

Lakeside Christian Fellowship Ripples



FEBRUARY 2022

VOLUME X, NUMBER 2

Church Family,

I pray you are well or recovering. There is so much illness around including Covid, other respiratory infections, cedar fever, etc. In the midst of this I imagine many of you like me are very concerned about the state of our country especially in regard to the Great Political Divide. The following is a pertinent observation to say the least.

When the Statue of Liberty was remodeled it was discovered that the entire inside support system had to be replaced. The outside copper skin of the statue was okay, it only had to be cleaned. However, rust and corrosion had ruined the inner iron supports. If repairs had not been made the statue in 20 years would have collapsed. The iron supports were replaced with stainless steel and now it can withstand 125 mph winds. In the same way a nation without inner supports of moral integrity is doomed to lose her liberty. (John R. Brokhoff, Lutheran minister, author)

In Matthew chapter 7, Jesus said that those who hear his words and act on them are like a wise man who built his house on rock. The wind, rain and floods could not destroy that house because it was built on a solid rock foundation. Conversely, those who ignore His words are like the man who built his house on sand which was destroyed by rain, flood and wind.

The phrase ‘United We Stand, Divided We Fall’ can be traced back to the 6th Century B.C. In modern times its use can be attributed to one of our nation’s Founding Fathers, John Dickinson , in a song he wrote, “The Liberty Song”. Most often it is used when someone is looking to inspire unity and collaboration.

I realize that it is too idealistic but I wonder how we would look as a nation if our actions were guided by the moral compass of Jesus Christ where the rule of God prevailed in the hearts of us all and the righteousness, peace and joy of the Holy Spirit reigned supreme.

Just a thought.

Pastor Rick

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

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

LAKESIDE CHRISTIAN FELLOWSHIP

Leadership Council Report for December 13, 2021

CALL TO ORDER: The Leadership Council meeting was called to order at 2:00 pm, December 13, 2021 by Moderator Donna Nash. Council members present were Donna Nash, Virginia Halsted, Dave Freeman, Wilma Sanders, Rodger Elliott, Genie Carroll, Chuck Smith and Rick Waters.

A quorum was present.

INVOCATION: Rev. Chuck Smith opened with a prayer.

OPENING REMARKS: Donna Nash – An invitation was extended to Leadership nominees for 2022 to attend the meeting. Attending were Fred Pontesso, Dave Farwell, Page Massey, Jack Tyler, Judy Guthrie and Bill Bush.

APPROVAL OF MINUTES: (1) Minutes were approved by acclamation for the Nov. 8, 2021 meeting.

COMMISSION REPORTS

FINANCIAL UPDATE: Genie Carroll stated money donations are regular. Expenses are still below budget.

STEWARDSHIP COMMISSION: Dan Olson reported no new changes.

BUILDING & GROUNDS: The Church “Clean-up day” on 11-22-2021 had a turnout of 20 members. Both the outside of the building were spruced up and Christmas decorations were hung with care. The microphone in the choir loft has been replaced improving the sound while streaming. The outside cross and signage will be hung ASAP hopefully before Christmas.

FAITH IN ACTION: Wilma Sanders gave a recap of the money spent and saved in 2021. Jack Tyler reported on the status of HCCM and the need this Christmas for extra funds to needy people. (2) R. Elliott moved to donate an additional \$1000. above the budgeted amount. Dan Olson 2nd, motion carried. (3) Ginger Halstead moved that we donate \$500. to Austin Disaster Relief and \$500. to Heros

Night Out for Veterans. Dan Olson 2nd, Motion carried.

WORSHIP COMMISSION: Chairperson Virginia Halstead reported that the Choir Director Bill Parcher will be taking a 2 week vacation starting Dec 26. Guest music will be provided. Jan Robbins has agreed to be chair of Lay Litergist for 2022. Jean Sholes has agreed to assist with Communion for 2022. Pastor Chuck Smith is in charge of the altar decor, Betty Houghton will be lead usher and Carolyn Bass -1st time visitors. Christmas decorations are scheduled to be removed Jan. 4, 2022 by volunteer ladies of the Church.

PASTORAL RELATIONS: Executive session was requested. Love Gift for staff from members of the Church.

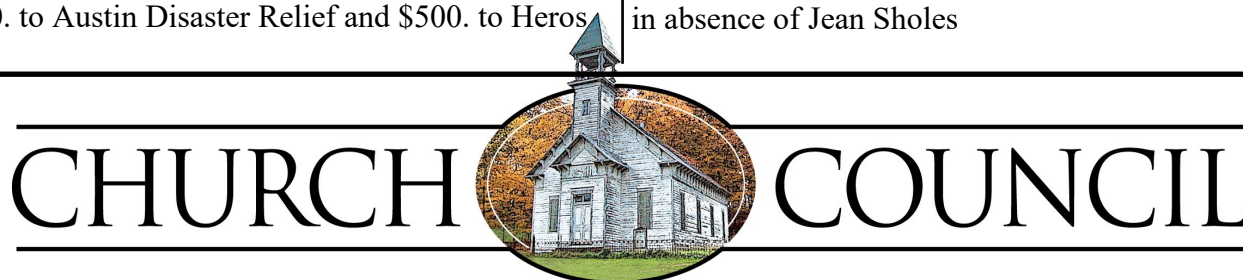
OUTREACH MINISTRIES: Pastor Chuck reported no changes with the Alzheimer’s Support Group. A Christmas Celebration will be given to those attending the Dec 16th meeting. Pastor Chuck and Bill Bush detailed the options available for setting up an online donation account and presented it to the Council. After much discussion (4) Dave Freeman moved for approval for the Church to absorb the expenses and fees involved with this process. Ginger Halsted 2nd, motion carried.

OLD BUSINESS: Sunday Pot Luck will begin January 30, 2022.

NEW BUSINESS: The issue regarding “No Christmas Eve Service for Dec. 24 2021” has created much concern. Many members have voiced a disapproval. After much discussion, Pastor Chuck Smith agreed to put together a service with guest music.

FUTURE TOPICS: Next Meeting January 10, 2021 @2 PM with New Council Members
Adjourn

Minutes presented by D. Nash
in absence of Jean Sholes



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

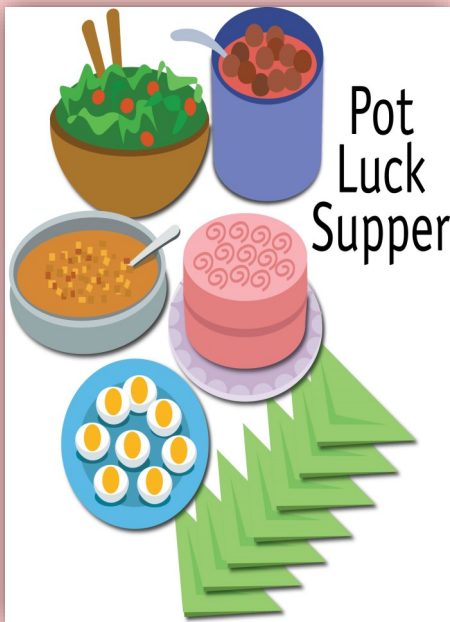


Flowers - One of God's most beautiful gifts to us!

Remember your loved ones.
Celebrate a special occasion.
Rejoice in our church.

Donate \$25.00 for the altar flowers to be used during
our worship service.

If you would like to provide flowers for a Sunday service, please sign up on
the Flower Chart posted on the bulletin board in the Worship Center and
contact Mary Ann Childs at (512) 517-3231 to place your order.
Let the church office know if you would like something printed in the bulletin
for your special occasion!



**SUNDAY
POT LUCK HAS
BEEN
CANCELLED
UNTIL FURTHER
NOTICE!**



Health Watch



What heart and stroke patients need to know about COVID-19 in 2022

By Michael Merschel, American Heart Association News

Published: January 18, 2022

<https://www.heart.org/en/news/2022/01/18/what-heart-and-stroke-patients-need-to-know-about-covid-19-in-2022>

Two years into the pandemic, researchers have learned a lot about how COVID-19 affects people with heart disease and stroke survivors. But like the coronavirus itself, what everyone needs to know keeps evolving.

"You can't assume that what was true three months ago is true now," said Dr. James de Lemos, a cardiologist at UT Southwestern Medical Center in Dallas. Thanks to the omicron variant, "it's a fundamentally different pandemic than it was at Thanksgiving."

Early data suggests omicron causes less severe illness but spreads more easily than its predecessors. So heart and stroke patients need to protect themselves, starting with understanding that COVID-19 still is a threat to their health.

"Early on, we recognized that the risk was higher for those with pre-existing cardiovascular disease," said Dr. Biykem Bozkurt, a cardiologist at Baylor College of Medicine in Houston. According to the [Centers for Disease Control and Prevention](#), people with conditions such as heart failure, coronary artery disease and possibly high blood pressure may be more likely to get severely ill from COVID-19. So can people who have diabetes, are overweight or are recovering from a stroke.

SARS-CoV-2, the virus that causes COVID-19, also has been linked to increased risk of several cardiovascular conditions. According to a [September 2021 report from the CDC](#), people with COVID-19 are nearly 16 times more likely to have heart inflammation, or myocarditis, than uninfected people. The report found about 150 cases per 100,000 people with COVID-19 versus about nine cases per 100,000 people without the virus.

In addition, an August 2021 study in the [New England Journal of Medicine](#) showed people with the coronavirus may have a significantly higher, albeit rare, risk of intracranial hemorrhage, or

brain bleeding; heart attack; and having an arrhythmia, or abnormal heartbeat.

Researchers don't have full data on omicron's effects yet, Bozkurt said, but it's still affecting people who are vulnerable. "And that's why the hospitals right now are full."

The risks of any one person having a severe problem from the new variant are relatively small, de Lemos said. "But the flipside is, given how many people are getting infected right now, the cumulative number of people with COVID-19 complications is still very large."

De Lemos, who helped create the American Heart Association's [COVID-19 Cardiovascular Disease Registry](#), said omicron "is obviously wildly more infectious and able to evade the vaccine to some extent, although it does appear that the vaccine seems to prevent severe infections and hospitalizations."

And overall, "we don't know a ton about specifically why certain patients with heart disease do less well," he said, although understanding has evolved over time.

In the beginning, de Lemos said, doctors feared the virus directly infected the heart muscle. "That doesn't really appear to be the case," he said.

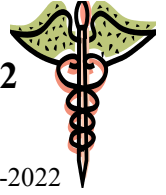
Instead, it appears that in severe cases, the virus is inflaming the lining of blood vessels of the heart and increasing the likelihood of clotting in the smallest vessels, he said.

COVID-19 also can overwhelm the heart by making it work harder to pump oxygenated blood through the body as the lungs are overwhelmed.

But as they've learned more about the coronavirus, doctors have gotten better at fighting it. For example, de Lemos said, they now work proactively to treat blood-clotting disorders in hospitalized patients. And although researchers are working to understand lingering effects known as "long COVID," it appears long-term implications for the heart look favorable.



Health Watch



What heart and stroke patients need to know about COVID-19 in 2022

By Michael Merschel, American Heart Association News

Published: January 18, 2022

<https://www.heart.org/en/news/2022/01/18/what-heart-and-stroke-patients-need-to-know-about-covid-19-in-2022>

"The vast majority of people who have mild COVID infections really appear to have nothing to worry about with their hearts," he said. "That's good news, I think, and doesn't get emphasized enough."

People with existing heart conditions or a history of stroke still need to protect themselves, and have many ways of doing so.

"Number one: Get vaccinated," said Bozkurt, who [has studied COVID-19 vaccine side effects](#). "And please, do get a booster." Reports of rare cases of vaccine-related myocarditis, particularly in younger males, should not dissuade anybody with an existing condition. Most people with pre-existing cardiovascular disease are not young adult males, she noted. And regardless of age, the benefits from vaccines outweigh the risks.

Given how the vaccines don't seem to be as protective against the spread of omicron, de Lemos said if you're a heart disease or stroke patient, hunker down for the next several weeks until this wave passes, "and then you'll be able to re-emerge."

Patients should avoid indoor crowds, he said, and use a KN95 mask or, when possible, an N95 mask instead of cloth masks when being in a crowd is necessary.

Bozkurt said heart and stroke patients should keep in contact with their health care team and continue taking medications as prescribed. Anybody with [symptoms](#) that could be heart-related should seek care immediately. "Do not delay," she said.

Both doctors said it was important to get information from reliable sources. Some false remedies promoted on social media can actually damage the heart, Bozkurt said.

De Lemos acknowledged that even from reliable sources, advice can shift. "I would say that the information is written in pencil, not in pen, because things are changing so fast." It can be frustrating for him, even as a scientist, when

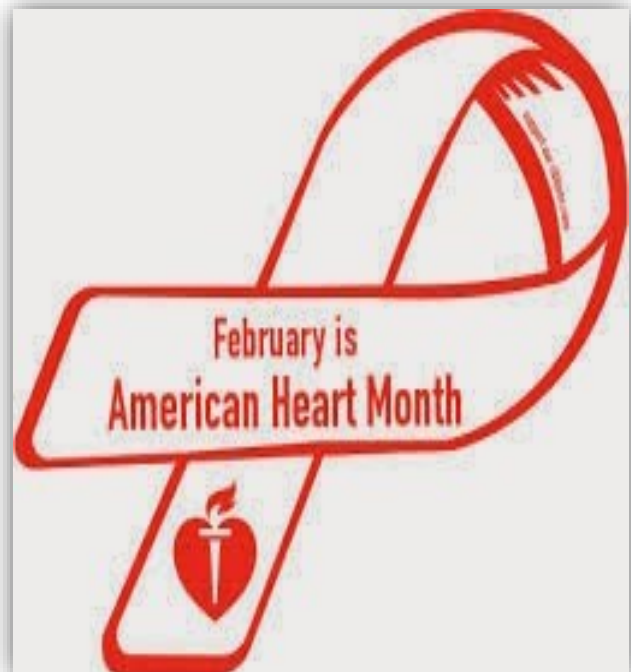
experts disagree or alter their recommendations, but "that's the way science goes."

And even as COVID-19 "remains a bizarrely arbitrary virus in terms of who gets sick and who doesn't," he's optimistic.

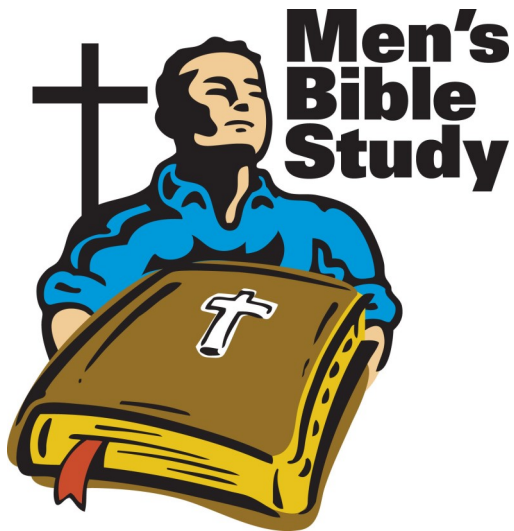
"Think about all the progress we've made in a year or two, and the remarkable effect of the vaccines, the fact that we have drugs" that should help keep people out of hospitals. Heart and stroke patients need to be extra careful right now, but "as frustrating as it is, we will not be in this situation forever. We really won't."

Editor's note: Because of the rapidly evolving events surrounding the coronavirus, the facts and advice presented in this story may have changed since publication. Visit [Heart.org](https://www.heart.org) for the latest coverage, and check with the Centers for Disease Control and Prevention and local health officials for the most recent guidance.

If you have questions or comments about this story, please email editor@heart.org.



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



Lakeside Men's Bible Study

**Men's Bible Study is held
EVERY Tuesday!**

The men will meet at 8:00 am in the LCF Activity Center for a light breakfast with the study to begin at 8:30 am. We are taking a look at Old Testament- particularly The Torah (1st five books of the Old Testament) and studying "Reading the Old Testament Through Jewish Eyes - A study of the scriptures Jesus read."

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

Lakeside Christian Women's Bible Study

The new study, Season 1 of "The Chosen", is an inspired true story about the life of Jesus and His disciples based on the Gospels.

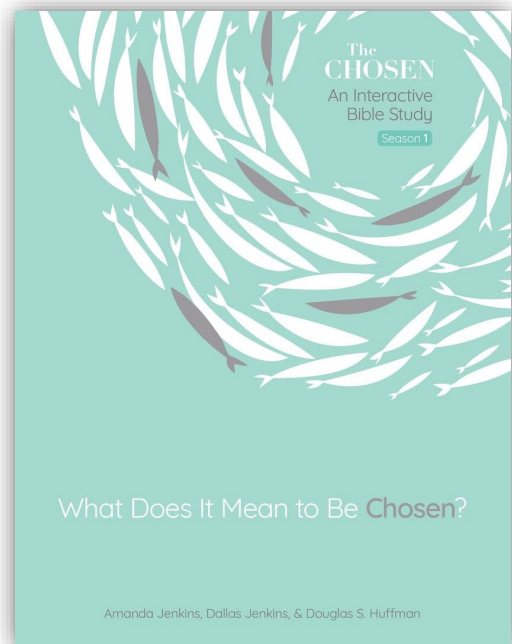
This study and two part DVD began January 12th in the Activity Room, viewed on the BIG SCREEN.

Volume 1, "What Does it Mean to be Chosen" portrays Jesus through the eyes of those who met him, local shepherds, a charismatic fisherman, a troubled woman, a devout young cripple, and many more; all simple people whose life would be forever changed by the world-shaking visit.

Season 2 will complete this fascinating episode.

All women interested in Bible study are invited.

*Contact Lil Burch 512-267-2278 or
raylilpv@aol.com
for more information.*



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

Each year we tend to thank the staff at Lakeside Cristian Fellowship for their hard work. We thank the choir for the majestic music and sounds that bless us while their voices raise in Worship to God the Father and Jesus Christ our King. But, many times we forget to thank the people who work behind the scenes. Those who run errands, those who pick up flowers for our enjoyment at Sunday's Services, those who make name tags and put out the communion elements, those who do "Pop & Drop" to the sick and shut-ins. Each one of our members is such a vital part of this Church, of the Family of God. Each one of YOU is a part that makes the whole.

Then, there is the Leadership Council. You generally only hear from them one time a year at the Annual Church Meeting or a brief report in the Ripples. After being Moderator for the past two years I can attest "These people are the Diamonds in the Rough". These people work diligently, daily, aimlessly, to make sure everything runs smooth in our church from worshiping to staffing, to collecting and giving, from cleaning to decorating. The Leadership Council is a well vested group that is passionate about our church, its members and God's plan to make us "Fishers of Men".

On Sunday, January 9th, Pastor Rick presented me with a vase. I wish to thank all of you accepting it with the understanding that without my team behind me, I was just a spokesperson. I was only the quarterback, the captain of the team. The team did the work. You are the team. I thank you for what you have done for this Church.

As I pass the torch to the new Leadership Council, I ask that you are as supportive of them as you were for me. We have a brilliant new team in place who are very qualified with lots of energy and fresh new ideas.

Let's thank those who have come before us and helped build this church. And, let's continue to help and support those who have stepped up to lead us in this new year of challenges.

Thank you,

Donna Nash



Rev. Rick Waters honoring outgoing Moderator, Donna Nash, for a job well done at the January 9, 2022 Sunday Worship Service.



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.**

FEBRUARY 2022

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 Men's Bible Study 8:00 AM LCF Activity Center	2 Women's Bible Study 9:15 AM LCF Activity Center 	3 Alzheimer Group 10:30 AM LCF Activity Center	4	5
6 10:30 AM Worship Service @ Worship Center & Live Streaming	7 8:00 AM Coffee Klatch @ LCF Activity Center	8 Men's Bible Study 8:00 AM LCF Activity Center	9 Women's Bible Study 9:15 AM LCF Activity Center	10	11	12
13 10:30 AM Worship Service @ Worship Center & Live Streaming	14  8:00 AM Coffee Klatch @ LCF Activity Center 2:00 PM Leadership Council Meeting	15 Men's Bible Study 8:00 AM LCF Activity Center	16 Women's Bible Study 9:15 AM LCF Activity Center	17 Alzheimer Group 10:30 AM LCF Activity Center 	18	19
20 10:30 AM Worship Service @ Worship Center & Live Streaming	21 8:00 AM Coffee Klatch @ LCF Activity Center 	22 Men's Bible Study 8:00 AM LCF Activity Center	23 Women's Bible Study 9:15 AM LCF Activity Center	24	25	26
27 10:30 AM Worship Service @ Worship Center & Live Streaming	28 8:00 AM Coffee Klatch @ LCF Activity Center			<div>For more information visit the LCF website at www.lakesidechristians.org</div>		



Frank Robbins.....	1
Sue Thompson	4
Sharon Killough	5
Page Massey.....	6
Jim Wood	9
Fred Pontesso.....	14
Don Shafford	16
Frank Smith.....	20
Mary Ann Childs.....	22
June Freeman.....	24
Carolyn Schodde.....	24
Cindi Brewer	25



If you would like your dates to be included please send your information to the church office:

lakesidechristianfellow-
ship@yahoo.com

Prayer Corner

<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/gods-love>

A Prayer for Resting in God's Love

God of Goodness,
I come into your presence so aware of
my human frailty and yet overwhelmed
by your love for me.
I thank you that there is no human
experience that I might walk through
where your love cannot reach me.
If I climb the highest mountain you are
there and yet if I find myself in the
darkest valley of my life, you are there.
Teach me today to love you more.
Help me to rest in that love that asks
nothing more than the simple trusting
heart of a child.

- Author Unknown

January 27, 2022

YTD Offerings \$38,838.00

YTD Expenses \$16,039.00

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

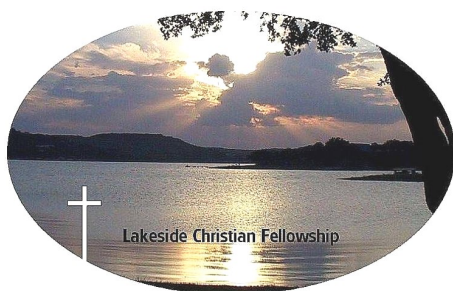
A family of faith connecting people to Christ and to each other!

LAKESIDE CHRISTIAN FELLOWSHIP

P.O. Box 4874

Lago Vista TX 78645

Phone: 512-267-1700



www.lakesidechristians.org

