

Lakeside Christian Fellowship Ripples



JANUARY 2015

VOLUME III, NUMBER 1

Friends, I ran across this beautiful poem by Michelle Lowndes and felt compelled to send it on to you.

A New Year With The Lord

A new year is about to unfold
With new opportunities to explore.
Doors will open for new experiences,
New adventures with the Lord.

Remember not the former things,
The things of this past year.
The Lord will do new things in us,
Much more than we are aware.

For He will make a way for us
As we put our trust in Him.
And He will guide our every step
By His presence we have within.

What God has placed within our hearts,
We find we'll be able to do.
If we look for the opportunities,
We'll see the door to go through.

We mustn't let anything hold us back,
But rise up and take our place.
And be all that God wants us to be,
With a fresh touch of His grace.

© By M.S. Lowndes

Emma and I wish you a very Happy New Year!

Pastor Chuck

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**Lakeside Christian Fellowship
Extended Leadership Council Contact List (January 2015)**

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Rev. Rick Waters - Pastor	rickwaters2@austin.rr.com	267-2877 & 850-7114 (M)
Linda Anderson - LCF Office Manager	office@lakesidechristians.org	267-1700 & 626-0797 (M)



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Make a Joyful Noise!

*Presented by
Lakeside Christian Fellowship Chancel Choir*

The Christmas concert was presented to a full house on Sunday December 14. The choir ensemble shown in the picture was supported by singers from other churches and Hill Country Singers. We were also fortunate to have Sybi Ward on harp and Ian Smith on percussion accompanying the choir. Our pianist Dr. Louis Hughston is standing on the left side in the picture. Several singers are missing from the picture, because they were rehearsing in the kitchen with our director William Parcher.



December 14, 2014 ~ Lakeside Christian Fellowship Worship Center

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

Remember your loved ones, celebrate a special occasion, rejoice in our church by supplying the flowers for 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!



“Remember, sir, that which you render unto God is deductible from that which you render unto Caesar.”



Lakeside Christian Fellowship Library

The library is located in the back of the Re/Max office building. Nancy Currier is our librarian and several people have volunteered to help her set up the library. We have several boxes of books to unpack and are accepting donations of books. When the library is organized, it will be available for members to check out books for reading.



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Lakeside Christian Women's Fellowship

The Christian Women's Fellowship met on Monday, December 15, 2014 at the Bluebonnet Room. President Donna Nash called the meeting to order after the ladies had sung "This Is the Day the Lord Has Made." Sharon Waters then introduced our own Jean Andrews, who told us the fascinating histories of many of the Christmas carols we all love to sing. All the ladies greatly enjoyed the special program and luncheon.



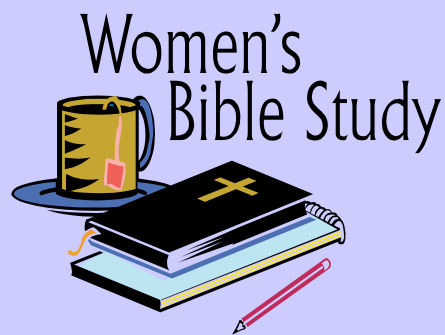
After the program, there was a business meeting, at which the secretary read the minutes of the last meeting and the treasurer gave a treasurer's report. All of the activities and balances will carry forward into 2015.

The first meeting of 2015 will be January 19, 2015, and the program will be presented by pharmacist Greg Myhra. A Brown Bag Luncheon will follow the program and business meeting. All women of the area are invited. Please join us!

The book of Amos which is the earliest of the prophetic writings testifies that Yahweh is a god of justice. Surely the sovereign Lord does nothing without revealing his plan to his servants and prophets.

The prophet Amos lived among a group of shepherds in the small town of Tekoa. He was not educated in the schools of the prophets for the prophetic office, yet God chose him as a messenger. Amos was humble, trustworthy, honest, fiery and full of good news. God called him to go out from Judah. This 9 chapter study is a culmination following the Advent study "When God Comes Down".

Contact Lil Burch, or Donna Nash to register and attend this special study starting Wednesday, January 7th at the Bluebonnet POA Room at Boggy Ford & American Drive.



For information on
Women's Bible Study
contact:

Lil Burch
@ 512-267-2278
or email:
raylilpv@aol.com

or

Donna Nash
@ 512-267-5947
or email:
waynsh@aol.com



Health Watch

Walk This Way: Acting Happy Can Make It So

By SUMATHI REDDY Nov. 17, 2014



Research Shows People Can Improve Their Mood With Small Changes in Behavior
Could something as simple as changing the way you walk lift your mood?

Happy people walk differently than others, and scientists are finding that putting on a happy walk may give your mood a boost.

Research shows people's mood affects how they walk. When people are happy, they tend to walk faster and more upright, swing their arms and move up and down more, and sway less side to side than sad or depressed people.

A recent study found that deliberately walking like a happy person can lift one's spirits. And adopting the gait of a depressed person can bring on sadness. Scientists behind the study, which was published online in the *Journal of Behavior Therapy and Experimental Psychiatry* in September, hope to determine if a small change in outward behavior like how we walk could work in a clinical setting to help treat depression.

"There is a mutual influence between mood and body and movement," said Johannes Michalak, a professor in the department of psychology and psychotherapy at Germany's Witten Herdecke University and first author of the study. "There might be specific types of movements that are specific characteristics of depression and this feeds the lower mood. So it's a vicious cycle," he said.

A range of studies have found many little ways we can improve our mood, from talking to strangers to arranging a match between friends. Even abstaining from temptations such as chocolate can help boost our state of relative happiness by helping us appreciate experiences that are repeated in everyday life.

Uplifting Actions: Short bursts of exercise, putting a bounce in your step and talking to strangers can brighten your outlook.

"There are these little doses of social interactions that are available in our day" that can brighten our mood and create a sense of belonging. "I don't think people recognize this," said Elizabeth Dunn, an associate psychology professor at the University of

British Columbia, who co-authored a study last year of customers' interactions with Starbucks baristas.

In the walking study, researchers at Queen's University in Canada, working with the research team in Germany, had 39 undergraduate students walk on a treadmill at a steady pace while watching an interactive gauge displayed on a monitor in front of them.

The students were told to attempt different ways of walking until through trial and error they were able to move the gauge to the right. Moving the gauge to the right meant walking in a depressed manner for half the participants, and in a happy manner for the other half. They weren't told what the gauge was measuring.

After several minutes of walking, the participants' moods were tested using a standard measure. An experimenter read off 20 negative words, such as ugly, and 20 positive words, including happy. After walking for another eight minutes they were asked to recall as many words as they could remember.

People who walked in a depressed way remembered more negative words; a negative memory bias is considered a typical characteristic of depression. Those doing the happy walk remembered more positive words.

Dr. Michalak said a similar type of behavioral modification needs to be tested long-term in depressed patients to see if the procedure could be useful in treatment. Another study Dr. Michalak and other German researchers conducted with 30 depressed people, published in *Clinical Psychology and Psychotherapy* earlier this year, showed that those sitting in a slumped posture, which is typical of depression, recalled more negative words than other depressed people who were sitting upright.

Research has found people can cheer themselves up in many little ways.

(Continued on Page 7)

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Health Watch



Walk This Way: Acting Happy Can Make It So

(Continued from Page 6)

A 2014 study in the *Journal of Experimental Psychology: General* found in a set of experiments that commuters who struck up conversations with strangers on trains and buses, and in taxi cabs and waiting rooms, reported greater well-being than others instructed to commute in their normal way or to remain disconnected from fellow travelers.

The study, involving about 100 commuters, also found participants were surprised that talking to strangers made for a more positive commute experience. They were also surprised that strangers were interested in talking with them, said Nicholas Epley, a professor of behavioral science at the University of Chicago Booth School of Business and lead author of the study.

“I used to sit in quiet solitude on the train,” Dr. Epley said. “I don’t anymore. I know now from our data that learning something interesting about the person sitting next to me would be more fun than pretty much anything else I’d be doing then,” he said.

Talking to your local barista also can be uplifting. Dr. Dunn, of University of British Columbia, and colleagues randomly assigned about 60 people to one of two conditions at Starbucks. One group was told

to be as efficient as possible with the barista and avoid unnecessary conversation. The other group was told to have a genuine connection, be it a smile, eye contact or brief conversation. Those making a social connection reported a more positive mood, greater sense of belonging and more satisfaction with their Starbucks experience. The study was published in the journal *Social Psychological and Personality Science*.

Matchmaking has also been linked in research with higher well-being. A series of four studies published earlier this year in the journal *Social Psychological and Personality Science* also found that the more unlikely the match, the more rewarding it is for the matchmaker. The study included more than 100 college-age students who made matches among each other in a laboratory setting.

Harvard Business School professor Michael Norton, who co-authored the study, has also done research showing that making things oneself, engaging in rituals around eating and drinking, and going to religious services and the gym are little ways to increase happiness.



LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for December 8, 2014

OPENING REMARKS: Dan Olson

Dan thanked the Leadership Council for work well done for 2014. We accomplished many things this year and still have some ideas that are proposed.

BUILDING AND GROUNDS – Jim Rife

Jim reported that he has had discussions with the landlord regarding the posts and wooden beams running down the center of the Worship Center. The landlord confirmed these are weight-bearing for the roof and cannot be removed. Jim poses the question, "Should we, the congregation, invest money into a building that we do not own?" He recommends that we do not invest capital money into the building as it would be a waste. However, Jim did recommend that he and a sound system knowledgeable member study the sound system and bring recommendations back to the LC.

There is again a recommendation to investigate the purchase of risers for LCF. The concern is that the current risers must be moved each time there is a Hill Country Singers' performance. The risers belong to Hill Country Singers and are on loan and storage with LCF. Rodger will discuss the riser issue with the president of Hill Country Singers and bring back a proposal. It was suggested that the Memorial Fund could be a source of revenue for this issue. There has been difficulty in finding members to serve on the Memorial Fund committee. Dan will again address recruiting members for this committee.

FINANCIAL: Scott Cameron

Scott presented a recapped monthly financial report, Executive Summary. Essentially every line item is on target. Income is slightly under budget, but designated funds bring the income to budgeted amount. Expenses are less than income.

FAITH IN ACTION – Elaine Bhonn

Elaine reported that the Thanksgiving gift cards for thanksgiving food were a huge success. Delivery went well. She recommends that we continue with this type of giving next year. The congregation supported this project with donations.

PASTORAL RELATIONS COMMISSION – Ginger Halsted

Ginger reported that Dr. Louis Hughston, accompanist, has submitted his resignation effective December 31. Louis has been on staff for four years. Ginger has reached out to contacts through the community, Rodger Elliott and Hill Country Singers contacts. She is seeking any suggestions for finding a new accompanist. It is suggested that the salary remain the same as 2014.

WORSHIP COMMISSION – Rodger Elliott

Rodger reported that the Advent candle lighters are set up. The choir concert is set for December 14. The outside lights need repair as it is really dark at night. This project is referred to Jim.

OUTREACH AND MINISTERIES – Dan Olson

Dan reported that he has asked the Lago Vista Library for regular meeting space for the Cancer Support and Alzheimer's Groups. The meeting space can only be scheduled two months in advance. Chuck will make the request on an ongoing basis. Scheduling the groups will begin in January. Promotional materials will be changed to reflect the new meeting location.

STEWARDSHIP – Dave Freeman

Linda Anderson presented the Revised 2015 Budget for review and discussion. She went over the 2015 Budget line item by line item. There was consensus to roll all discretionary items into one account of \$4,000 to be used for congregational members and community members. 2015 Budget edits are:

Salaries reflect a cost of living raise of 2 %.

Faith in Action

School Supplies \$1,000
Cancer Support \$500
Alzheimer Support \$500
Heroes Night Out \$250
Church Discretionary \$4,000

Ministries/Outreach/Missions

Fellowship/Hospitality \$1,000

These adjustments will reflect a positive \$3,577 income over expenses. Rodger made the motion to approve the edited Revised 2015 Budget, seconded by Jim Rife. Motion passed.

Date for Congressional Meeting will be January 18, 2015.

Respectfully submitted,
Mim Hruby, Leadership Council Secretary



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Farewell to Lakeside Christian Fellowship Pianist Dr. Louis Hughston

Dr. Louis Hughston has resigned as pianist for LCF and December 28 was his last Sunday to play for our worship service. A recognition of service was presented to Louis by Dan Olson, Moderator. Ginger Halsted, Chair of Pastoral Relations presented Louis a check for his Christmas bonus and a gift thanking him for his years of dedicated service.



Notice

**A Lakeside Christian Fellowship Congregational Meeting
will be held on Sunday, January 18, 2015
following morning worship.**

**The purpose of the meeting will be:
Presentation and Approval of Revised
Operating Budget For 2015.**

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**Church Office
Hours:
Tuesday
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.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2	3
4 9:15 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service	5	6	7 9:30 AM CWF Bible Study @ Bluebonnet Room 3:00 PM Barbershop Singers Rehearsal @Worship Center	8 6:30 PM Cancer Support Group @ LV Library	9	10
11 9:15 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service @ Worship Center	12 3:00 PM Leadership Council Meeting	13 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	14 9:30 AM CWF Bible Study @ Bluebonnet Room 3:00 PM Barbershop Singers Rehearsal @Worship Center	15 10:30 AM Alzheimer's Support Group @ LV Library	16	17
18 9:15 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service @ Worship Center 11:30 AM Cong. Meeting	19 10:30 AM CWF Meeting @ Bluebonnet Room	20	21 9:30 AM CWF Bible Study @ Bluebonnet Room 3:00 PM Barbershop Singers Rehearsal @Worship Center	22	23 	24
25 9:15 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service @ Worship Center	26	27 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	28 9:30 AM CWF Bible Study @ Bluebonnet Room 3:00 PM Barbershop Singers Rehearsal @Worship Center	29	30	31

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

January

Jay Meierhoff	3
Armor Lee Gardner	7
Rodger Elliott.....	8
Victoria Elliott.....	13
Dan Olson.....	17
Jack Currier.....	21
Cleta Brewster.....	31

Birthdays &



Anniversaries

Frank & Eleanor Smith	1/3
Jack & Nancy Currier	1/8
Bob & Edwina Woolsey	1/13

If you would like your dates to be included please send your information to the church office!!
E-Mail to Linda at:
office@lakesidechristians.org

Prayer Corner

By Dayle Aulds

A Prayer about the New Year and the Gospel

Gracious Father, as I sit here sipping coffee, it's early into the first day of a new year, and gratitude fills my heart.

I'm thankful I'm beginning this year with a little better understanding of the gospel than I had last year and the previous years.

I'm already praying that I'll be able to say the same thing this time next year.

The gospel is not just good news for people getting ready to die-it's good news for people who are now ready to live.

In the gospel you lavish us with your love, liberate us by your grace, and launch us into your transforming story of redemption. What more could we possibly want or hope for, in life or in death?

Without any embarrassment or fear of cliché, I gladly affirm: Jesus saves!

What other savior died for us that we might find life in Him?

What other god sacrificially serves us that we might gratefully serve him?

In Jesus' loving name I pray, with great anticipation and much thanksgiving. Amen.

December, 2014

Average Sunday Attendance.....	86
Membership.....	129 (81 families)
YTD Offerings.....	\$181,453.
YTD Expenses	\$178,697.

Lakeside Christian Fellowship

Worship Location
1922 American Drive, Lago Vista

Office
1918 American Drive, Suite 3, Lago Vista
512-267-1700, office@lakesidechristians.org

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

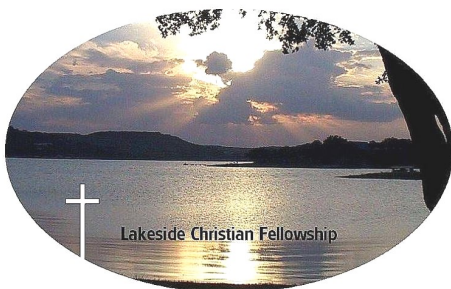
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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LAKESIDE CHRISTIAN FELLOWSHIP

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