

Lakeside Christian Fellowship Ripples



SEPTEMBER 2015

VOLUME III, NUMBER 9

God Made the Sun

God made the sun - it gives.
God made the moon - it gives.
God made the stars - they give.
God made the air - it gives.
God made the clouds - they give.
God made the earth - it gives.
God made the sea - it gives.
God made the trees - they give.
God made the flowers - they give.
God made the fowls - they give.
God made the beasts - they give.
God made the plants - they give.
God made humankind - I...

*This is Stewardship month at Lakeside.
It is your faithfulness in standing with us
that makes us who and what we are
in the Kingdom of God.
God Bless You,*

Pastor Chuck

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

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



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)

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

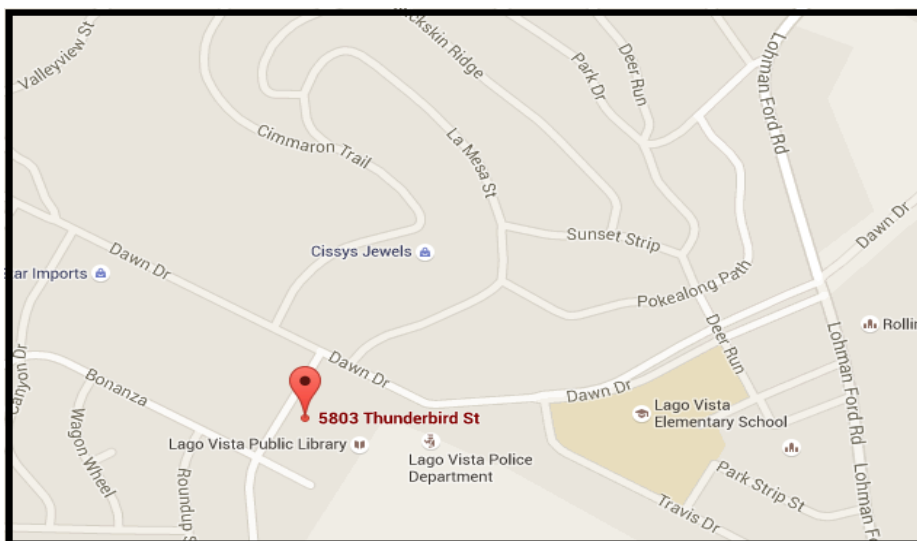
(Continued from page 2)

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 one, 13 week afternoon session. 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



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

LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for August 10, 2015

CALL TO ORDER: The Leadership Council was called to order at Lakeside Christian Fellowship worship center at 3:00 p.m. by Moderator Dan Olson. Members present were June Freeman, Dave Freeman, Ginger Halstead, Dan Olson, and Dayle Aulds. Also present were pastors Rick Waters and Chuck Smith. Absent were Jim Rife, Rodger Elliott, and Scott Cameron.

INVOCATION: Pastor Rick Waters opened the meeting with prayer.

OPENING REMARKS: Dan Olson had no opening remarks.

MINUTES: Dayle Aulds The June 15, 2015 Minutes were presented and accepted.

Commission Reports:

FINANCIAL UPDATE: Scott Cameron was absent, but it was reported that a weekly update had been done.

BUILDING & GROUNDS UPDATE: Jim Rife was absent, and there was no report.

FAITH IN ACTION: June Freeman said she had nothing new to report about Noah's Home of Hope, but that she was looking into it further.

PASTORAL RELATIONS UPDATE: Ginger Halstead said they had met on June 16, and that now there was the budget preparation to do, with a proposed 1.9% cost-of-living increase for the staff. There was further discussion about cost of living increases.

WORSHIP COMMISSION: There was no report, as Rodger Elliott as absent.

OUTREACH & MINISTRIES: Chuck Smith reported that the Cancer and Alzheimer support groups are moving along. He also reported that LCF had donated \$4,400 to ADNR. Dayle Aulds reported that the Grief-Share would begin on Monday, August 17, 2015 at 1:30 in the Lago Vista Library. Rick Waters asked that a special announcement be made about it on Sunday.

Old Business:

UPDATE CHURCH BYLAWS: It was moved by Ginger that the recommended changes be made to the Church Bylaws, and that they be presented to the congregation for a vote. The motion passed.

It was moved by Ginger that the Disciplinary Procedure be moved into the Policy Notebook. The motion passed.

SMALL CHURCH BYLAWS-administration: Dan Olson reported that he had looked over several sets of bylaws from other churches, but that in actuality he had found nothing useful to our process.

STEWARDSHIP COMMISSION-Stewardship Drive: Dave Freeman talked about the need to get additional information to the congregation about the Hill Country Ministries, so Dan asked Dave and Chuck to write an article about that. There was also discussion about the usage of gift cards.

New Business:

The Grande Pavilion has been reserved for the church annual picnic on October 18, 2015

Naier.org – Dan reported on this organization that offers free school and maintenance supplies.

Task Force Report – A report from the Task Force was distributed. Dan said there would be a joint meeting of the task force and the Council on August 15, 2015 at 3:00 p.m.

Check Signers – Ginger and Rodger need to sign the signature cards at the bank.

Leadership Position ballot – A report from the Nominating Committee was distributed for information.

Nominating Committee-need 4 people – it was decided to reduce the size of the nominating committee so that the people serving will be adequate.

Future Topics:

Next Meeting: September 21, 2015 at 3:00 p.m.

Adjourn: at 4:08 p.m.

CHURCH COUNCIL



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Lakeside Christian Women's Fellowship

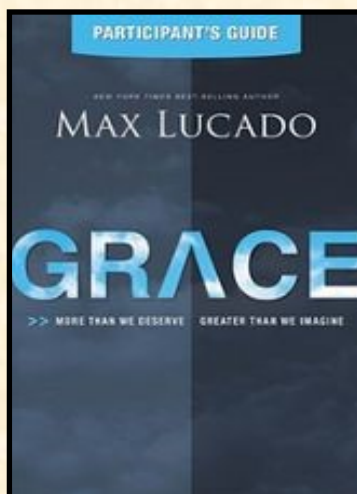
First Meeting of New Club Year

The first fall meeting of the Christian Women's Fellowship will be on Monday, September 21, 2015, at 10:30 am at the Bluebonnet Room on the corner of American Drive and Boggy Ford Road. The program will be presented by our church member, Dave Broker, speaking on *Joy In the Morning*. There will be a brown bag lunch, with the hostesses furnishing the desserts and drinks. We will be receiving our beautiful new Yearbooks and coordinating nametags, and you'll want to get yours! All women are invited to come and bring a friend!



Women's Bible Study

A new seven week study began 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!

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

Women's
Bible Study





Health Watch

10 Drugs That May Cause Memory Loss

Part Two - 6-10

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.

6. Parkinson's drugs (Dopamine agonists)

Why they are prescribed: These drugs are used to treat Parkinson's disease, certain pituitary tumors and, increasingly, restless legs syndrome (RLS).

Examples: Apomorphine (Apokyn), pramipexole (Mirapex) and ropinirole (Requip).

How they can cause memory loss: These meds activate signaling pathways for dopamine, a chemical messenger involved in many brain functions, including motivation, the experience of pleasure, fine motor control, learning and memory. As a result, major side effects can include memory loss, confusion, delusions, hallucinations, drowsiness and compulsive behaviors such as overeating and gambling.

Alternatives: If you are being treated for RLS, ask your doctor or pharmacist whether one of your prescription or over-the-counter medications may be the trigger. Potential culprits include many antinausea and antiseizure medications, antipsychotic drugs with tranquilizing effects, some antidepressants, and some cold and allergy medications. In this case, your RLS — and memory problems — could potentially be resolved by simply replacing the offending medication with another drug.

7. Hypertension drugs (Beta-blockers)

Why they are prescribed: **Beta-blockers** slow the heart rate and lower blood pressure and typically are prescribed for high blood pressure, congestive heart failure and abnormal heart rhythms. They're also used to treat chest pain (angina), migraines, tremors and, in eyedrop form, certain types of glaucoma.

Examples: Atenolol (Tenormin), carvedilol (Coreg), metoprolol (Lopressor, Toprol), propranolol (Inderal), sotalol (Betapace), timolol (Timoptic) and some other drugs whose chemical names end with "-olol."

How they can cause memory loss: Beta-blockers are thought to cause memory problems by interfering with ("blocking") the action of key chemical messengers in the brain, including norepinephrine and epinephrine.

Alternatives: If the beta-blocker is being used to treat glaucoma, I recommend talking with your health care professional about potentially using a carbonic anhydrase inhibitor, such as dorzolamide (Trusopt), instead.

8. Sleeping aids (Nonbenzodiazepine sedative-hypnotics)

Why they are prescribed: Sometimes called the "Z" drugs, these medications are used to treat insomnia and other sleep problems. They also are prescribed for mild anxiety.

Examples: Eszopiclone (Lunesta), zaleplon (Sonata) and zolpidem (Ambien).

How they can cause memory loss: Although these are molecularly distinct from benzodiazepines (see No. 1 above), they act on many of the same brain pathways and chemical messengers, producing similar side effects and problems with addiction and withdrawal.

The "Z" drugs also can cause amnesia and sometimes trigger dangerous or strange behaviors, such as cooking a meal or driving a car — with no recollection of the event upon awakening.

Alternatives: There are alternative drug and nondrug treatments for insomnia and anxiety, so talk with your health care professional about options. Melatonin, in doses from 3 to 10 mg before bedtime, for instance, sometimes helps to reestablish healthy sleep patterns. Before stopping or reducing the dosage of these sleeping aids, be sure to

Health Watch

10 Drugs That May Cause Memory Loss

(Continued)

consult your health care professional. Sudden withdrawal can cause serious side effects, so a health professional should always monitor the process.

9. Incontinence drugs (Anticholinergics)

Why they are prescribed: These medications are used to relieve symptoms of **overactive bladder** and reduce episodes of urge incontinence, an urge to urinate so sudden and strong that you often can't get to a bathroom in time.

Examples: Darifenacin (Enablex), oxybutynin (Ditropan XL, Gelnique, Oxytrol), solifenacin (Vesicare), tolterodine (Detrol) and tiroprium (Sanctura). Another oxybutynin product, Oxytrol for Women, is sold over the counter.

How they can cause memory loss: These drugs block the action of acetylcholine, a chemical messenger that mediates all sorts of functions in the body. In the bladder, anticholinergics prevent involuntary contractions of the muscles that control urine flow. In the brain, they inhibit activity in the memory and learning centers. The risk of memory loss is heightened when the drugs are taken for more than a short time or used with other anticholinergic drugs.

A 2006 study of oxybutynin ER, for example, found its effect on memory to be comparable to about 10 years of cognitive aging. ("In other words," as the study's lead author put it, "we transformed these people from functioning like 67-year-olds to 77-year-olds.") Older people are particularly vulnerable to the other adverse effects of anticholinergic drugs, including constipation (which, in turn, can cause urinary incontinence), blurred vision, dizziness, anxiety, depression and hallucinations.

Alternatives: As a first step, it's important to make sure that you have been properly diagnosed. Check with your doctor or other health professional to see if your urinary incontinence symptoms might stem from another condition (such as a bladder infection or another form of incontinence) or a medication (such as a blood pressure drug, diuretic or muscle relaxant).

Once these are ruled out, I'd recommend trying some simple lifestyle changes, such as cutting back on caffeinated and alcoholic beverages, drinking less before bedtime, and doing Kegel exercises to strengthen the pelvic muscles that help control urination.

If these approaches don't work out, consider trying adult diapers, pads or panty liners, which can be purchased just about anywhere. They can be worn comfortably (and invisibly) under everyday clothing and virtually eliminate the risk of embarrassing accidents. In my experience, many patients are reluctant to try this approach, but once over the initial hurdle, come to prefer it for security and peace of mind.

Correction: An earlier version of this article mistakenly implied that mirabegron (Myrbetriq), which the FDA approved last year for the treatment of overactive bladder, is an anticholinergic drug; in fact, it is in a new class of medications called beta-3 adrenergic agonists and is not expected to cause memory loss seen with anticholinergic medications. There currently are no data describing the effect of Myrbetriq on cognition.

10. Antihistamines (First-generation)

Why they are prescribed: These medications are used to relieve or prevent allergy symptoms or those of the common cold. Some antihistamines are also used to prevent motion sickness, nausea, vomiting and dizziness, and to treat anxiety or insomnia.

Examples: Brompheniramine (Dimetane), carbinoxamine (Clistin), chlorpheniramine (Chlor-Trimeton), clemastine (Tavist), diphenhydramine (Benadryl) and hydroxyzine (Vistaril).

How they can cause memory loss: These medications (prescription and over-the-counter) inhibit the action of acetylcholine, a chemical messenger that mediates a wide range of functions in the body. In the brain, they inhibit activity in the memory and learning centers, which can lead to memory loss.

Alternatives: Newer-generation antihistamines such as loratadine (Claritin) and cetirizine (Zyrtec) are better tolerated by older patients and do not present the same risks to memory and cognition.

Ask the Pharmacist is written by Armon B. Neel Jr., PharmD, CGP, in collaboration with journalist Bill Hogan. They are coauthors of Are Your Prescriptions Killing You?



FAITH IN ACTION !!

It has been asked why do we support the Hill Country Community Ministries?

When I go to HCCM with our contributions of food and clothing I see many dedicated volunteers working hard to help those in need.

When someone comes in for help they are required to fill out a form giving the particulars of their family and their needs. They are then asked to fill out a shopping list which a volunteer fills to the best of what they have available. There is a waiting time before they can return again for help. They may also choose four articles of clothing for each family member from the Clothes Closet. They serve 105 people in our immediate area.

Why do we also send money from our Outreach Funds?

HCCM buys fresh fruit and vegetables at a reduced cost from Capital Area Food Bank who receive them from grocery stores. They also have regular occurring operating expenses to cover. There is an interim director in place who is doing a wonderful job as they search for a new permanent director, and our own Pastor Chuck Smith is now vice president of their board.



*June Freeman
Leadership Council
Faith in Action Chair*



Stewardship Sunday September 6, 2015



"It's my pledge card."

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 8:30 am. Dr. Ken Bailey has produced a look at 1 Corinthians from a Middle Eastern Cultural View. Please join us!



Men's Point Venture Breakfast Group Meetings will resume on September 1st.

Men's Breakfast resumes on September 1 at the Point Venture Community Center. The kickoff program is a guest speaker—Dave Broker-- who will speak about identity theft (Think Quick!). Dave has presented this program to many groups. The men are looking forward to enjoying a delicious breakfast, fellowship and an educational program.

The next breakfast on September 15 will try a new format. Instead of a program the men will have an opportunity to discuss a topic of interest chosen by the men at that time. We welcome all men to join us for breakfast at the Point Venture Clubhouse on the 1st and 3rd Tuesdays each month at 8:30 A.M. for fellowship and a delicious breakfast!

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Church
Office Hours:
Wednesday
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.
Thank you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	2 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	3 10:30 AM Alzheimer's Support Group @ LV Library	4	5
6 10:30 AM Worship Service @Worship Center	7 1:30 PM GriefShare Support Group @ LV Library	8 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	9 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	10 6:30 PM Cancer Support Group @ LV Library	11	12
13 10:30 AM Worship Service @Worship Center 11:30 Choir Rehearsal	14 1:30 PM GriefShare Support Group @ LV Library	15 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	16 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	17 10:30 AM Alzheimer's Support Group @ LV Library	18	19
20 10:30 AM Worship Service @Worship Center 11:30 Choir Rehearsal	21 10:30 AM CWF Meeting @ Bluebonnet Room 1:30 PM GriefShare @ LVL 3:00 PM Leadership Council Meeting @ Worship Center	22 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	23 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	24	25 	26
27 10:30 AM Worship Service @Worship Center 11:30 Choir Rehearsal	28 1:30 PM GriefShare Support Group @ LV Library	29	30 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center			

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

SEPTEMBER



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Bill Webb.....	16
Margy Burchette.....	18
Jess Neely.....	20
Helen Veal.....	26
Warwick Andrews.....	27
Tess Benefield.....	29
Jeanene Wheeler.....	29

Birthdays &



Anniversaries

Tom & Armor Lee Gardner
September 12

Wayne & Donna Nash
September 29

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

office@lakesidechristians.org

Prayer Corner By Dayle Aulds



“What’s Going On In Our World, Lord?”

Lord, only You have the “Big Picture” of the chaos of our world right now, and I thank you for Your care, Your love, and Your provision for all of us.

Whatever else is going on, I do know that one day you will put an end to all sin. Only You can seal up visions and prophecies, because You are the “Yes,” and “Amen” to all of God’s promises. Only You are worthy of our adoration, affection, attention, and allegiance—
—only You!

I pray in Your most glorious and gracious name.

Amen.



August 27, 2015

Average Sunday Attendance.....	82
Membership.....	129 (84 families)
YTD Offerings.....	\$116,443.
YTD Expenses.....	\$107,992.

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

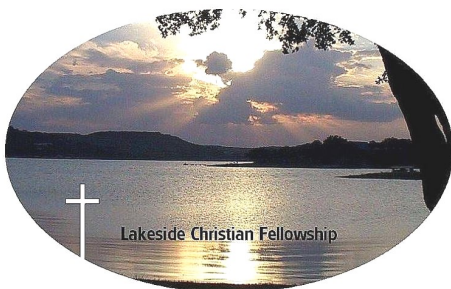
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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Lago Vista TX 78645

Phone: 512-267-1700
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