

# Lakeside Christian Fellowship Ripples



MARCH 2015

VOLUME III, NUMBER 3

## *Finding Time in Your Day For Lent*

The Lenten season is upon us as we begin March 2015. Often times in our busyness of life we don't find the time to observe lent. The three foundations of Lent are: Prayer, Fasting, and Almsgiving. I would like to propose a way that we can observe this foundations in our busy lives.

First of all, many of you pray daily and continue to do that but also stop and say a little prayer for someone who upsets you or cuts you off in traffic and not only in those times but pray for those who does something for you – a favor, if you will.

Second, lets think about a different way of fasting. Fasting for Lent does not necessarily mean giving up food but also try fasting from gossip or conflict or fear or anxiety. Also fast from not being so hard on yourself. Sometimes we can be our own worst enemies. Fasting from self-doubt, self-criticism helps us to grow in esteem and a feeling of self-worth.

Lastly, give of yourself to others. Almsgiving is about giving to others. Most times we think of money, food and clothing which is all good, yet giving of your time to help those in need is giving of alms – a phone call, a ride to the grocery store, a meal – there are countless ways that you can give especially during this time of year.

God has provided us with a multitude of gifts through his love and grace. Now, during this time won't you think of praying daily for others, fasting in ways that you've not imagined and giving of yourself to others.



*God's Amazing Grace to You All,  
Pastor Chuck*

### IN THIS ISSUE

- 6 HEALTH WATCH!!
- 10 MONTHLY CALENDAR
- 11 BIRTHDAYS & ANNIVERSARIES

#### Leadership Council Report 3



#### Christian Women's Fellowship



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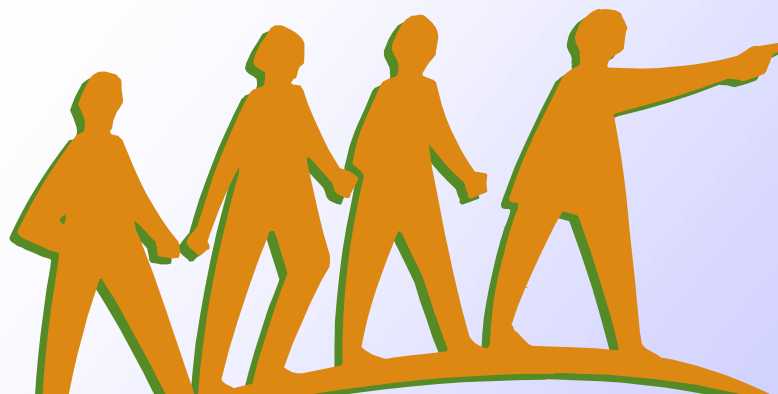
#### Lenten Worship Schedule 7

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

<b>Dan Olson</b> - Moderator	dolson10@austin.rr.com	512-267-2374
<b>Dave Freeman</b> - Stewardship Commission Chair	djfreeman@austin.rr.com	512-267-0809
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<b>Pastoral Relations Commission</b>		
<b>Ginger Halsted</b> - Chairman	vhalsted@sbcglobal.net	512-267-1628
<b>Dick Humphrey</b> - Member	humphrey26r@yahoo.com	512-267-4155
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<b>Chuck Smith</b> - Ministries Coordinator	chucksmith_lv@yahoo.com	512-922-6233
<b>Donna Nash</b> - New Member Chair	waynsh@aol.com	512-267-5947
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<b>Dorothy Gudgell</b> - Congregational Care Co-Chair	paul1918@aol.com	512-267-3717
<b>Linda Harting</b> - Fellowship/ Hospitality Chair	ldhart3640@sbcglobal.net	512-267-1280
<b>June Freeman</b> - Volunteer Resources Chair	sfreeman12@austin.rr.com	512-267-0809
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<b>Rev. Chuck Smith</b> - Minister of Outreach	chucksmith_lv@yahoo.com	512-922-6233
<b>Rev. Rick Waters</b> - Pastor	rickwaters2@austin.rr.com	267-2877 & 850-7114 (M)
<b>Linda Anderson</b> - LCF Office Manager	office@lakesidechristians.org	267-1700 & 626-0797 (M)



## LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for February 9, 2015

The February 9, 2015 meeting was called to order by Moderator Dan Olson, but then it was discovered there was not a quorum present. Therefore, no votes could be taken, nor could there be any actions taken. The council members present simply discussed the following topics:

- ◆ Issues with the use of the copy machine
- ◆ The cancellation of Ash Wednesday Services because both pastors would be out of town
- ◆ Possibility of putting film stain glass over some of the windows to get a more "church-like" look
- ◆ Souper Bowl Sunday service collected 150 pounds of food
- ◆ Search for a church pianist
- ◆ Keeping the risers we have
- ◆ Live nativity this Christmas
- ◆ Rev. Chuck Smith & Shirley Sherwood going to training in Tulsa, OK at Cancer Treatment Centers of America, to receive training for use with the Cancer Support group.

The meeting was over at 4:18 PM.

Dayle Aulds,  
Leadership Council Secretary



### Outreach Ministry

Pastor Chuck and I took your Souper Bowl gifts to Hill Country Community Ministry last month. Thank you all for your generous donations! While I was there a volunteer gave me a tour of the facilities and explained how it works. I thought I would like to pass this on to you. I know some of you volunteered there in the past but others like me may not know.

When the client comes in for help they have to fill out a personal form. They are then given a shopping list form to fill out and a volunteer gathers the food required and gives it to them. Each client may do this only once a month. When we give money to HCCM, that money is used to buy fresh vegetables from the Capital Area Food Bank as they collect from the big grocery stores.

There is also a Clothes Closet. Clothing items are given without charge but limited to four articles to each member of the family. At the moment they are short of men's clothing and socks. So next month as our outreach I shall be looking for socks of all sizes – children, women and men. The socks must be new. If you wish to lighten the men's closets of good used clothing I will take that as well.

**So Sock it to Me!**

*June Freeman, Faith in Action Chair*





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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!

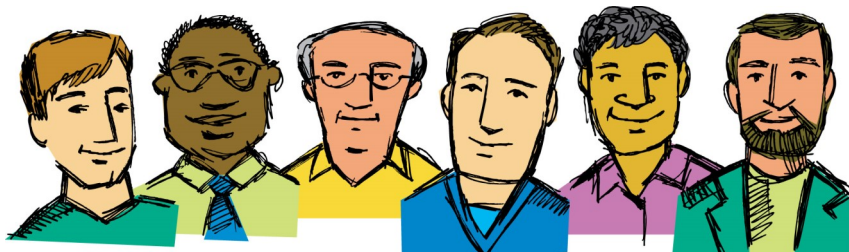


"These are vegetables, mother. You wouldn't want me to eat something I've given up for Lent, would you?"



**Lakeside Christian Fellowship Men's Group**

The Lakeside Christian Fellowship Men's Bible Study is led by Pastor Chuck and meets on the 2nd. and 4th. Tuesday each month in the Worship Center. We are studying a book "The GOD We Can Know — Exploring the "I AM" Sayings of Jesus". It is a fascinating study and will strengthen your faith. The men enjoy a light breakfast at 8 AM and Bible Study is from 8:30-9:30. Please join us, all men of the area are invited to attend!



**MEN'S GROUP**

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## Lakeside Christian Women's Fellowship

The Christian Women's Fellowship meeting was called to order by President, Donna Nash, on February 16, 2015, Linda Summers gave the devotional.

Steve Parker, of Hospice Austin, gave a very interesting and useful program on everything we needed to know about hospice. He said that not all hospice services are the same, and that the 6-month of service for hospice care was set because at the time the Congress was creating the program, the average person who was diagnosed with cancer lived for six months. Of course, now, things are very different, and all hospice care organizations have the rules within which they must operate. He handed out a pamphlet from Hospice Austin entitled *What's Your Plan?* It has information that's extremely

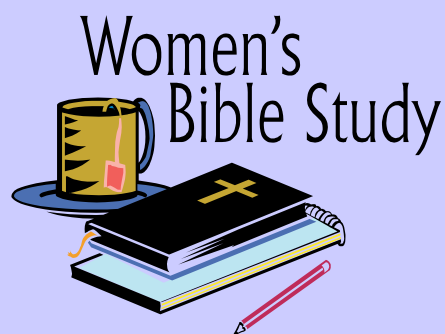
useful, including the Medical Power of Attorney, the Advanced Directive, the Do Not Resuscitate (DNR) Order, and others. The back page is entitled *My Plan* where you can list your wishes. The program was well received.

After the business meeting was opened, Edwina Woolsey read the minutes of the previous meeting, and Linda Summers gave a financial report that we have \$404 in our bank account, without taking into account the February 15th fundraiser expenses or income. The meeting then adjourned for lunch.

**Dayle Aulds, Publicity Chair**

### Women's Bible Study

The Bible Study Group has selected to read & discuss the best seller book, "The Harbinger" for several weeks: February 18th - March 18th. The revelation of Shemitah will be revealed to us on March 25th and April 4th. A new series on John, the Apostle, entitled "I Am", will begin in April, date to be announced. All LCWF women, friends and neighbors are invited to meet each Wednesday at 9:30 am in the LVPOA Bluebonnet Room on Boggy Ford & Highland Lake Dr. Contact Lil Burch or Donna Nash for more information.



For information on  
Women's Bible Study  
contact:

Lil Burch  
@ 512-267-2278  
or email:  
[raylilpv@aol.com](mailto:raylilpv@aol.com)

or

Donna Nash  
@ 512-267-5947  
or email:  
[waynsh@aol.com](mailto:waynsh@aol.com)

## Health Watch



### **! Women's Health !** **Heart Attack**

#### **What Is a Heart Attack?**

A heart attack happens when the blood flow to your heart is suddenly reduced or cut off. Your blood carries oxygen to the heart. During a heart attack, your heart muscle doesn't get the oxygen it needs. Without oxygen, the heart muscle can be damaged or destroyed. Getting your blood flow restored quickly is the key to recovery. Get medical help right away if you think you're having symptoms of a heart attack.

#### **Causes of a Heart Attack**

A buildup of cholesterol and a fatty material called plaque in your artery walls usually causes a heart attack. The buildup of plaque takes years. Most heart attacks happen when plaque breaks off your artery wall. A blood clot then forms around the broken-off plaque, blocking the artery.

#### **Heart Attack Symptoms**

Men and women have different symptoms, but both may have pain, pressure, or discomfort in the chest. Other symptoms include shortness of breath, sweating, fainting, and nausea. You may also have pain in the neck, jaw, or shoulders. Men are more likely to break out in a cold sweat and feel pain move down the left arm during a heart attack.

#### **Symptoms in Women**

About 435,000 women have heart attacks in the U.S. each year. The symptoms can be so mild they are often dismissed as something minor. Women are more likely than men to have back or neck pain, heartburn, shortness of breath, nausea, vomiting, and indigestion. They may also feel extremely tired, light-headed, or dizzy. Flu-like symptoms and sleep problems may also occur 2 weeks before a heart attack.

#### **What to Do**

If you or someone you're with has symptoms that might be a heart attack, call 911 right away. You're more likely to survive if you get treated within 90 minutes. While you're calling 911, the person with heart attack symptoms should chew and swallow an aspirin to lower the risk of a blood clot (unless they're allergic). If the person is unconscious, hands-only CPR can double his chances of survival.

#### **Diagnosis of a Heart Attack**

An EKG, which checks your heart's electrical activity, can help doctors see if you're having a heart attack. It can also show which artery is clogged. Doctors can also diagnose a heart attack with blood tests that measure the proteins that are released when heart muscle cells die.

#### **Heart Attack Treatment**

Doctors will move quickly to restore the flow of blood to your heart. You may get drugs that dissolve blood clots in your arteries. You'll likely get a procedure called a coronary angiogram. Doctors put a thin tube with a balloon on the end through your artery. It opens up the blockage by flattening the plaque in your arteries. Most times doctors place a small, mesh tube called a stent in your artery to make sure it stays open.

#### **Risks for Heart Attack**

Your odds of having a heart attack go up with age, and men have a greater risk than women. A family history of heart disease also increases your risk. Smoking can raise your risk of a heart attack. So can having high blood pressure, high cholesterol levels, diabetes, and being obese. Other things that can raise your risk of a heart attack are a lack of exercise, depression, and stress. If you smoke, stop. It will immediately cut your chances of a heart attack by a third. Get exercise and eat right. The American Heart Association recommends 150 minutes of moderate-intensity exercise per week. Eat plenty of fruits, veggies, and whole grains to keep your arteries healthy. Taking a daily aspirin helps some people prevent a heart attack. Talk to your doctor to see if it's right for you.

#### **Life After a Heart Attack**

If you're in the hospital for a heart attack, you may come home in just a few days. You can resume your normal activities after a few weeks. Cardiac rehab can help you recover. You'll get a fitness program that's made just for you, and learn how to keep up a heart-healthy lifestyle. Counselors give you support if you're depressed or worried about getting a second heart attack.

[www.webmd.com](http://www.webmd.com)



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February 22, 1st Sunday in Lent Worship at 10:30 a.m.  
at Lakeside Worship Center



March 1, 2nd Sunday in Lent Worship at 10:30 a.m.  
at Lakeside Worship Center

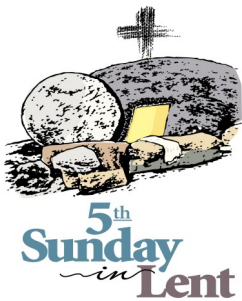


March 8, 3rd Sunday in Lent  
**Worship Cancelled at Worship Center**

Due to La Primavera Bike Race  
Daylight Saving Time Begins



March 15, 4th Sunday in Lent Worship at 10:30 a.m.  
at Lakeside Worship Center

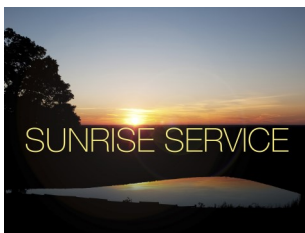


March 22, 5th Sunday in Lent Worship at 10:30 a.m.  
at Lakeside Worship Center

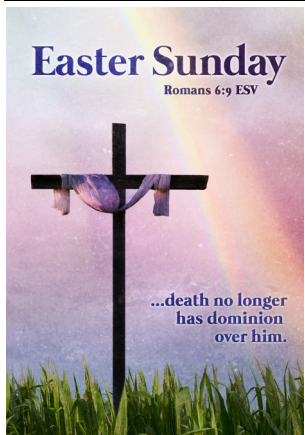
March 29, Palm Sunday Worship at 10:30 a.m.  
at Lakeside Worship Center



April 2, Maundy Thursday Worship at 6:00 p.m.  
at Lakeside Worship Center



April 5, Easter Services  
Sunrise Service at 7:00 a.m. at Hancock Park  
Regular Easter Service at 10:30 a.m.  
at Lakeside Worship Center



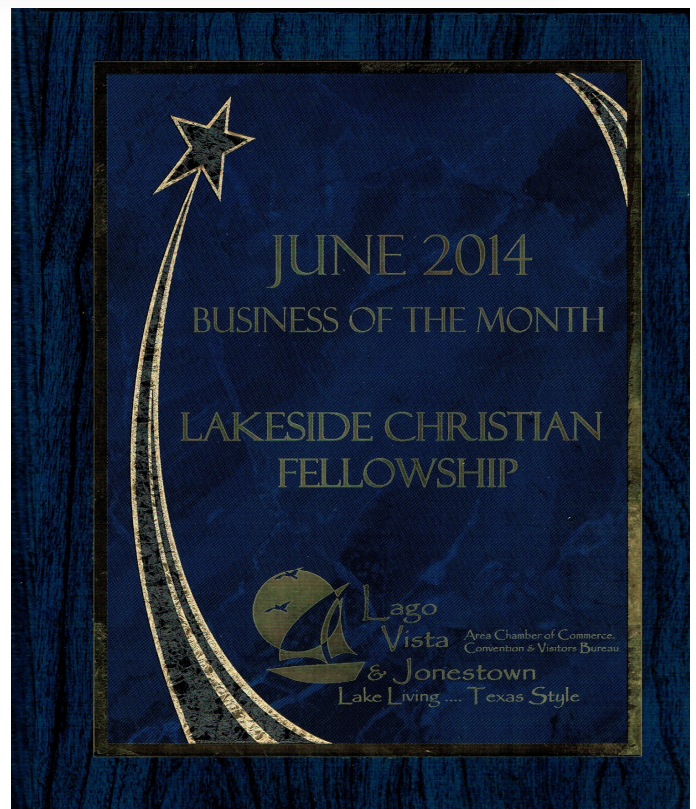
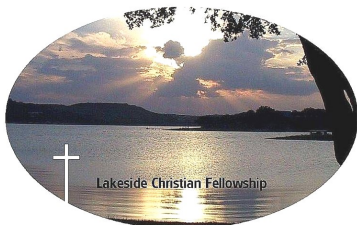


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## Lakeside Christian Fellowship Business of the Month

Lakeside Christian Fellowship was recognized as the Business of the Month in June 2014 for our service to the community. The award is on display on the back table in the worship center. Dan Olson and Pastor Chuck Smith are our representatives for the Chamber of Commerce and are shown holding the award in front of the worship center. We also have a plaque on the wall of the worship center.





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**Men's Point Venture Breakfast Group  
1st and 3rd Tuesdays at 8:30 AM, Point Venture POA Club Room  
Spring Session beginning March 3, 2015**

Men's Breakfast will resume on Tuesday, March 3 after a two month pause. Our last action in December was to donate \$600 to Blue Santa. For our first meeting of 2015 we will have a speaker from the Balcones Wildlife Refuge to tell us about the refuge. It will be very interesting to hear how the refuge has changed since its inception. Women are invited to this special program.

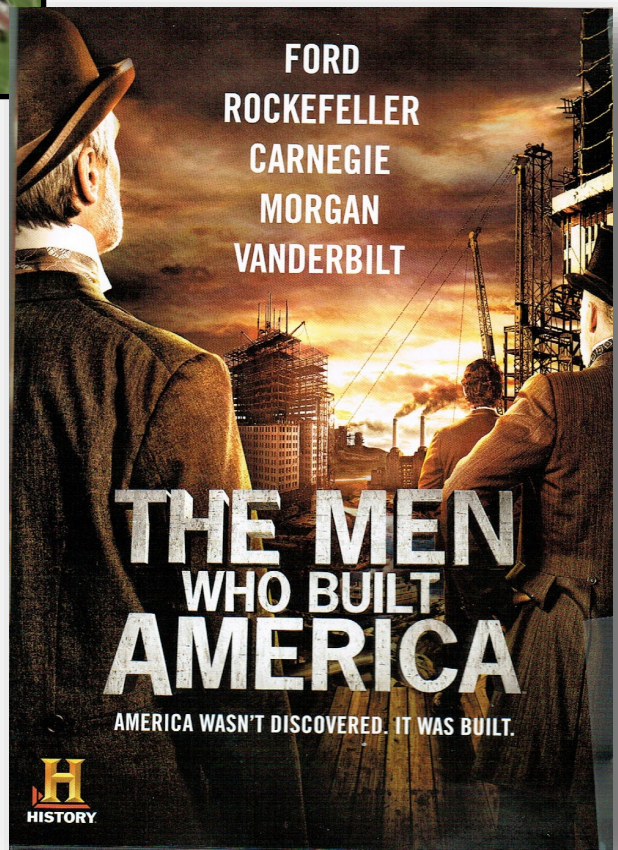
**Golden-cheeked Warbler**



**Black-capped Vireo**



At our next meeting on Tuesday, March 17 we will resume with the video "The Men Who Built America". Meet the titans who forged the foundation of modern America and created the American Dream. "The Men Who Built America" mini-series shines a spotlight on the influential builders, dreamers and believers whose feats transformed the United States, a nation decaying from the inside after the Civil War, into the greatest economic and technological superpower the world had ever seen. "The Men Who Built America" is the story of a nation at the crossroads and of the people who catapulted it to prosperity." All men of the area are invited to attend. Come and join us for food, fellowship and educational videos.



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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
1 9:30 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal	2	3 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	4 9:30 AM CWF Bible Study @ Bluebonnet Room	5 10:30 AM Alzheimer's Support Group @ LV Library	6	7
8 <b>Time Change</b> <b>No Worship</b> <b>Primavera Bike Race</b>	9 3:00 PM Leadership Council @ Worship Center	10 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	11 9:30 AM CWF Bible Study @ Bluebonnet Room	12 6:30 PM Cancer Support Group @ LV Library	13	14
15 9:30 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	16 10:30 AM Christian Women's Fellowship Monthly Meeting @ Bluebonnet Room	17 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	18 9:30 AM CWF Bible Study @ Bluebonnet Room	19 10:30 AM Alzheimer's Support Group @ LV Library	20 	21
22 9:30 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	23	24 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	25 9:30 AM CWF Bible Study @ Bluebonnet Room	26 	27	28
29 9:30 AM Sunday School @ ReMax Bldg 10:30 AM Worship Service Noon 5th Sunday Potluck @ Bluebonnet Room	30	31				



Ruth Cox .....	01
Jan Lehigh.....	10
Wayne Nash.....	17
Dorothy Gudgell.....	18
Ginger Halsted .....	23

*Birthdays &*



*Anniversaries*

Jim & Nancy Wood  
March 6

Howard & Sandy Thrift  
March 9

William & 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!!

E-Mail to Linda at:  
office@lakesidechristians.org

**Prayer Corner**  
By Dayle Aulds

Jesus, there is no question about your commitment to love us every season of life.

You will never leave us or forsake us..

You stick much closer than a brother because

You're so much more than a brother.

What wondrous love you have for us!

Your lavish, constant affection should spell the end of all our pouting and pity parties, all our whining and worry fests. It should also radically affect how we relate to our friends.

I come before you today convinced of Your love and therefore convicted about the way I relate to my friends, especially those who are in various stories and stages of adversity.

I've been too busy even to pray for them. That's a confession of sin, not an excuse or alibi.

Gracious Lord, give us fire and faith for loving as all-weather friends.

What do we do next? Do we get in our cars, buy an airline ticket, all up, show up?

How can we best come alongside of our hurting friends? Show us, Jesus, lead us.

We pray in your faithful and compassionate name. Amen.



**February, 2015**

Average Sunday Attendance..... 89

Membership..... 129 (82 families)

YTD Offerings..... \$28,174.

YTD Expenses ..... \$25,252.



# Lakeside Christian Fellowship

Worship Location  
1922 American Drive, Lago Vista

Office  
1918 American Drive, Suite 3, Lago Vista  
512-267-1700, [office@lakesidechristians.org](mailto:office@lakesidechristians.org)

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

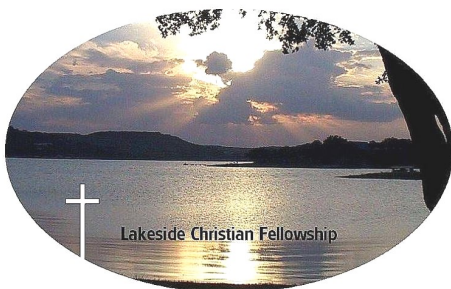
Rev. Rick Waters, Pastor  
Rev. Chuck Smith, Minister of Outreach & Ministries

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## LAKESIDE CHRISTIAN FELLOWSHIP

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

