

Lakeside Christian Fellowship Ripples



AUGUST 2015

VOLUME III, NUMBER 8

Church Family,

One might ask: "What is a good rule for living faithfully the Christian life that is before us? Scripture gives us several indications of an overriding rule. Live faithfully one day at a time.

In Matthew 6:34 we read the words of Jesus, "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." While I have preached on this scripture in regard to anxiety and worry, it also is a clear message of living one day at a time. Jesus says that as people of faith we should not borrow trouble as we look to the future. All we have right now is this day that is before us. As we live faithfully this day we can trust God to care for us. Jesus said in Matthew 6:33, "Strive first for the kingdom of God and His righteousness, and all these things will be given to you (our basic needs).

Kris Kristofferson and Marijohn Wilkens wrote a wonderful song back in the early 70's which has been recorded by at least 25 artists. The song is -"One Day at a Time, Sweet Jesus'. The chorus says:

*One day at a time sweet Jesus that's all I'm asking of you
Just give me the strength to do every day what I have to do.
Yesterday's gone sweet Jesus and tomorrow may never be mine
Lord, help me today, show me the way one day at a time.*

A wonderful prayer which could be used in one's daily devotions.

The psalmist chimes in- Psalm 118:24, "This is the day that the Lord has made; let us rejoice and be glad in it"

Have a Good Day!

Pastor Rick

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

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NORTH SHORE GRIEFSHARE SUPPORT GROUP

Griefshare – A non-denominational Griefshare Support Group is forming in Lago Vista – called The North Shore Griefshare Group -- and will begin meeting August 17th. If you are currently grieving for a loved one, this group can help you heal.

The purpose of this group is to offer comfort, help and encouragement after the death of a spouse, child, family member or friend. After the funeral, when flowers and cards have stopped coming, returning to a normal life is difficult for most and impossible for some. If life is currently difficult for you, we can help.

Griefshare is a network of 12,000+ churches and organizations worldwide equipped to offer help and materials to grief support groups. The program is nondenominational but features biblical concepts for healing from grief.

The North Shore Griefshare Support Group will be a support group that meets weekly for 13 weeks. You will find it to be a warm, caring environment and you will come to see your group as an oasis on your long journey through your grief.

There are three key features to the Griefshare experience: videos (encouraging, information-packed videos featuring leading grief recovery experts), support group (group discussion about the weekly video content), and a personal workbook (journaling and personal study exercises that reinforce the weekly session topics).

The North Shore Griefshare Support Group will be led by caring people (moderators: Dayle Aulds and Denise Meredith) who have experienced grief and have successfully rebuilt their lives. They understand your grief because they've experienced the same feelings of loss, anger and hopelessness. They will walk with you on the long, hard path through grief toward healing and hope for the future.

(Continued on page 3)

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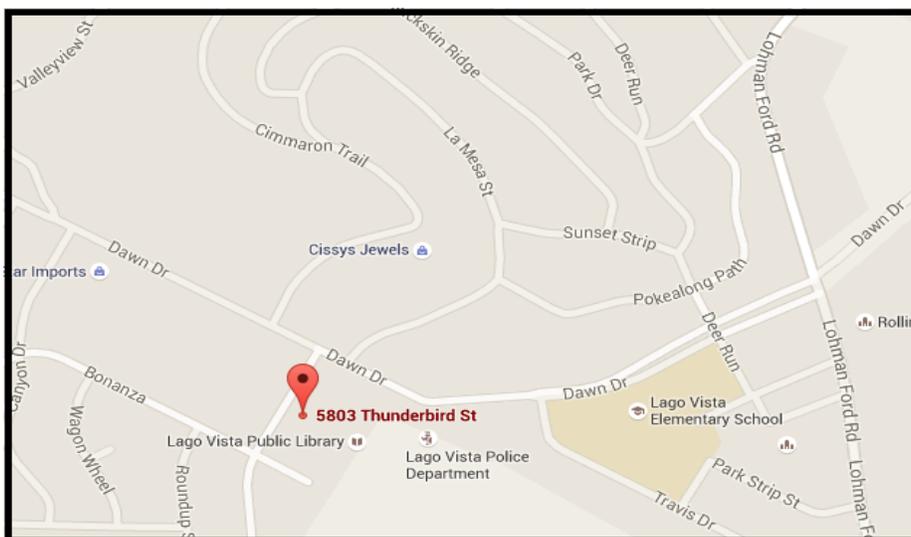
The total cost to attend the North Shore Griefshare Support Group is \$20 (payment for your personal workbook). If you cannot afford \$20, let us know, we can help there, too.

Because of the preliminary interest expressed in this grief support group, we will be convening two, 13 week sessions – an afternoon session and an evening session. We will ask you to register for one or the other, but not both. You can attend the group even after the sessions have begun in August.

Sessions will be held as follows:

Fall Afternoon Session || August 17 thru November 9 || 1:30 – 3:00 PM
Lago Vista Public Library || 5803 Thunderbird Street -- Lago Vista, 78645

Fall Evening Session || August 17 thru November 9 || 6:30 – 8:00 PM
Lago Vista Public Library || 5803 Thunderbird Street -- Lago Vista, 78645



To register or contact the North Shore Griefshare Support Group:

www.NorthShoreGriefshare.org
Griefshare@NorthShoreGriefshare.org
512-413-7968 (David Broker)

For information about 2016 sessions:

Griefshare@NorthShoreGriefshare.org

For more information about Griefshare: www.Griefshare.org

The North Shore Griefshare Support Group Team

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!



2016 NOMINATIONS

The LCF Bylaws, Article IV, 4.2 require the Nominating Committee to make this announcement. - The Nominating Committee shall seek names from the Congregation in the process of identifying persons best qualified to serve. We welcome your thoughts as we consider our task of recommendations for 2016. Also, we support, if you feel the calling, the submission of your own name.

You may speak with any member of the Nominating Committee. The members of the Committee are: Burt Burchette, Tom Gardner, Janette Howle, Judi Neyer, Jay Meierhoff and Ecla Caraway.

5th Sunday Luncheon August 30

Forty two people attended our May 5th Sunday Luncheon and enjoyed wonderful fellowship and a great lunch! Mark your calendars now and plan to come to the next 5th Sunday luncheon on August 30th. Bring your favorite side dish to share and the meat will be provided by the church as we welcome back our wonderful Chancel Choir!



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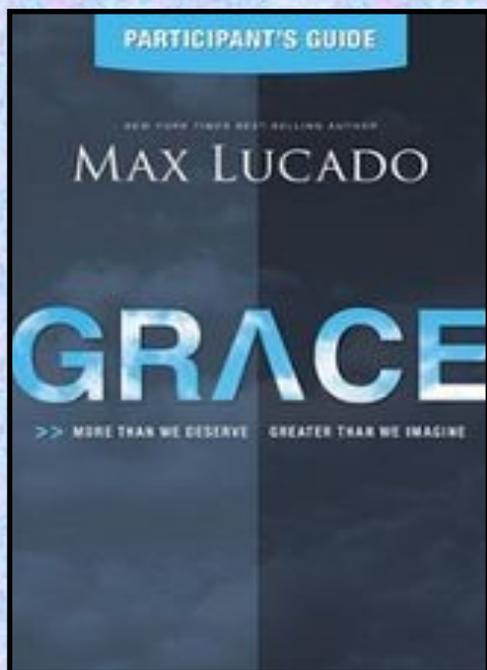
Lakeside Christian Women's Fellowship

Women's Bible Study

A new seven week study is scheduled to begin on Wednesday, August 5th, entitled "Grace", More than we deserve, Greater than we imagine. Written by Max Lucado, one of America's favorite writers and Pastor of Oak Hills Church in San Antonio, Texas.

We talk as though we know what grace means, but do we really understand? Grace never causes trouble or demands a response. Grace is the voice that calls us to change and then gives us the power to pull it off.

Let's make certain grace gets you. Grace is all we need.



The women's study group meets at the LVPOA Bluebonnet Room at the corner of Boggy Ford and American Drive at 9:15 AM each Wednesday. Come and join us!

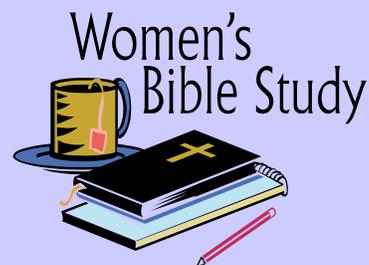
To order a participant's study book please call or email Lil Burch or Donna Nash.

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



The Women's Group last summer visitation & luncheon outing will be:

August 17, 2015

All members are encouraged to participate!





Health Watch

10 Drugs That May Cause Memory Loss

Part One - 1-5

Having trouble remembering things? One of these meds may be the problem

by Dr. Armon B. Neel Jr., AARP, Updated June 9, 2015



For a long time doctors dismissed **forgetfulness** and mental confusion as a normal part of aging. But scientists now know that **memory loss** as you get older is by no means inevitable. Indeed, the brain can grow new brain cells and reshape their connections throughout life.

Most people are familiar with at least some of the things that can impair memory, including alcohol and drug abuse, heavy cigarette smoking, head injuries, stroke, sleep deprivation, severe stress, vitamin B12 deficiency, and illnesses such as Alzheimer's disease and depression.

But what many people don't realize is that many commonly prescribed drugs also can interfere with memory. Here are 10 of the top types of offenders. The good news is that the memory loss from medications can often be relieved by stopping the medication, lowering the dose or using an alternative treatment.

1. Antianxiety drugs (Benzodiazepines)

Why they are prescribed: **Benzodiazepines** are used to treat a variety of anxiety disorders, agitation, delirium and muscle spasms, and to prevent seizures. Because benzodiazepines have a sedative effect, they are sometimes used to treat insomnia and the anxiety that can accompany depression.

Examples: Alprazolam (Xanax), chlor diazepoxide (Librium), clonazepam (Klonopin), diazepam (Valium), flurazepam (Dalmane), lorazepam (Ativan), midazolam (Versed), quazepam (Doral), temazepam (Restoril) and triazolam (Halcion).

How they can cause memory loss: Benzodiazepines dampen activity in key parts of the brain, including those involved in the transfer of events from short-term to long-term memory. Indeed, benzodiazepines are used in anesthesia for this very reason. When they're added to the anesthesiologist's cocktail of meds, patients rarely remember any unpleasantness from a procedure. Midazolam (Versed) has particularly marked amnesic properties.

Alternatives: Benzodiazepines should be prescribed only rarely in older adults, in my judgment, and then only for short periods of time. It takes older people much longer than younger people to flush these drugs out of their bodies, and the ensuing buildup puts older adults at higher risk for not just memory loss, but delirium, falls, fractures and motor vehicle accidents.

If you take one of these meds for insomnia, mild anxiety or agitation, talk with your doctor or other health care professional about treating your condition with other types of drugs or nondrug treatments. If you have insomnia, for instance, melatonin might help. Taken before bedtime in doses from 3 to 10 mg, melatonin can help to reestablish healthy sleep patterns.

Be sure to consult your health care professional before stopping or reducing the dosage of any benzodiazepine. Sudden withdrawal can trigger serious side effects, so a health professional should always monitor the process.

2. Cholesterol-lowering drugs (Statins)

Why they are prescribed: Statins are used to treat high cholesterol.

Examples: Atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor), pravastatin (Pravachol), rosuvastatin (Crestor) and simvastatin (Zocor).

How they can cause memory loss: Drugs that lower blood levels of cholesterol may impair memory and other mental processes by depleting brain levels of cholesterol as well. In the brain, these lipids are vital to the formation of connections between nerve cells — the links underlying memory and learning. (The brain, in fact, contains a quarter of the body's cholesterol.)

A study published in the journal *Pharmacotherapy* in 2009 found that three out of four people using these drugs experienced adverse cognitive effects "probably or definitely related to" the drug. The researchers also found that 90 percent of the patients who stopped statin therapy reported improvements in cognition, sometimes within days. In February 2012, the Food and Drug Administration ordered drug companies to add a new warning label about possible memory problems to the prescribing information for statins.

Alternatives:

The safest way to lower your risk of cardiovascular disease is to follow a Mediterranean diet, exercise and maintain a healthy weight. The **latest recommendations** are that many people over 75 may not derive much benefit from statins unless they have cardiovascular disease or very high LDL (bad cholesterol) with significant risk factors for cardiovascular disease. Lower doses of statins or less potent ones may be more appropriate for some individuals and can reduce the likelihood of adverse effects like memory impairment.

Health Watch

10 Drugs That May Cause Memory Loss

(Continued)

Also a [new study](#) indicates that Zetia (ezetimibe) can lower LDL and cardiovascular disease when added to statin drugs, so that a lower dose or less potent statin may be able to be used. You should discuss these options with your doctor or other health care provider.

3. Antiseizure drugs

Why they are prescribed: Long used to treat seizures, these medications are increasingly prescribed for nerve pain, bipolar disorder, mood disorders and mania.

Examples: Acetazolamide (Diamox), carbamazepine (Tegretol), ezogabine (Potiga), gabapentin (Neurontin), lamotrigine (Lamictal), levetiracetam (Keppra), oxcarbazepine (Trileptal), pregabalin (Lyrica), rufinamide (Banzel), topiramate (Topamax), valproic acid (Depakote) and zonisamide (Zonegran).

How they can cause memory loss: Anticonvulsants are believed to limit seizures by dampening the flow of signals within the central nervous system (CNS). All drugs that depress signaling in the CNS can cause memory loss.

Alternatives: Many patients with seizures do well without memory problems on a different antiseizure drug. Many patients with [chronic nerve pain](#) find that venlafaxine (Effexor) — which uncommonly impairs memory — alleviates their pain.

4. Antidepressant drugs (Tricyclic antidepressants)

Why they are prescribed: TCAs are prescribed for depression and, increasingly, anxiety disorders, eating disorders, obsessive-compulsive disorder, chronic pain, smoking cessation and some hormone-mediated disorders, such as severe menstrual cramps and hot flashes.

Examples: Amitriptyline (Elavil), clomipramine (Anafranil), desipramine (Norpramin), doxepin (Sinequan), imipramine (Tofranil), nortriptyline (Pamelor), protriptyline (Vivactil) and trimipramine (Surmontil).

How they can cause memory loss: About 35 percent of adults taking TCAs report some degree of memory impairment and about 54 percent report having difficulty concentrating. TCAs are thought to cause memory problems by blocking the action of serotonin and norepinephrine — two of the brain's key chemical messengers.

Alternatives: Talk with your health care provider about whether nondrug therapies might work just as well or better for you than a drug. You might also want to explore lowering your dose (the side effects of

[antidepressants](#) are often dose-related) or switching to a selective serotonin/norepinephrine reuptake inhibitor (SSRI/SNRI). Of the drugs in this category, I find venlafaxine (Effexor) to have the fewest adverse side effects in older patients.

5. Narcotic painkillers

Why they are prescribed: Also called opioid analgesics, these medications are used to relieve moderate to severe acute or chronic pain, such as the pain caused by arthritis.

Examples: Fentanyl (Duragesic), hydrocodone (Norco, Vicodin), hydromorphone (Dilaudid, Exalgo), morphine (Astramorph, Avinza) and oxycodone (OxyContin, Percocet). These drugs come in many different forms, including tablets, solutions for injection, transdermal patches and suppositories.

How they can cause memory loss: These drugs work by stemming the flow of pain signals within the central nervous system and by blunting one's emotional reaction to pain. Both these actions are mediated by chemical messengers that are also involved in many aspects of cognition. So use of these drugs can interfere with long- and short-term memory, especially when used for extended periods of time.

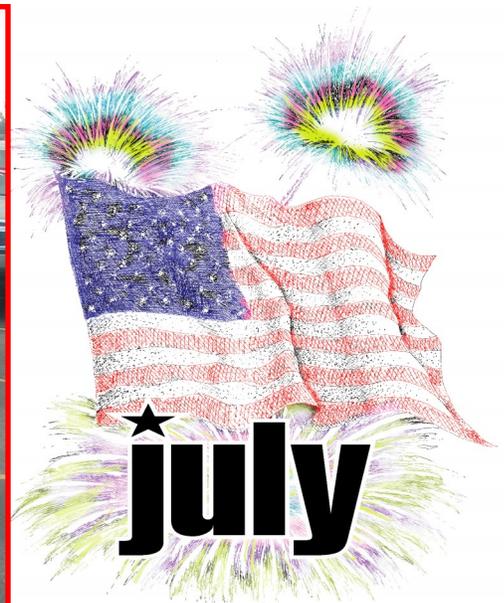
Alternatives: In patients under the age of 50 years, [nonsteroidal anti-inflammatory drugs \(NSAIDs\)](#) are the frontline therapy for pain. Unfortunately, NSAID therapy is less appropriate for older patients, who have a much higher risk of dangerous gastrointestinal bleeding. Research shows the risk goes up with the dosage and duration of treatment.

Talk with your doctor or other health care provider about whether tramadol (Ultram), a nonnarcotic painkiller, might be a good choice for you. In my practice, I often recommend supplementing each 50 mg dose with a 325 mg tablet of acetaminophen (Tylenol). While there are prescription drugs that combine tramadol and acetaminophen, these products have only 37.5 mg of tramadol, and in my practice I've found that patients generally need the larger dose.

(September; Part Two - 6-10)



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



4th of July Parade, Lago Vista, Texas



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MEN'S FELLOWSHIP



Men's Point Venture Breakfast Group On Summer Break!! Meetings will resume on September 1st.

We welcome all men to join us for breakfast at the Point Venture Clubhouse on the 1st and 3rd Tuesdays every month at 8:30 A.M. for fellowship and a delicious breakfast. After our Summer break we will begin a new series of educational programs on September 1st. Join us for some fascinating programs, a wonderful breakfast, and great fellowship!

Lakeside Christian Fellowship Men's Study Group

Did you know that the City of Corinth was **THE** city in ancient Greece and not Athens? Did you know that it was the center of manufacturing and trade when Paul established the church in Corinth? Did you know Paul's letter was written not only to the church in Corinth but to all churches and its message is still true down to this day? Come and see how this great letter about conflict and communication in Corinth still applies today. The **Men's Bible Study** meets on the 2nd and 4th Tuesdays of each month in the Worship Center beginning at 8am with a light breakfast. Our study begins at 8:30am. Dr. Ken Bailey has produced a look at 1 Corinthians from a Middle Eastern Cultural View. Please join us Tuesday, July 28th as we begin this new study!



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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 10:30 AM Worship Service @ Worship Center	3	4	5 9:30 AM CWF Bible Study @ Bluebonnet Room	6 10:30 AM Alzheimer's Support Group @ LV Library	7	8
9 10:30 AM Worship Service @ Worship Center	10 3:00 PM Leadership Council @ Worship Center	11 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	12 9:30 AM CWF Bible Study @ Bluebonnet Room	13 6:30 PM Cancer Support Group @ LV Library	14	15
16 10:30 AM Worship Service @ Worship Center	17 Christian Women's Fellowship Outing	18	19 9:30 AM CWF Bible Study @ Bluebonnet Room	20 10:30 AM Alzheimer's Support Group @ LV Library	21 	22
23 10:30 AM Worship Service @ Worship Center	24	25 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	26 9:30 AM CWF Bible Study @ Bluebonnet Room	27	28	29
30 10:30 AM Worship Service @ Worship Center Noon Potluck @ Bluebonnet Room	31		<div data-bbox="735 1686 1442 1948" data-label="Text"> <p>For more information visit the LCF website at www.lakesidechristians.org</p> </div>			



Tom Gardner	2
Burt Burchette	4
Linda Harting.....	5
Darrell McClaid	5
Don Killough	9
Jim Wheeler.....	14
Janette Howle.....	24
Clyde Hance	25
Maja Linderman.....	29
Carl Gassoway	30

Birthdays &



Anniversaries

Ed & Shirley Sherwood
August 2

Tim & Tess Benefield
August 11

Burt & Margy Burchette
August 28

Rick & Sharon Waters
August 29

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



June 22, 2015 Rev. Chuck Smith and Dan Olson presented a donation of \$3,000 from the Lakeside Christian Fellowship Benevolence Fund to the Austin Disaster Relief Network for flood relief following the Memorial Day flooding in the area. The church is also collecting donations from members for the month of July and those funds will be donated to ADRN for flood relief as well. To date \$1,400 has been collected for that cause. You still have time to make a donation!!

Left to right: Daniel Geraci, Executive Director and founder of ADRN; Stephen Brewer, Asst. Executive Director; Chuck and Dan.

July 30, 2015

Average Sunday Attendance.....	78
Membership.....	127 (83 families)
YTD Offerings.....	\$103,652.
YTD Expenses	\$95,970.

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

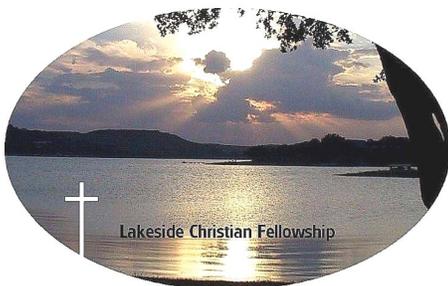
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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LAKESIDE CHRISTIAN FELLOWSHIP

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