

Lakeside Christian Fellowship Ripples



NOVEMBER 2021

VOLUME VIII, NUMBER 11

We are fast approaching the time of year when our thoughts turn toward Thanksgiving in the United States and a new Christian liturgical year. This year Advent begins on November 28th. Pastor Rick and I will be calling on you to help light the Advent Candles.

As I began my study to lead the Men's Bible Study on the Torah, I was reminded that the whole of Genesis was about family beginning with Adam and Eve (Hebrew: ish and isha) and ends with the story of Joseph, his father Jacob and his brothers. For a nation to become a nation it has to begin with family.

In an article "Family Relationships and Well-being" published by the Population Research Center at the University at Austin, the authors cite that "For better or worse, family relationships play a central role in shaping an individual's well-being across the life course."

They continue, "An aging population and concomitant age-related disease underlies an emergent need to better understand factors that contribute to health and well-being among the increasing numbers of older adults in the United States. Family relationships may become even more important to well-being as individuals age, needs for caregiving increase, and social ties in other domains such as the workplace become less central in their lives."

Thanksgiving is a time whereby we pause and give thanks to God for all his many blessings in our lives. It's a time also for families to gather together to renew the Christian values that God has placed in our hearts to share with our families. The changing landscape of families combined with population aging present unique challenges and pressures for families and health care systems.

There was a song back in the 60's by Sister Sledge "We are Family." One of the verses goes: (All) all of the people around us they say can they be that close? Just let me state for the record; we're giving love in a family dose."

As you gather together always remember that we are first and foremost God's family. We are all brothers and sisters in Christ Jesus and as our God and "big brother" we are safe in his hands and giving thanks to Him for all of our blessings.

Pastor Chuck Smith

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LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for September 13, 2021

The Leadership Council Meeting was called to order at 1:47 pm, September 13, 2021 by Moderator Donna Nash. Council Members present were: Donna Nash, Chuck Smith, Genie Carroll, Dan Olson, Roger Elliott, Wilma Sanders, Ginger Halsted, Dave Freeman and Jean Sholes.

Invocation: Reverend Chuck Smith opened the meeting with prayer.

Opening Remarks: Donna Nash ----
“Thought to Ponder” If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate.

Regular Meeting – August 9,
2021 Minutes approved by acclamation (1)

COMMISSION REPORTS

FINANCIAL UPDATE: Chairperson Genie Carroll noted that even with our attendance still down, the church continues to do well financially. Donna Nash noted that the Budget Funds Delegated should be used if needed. There is no roll over from year to year.

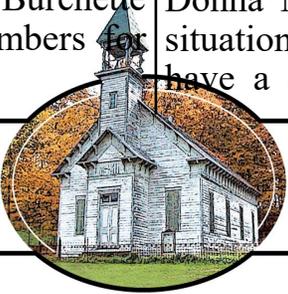
STEWARDSHIP COMMISSION: Chairperson Dan Olson noted that the Shepherds are doing a good job of getting the Stewardship books out to members. Burt Burchette will be taking photos of new members for the updated Membership Directory.

BUILDING & GROUNDS: Chairperson Roger Elliott reported that he is waiting on the building owners to install the new locks on doors and adjust the air conditioning. Donna Nash noted that we need to do some cleaning and beautifying at the front of the Church for better Curb Appeal. There was some discussion about a new sign for the front. These things will be worked on.

FAITH IN ACTION: Chairperson Wilma Sanders reported that she has visited with the schools regarding supplies they may need. Presently not all classes and or schools are open. She purchased hand sanitizer and other items on sale for distribution when schools reopen.

WORSHIP COMMISSION: Chairperson Ginger Halsted brought up the discussion about having our Choir start singing again. It was decided they would not begin yet due to concerns about masks and other issues related to Covid.. Due to the Delta Virus concerns, the Communion packets will be distributed at the door in October. The Council will reassess at the upcoming November meeting.

PASTORAL RELATIONS: Chairperson Dave Freeman reported the Midyear evaluation of Staff /Staff Raises was taking place. Donna Nash reported that the Housekeeper situation has been worked out and we now have a employed housekeeper. Dave Free-

CHURCH  COUNCIL

LAKESIDE CHRISTIAN FELLOWSHIP
Leadership Council Report for September 13, 2021

man will check with the City to get details on Signage for the front of Lakeside Christian Fellowship.

OUTREACH MINISTRIES: Chairperson Chuck Smith reported that the Alzheimer group is continuing to meet. He noted that there continues to be a large number of people tuning in to our Sunday service show on line.

OLD BUSINESS: The final list of nominees for the 2022 Nomination Committee was presented. Ginger Halsted moved that the list be accepted as presented, Genie Carroll seconded and the motion carried. (2)

NEW BUSINESS

Donna brought up a discussion regarding Amendments to the Bylaws for signatures on Bank Accounts. After discussion, Ginger Halsted made a motion to amend 5.6 to read as it was originally written in 2009 “The Secretary & Moderator shall be authorized to sign checks in the absence of the Treasurer” (deleting the Chair of Pastoral Relations and the Chair of Worship) Wilma Sanders 2nd and the motion carried.

Donna noted that future happenings include Dan Olson planning a retreat for 2013, a new “Recognition of Members” and Time Line Training.

The meeting adjourned at 3:08 pm.

Respectively submitted by Jean Sholes, Secretary



November 7, 2021

**Set clocks back one hour
on Saturday night,
November 6, 2021!**

CHURCH  COUNCIL

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POP AND DROP



A Special Thank You to Laurie and Gene Glass for their donation of flowers in memory of their fathers and then to the Pop and Drop Ministries!



Congrats to Jack and Paula Tyler for celebrating their 57th Wedding Anniversary and Thank You for purchasing flowers for the Sunday, October 3rd Worship Service and then donating the flowers to the Pop and Drop Ministry. You made someone's day special!

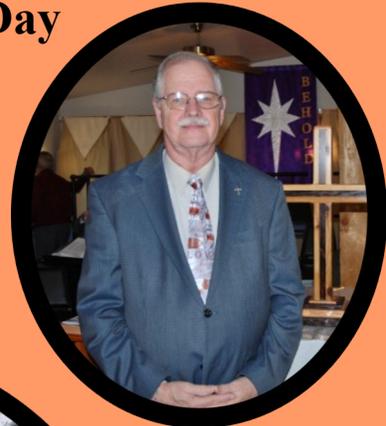


A Special Thank You to our church Office Manager, Deborah Reed for the Sunday, October 24 flower donation in honor of her son's birthday. These flowers helped to brighten the day of many as they went out after the service as part of the Pop and Drop Ministry.

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**Pastor Appreciation Day
October 10, 2021**



**Thank you Pastor Rick and
Pastor Chuck for all you do!**

***Pray for our Christian Leaders*
Encourage them that are worn out.
Renew their strength when they are overwhelmed.
Give rest to those who need it.
Remind them of Your promises.
Bless their families.
Strengthen their ministries.
Expand their influence for Your glory and their good.**

In Jesus Name we pray.

Amen!

Corrections/Additions to the 2021 Membership Directory

It has come to our attention that there are a few corrections to the directory. In the past, we have not put in member's cell phone numbers because some members did not want the cell phone but the primary/home number listed only. We do realize that times have changed and some people might have gotten rid of the home phone numbers and rely mainly on their cell phones. If any of your information has changed or if you prefer your cell number to be your primary contact number, contact the church office so that we may make the corrections.

If you need a cell number not listed, you can always call the church office at 512-267-1700 and we will gladly give it to you.

Corrections:

Remove John and Kathy Sexton

Tom Gardner's new address is: Legacy at Crystal Falls
1841 Crystal Falls Parkway
Leander, TX 78641

Dan and Beverly Olsen's primary number is: 512-842-7283

Pastor Rick Waters primary number is: 512-850-7114

Pastor Chuck Smith primary number is: 512-922-6233

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Daughter Laura captured this beautiful tender moment on September 3, 2021 after Tom and Armor Lee Gardner sang a duet together, "It Had to Be You" at the nursing home.

In loving memory of Armor Lee Gardner, our beloved choir director!
January 7, 1932 - September 25, 2021



A visit from our former pianist, Louis Hughston pictured above with Dick Sanders.



The LCF Activity Center in has been a great asset and used many times for different functions.





Health Watch

Top Indoor Exercise Routines

by [Aging Healthy Today](#)
October 13, 2020



According to a study, it has been discovered that all elderly adults who are routinely working out regularly, even if only for 15 minutes, spend about 25% less time with a disability or injury than those who do not exercise. This finding is sufficient to prove the extreme need for working out for elderly adults. Some of the other benefits include boosting your mood, helping you maintain proper body weight, enhancing flexibility, mobility, and balance, reducing the impacts of diseases and illnesses like Alzheimer's, along with adding some extra years to your life. Staying active is known to improve any senior's health to a great extent. Before you start with any physical activity, make sure you talk to your doctor or a personal trainer about your goals for physical fitness.

To start with, wear a comfortable pair of shoes with nice fitting and grip to prevent yourself from slipping and injuring yourself. Keep a partner always with you to help you if you fall or need any kind of assistance. If ready with this, here is the workout program to keep all the older adults out there physically active.

Indoor Walking

The weather is uncertain-maybe rainy and/or windy. Do not let it stop you from walking; instead, try going to a museum, shopping mall, school, conservatory, or any other place open for public use. Set a target of about 30 minutes of brisk walking or a total of 2.5 hours a week. Consider keeping a pedometer with you to track your performance. It will guide you through each step and the distance you have traveled each day.



Stretching

When you just begin exercising, you will obviously suffer from muscle pain. In order to avoid it and any

injuries, it is preferable to do some stretching exercises before and after your workout. Besides, stretching your most important muscle groups for only 10 minutes twice a week will enhance your flexibility and thereby offsetting the effects of normal decline inflexibility of joints while at the same time keeping you independent and active.

Gyms

Gyms can prove to be the most ideal location for exercising, all thanks to the perfect combination of education, training, equipment, and socialization as well. Senior citizens get an added advantage of discounted rates. Any healthcare professional or a trainer will guide you to get your exercise routine created and implemented. Some gyms also offer classes for dancing, tennis lessons, and spinning classes. The best thing is to consider doing cardio exercises- treadmill, elliptical trainer, or a stationary bike.

Indoor Swimming Pool

It is a single low-impact workout with numerous benefits like the very low risk of getting an injury and improving heart health. The flexibility of joints strengthens muscles and reduces stress. You don't have to worry about your gym not having an indoor swimming pool. You can always contact any hotel, school, or even a recreational center and find out if they have an indoor pool and whether you can get access. Even some of the businesses, institutions, or facilities allow people to use their pool in return for a nominal fee.



Gym at Home

If you do not wish to step out of your house, you have the option of making your gym at home with either all or some of the equipment according to your needs for physical fitness. Cardio equipment can be ordered online or bought from any store. Some other gears of utmost importance include lightweights, workout mats, and a resistance band. If you don't know what a resistance band is, it is just



Health Watch

Top Indoor Exercise Routines

by [Aging Healthy Today](#)
October 13, 2020



an elastic band that can be used while stretching. What follows are some of the increasingly amazing in-home gym ideas for adults to keep as fit as possible.

Online Videos

There was a time, somewhere around 1982, when the world was crazy about workout videos of Jane Fonda, and everyone was busy adoring her. Similarly, in the present time and age, you will easily find workout videos online that are specially made, keeping in mind seniors' energy and health conditions. One of the best videos available on YouTube is from the National Institute on Aging at NIH by the name of "Go4Life," and they are also absolutely free.

Software and Apps

With the advancement in technology, you can find a large number of fitness apps if you search your App Store. Many of them are specially designed for adults. These types of applications will help you to effectively achieve your daily fitness goals, keep a close track of your performance so that you can make provisions to improve it, lose weight, count your steps in a day, and learn some easy exercises like yoga in the comfort of your home.



Games

If you are assuming that I am going to ask you to go out and play, don't worry. Everything in this article has been indoor, so you also have to play indoors, not the board

games. Go and grab your Nintendo Wii Fit plus system. It is a whole package that involves fitness along with fun and is suitable for people of all ages. The video games in the Wii fit will definitely make you leave the couch, stand up, and move your limbs in a virtual world of fitness and activity.

Balancing

Balance training is the best for older adults who are frequently at risk of falls. This should be done at least for three or more days in a week to strengthen muscles, keep yourself upright, improve stability, and prevent falls. Here are some of the balance exercises that you can do:



Standing on a single foot for a minimum of 10 seconds on each leg.

The next routine is by placing your one foot in front of the other and walking 20 steps heel to toe. You can take the support of the wall if needed. Try walking in a straight line, keeping it as normal as you can.

Another thing that the elderly can try is the seated chair exercise. They put little or no strain on their bodies. Just sit on a chair, and bend your feet up and down, lift your knees or a very light ball over the head, etc.



Strength Exercises

Also known as resistance training, strength exercises serve you with benefits like preventing muscle loss due to aging, strengthening bones, preventing falls,

and enhancing mobility as well as balance. It basically comprises push-ups, pull-ups, wall push-ups, and weight lifting.

Conclusion

Now that you have acquainted yourself with all the essential elements of training at home, it is time that you get up and be active. Keep in mind not to overstrain your body; only do as much as your body allows. Stay active, stay fit, stay healthy.

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Thanksgiving
Baskets



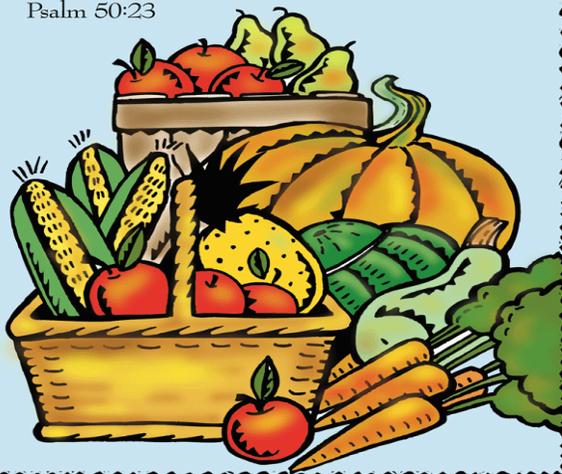
If you would like to help sponsor a Lago Vista family Thanksgiving dinner, please fill out this form and return it the church office by November 18, 2021. Thank you!

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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~ Lakeside Men's Bible Study ~ will continue at a later date.

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

Lakeside Christian Women's Bible Study

The group is currently reading "A Study of Angels". This book written by Edward P. Myers, and contributes to the understanding of important biblical doctrine. It discusses the origin, nature, activities & destiny of angels. Who are these intriguing, powerful warriors and servants of God the Bible calls angels? This is fascinating and informative reading that will help you realize that you are not alone in this world. Five chapters have been completed, with 8 remaining.

**HOLIDAYS REQUIRE A FEW DATE
CHANGES TO OUR WEEKLY
WEDNESDAY MEETINGS.**

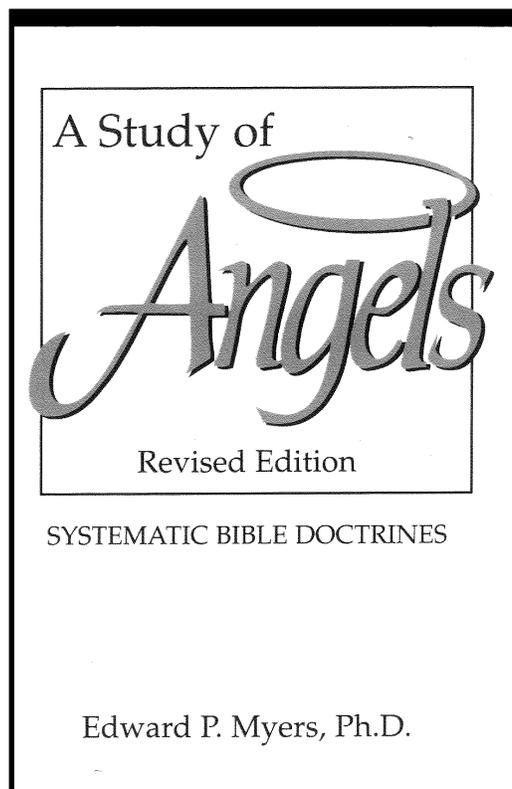
**NO STUDY ON NOVEMBER 24 and
DECEMBER 22nd.**

ON DECEMBER 15th we will study chapter #11
followed by
a POT LUCK LUNCH
in the Activity Meeting Room.

ON DECEMBER 29th, chapters 12 & 13 will
complete the book.

A second book on Angels has been selected for the
next study beginning in January 2022.

All women are invited.
You'll be glad you attended.



For information on Women's Bible Study contact:
Lil Burch@ 512-267-2278
email: raylilpv@aol.com

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Church Office Hours:
Wednesday
and
Thursday
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
31 10:30 AM Worship Service @Worship Center & Live Streaming	1 8:00 AM Coffee Klatch @ LCF Activity Center	2 Election Day 	3 Women's Bible Study 9:30 AM @LCF Activity Center	4 Alzheimer Group 10:30 AM @LCF Activity Center	5	6 Set clocks Back 1 Hour
7 10:30 AM Worship Service @Worship Center & Live Streaming 	8 8:00 AM Coffee Klatch @ LCF Activity Center 2:00 PM Leadership Council	9	10 Women's Bible Study 9:30 AM @LCF Activity Center	11 Veterans Day 	12	13
14 10:30 AM Worship Service @Worship Center & Live Streaming	15 8:00 AM Coffee Klatch @ LCF Activity Center	16	17 Women's Bible Study 9:30 AM @LCF Activity Center 	18 Deadline for Thanksgiving Drive Alzheimer Group 10:30 AM @LCF Activity Center	19	20
21 10:30 AM Worship Service @Worship Center & Live Streaming	22 8:00 AM Coffee Klatch @ LCF Activity Center	23	24 Women's Bible Study 9:30 AM @LCF Activity Center	25 Happy Thanksgiving  Office Closed	26	27
28 10:30 AM Worship Service @Worship Center & Live Streaming	29 8:00 AM Coffee Klatch @ LCF Activity Center	30				
<p>For more information visit the LCF website at www.lakesidechristians.org</p>						



Fran Pontesso	5
Joan Neely	6
Jean Hemer	8
Paula Fisher	9
Laurie Glass	11
Beth Kiker	11
Dorothy Dickinson....	20
Ed Sherwood	27



Wayne & Bonnie Walker
November 29

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



Prayer Corner

<https://www.biblestudytools.com/bible-study/topical-studies/prayers-of-thanks-and-gratitude-to-god.html>

A Heart of Gratitude

Dear Lord,
 I praise You and I love being in
 Your presence.
 Thank You for the sacrifice you made for
 me on the cross.
 Thank You for helping my heart to rest in
 Your presence.
 In a busy world, it is here that I find truth,
 grace, and mercy.
 My heart is overwhelmingly grateful.
 As it overflows with gratitude,
 may You present opportunities
 for me to serve.
 In Jesus' Name, I pray, Amen.

(Mindy Lee Hopman)



October 28, 2021

YTD Offerings.....\$161,452.00

YTD Expenses.....\$159,737.00

Lakeside Christian Fellowship

Worship Location

1922 American Drive, Lago Vista

Office

1924 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

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**LAKESIDE
CHRISTIAN
FELLOWSHIP**

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