

# Lakeside Christian Fellowship Ripples



MARCH 2022

VOLUME X NUMBER 3

*Dear Church Family,*

The forty-day Season of Lent begins on March 2<sup>nd</sup> Ash Wednesday and concludes on April 16<sup>th</sup>, Holy Saturday. Lent is the season for practicing three things: fasting, prayer and almsgiving.



Lent is primarily the Church's time of preparation for the Easter mystery. We remember and celebrate the crucified and risen Christ who sends the Holy Spirit. Lent is the penitential season of the Church – the time for purifying our lives from sin by prayer, fasting and almsgiving. The color of Lent is violet, the color associated with humility. Lent is traditionally the season of preparation for Baptism. In the early Church it was the period when candidates for Christian Initiation fasted and prayed more intensely before their baptism at the Easter Vigil. The word 'lent' originates in the northern hemisphere where it means 'springtime'. It comes from the Old English word *lencten* (lengthening of days).

In many other languages the name for the season is derived from the Latin word *Quadragesima* for 'forty'. Lent recalls Jesus' 40 days of **fasting** in the wilderness as he prepared to proclaim the Good News. The number 40 is highly significant in the Bible. Long before the time of Jesus, Moses and Elijah had also fasted for 40 days; the great flood lasted 40 days and nights; Israel journeyed through the wilderness for 40 years. In the Bible the number 40 usually means that something very significant is happening. We often refer to Lent as a 'journey' of 40 days. The Lenten journey is an inner pilgrimage with Christ. It is marked not so much by external observances as by a deepening of our relationship with God.

Thus many people rather than complete fasting for those 40 days, choose to do without a certain food or food product for those days. In the Catholic tradition fasting is not required for people over the age of 59. Along with fasting and almsgiving, **prayer** is one of the key foundation stones of Lent. During Lent it is important to allow time for daily prayer (personal prayer or communal prayer), and perhaps an extended period of time at least once a week for quiet meditation. Our lives are very busy at this time of the year, yet we can always take a few moments for personal prayer. It may mean getting up a few minutes earlier each day. The most important attitude in prayer is having a **mindfulness** of God.

Along with prayer and fasting, **almsgiving** is one of the three key practices of Lent. Lent calls us to transform our lives by prayer and penance, and to reach out generously to others. As Christians we are particularly mindful that building a just world involves standing in solidarity with the poor and oppressed and making a commitment to do something about poverty. This helps us also to see the poverty in our own hearts, and in our own contemporary society. During Lent, in particular, we tune our ears and hearts to the cries of the poor in our many 'worlds', and give alms.

Blessings,

*Pastor Chuck*

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

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## LAKESIDE CHRISTIAN FELLOWSHIP

### Leadership Council Report for January 10, 2022

**CALL TO ORDER:** The Leadership Council Meeting was called to order at 2PM, January 10, 2022 by Moderator Fred Pontesso. Council members present were Fred Pontesso, Ginger Halsted, Jack Tyler, Page Massey, Dave Farwell, Bill Bush, Rev. Chuck Smith, Rev. Rick Waters, Genie Carroll, June Freeman, Donna Nash and Judy Guthrie. A quorum was present.

**INVOCATION:** Rev. Chuck Smith opened with a prayer.

**OPENING REMARKS:** Fred Pontesso stated "we need to remember our previous leadership and hope we can fill their shoes and serve as well".

**APPROVAL OF MINUTES:** (1) A motion was made by Jack Tyler to approve the minutes for the December 12, 2021 meeting. Motion was seconded by Page Massey. Motion carried.

#### COMMISSION REPORTS

**FINANCIAL UPDATE:** Financial report for 2020 to be reviewed by accountant. (2) A motion was made by Jack Tyler to accept the current financial report. Motion was seconded by Bill Bush. Motion carried.

**STEWARDSHIP COMMISSION:** Nothing to report. Awaiting audit results from accountant.

**BUILDING & GROUNDS:** Bill Bush brought up an issue about deterioration of walkway between the parking lot and the sidewalk. Repair quotes are being obtained. (3) A motion was made by Page Massey to move forward with repair bid not to exceed the cost of \$1000. Motion was seconded by Jack Tyler. Motion carried.

**FAITH IN ACTION:** Wilma Sanders was

not present. A decision was made by the council to discuss all potential donations for 2022 upon receipt of budget audit.

**WORSHIP COMMISSION:** Chairperson Ginger Halsted reported that the Choir was back performing under the leadership of Bill Parcher and the Commission will be preparing music for special services on Ash Wednesday and during Lent.

**PASTORAL RELATIONS:** Chairperson Jack Tyler stated the committee has not met or taken any actions to date. Their mission is to stay tuned to the staff in regards to the responsibility in this area.

**OUTREACH MINISTRIES:** Pastor Chuck reported that the Alzheimer's Support Group continues to meet and this is ongoing. The Men's Bible Study group will now meet weekly every Tuesday at 8:30 AM. The Coffee Klatch is still meeting at 8 AM on Mondays and is well attended.

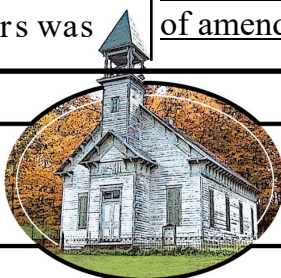
#### OLD BUSINESS:

Lease Agreement Approval - Pastor Chuck Smith stated that there is no clause in our current lease agreement for an automatic extension of the lease. The building owners were contacted two weeks prior to the end of 2021 of our desire to renew and extend the current lease. The owners have not yet responded to this request.

Socials - Fifth Sunday Potluck is being cancelled for January 30<sup>th</sup> due to upticks in Covid 19 Omicron Variant. The next potluck will take place on Sunday May 29 2022.

**NEW BUSINESS:** Addition of Ministries Coordinator as a Board Position and the possibility of amending the by-laws: (4) Ginger Halsted

CHURCH



COUNCIL

## LAKESIDE CHRISTIAN FELLOWSHIP

### Leadership Council Report for January 10, 2022

moved to appoint June Freeman as Ministries Coordinator and that this position would be added to the Leadership Council as a voting member. Motion seconded by Bill Bush. Motion carried. Pastor Chuck Smith stated that Article 5.8 of the by laws will need to be added to describe the position of Ministries Coordinator. Article VII of our By-Laws will require amending to add this position to the council. This change must be voted on by the congregation. Donna Nash to prepare written changes for congregation review.

Donna Nash was appointed Council Parliamentarian by Moderator Fred Pontesso

Jack Tyler, chairman of Pastoral Relations has asked five church members to act as a search committee for an additional pastor to replace Rev. Rick Waters when he retires. Members asked to join Jack in this search are Lance Bass, Fred Pontesso, Jan Robbins, and Edwina Woolsey. All members have agreed to serve. The addition of this committee will require the vote of the congregation. (5) Ginger Halsted moved to accept the committee. Motion was seconded by Genie Carroll. Motion carried. The new committee members will be announced by Jack Tyler at the church service on Sunday January 16<sup>th</sup> and voting by the congregation will take place on Sunday January 23<sup>rd</sup>.

**FUTURE TOPICS:** Next council meeting will be February 14<sup>th</sup> 2022.

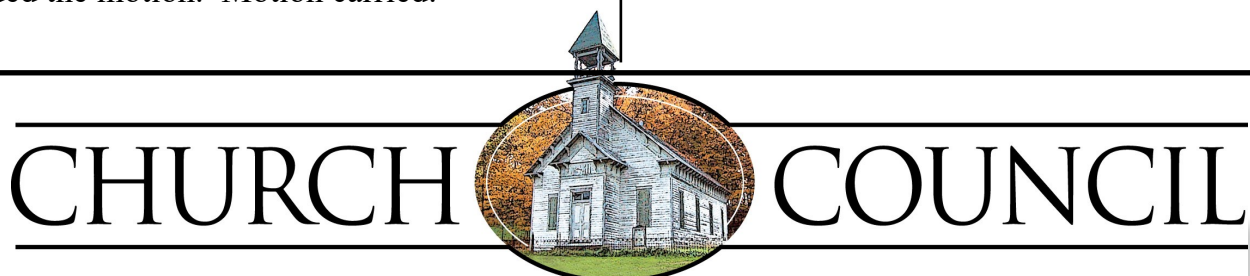
**Adjourn:** (6) Jack Tyler moved to adjourn today's meeting at 3:30 PM. Page Massey seconded the motion. Motion carried.



The primary function of ushers/greeters is to welcome the congregation and visitors as they arrive, as well as passing out bulletins.

A warm, friendly smile reveals the church's personality and makes people feel welcomed.

If you are interested in being a Greeter/Usher  
Contact Betty Houghton at  
512-267-4319



# LENTEN *Schedule*



March 2, Ash Wednesday  
Worship 6:00 p.m. at Lakeside Worship Center



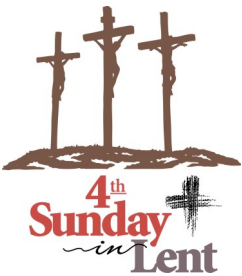
March 6, 1st Sunday in Lent  
NO WORSHIP SERVICE



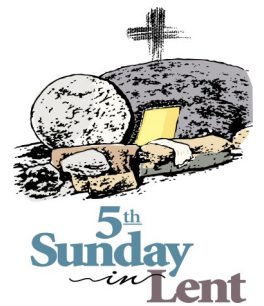
March 13, 2nd Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



March 20, 3rd Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



March 27, 4th Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



April 3, 5th Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



April 10, Palm/Passion Sunday  
Worship 10:30 a.m. at Lakeside Worship Center



April 17, Easter Services  
Sonrise Service 7:00 a.m. at Hancock Park  
(weather permitting)

Regular Easter Service 10:30 a.m.  
at Lakeside Worship Center

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### Lakeside Christian Women's Bible Study

The current 8 lesson study "The Chosen" which includes a DVD presentation on a large screen continues each Wednesday at 9:30 am in the LCF Activity Room.

What does it mean to be chosen? Being chosen by Jesus has beautiful and far-reaching implications—although it says even more about the Chooser than the choosees. We are loved because He's love. We are saved because He's merciful. We belong to the family of God because Jesus invites us, making the Bible and all its promises as true for us today as it was for God's chosen nation.

This study looks at Isaiah 43 and its fulfillment in Jesus and the lives of His followers, including us!

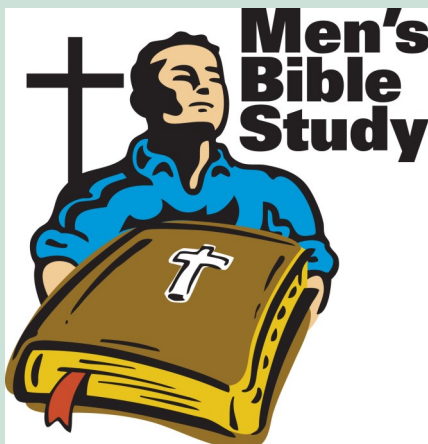
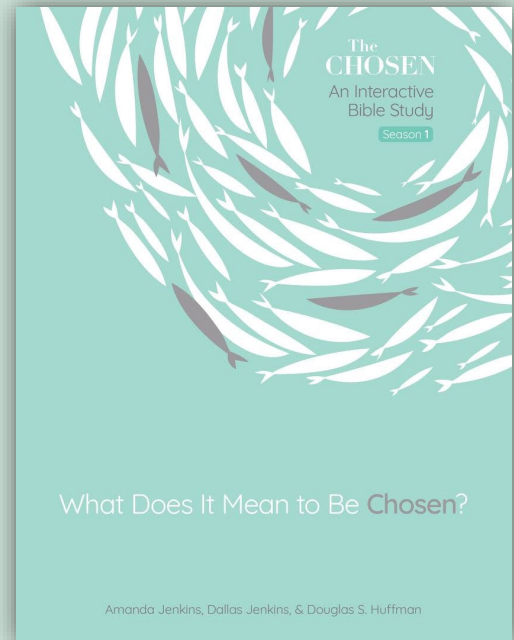
This Bible Study will be unlike others you've encountered.

All ladies are invited to join this group and experience the life of Jesus Christ and His disciples.

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



**The Ladies Bible Study Group  
enjoying lunch after a study session.**



### 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.**



## Health Watch

### Eating to Prevent Colorectal Cancer

Medically Reviewed by Jennifer Robinson, MD on July 20, 2020



Proper nutrition and [diet](#) are important in helping to prevent many diseases, and [colorectal cancer](#) is no exception. In the fight against this disease, nutritional guidelines include eating less saturated fat and getting more nutrients from the food you eat rather than from [supplements](#).

#### Dietary Fat and Colorectal Cancer

Dietary fat from red and processed meats may be contributors to the colorectal cancer-causing process. High fat consumption increases the amount of substances that are released into the digestive tract called bile acids. Bile acids help break down fats. When they get into the [colon](#), the large amount of bile acids may be converted to secondary bile acids, which could promote tumor growth, especially of the cells that line the colon.

#### Antioxidants and Colorectal Cancer

Another substance that is being studied to see where it fits in the fight against colorectal and other cancers is the antioxidant. [Antioxidants](#) work by bolstering the body's defenses against potentially dangerous substances called free radicals.



Free radicals are one of the by-products of oxygen use by every cell in our body. These substances damage the body's cells through oxidation, the same process that rusts metal and turns butter rancid. Oxidation has also been shown to contribute to [heart disease](#), cataracts, aging, and infections. The body's cells have a natural defense strategy against free radicals and are able to repair the damage caused by them.

Antioxidants, such as [selenium](#) and beta-carotene, may help reinforce this protection. However, in [clinical trials](#), neither of these agents has been shown to reduce cancer development. Studies have shown that antioxidants are best taken as foods as opposed to supplements. Some examples of antioxidants are carotene, beta-carotene, and [lutein](#). Foods that are

good sources of antioxidants include fruits, vegetables, and certain types of tea.

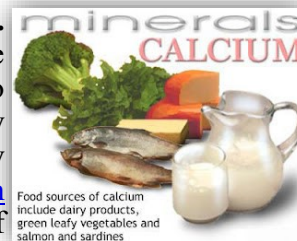
#### Other Vitamins and Minerals

[Folic Acid](#). Some studies suggest that folic acid may play a role in the fight against [cancer](#) while others show an increased risk for some types. More studies are needed. It's already known to be essential in forming new cells and tissues as well as keeping red [blood cells](#) healthy. The most common sources of folic acid are citrus fruits and dark green leafy vegetables, especially spinach.

While there seems to be some potential benefit in consuming foods with folic acid as part of a regular healthy diet, studies do not show any anti-[cancer](#) benefit from taking folic acid [supplements](#). In fact, some studies suggest that taking folic acid [supplements](#) may slightly increase the risk of cancer.

#### [Calcium](#) and [Vitamin D](#).

Recent studies have suggested that these two substances may not only strengthen bones, but may also help fight off [colon cancer](#). Good sources of [calcium](#) include: milk, cheese, yogurt, salmon, sardines, and dark-green leafy vegetables such as kale, mustard, and collard greens. Sources of [vitamin D](#) include salmon, sardines, fortified cow's milk, egg yolks, and chicken livers -- and don't forget the sun. Twenty minutes of sun before 10 a.m. and after 3 p.m. is an excellent source of vitamin D.



Food sources of calcium include dairy products, green leafy vegetables and salmon and sardines

#### Fiber and Your Colon

Fiber has been thought to be a powerful weapon against cancer. Though there is conflicting research as to whether or not fiber has protective effects against colorectal cancer, there is evidence that fiber intake improves overall health. Good sources of fiber



## Health Watch

### Eating to Prevent Colorectal Cancer

Medically Reviewed by Jennifer Robinson, MD on July 20, 2020



include: whole-grain cereals and breads, prunes, berries, [kidney](#) beans and other legumes, fresh [fruits and vegetables](#), and brown rice.

Although it's best to get the fiber you need from food, fiber supplements offer another source. Examples include psyllium and methylcellulose. Anytime you increase your fiber intake, do it slowly to help prevent gas and cramping. It's also important to drink enough liquids.

### Phytochemicals

Recently discovered to be helpful in the fight against cancer, phytochemicals are non-nutrient substances such as flavonoids, polyphenols, and terpenes which are found in a variety of plant foods including tomatoes, citrus fruits, berries, peppers, carrots, broccoli, cabbage, and soybeans.

### Healthy Eating Guidelines for Cancer Prevention

You can learn to eat a healthy, cancer-fighting diet by following these guidelines from the American Cancer Society:

- Choose many of the foods you eat from plant sources.
- Eat whole grains rather than refined whenever you can.
- Limit your red and processed meats.
- Be physically active; achieve and maintain a healthy weight.
- Limit consumption of [alcoholic](#) beverages.

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**MARCH IS NATIONAL  
COLORECTAL CANCER  
AWARENESS MONTH**



**DON'T FORGET  
TO SET YOUR  
CLOCKS AHEAD  
SATURDAY  
NIGHT  
MARCH 12!**

**DAYLIGHT  
SAVINGS TIME  
MARCH 13, 2022**

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## Food Donations

Remember that there is a receptacle at the back of the church for non-perishable food items which are always in need and will be donated to Hill Country Community Ministries.

**Sunday**  
**Worship**  
**Cancelled**  
**On March 6,**  
**2022**  
Due to  
La Primavera  
Bike Race



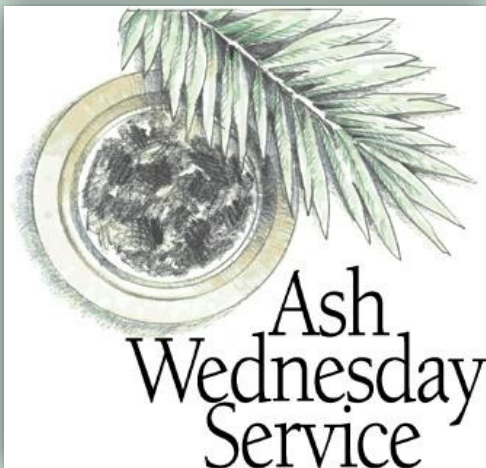
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**Beginning March 13, 2022  
Lakeside Christian Fellowship will be hosting  
a  
Meet and Greet  
Every Sunday before Worship  
starting at 10:00 a.m.  
We will be serving water, coffee and pastries!  
The goal is to get better acquainted with  
our visitors!  
Come and join us!**



**Thanks to Page Massey and  
Dave Farwell for the  
Wheelchair/Walker donation to  
Lakeside Christian Fellowship!**



**Lakeside Christian Fellowship  
will be having an  
Ash Wednesday  
Worship Service  
On March 2, 2022 @ 6:00 PM**



**There is a new ramp out front!**







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**Church  
Office  
Hours:**  
**Wednesday  
and Thursday  
from 9:30 am  
to 3:30 pm.**



**MARCH 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
For more information visit the LCF website at <a href="http://www.lakesidechristians.org">www.lakesidechristians.org</a>						
		1 Men's Bible Study 9:30 AM LCF Activity Center	2 Women's Bible Study 9:30 AM @LCF Activity Center  Ash Wednesday Service 6:00 PM @Worship Center	3 Alzheimer Group 10:30 AM @LCF Activity Center	4	5
6 <u>Worship Cancelled at Worship Center</u> Due to La Primavera Bike Race 	7 8:00 AM Coffee Klatch @ LCF Activity Center	8 Men's Bible Study 9:30 AM LCF Activity Center	9 Women's Bible Study 9:30 AM @LCF Activity Center	10	11	12 <b>SET CLOCKS AHEAD 1 HOUR!</b> 
13 10:00 AM Meet and Greet @ LCF Activity Center 10:30 AM Worship Service @ Worship Center & Live Streaming	14 8:00 AM Coffee Klatch @ LCF Activity Center  2:00 PM Leadership Council Meeting @ LCF Activity Ctr.	15 Men's Bible Study 9:30 AM LCF Activity Center	16 Women's Bible Study 9:30 AM @LCF Activity Center	17 Alzheimer Group 10:30 AM @LCF Activity Center  	18	19
20 10:00 AM Meet and Greet @ LCF Activity Center 10:30 AM Worship Service @ Worship Center & Live Streaming	21 8:00 AM Coffee Klatch @ LCF Activity Center	22 Men's Bible Study 9:30 AM LCF Activity Center	23 Women's Bible Study 9:30 AM @LCF Activity Center  	24	25	26
27 10:00 AM Meet and Greet @ LCF Activity Center 10:30 AM Worship Service @ Worship Center & Live Streaming	28 8:00 AM Coffee Klatch @ LCF Activity Center	29 Men's Bible Study 9:30 AM LCF Activity Center	30 Women's Bible Study 9:30 AM @LCF Activity Center	31		

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Dave Farwell .....	8
Joe Wolverton .....	8
Shirley Davis .....	8
Wayne Nash .....	17
Dorothy Gudgeon .....	18
William Bush .....	22
Ginger Halsted .....	23
Jean Dunham .....	29



Lance & Carolyn Bass  
March 1

Jim & Nancy Wood  
March 6

William and Linda Summers  
March 10

Dan & Bev Olson  
March 19

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

## Prayer Corner

<https://www.christianity.com/wiki/prayer/prayers-for-lent-pray-for-strength-from-temptation.html>

Source: Alfred the Great, 9th century

### Lent Prayer for Strength and Guidance

Lord God Almighty, shaper and ruler of all creatures,  
we pray for your great mercy, that you guide us  
towards you, for we cannot find our way.

And guide us to your will, to the need of our soul,  
for we cannot do it ourselves. And make our mind  
steadfast in your will and aware of our soul's need.  
Strengthen us against the temptations of the devil,  
and remove from us all lust and every  
unrighteousness, and shield us against our foes, seen  
and unseen.

Teach us to do your will, that we may inwardly love  
you before all things with a pure mind. For you are  
our maker and our redeemer, our help, our comfort,  
our trust, our hope; praise and glory be to you now  
and forever.

Amen!



February 28, 2022

YTD Offerings.....\$59,199.00

YTD Expenses.....\$31,595.00

# Lakeside Christian Fellowship

## Worship Location

1922 American Drive, Lago Vista

## Office

1924 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

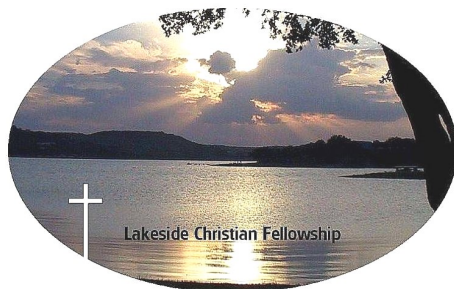
Rev. Chuck Smith, Minister of Outreach & Ministries

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

## LAKESIDE CHRISTIAN FELLOWSHIP

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Lago Vista TX 78645

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[lakesidechristianfellowship@yahoo.com](mailto:lakesidechristianfellowship@yahoo.com)



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

