

# Lakeside Christian Fellowship Ripples



JUNE 2021

VOLUME VIII, NUMBER 6

**Church Family,**

**Some of the best news in recent days is the CDC recommendation that if persons are fully vaccinated they do not need to wear a mask in most gatherings outside and inside.**

**Understandably, the required protocol of social distancing and mask-wearing was essential to help protect persons from contracting and spreading Covid 19. In addition to the loss of life, the incredible strain on medical workers and the devastating economic impact is the isolation of people, keeping them away from their family members and close friends. The lifting of the mask mandate is like a breath of fresh air, literally, where we can breathe more deeply and enjoy the company of others.**

**It has been said that God has created human beings to be socially involved in life with others. In Genesis 2 after God had created Adam He said, "It is not good that the man should be alone." Then He created Eve to be Adam's helper and partner. Medical science has acknowledged that among essential good health practices one's social relationships are vital. To an extent, the more social contacts people have the healthier they tend to be.**

**No doubt most of us have missed being with others during this Pandemic. The Church is a gathering of persons who join together to worship God and help each other to live more faithfully in service to God and others. The Bible does not illustrate living out faith alone. Jesus said, "Where two or three are gathered together in my name, there I am in the midst of them." (Matthew 18:20)**

**Also during a time of extreme persecution and hardship the author of the New Testament of the letter to the Hebrews says, "And let us consider and give attentive, continuous care to watching over one another, studying how we may stir up (stimulate and incite) to love and helpful deeds and noble activities, not forsaking or neglecting to assemble together." (Chapter 10:24)**

**We need each other and we thrive spiritually gathering with other Christians. Understandably, some folks are not physically able to attend church personally, and that is where worship on TV comes in.**

**Most of us have family photo albums in some form to remind us of the importance of our families. We are in the process of developing a new Church Directory which is our church family photo album. We encourage all of our members to participate in this effort.**

**We need each other in our church family. Hopefully, we will see you in Worship on Sundays.**

**Grace and Peace in Jesus' Name**

*Pastor Rick*

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

LAKESIDE CHRISTIAN FELLOWSHIP  
Leadership Council Report for April 12, 2021

The Leadership Council meeting was called to order at 2:00 pm, April 12, 2021 by Moderator Donna Nash. Council members present were Donna Nash, Virginia Halsted, Dave Freeman, Jean Sholes, Rick Waters and Chuck Smith. A quorum was not present.

**Invocation:** Rev. Rick Waters opened with a prayer

**Opening Remarks:** Donna Nash – April “Thought to Ponder” by Christine Caine. “If the Light that is on you is brighter than the light that is within you...the Light that is on you will destroy you”

**Financial Update:** Genie Carroll not present

**Stewardship Commissions:** Dan Olson not present

**Building & Grounds:** Rodger Elliott not present

**Faith in Action:** Wilma Sanders not present

**Worship Commission:** Chairperson Virginia Halsted reported Hymnals have been replaced under the chairs for Congregational usage. Ms. Halsted will assist with Communion and Lay liturgist duties and as a greeter on Sunday mornings. Regina Holmes is in charge of ushers. Choir may resume in September. Announcements will be made.

**Pastoral Relations:** Chairperson David Freeman reported he would contact the two housekeepers applying for position. Also reported that a midyear evaluation of staff with the Pastoral Relations Committee would take place 6-1-2021.

**Outreach Ministries:** Pastor Chuck reported the Alzheimer’s Support group is presently meeting. The Cancer support group has not resumed. Also reported that Drew Stevens has worked on WiFi scanner and firewall protection for LCF. Pastor Chuck requested approval to spend \$10. per week on advertising through Facebook boosts. Due to no quorum being present an email vote will be sent to Council for approval. A report was given as to the number of viewers, men, women and ages viewing our services.

**Old Business:** Nomination Committee Chair Jim Guy has resigned. Moderator Donna Nash has appointed Page Massey as midyear replacement. Approval from the congregation will be requested at Sunday April 18, service.

**New Business:** Utilities must be changed over from Rodenbecks to LCF. Application & deposits will be made. As per initial agreement and signed lease we are responsible 1-1-2021 for the utilities.

**Future Topics:** Next meeting May 10, 2021

Adjourn



## 2022 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 2022.

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





## Health Watch

# What Are the Benefits of Hugging?



<https://www.healthline.com/health/hugging-benefits#1.-Hugs-reduce-stress-by-showing-your-support>

We hug others when we're excited, happy, sad, or trying to comfort. Hugging, it seems, is universally comforting. It makes us feel good. And it turns out that hugging is proven to make us healthier and happier.

According to scientists, the benefits of hugging go beyond that warm feeling you get when you hold someone in your arms. Read on to find out how.

### **1. Hugs reduce stress by showing your support**

When a friend or family member is dealing with something painful or unpleasant in their lives, give them a hug.

Scientists say that giving another person support through touch can reduce the stress of the person being comforted. It can even reduce the stress of the person doing the comforting.

In one [study](#)[Trusted Source](#) of twenty heterosexual couples, men were given unpleasant electric shocks. During the shocks, each woman held the arm of her partner.

Researchers found that the parts of each woman's brain associated with stress showed reduced activity while those parts associated with the rewards of maternal behavior showed more activity. When we hug someone to comfort them, these parts of our brain may show a similar response.

### **2. Hugs may protect you against illness**

The stress-reducing effects of hugging might also work to keep you healthier.

In a [study](#) of over 400 adults, researchers found that hugging may reduce the chance a person will get sick. The participants with a greater support system were less likely to get sick. And those with the greater support system who did get sick had less severe symptoms than those with little or no support system.

### **3. Hugs may boost your heart health**

Hugging can be good for your heart health. In one [study](#)[Trusted Source](#), scientists split a group of about 200 adults into two groups:

- One group had romantic partners hold hands for 10 minutes followed by a 20-second hug with each other.

The other group had romantic partners who sat in silence for 10 minutes and 20 seconds.

People in the first group showed greater reductions in blood pressure levels and heart rate than the second group.

According to these findings, an affectionate relationship may be good for your heart health.

### **4. Hugs can make you happier**

Oxytocin is a chemical in our bodies that scientists sometimes call the "cuddle hormone." This is because its levels rise when we hug, touch, or sit close to someone else. Oxytocin is associated with happiness and less stress.

Scientists have found that this hormone has a strong effect in women. Oxytocin causes a reduction in blood pressure and of the stress hormone norepinephrine.

One [study](#) found that the positive benefits of oxytocin were strongest in women who had better relationships and more frequent hugs with their romantic partner. Women also saw positive effects of oxytocin when they held their infants closely.

### **5. Hugs help reduce your fears**

[Scientists have found](#) that touch can reduce anxiety in people with low self-esteem. Touch can also keep people from isolating themselves when reminded of their mortality.

They found that even touching an inanimate object — in this case a teddy bear — helped reduce people's fears about their existence.



## Health Watch

### What Are the Benefits of Hugging?



<https://www.healthline.com/health/hugging-benefits#1.-Hugs-reduce-stress-by-showing-your-support>

#### 6. Hugs may help reduce your pain

Research suggests some forms of touch may be capable of [reducing pain](#).

In [one study](#), people with fibromyalgia had six therapeutic touch treatments. Each treatment involved light touching on the skin. The participants reported an increase in quality of life and reduced pain. Hugging is another form of touch that may help reduce pain.

#### 7. Hugs help you communicate with others

Most human communication occurs verbally or through facial expressions. But touch is another important way that people can send messages to one another.

[Scientists have found](#) that a stranger was capable of expressing a wide range of emotions to another person by touching different parts of their body. Some emotions expressed include anger, fear, disgust, love, gratitude, happiness, sadness, and sympathy.

Hugging is a very comforting and communicative type of touch.

#### How many hugs do we need?

Family therapist [Virginia Satir once said](#), “We need four hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth.” While that may sound like a lot of hugs, it seems that many hugs are better than not enough.

So, how many hugs should you have a day for optimal health? According to the best science, we should have as many as possible if we want to reap the greatest positive effects.

Unfortunately, most Western people today — especially people in the United States — are touch-deprived. Many people live solitary or busy lives with reduced social interaction and touching. Our modern social conventions often push people not to touch others who aren't directly related to them.

However, it seems people could benefit a lot from touching others a bit more.

So, if you want to feel better about yourself, reduce your stress, improve communication, and be happier and healthier, it seems that giving and asking for more hugs is a good place to start.

If you feel nervous about seeking out more hugs, start by asking for them from friends and family members closest to you first.

Science proves that regular hugs with those closest to you, even if brief, can have especially positive effects on your brain and body.



**After the pandemic be sure to start hugging again! Why? Because hugging is practically perfect.**

**It helps the immune system.**

**It cures depression.**

**It reduces stress.**

**It's rejuvenating.**

**It has no unpleasant side effects.**

**It is all natural - contains no chemicals, artificial ingredients, pesticides, nor preservatives!**

**There are no parts to break down, no monthly payments, non-taxable, non-polluting, and best of all it's fully returnable!**

**A hug is the one present that's always worth giving!**

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



**Come check out the new Activity Center and join us after the Sunday Worship Service on July, 4, 2021 for a Church Picnic! Bring a side or dessert. The meat and drinks will be provided. We are so happy to be together again and we hope to see you there!**

## **POP AND DROP**



**Pop and Drop flowers donated by Genie Carroll in honor of Wes's Birthday. Thank you Genie!**

**If you are interested in assisting the Pop and Drop ministry please contact Donna Nash.**



**Tom and Armor Lee Gardner**

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**We invite you to come and see the new Church Offices and Activity Center which are conveniently connected to the Worship Center!**

**A lot of improvements have been made with many more needed, so if you are interested in helping out we are accepting monetary donations made out to our Project Operating Fund!**

**We are blessed to have a place to  
“Come Together”  
for extra social activities!**



# 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 Women's Bible Study 9:30 AM @LCF Activity Center	3 Alzheimer Group 10:30 AM @LCF Activity Center	4	5
6 10:30 AM Worship Service @Worship Center & Streaming	7	8	9 Women's Bible Study 9:30 AM @LCF Activity Center	10	11	12
13 10:30 AM Worship Service @Worship Center & Streaming	14 2:00 PM Leadership Council @ Worship Center 	15	16 Women's Bible Study 9:30 AM @LCF Activity Center	17 Alzheimer Group 10:30 AM @LCF Activity Center 	18	19
20 10:30 AM Worship Service @Worship Center & Streaming 	21 	22	23 Women's Bible Study 9:30 AM @LCF Activity Center	24	25	26
27 10:30 AM Worship Service @Worship Center & Streaming	28	29	30 Women's Bible Study 9:30 AM @LCF Activity Center	<div style="background-color: red; color: white; padding: 10px; text-align: center;"> <p>For more information visit the LCF website at <a href="http://www.lakesidechristians.org">www.lakesidechristians.org</a></p> </div>		



Joyce Coleman .....	04
Donna Nash.....	05
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
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

365 Days of Prayer  
By Oliver Powell

Help us to make use of the gifts given to us.

Let us bring light, and with it, goodness to this world.

Help us to see all of the good paths in our lives as we listen to Your words.

Let us be a blessing to everyone around us.

Let us keep the human conscience alive and fill it with Your light.

Help us to do what's right, regardless of rewards, since the only one that sees us is You, and that's the only thanks we seek.

Help us to forgive and forget the misdeeds or wrongs of others, looking at things and people as they are, not as what they appear to be.

Help us bring more peace and love into this planet, rather than doing it in our own, personal world.

**Amen!**

May 27, 2021

YTD Offerings.....	\$97,758.00
YTD Expenses.....	\$79,194.00

# Lakeside Christian Fellowship

Worship Location

1922 American Drive, Lago Vista

Office

1922 American Drive, 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**

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



*June*