

Lakeside Christian Fellowship Ripples



JULY 2015

VOLUME III, NUMBER 7

Does the human body really replace itself every seven years?

I read an interesting article recently that said that every “seven years (or 10, depending on which story you hear) we become essentially new people, because in that time, every cell in your body has been replaced by a new cell.” Don't you feel younger than you were seven years ago?

It is true that individual cells have a finite life span, and when they die off they are replaced with new cells. As The New York Public Library's Science Desk Reference (Stonesong Press, 1995) notes, "There are between 50 and 75 trillion cells in the body.... Each type of cell has its own life span, and when a human dies it may take hours or day before all the cells in the body die."

Red blood cells live for about four months, while white blood cells live on average more than a year. Skin cells live about two or three weeks. Colon cells have it rough: They die off after about four days. Sperm cells have a life span of only about three days, while brain cells typically last an entire lifetime (neurons in the cerebral cortex, for example, are not replaced when they die).

There's nothing special or significant about a seven-year cycle, since cells are dying and being replaced all the time.

Our bodies are wonderfully made, aren't they? However, as wonderfully made as we are, I am reminded that the Bible says that in Jesus Christ “all things are made new.” Once we have accepted Jesus as our Lord and Savior, we are a “new creation.” We aren't regenerated as our body's cells need to be regenerated to survive, our souls, our spirits have forever been made new through Jesus Christ. Paul writing to the Corinthians in his second letter states, “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.

So its great that our physical bodies are being renewed all the time – we are, after all God's creatures – but isn't it great that our souls have been made new through our Lord and Savior Jesus Christ. May God continue to bless you!

Pastor Chuck

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Christian Women's Fellowship



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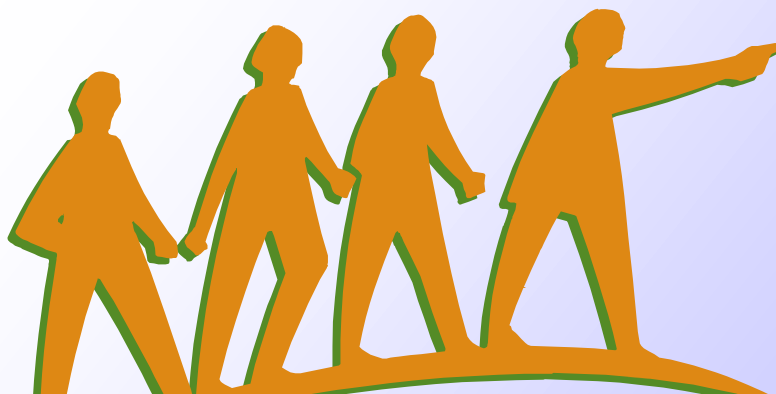
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**Lakeside Christian Fellowship
Extended Leadership Council Contact List (January 2015)**

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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)



LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for June 15, 2015

The Leadership Council was called to order by Moderator Dan Olson. Pastor Rick Waters opened the meeting with prayer. Members Present: Dan Olson, Dayle Aulds, Ginger Halsted, Rodger Elliott, Dave Freeman, June Freeman, Rick Waters, & Chuck Smith. A guest present was Dave Broker.

Dan reported on some ideas that had been expressed regarding the ambiance of the Worship Center. He also mentioned that the Hill Country Singers are requesting use of our Worship Center for their Monday night rehearsals beginning in August.

The May 11, 2015 Minutes were approved as submitted.

Financial Update: Scott Cameron was absent, but the Executive Summary Financial Report through May 31 was distributed. After discussion, Rodger moved to approve the Financial Update, seconded by Ginger, and it was unanimously approved.

Stewardship: Dave Freeman said that the budget worksheets are due by July 15, and that he will submit a total budget by August 10 for approval. On September 1 the Pledge Notebooks will go out; on October 12 the Council will approve the budget; on October 25 the Church body will vote on the budget at the annual congregational meeting.

Outreach Ministry Alzheimer Support Group will show the movie, *Still Alice*, at the library, on July 11, 2015, at 7:00 p.m., complete with popcorn and sodas.

Old Business Nominating Committee A proposal to change the Nominating Committee description in the Bylaws was postponed.

Web Site Dave Broker said it will be at least until September before he can get the new Web Site up and running.

Piano The Hill Country Singers piano will be moved to Lakeside Christian Fellowship whenever Charlene Sandquist moves from her home. The piano will require tuning each time it is moved.

Small church Bylaws – the issue was tabled.

New Business Flood Donation - ADRN – Smith reported that 900 homes have been destroyed or damaged as a result of the latest rains in the Austin area. He asked that the Council vote to give as much as possible, because \$3-\$4 million will be

needed. After discussion about the need, the council voted to give \$3,000 to ADRN. It was also proposed that individual members of the church be given an opportunity to make a contribution, Dave made a motion, seconded by June, that there be a 4-week campaign to allow church members to contribute to the cause. After that collection is made, the funds will be given to ADRN.

Griefshare support group – Dave Broker reported that he has the information about starting a griefshare support group which involves multiple-week sessions. He has made arrangements to start at the library with an afternoon session and then an evening session on Mondays of each week. The two facilitators will be Denise Merryweather and Dayle Aulds. He asked the church for the funds from the Memorial Fund in the amount of \$2,000.00 to purchase materials needed for the course. Dave moved, seconded by Ginger, that those funds be approved. The motion passed unanimously. Dave Broker stated he thought the Church would recoup its money when patrons purchase their workbooks.

Noah's Home of Hope This a local charitable service. June will get more information about it.

4th of July Parade Chuck Smith said the church is registered. There is a sign-up sheet for church members to sign up to ride in the parade, mostly on golf carts. Everyone is welcome to participate even if you do not sign up. The parade is at 8:45 on July 4th. He also said that Clyde is riding in the July 4th parade in an antique car. The Council authorized the purchase of twenty church signs for use on the cars and golf carts.

Hill Country Singers Dan asked for a motion that the Hill Country Singers can use the Worship Center for Monday night rehearsals from August through November and again in the spring. Rodger moved, seconded by Ginger, to allow this, and it passed unanimously.

Worship Center After further discussion about the ambiance needs of the Worship Center, on a motion made by Dave and seconded by June, Dan received the authority to appoint a task force to study the issues and make recommendations to the Council.

Congregational Meeting The council approved a motion to set the date of the Annual Congregational Meeting for Sunday October 25, 2015.



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 in May

Another Sunday to enjoy all the good food prepared by the excellent cooks in our church! Everyone also enjoyed the decorations—Bill Webb's miniature car collection, Dan Harting's 1940 World Fair mementos, and Joy's toys.

42 people attended our May luncheon. Plan to come to the next 5th Sunday luncheon on August 30th. The meat will be provided by the church as we welcome back our Chancel Choir!



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Lakeside Christian Women's Fellowship

The summer visitation & luncheon
outing schedule will be:

July 20, 2015
August 17, 2015

All members are encouraged to participate!

Women's Bible Study

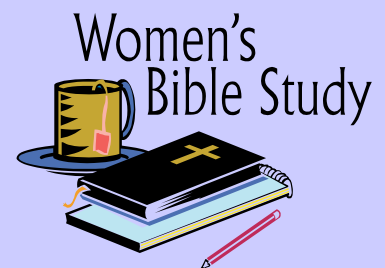
A new 9-week study entitled "Growing Older and Wiser" by Dale and Sandy Larsen began Wednesday, May 27. The group meets each Wednesday at 9:30 am in the LVPOA Bluebonnet Room. We can't change the fact that we are getting older. These studies offer a biblical perspective on aging and show how powerfully God can use those who have grown wiser with the years. For more information contact Lil Burch, 512-267-2278, or Donna Nash, 512-267-5947.

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:
waynnsh@aol.com



4th of July Parade

Lakeside Christian Fellowship has an entry in the Fourth of July parade this year. The event is on Saturday, July 4th at 9:30 am. If you have a golf cart or other 4-wheel recreational vehicle why don't you join us. You can decorate your vehicle as you wish (red, white and blue streamers or flags) and we'll provide you with a Lakeside Christian Fellowship Banner to go on your vehicle. We need to assemble in the St. Mary's Parking lot at 8:45 am (hint: St. Mary's parking lot – enter off of dawn drive). People will be stationed there to tell you where we are set up. Come on and join in the fun!!



Health Watch

Nothing to Sneeze At: An Allergy-Care Update SCIENTIFIC AMERICAN --CONSUMER HEALTH June 2015



A look at what works and what doesn't when it comes to allergy-symptom relief whether your nasal allergies are sea-sonal or year round, you may feel like you're always being bombarded with ads for a dizzying array of products that promise to treat your itchy, red eyes and runny, stuff nose. But what treatments work best?

An updated clinical guideline for allergic rhinitis---hay fever---from the American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) can help you and your doctor sort out the various therapies.

"While a wide variety of treatment options are available to combat the con-dition's hallmark symptoms, the way these treatments are used varies widely," says Lee M. Akst, M.D., an assistant professor of otolaryngology-head and neck surgery and director of the Voice Center at Johns Hopkins University School of Medicine in Baltimore. "The guideline helps clarify the most effective treatments as well as identifies therapies that have little or no evidence to back up claims of symptom relief,"

The treatment that you and your doc-tor choose depends on your symptoms, their severity and how often they occur as well as your overall health. Below is a brief overview of some recommendations from the AAO-HNS guideline:

1. Steroidal nasal sprays

The first line of treatment to relieve bothersome symptoms should be a ste-roid spray, such as Flonase or Nascort, both available over the counter (OTC), and Nasonex, which is prescription-only.

2. Oral antihistamines

If sneezing and itching are your main complaints, try an OTC product like Claritin or Zyrtec, which are "sec-ond-generation" antihistamines. They can begin relieving symptoms shortly after you take them. Avoid older, first-generation antihistamines like Benadryl, Dimetapp, Chior-Trimeton and Tavist, which can cause significant sedation and make you sleepy. In older adults, they can cause dry mouth and eyes, difficulty urinating and confusion. Note that some second-generation anti-histamines are labeled "nondrowsy," but they may still have a sedating effect on certain people.

3. Antihistamine nasal sprays

Prescription antihistamine sprays are options if you have seasonal, perennial (year-round) or occasional allergies. They work better for nasal congestion than oral antihistamines, but they can leave a bitter taste in your mouth that some people find off-putting. Sprays include Astelin, Astepro and Patanol,

4. Combination therapy

If a nasal spray or an antihistamine doesn't relieve symptoms on its own, combining two or more treatments may do the trick. Dymista is a prescription combination of the nasal steroid fluti-casone (Flonase) and the nasal antihis-tamine azelastine (the generic version of Astelin and Astepro) that can improve symptoms better than either drug alone. Your doctor may also prescribe two drugs, such as a steroidal nasal spray and an oral antihistamine.

5. Immunotherapy

Allergy shots, or immunotherapy, may succeed when drug therapies have failed. The shots work by helping you build up resistance to the allergen so you're no longer bothered by symptoms. The downside of immunotherapy is the long-term commitment: You'll need to visit your doctor for weekly injections of a solution that contains the allergen(s) you're allergic to for several months and then continue monthly maintenance injections for three to five years. Sub-lingual immunotherapy is a newer form of the therapy, which involves placing a pill that dissolves under your tongue each day. It may be more convenient but works with only grass and ragweed allergies.

6. Acupuncture

If you want to avoid drugs, consider try-ing acupuncture. Some studies have shown that it may be more effective for perennial allergies, but its overall ben-efit is probably limited.

7. Herbal remedies

The guideline doesn't recommend Chi-nese herbal therapies, such as butterbur and biminne, because of the small size and quality of studies, along with con-cern about the inconsistent quality of herbal remedies themselves and their safety.

Other Interventions

Avoiding allergy triggers may also reduce symptoms, Dr. Akst says. Depending on the triggers, measures such as using pillow and mattress-cov-ers, washing sheets and blankets weekly in warm water and then drying them on the dryer's hot setting, dusting regularly and using a vacuum with a HEPA filter can help reduce allergens, but it's not clear how well they actually reduce symptoms.

Removing pets from your home can help, too. But that's not an option for most people. Instead, you can try keep-ing animal dander to a minimum by washing your dog at least twice a week and your cat once a week, which may or may not help keep your symptoms at bay.

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“Alice Howland, happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer’s disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking, and inspiring.”
(Liner Notes)



**Coming to the Lago Vista Library Meeting Room
Saturday, July 11th at 7pm
Admission is Free**

Sponsored by the North Shore Alzheimer’s Care-Giver Support Group

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The Hopeful Gospel Quartet

**Lakeside Christian Fellowship
Lago Vista**

July 19, 2015 – 10:30 AM – 1922 American Drive



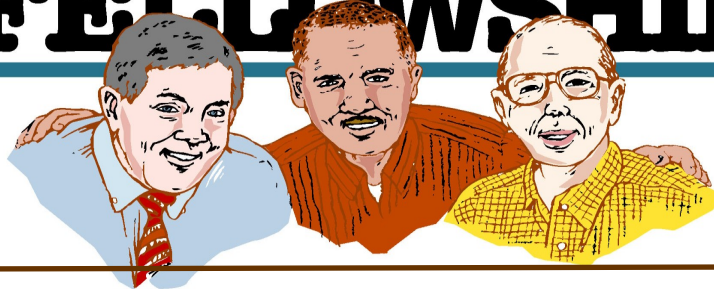
The July 19, 2015 Sunday morning worship service at Lakeside Christian Fellowship (10:30 AM) will feature the Hopeful Gospel Quartet from Hope Presbyterian Church in Austin, Texas singing several Gospel songs during the worship service.

This male quartet has been singing together for three years and have sung their style of Gospel music at many worship services at Hope to an appreciative congregation. They sing a varied style of Gospel music -- from a cappella to good ol' Southern Gospel to spirituals to tight-harmony jazz. They only sing religious music but are preparing a unique version of the National Anthem to sing at area sports events.

If you are a fan of Southern Gospel music or just like the sound of a good male quartet, you are invited to attend the worship service on July 19th – 10:30 AM – at 1922 American Drive, Lago Vista. We hope to see you there!

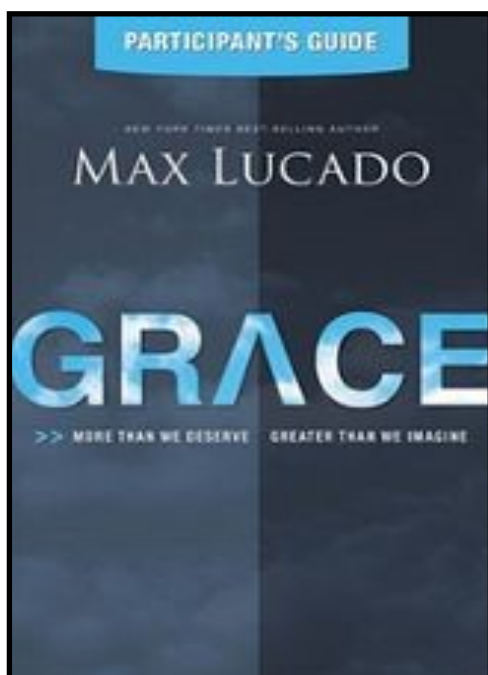
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MEN'S FELLOWSHIP



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





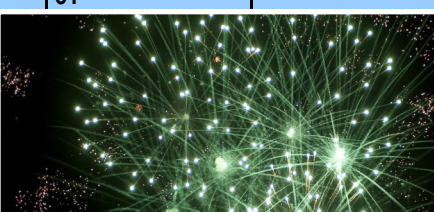

The Lakeside Men's Study Group is currently doing a study based on the book "Grace" by Max Lucado. The group meets at the Lakeside Worship Center on the second and fourth Tuesdays at 8:00 am for breakfast followed by a study time. All men of the area are invited to attend!

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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 9:30 AM CWF Bible Study @ Bluebonnet Room	2 10:30 AM Alzheimer's Support Group @ LV Library	3 	4 9:30 AM Lago Vista 4th of July Parade Meet @ St. Mary's Church at 8:45AM
5 10:30 AM Worship Service @ Worship Center	6	7	8 9:30 AM CWF Bible Study @ Bluebonnet Room	9 6:30 PM Cancer Support Group @ LV Library	10 	11 7:00 PM Still Alice Movie @ LV Library
12 10:30 AM Worship Service @ Worship Center	13 <u>NO LEADERSHIP COUNCIL MEETING IN JULY</u>	14 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	15 9:30 AM CWF Bible Study @ Bluebonnet Room	16 10:30 AM Alzheimer's Support Group @ LV Library	17	18
19 10:30 AM Worship Service @ Worship Center	20 Noon Christian Women's Fellowship Outing	21	22 9:30 AM CWF Bible Study @ Bluebonnet Room	23	24 	25
26 10:30 AM Worship Service @ Worship Center	27	28 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	29 9:30 AM CWF Bible Study @ Bluebonnet Room	30	31 	
<p>For more information visit the LCF website at www.lakesidechristians.org</p>						



David Freeman	1
Genie Carroll.....	10
Dick Sanders.....	14
Joy Webb.....	16
Jan Wilson.....	17
Emma Smith.....	20
Miryam Miller.....	28
Aneta Stovall	29

Birthdays &



Anniversaries

Jim & Jeanene Wheeler
July 4

Curtis & Deborah Woodlock
July 17

David & June Freeman
July 19

Chuck & Emma Smith
July 20

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

Prayer Corner
By Dayle Aulds

“For Our Country”
UMC Hymnal
#429

O God, Keep our whole country
under your protection.

Wipe out sin from this land;
lift it up from the depth of sorrow,
O Lord, our shining light.

Save us from deep grief and misfortune,
Lord of all nations.

Bless us with your wisdom,
so that the poor may not be oppressed
and the rich may not be oppressors.

Make this a nation having
no ruler except God,
a nation having no authority
but that of Love.

Amen

June 25, 2015

Average Sunday Attendance.....	72
Membership.....	127 (83 families)
YTD Offerings.....	\$91,520.
YTD Expenses	\$80,156.

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

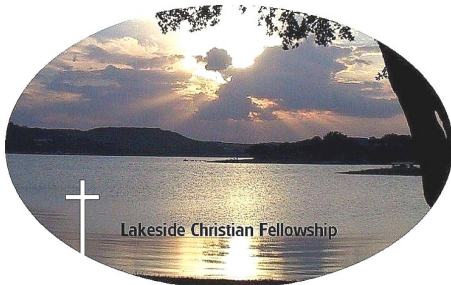
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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