesidechristians.org</a></p>				<p>ALLELUIA! CHRIST IS ALIVE!</p>		



Jan Robbins .....	04
Eleanor Smith.....	10
Greta Drengenberg....	20
Sandra Smith .....	20
Nancy Wood.....	23
Glynda Wolverton.....	27
Bonnie Walker .....	29



Brett & Cindi Brewer.....	19
Ray & Lil Burch.....	19

If you would like to be included please send your information to the church office!!  
[lakesidechristianfellowship@yahoo.com](mailto:lakesidechristianfellowship@yahoo.com)

# Prayer Corner

## We Are One with the Risen Christ

**Lord we lift our hearts to you. As the dawn breaks, may we carry the unity we share into every moment knowing that we are one with the risen Christ. Lord, we lift our eyes to you. As the sunrises, may this moment stay with us, reminding us to look for the beautiful colors of promise in your Word. Lord, we lift our prayers to you. As the dew air falls, may we breathe this morning in and know that like the earth, you sustain us, keep us and work within us always. And so, we lift our voices to you. We celebrate the greatest day in history, when Jesus rose from death, defeated darkness and bathed the world in stunning resurrection light.**

**May we ever live to praise You!  
 Amen.**

*— Author Unknown*

### March 31, 2021

YTD Offerings.....	\$70,749.00
YTD Expenses .....	\$47,423.00

# Lakeside Christian Fellowship

Worship Location

1922 American Drive, Lago Vista

Office

1922 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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[www.lakesidechristians.org](http://www.lakesidechristians.org)

