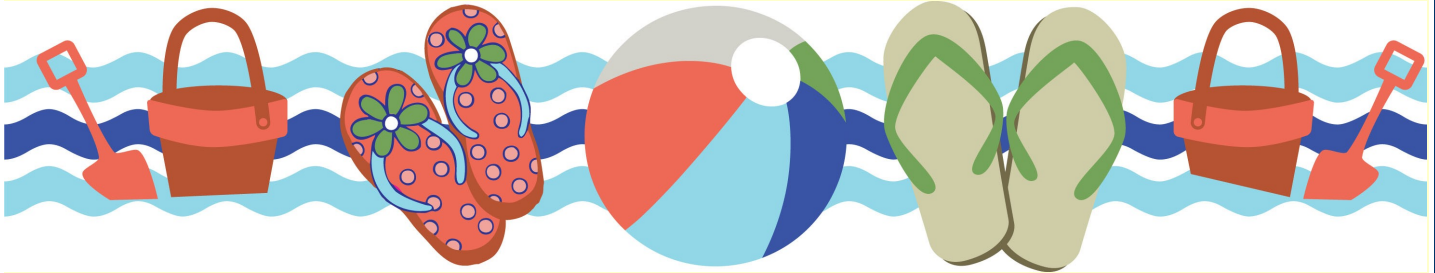


Lakeside Christian Fellowship Ripples



AUGUST 2023

VOLUME XI, NUMBER 8



It is a fact that the last two years have been the hottest on record for the Austin area. Multiple days with temps exceeding 100 degrees are being common it seems. Our congregation is made up of the more mature Christians. Notice that I didn't say we're old, but as I look out over our congregation it is obvious that we all are "chronologically gifted."

Therefore our health is of vital concern given the recent temperatures we're experiencing. So what does the Bible say about our physical health? Plenty – more than enough to write about in a page or two, but I'll give it a shot.

The Bible says in 3 John 1:2, "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." While you may be incredibly spiritually strong, you need to glorify God through your physical health as well. The Bible teaches us how we should treat our bodies in a way that God intends.

Megan Bailey a writer for *Beliefnet* tells us that, "God gave us our human bodies on earth and He wants us to take care of them. That means providing it with food that is nourishing and getting ample exercise. Neglecting or abusing our bodies can be considered a sin."

The Bible is a great place to learn about how to take care of ourselves. However, like most anything, humans can become too obsessed with their physical health to the point that they begin to idolize it. The Bible says in 1 Timothy 4:8, "Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come". There is a way to balance the different aspects of your life in a way that glorifies the Lord. You should make time to be mentally healthy, physically healthy and spiritually healthy all at the same time. Do not let one consume the other, or else you are not putting Jesus Christ in the center of your life.

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The Bible gave us instructions regarding physical health years before scientists developed the technology. God is all-knowing when it comes to our health, and therefore all of the discoveries we have in modern day originate from Him. We now are able to fight off germs, bacteria, viruses and the like because of His knowledge. Many researchers and medical doctors are stunned at the accuracy and effectiveness of its many provisions. The Wycliffe Bible Encyclopedia tells us that the laws given by God to Moses contain remarkable rules pertaining to public health which concerns us even today: water and food contamination, sewage disposal, infectious diseases, and health education.

The following is taken from the February, 2016 issue of **Crossroads, a Newsletter of the Center for Spirituality, Theology & Health**, Duke University. Many of you will find this research interesting.

In one of the first reports from the **Landmark Spirituality and Health Survey**, researchers at the University of Michigan analyzed cross-sectional data from a nationwide survey of 1,774 U.S. adults to identify associations between a benevolent view of God, gratitude to God, hope, and physical health. A benevolent image of God was determined by agreement to the three statements: “Despite my shortcomings, I feel forgiven by God”; “I believe God is merciful”; and “I believe God will forgive my shortcomings.” Also assessed were frequency of attendance at religious services, spiritual support from one’s congregation, gratitude to God, and hope.

Results: Persons who attended religious services more often and received more spiritual support from members of their congregation had a more benevolent image of God; those with a more benevolent image of God were more grateful to God; those who were more grateful to God experienced more hope; and greater hope was associated with better self-rated health and fewer physical symptoms. Researchers concluded that “...the foundational views that people have of God (i.e., their images of God) may have important health consequences.”

It matters to our overall well-being what we think or believe about God. Knowing who God is, according to the Holy Bible, is critical to one’s well-being. One powerful example is this. The Bible tells us that God’s Son died on a cross so that we can be forgiven of our wrongdoings, and have a relationship with our Creator, God.

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” John 3:16

If we believe and embrace this truth in our heart, it sets us up to spend eternal life in heaven, and favors well-being here on this earth.

Stay healthy and keep it cool in more ways than one.

Yours in Christ,
Pastor Chuck

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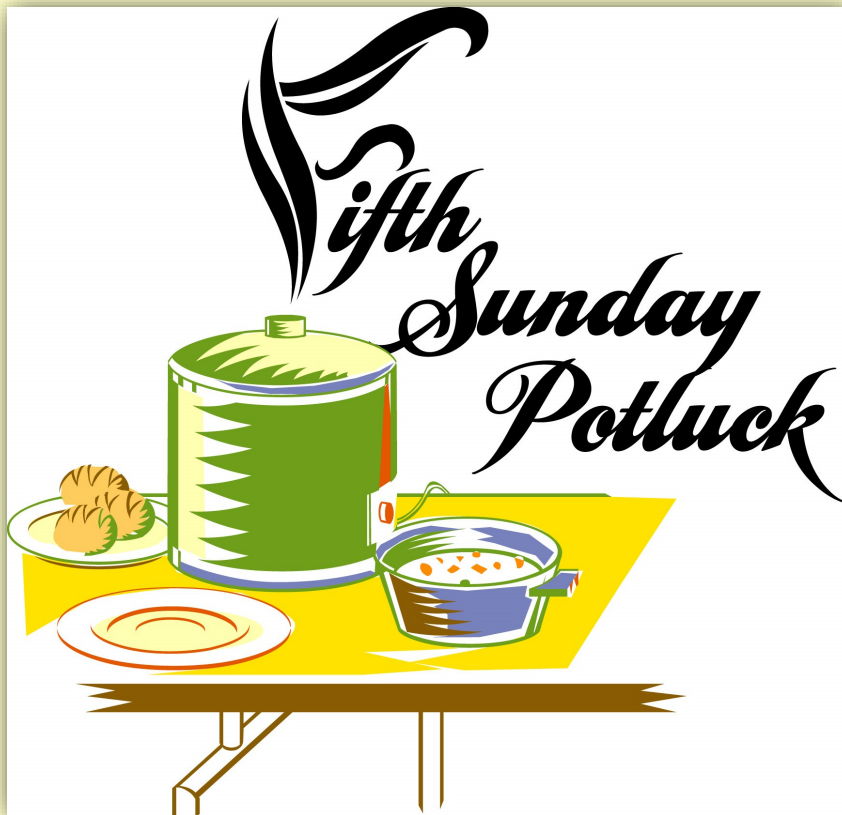
Welcome,
New Members

A warm Welcome to:

**Paul and Patsy Rodgers
And
Ronald and Dana Zink**

**They joined our Church Family
On Sunday, July 23, 2023!**

We are happy to have them as part of our church family!



**LCF will be having
their
5th Sunday Potluck
On July 30, 2023
Immediately
following the
10:30 Special
Gospel Singing
Worship Service
led by our
Minister of Music
William Parcher.**

**Bring your favorite
dish to share!
All are welcome!
Invite your friends and
neighbors!**

EACH OF YOU
should use whatever
GIFT you have
received to serve others,
AS FAITHFUL stewards
of God's grace
IN ITS various forms.

1 Peter 4:10, NIV

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The annual stewardship drive for Lakeside Christian Fellowship begins on August 27, 2023 and ends on September 24, 2023. At this time the Stewardship Books will be passed among the congregation and you will be asked to make your pledge to the church for the year 2024.

Your financial support helps Lakeside Christian Fellowship to flourish and bring outreach to the community. Stewardship can also mean volunteering where and when needed. If you are interested in volunteering, fill out and return the time and talent sheet included in the stewardship books.

We ask God and you to continue to support Lakeside Christian Fellowship so that we may continue to spread his word in the community and assist people who God leads to our door.

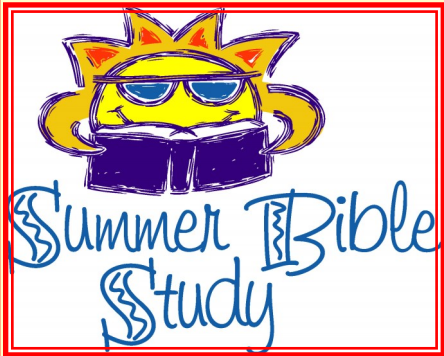
May God bless you and Lakeside Christian Fellowship!

Sincerely,

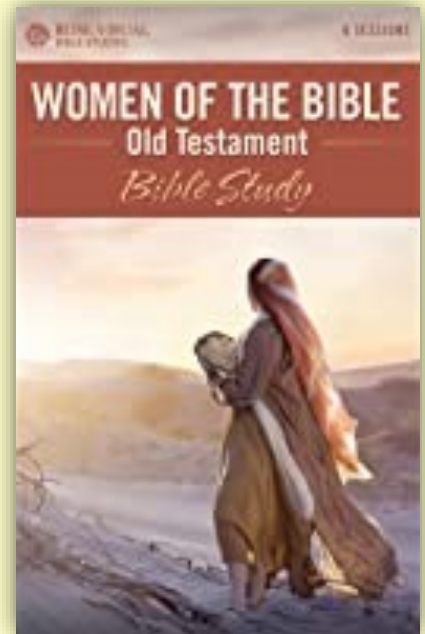
Warwick Andrews
Stewardship Chairman



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Join us each Wednesday at 9:30 a.m. for Women's Bible Study in the LCF Fellowship Hall. The new study is beginning on the book "WOMEN OF THE BIBLE, The Old Testament". For additional information Contact Sharon Snowder at snow1025@twc.com



Sharon Snowder presents to Judi Stonedale, a wind chime from "WOW", Women of the Word, LCF Bible Study Group in memory of her daughter Julie.

The LCF Bible Study Group had brunch at The Flip House between studies, then met several others at the movies to watch "Sound of Freedom".

Pictured are Genie Carroll; Edwina Woolsey; Jan Haygood; Judi Stonedale; Ginny Parish; Patsy Rodgers; Donna Nash and Beverly Lee.



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POP AND DROP



IN GOD WE TRUST! Red, White and Blue flowers in honor of the 4th of July!
Thank you to Jay and Nancy Meierhoff and Ginny Parish for donating flowers for the June 25 and July 2 Worship Services and then to the Pop and Drop Ministry!
The flowers brought joy to 7 homebound and nursing home residents!



Top Left: Beverly Olson whom turned 90 pictured with Wayne Nash. She is very happy in her new home which is beautiful inside and out!

Top Right: LCF Members decked out in their red, white and blue in honor of July 4 at the July 2 Sunday Worship Service.

Bottom Left: Jan and Frank Robbins' daughter and granddaughters visit LCF.

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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 Fellowship Hall	3	4	5
6 10:00 AM Meet and Greet @ LCF Fellowship Hall 10:30 AM Worship Service @ Worship Center & Live Streaming	7 8:00 AM Coffee Klatch @ LCF Fellowship Hall	8	9 Women's Bible Study 9:30 AM @LCF Fellowship Hall	10	11	12
13 10:00 AM Meet and Greet @ LCF Fellowship Hall 10:30 AM Worship Service @ Worship Center & Live Streaming	14 8:00 AM Coffee Klatch @ LCF Fellowship Hall 2:00 PM Council Meeting @ LCF Fellowship Hall	15	16 Women's Bible Study 9:30 AM @LCF Fellowship Hall	17 Alzheimer Group 10:00 AM @LV Library	18	19
20 10:00 AM Meet and Greet @ LCF Fellowship Hall 10:30 AM Worship Service @ Worship Center & Live Streaming	21 8:00 AM Coffee Klatch @ LCF Fellowship Hall	22	23 Women's Bible Study 9:30 AM @LCF Fellowship Hall	24 	25	26
27 Stewardship Drive Begins 10:00 AM Meet and Greet @ LCF Fellowship Hall 10:30 AM Worship Service @ Worship Center & Live Streaming	28 8:00 AM Coffee Klatch @ LCF Fellowship Hall	29	30 Women's Bible Study 9:30 AM @LCF Fellowship Hall	31		

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



Darrell McClaid 5
Dawn Thompson 6
Don Killough 9



Rick & Sharon Waters
August 29

Please send your information to:
lakesidechristianfellowship@yahoo.com

Prayer Corner

Abundant God,

**You made us in your image and
breathed in us a spirit of generosity
that is both gift and response.**

**Move us, we pray, to give as we
have received- abundantly,
generously, and joyfully, that our
common ministry may ever bear
witness to your unfailing grace.
In the name of the three in whom
we are one.**

Amen!

Episcopal Diocese of Washington

July 27, 2023

YTD Offerings	\$77,405.50
YTD Expenses	\$94,620.48

Lakeside Christian Fellowship

Worship Location

1922 American Drive, Lago Vista

Office

1924 American Drive, Lago Vista

512-267-1700, office@lakesidechristians.org

Mailing Address

P. O. Box 4874, Lago Vista, TX 78645

Rev. Chuck Smith, Pastor

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**LAKESIDE
CHRISTIAN
FELLOWSHIP**

P.O. Box 4874
Lago Vista TX 78645

Phone: 512-267-1700

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