

Lakeside Christian Fellowship Ripples



MAY 2021

VOLUME VIII NUMBER 5

Pastor's Ponderings for May

¹¹ For behold, the winter is past, The rain is over and gone. ¹² The blossoms have already appeared in the land; The time has arrived for pruning the vines, And the voice of the turtledove has been heard in our land.” Song of Solomon 2:11-12

Spring is a time of uplift. The winter passed – the grass begins to green up – leaves form on trees – flowers begin to bloom. Life comes back to nature.

I love the beginning of spring – the rain smells fresher, life giving – the air warms – the breeze freshens. It is the time when the earth renews. It is the cycle of life.

Jesus died during the springtime and his followers are instructed to assemble together to celebrate the memorial of his sacrificial death – “Do this in remembrance of me.”

Lent comes from an Old English word meaning “spring” and is associated with Easter. The revival of life coincides with Jesus’ resurrection. There is this long awaited second coming of Christ when the whole family of God is risen from the grave to be with Him in the new Jerusalem. Chapter five of the Gospel of John, reminds us “Do not be amazed at this; for a time is coming when all who are in the tombs will hear His voice,²⁹ and will come out: those who did the good deeds to a resurrection of life, those who committed the bad deeds to a resurrection of judgment.”

There is a renewal of hope – a cleansing of our hearts. As we experience once again the renewal of this Earth, may it serve to remind us that we are too being renewed in the spirit of the heavenly Father and his son Jesus Christ and may each day remind us of His resurrection to new life and therefore we too are promised a resurrection.

Pastor Chuck

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

LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for March 8, 2021

CALL TO ORDER: The Leadership Council meeting was called to order at 2:04 pm, March 8, 2021 by Moderator Donna Nash. Council members present were: Donna Nash, Genie Carroll, Rodger Elliott, Virginia Halsted, Dave Freeman, Rick Waters and Chuck Smith.

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

OPENING REMARKS: Donna Nash – March's "Thought to Ponder" by martyred missionary Jim Elliot: "He is no fool who gives what he cannot keep...to gain what he cannot lose." So the question is...Who will you bless today?

Regular meeting – February 8, 2021
Minutes approved by acclamation (1)

COMMISSION REPORTS

FINANCIAL UPDATE: Chairperson Genie Carroll reported that while our income is somewhat below the usual amount for this time of year, we continue to do well.

STEWARDSHIP COMMISSION: Chairperson Dan Olson was not present, but he had advised Donna that he is working on updating the membership books at this time, including an update of the member call list.

BUILDING & GROUNDS: Chairperson Rodger Elliott reported that the blinds for the entry doors to the new offices have been installed; the protection screen for the PA system is in place and the shed has been cleaned out.

FAITH IN ACTION: Chairperson Wilma Sanders was not present, but there was a brief discussion about the Easter hams yearly project. Donna will visit with Wilma about this.

WORSHIP COMMISSION: Chairperson Virginia Halsted brought up a brief discussion regarding our Communion Services and whether

we will continue using the packets for services inside the church as well as having them delivered to the homes of members who are not ready to attend the live service. After a brief discussion, it was decided that members will contact their Shepherd to continue home delivery.

PASTORAL RELATIONS: Chairperson Dave Freeman inquired about the interviewing and hiring of a housekeeper. Donna has been in contact with the 2 individuals who are interested in the position. She will send Dave the details from her interviews and he can proceed with his own interviewing and hiring.

OUTREACH MINISTRIES: Chairperson Chuck Smith reported that the Alzheimer group is not meeting because the meeting room at the Library is not open yet. The pictures for our Web Site and Facebook page will go up this week.

OLD BUSINESS

Health Alert Continues – Austin Public Health Department
October 2021 – Open House to Community Signage for New Building – We need a new sign for outside – Genie Carroll is working on it
Ricoh Copier Lease – Lease is up the end of March 2021. Roger Elliott will work on this

NEW BUSINESS

Donna announced that Jim Guy, who is currently the Chairperson for the Nomination Committee is going to fill the position again

FUTURE TOPICS

Next meeting will be held on April 12, 2021

ADJOURN: Meeting adjourned at 2:45 pm

Respectively submitted by Jean Sholes, Secretary

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

Good Morning Everyone,

Lakeside Christian Fellowship is a congregational Church.

Each year a **Nomination Committee** recommends **Members** of our Church to be **Leaders**. Individuals who will conduct **business** by **Implementing Congregational Decisions**, **Provide Leadership** and **Coordinate Fellowship** for the **Members** of this Church. These individuals will be your "Leadership Council".

The **Bylaws** of LCF state:

"The **Nomination Committee** shall consist of **6 members**. The **Leadership Council** will select the **Chair Person** for this **Committee** with the approval of the **Congregation**".

The current members of this Committee are: Jean Mangum, Eleanor Smith, Jim Guy, Page Massey, Edwina Woolsey, and Clyde Hance.

I would like to thank Jim Guy for serving as Chair for the year 2020'.

This year your Leadership Council has selected Page Massey to be the Chairperson for this position in the year 2021'

Page and the Committee will prepare a slate of Candidates to represent the Congregation of this Church. There are 8 Leadership positions and 5 Non-leadership positions. This slate will be presented to you at the Annual meeting.

If you might be interested in serving please contact Page or the Church office ... Or... Page might even be contacting you.

So with your approval ... may I see a show of hands... Please let us Welcome Page Massey as this year's Nomination Committee Chair Person.

Thank you. Have a great day.

Donna Nash
LCF Moderator



Sunday 4-18-2021

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

Smile

Sorry I missed that! However, you have another chance. Lakeside Christian Fellowship is planning to publish a 2021 photo directory of our membership replacing the previous directory published in 2018.

We need your help. The membership directory includes a picture of each member/family. We use Servant Keeper software which will make a photo directory of our congregation from the data in the member directory.

This is where we need your help. The options are:

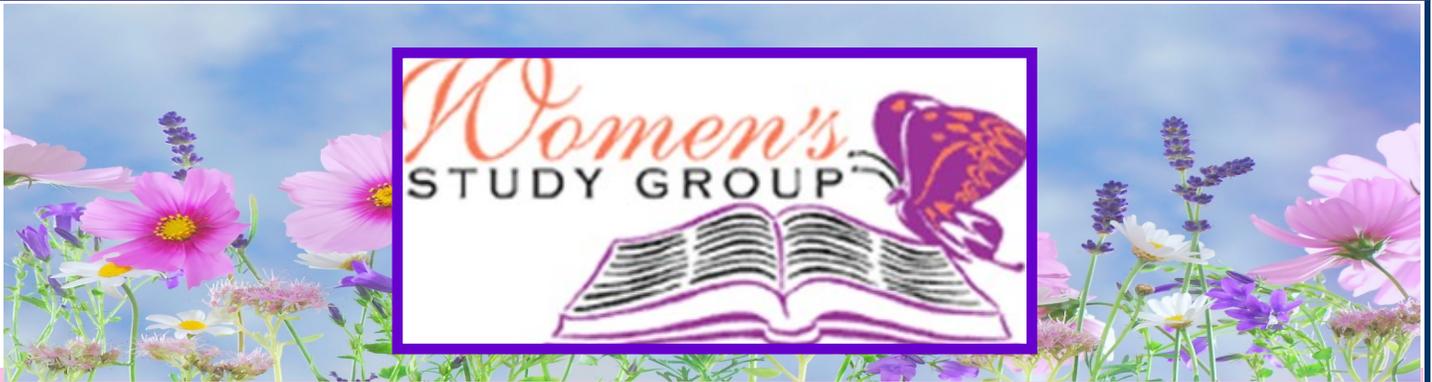
1. Keep your picture currently in the 2018 picture directory.
2. Submit a new picture to the office.
3. If you do not have a picture in the 2018 directory please submit a picture. This applies to existing and new members. For new members, check with the office to determine if you had a picture taken which is in your file.

Burt Burchette has been our church photographer for several years but has retired. Burt has volunteered to edit/format any pictures submitted to meet the church file specifications. We look forward to publication of a new directory.



The deadline for pictures is mid-June.

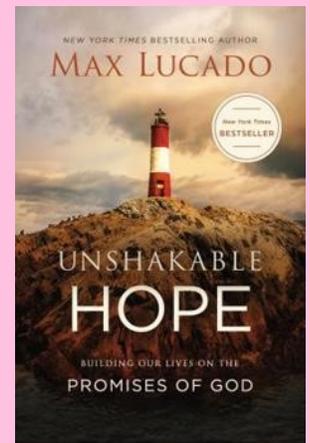
A family of faith connecting people to Christ and to each other!



**Ladies Bible Study
is held on Wednesday mornings 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
whom hunger the Word of God.**

**We will be studying
“Unshakable Hope”
by Max Lucado.**



Help for People, Hope for the Future



*Dear Lakeside Christian Fellowship,
Thank you so much for donating
to HCCM. Your donation will further
our mission of helping people and
giving hope for the future. You
are truly making a difference, and
we are extremely grateful.*

*With gratitude,
Tresa*



Health Watch

Alzheimer's treatments: What's on the horizon?

Despite many promising leads, new treatments for Alzheimer's are slow to emerge.

[By Mayo Clinic Staff](#)



Current Alzheimer's treatments temporarily improve symptoms of memory loss and problems with thinking and reasoning.

These Alzheimer's treatments boost performance of chemicals in the brain that carry information from one brain cell to another. However, these treatments don't stop the underlying decline and death of brain cells. As more cells die, Alzheimer's disease continues to progress.

Experts are cautiously hopeful about developing Alzheimer's treatments that can stop or significantly delay the progression of Alzheimer's. A growing understanding of how the disease disrupts the brain has led to potential Alzheimer's treatments that short-circuit basic disease processes.

Future Alzheimer's treatments may include a combination of medications, similar to how treatments for many cancers or HIV/AIDS include more than a single drug.

The following treatment options are among the strategies currently being studied.

Taking aim at plaques

Some of the new Alzheimer's treatments in development target microscopic clumps of the protein beta-amyloid (plaques). Plaques are a characteristic sign of Alzheimer's disease.

Strategies aimed at beta-amyloid include:

Recruiting the immune system. Several drugs — known as monoclonal antibodies — may prevent beta-amyloid from clumping into plaques or remove beta-amyloid plaques that have formed and help the body clear the beta-amyloid from the brain.

Monoclonal antibodies mimic the antibodies your body naturally produces as part of your immune system's response to foreign invaders or vaccines.

The monoclonal antibody solanezumab did not demonstrate any benefit for individuals with mild or moderate Alzheimer's disease. It's possible that solanezumab may be more effective when given earlier in the course of the disease. The drug seemed safe in recent studies, and solanezumab continues to

be evaluated in the preclinical stage of the disease.

Preventing destruction. Several years ago, researchers learned that beta-amyloid interacts with another protein called Fyn. When combined with beta-amyloid, Fyn is over-activated, which triggers a destruction of connections between nerve cells (synapses) in the brain. Studies are currently in progress for drugs that inhibit the Fyn protein.

A drug initially developed as a possible cancer treatment — saracatinib — is now being tested in Alzheimer's disease.

In mice, the drug turned off Fyn, which allowed synapses to start working again, and the animals experienced a reversal of some memory loss. Human trials for saracatinib as a possible Alzheimer's disease treatment are now underway.

Production blockers. These therapies may reduce the amount of beta-amyloid formed in the brain. Research has shown that beta-amyloid is produced from a "parent protein" in two steps performed by different enzymes.

Several experimental drugs aim to block the activity of these enzymes. They're known as beta- and gamma-secretase inhibitors.

Recent studies showed that the beta-secretase inhibitor verubecestat did not slow down cognitive decline and was associated with several side effects in those with mild or moderate Alzheimer's.

Keeping tau from tangling

A vital brain cell transport system collapses when a protein called tau twists into microscopic fibers called tangles, which are another common brain abnormality of Alzheimer's. Researchers are looking at a way to prevent tau from forming tangles.

Tau aggregation inhibitors and tau vaccines are currently being studied in clinical trials.

Reducing inflammation

Alzheimer's causes chronic, low-level brain cell inflammation. Researchers are studying ways to treat inflammatory processes at work in Alzheimer's



Health Watch

Alzheimer's treatments: What's on the horizon?

Despite many promising leads, new treatments for Alzheimer's are slow to emerge.

[By Mayo Clinic Staff](#)



disease. The drug sargramostim (Leukine) is currently in research. It's thought that the drug may stimulate the immune system to protect the brain from harmful proteins.

Researchers studied the diabetes drug pioglitazone (Actos) because it may lessen beta-amyloid and inflammation in the brain, but this trial was negative.

Researching insulin resistance

Researchers are studying the effects of insulin on the brain and brain cell function, and insulin changes in the brain that may be related to Alzheimer's. A trial testing an insulin nasal spray to determine whether it slows the progression of Alzheimer's was recently reported as negative.

Studying the heart-head connection

Growing evidence suggests that brain health is closely linked to heart and blood vessel health. The risk of developing Alzheimer's appears to increase as a result of many conditions that damage the heart or arteries. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol.

A number of studies are exploring how best to build on this connection. Strategies under investigation include:

- **Current drugs for heart disease risk factors.**

Researchers are investigating whether drugs such as blood pressure medications now used to treat vascular disease may also help people with Alzheimer's or reduce the risk of developing the disease.

- **Drugs aimed at new targets.** Additional projects are looking more closely at how the connection between heart disease and Alzheimer's works at the molecular level to find new drug targets.

Lifestyle choices. Research suggests that lifestyle choices with known heart benefits, such as exercising on most days and eating a heart-healthy diet, may help prevent Alzheimer's disease or delay its onset.

Hormones

In one study, taking estrogen-based hormone therapy for at least a year during perimenopause or early menopause appeared to protect thinking and memory in women with a higher risk of Alzheimer's disease.

But further research has been conflicting, with some studies indicating that estrogen didn't offer any benefit. More research and a better understanding of the relationship between estrogen and cognitive function are needed before any recommendations can be made.

Speeding treatment development

Developing new medications is a slow and painstaking process. The pace can be especially frustrating for people with Alzheimer's and their families who are waiting for new treatment options. To help accelerate discovery, the Coalition Against Major Diseases (CAMD), an alliance of pharmaceutical companies, nonprofit foundations and government advisers, has forged a first-of-its-kind partnership to share data from Alzheimer's clinical trials.

The CAMD has also collaborated with the Clinical Data Interchange Standards Consortium (CDISC) to create data standards. Researchers anticipate that these data standards and the sharing of data from more than 6,500 study participants will speed development of more-effective therapies.

**The Alzheimer's
Caregiver Group
will be held on
Thursday, May 6 &
May 20, 2021
@ 10:30 AM
in the LCF Activity
Center**



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

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 10:30 AM Worship Service @Worship Center & Streaming	3	4	5 Women's Bible Study 9:30 AM @LCF Activity Center 	6 Alzheimer Group 10:30 AM @LCF Activity Center 	7	8
9 10:30 AM Worship Service @Worship Center & Streaming 	10 2:00 PM Leadership Council @ LCF Activity Center	11	12 Women's Bible Study 9:30 AM @LCF Activity Center	13	14	15
16 10:30 AM Worship Service @Worship Center & Streaming	17	18	19 Women's Bible Study 9:30 AM @LCF Activity Center	20 Alzheimer Group 10:30 AM @LCF Activity Center 	21	22
23 10:30 AM Worship Service @Worship Center & Streaming	24	25	26 Women's Bible Study 9:30 AM @LCF Activity Center	27	28	29
30 10:30 AM Worship Service @Worship Center & Streaming	31  Memorial Day					

For more information visit the LCF website at www.lakesidechristians.org



Bonnie McClung	6
Beverly Olson	7
Linda Brown.....	9
Dick Hemer	13
Lauraine Lee	13
Scott Cameron	19
Rev. Rick Waters.....	20
Lil Burch	24
Elaine Bhonn.....	27
Ray Burch	31



*Joe & Glynda Wolverton
May 6*

*Bill & Sandra Smith
May 12*

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

Prayer Corner

Hope in God's Promise

O Father in heaven, look upon all your people who struggle with anger, anxiety, doubt, frustration, guilt, hopelessness, loss, memories, lack of patience, pain, regret, sadness, selfishness, temptation and weakness. Your Holy Word tells us “All things work together for the good of those who love God, who are called according to his purpose.”

And that means that you make all these things work for your good purpose in our lives, even when we do not understand.

**Remind us of your invitation, “Cast all your cares upon me,” and of your assurance that goes with it, “because I care for you.” ...through your Son, Jesus Christ our Lord.
Amen.**

Source: Paul C. Stratman, 2017
<https://www.christianity.com/wiki/prayer/prayers-for-hope.html>

April 29, 2021

YTD Offerings.....	\$87,077.00
YTD Expenses	\$66,860.00

Lakeside Christian Fellowship

Worship Location

1922 American Drive, Lago Vista

Office

1922 American Drive, 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

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

www.lakesidechristians.org



MAY