

Lakeside Christian Fellowship Ripples



OCTOBER 2015

VOLUME III, NUMBER 10

Dear Church Family,

It has been said that music is the universal language which speaks to the human heart in various cultures and countless languages. Music is an essential means of worshipping and praising God. Psalm 150 exhorts us to praise God with instruments of music-trumpet, lute, harp, tambourine, strings, pipe and cymbals.

There is something about the sound of bagpipes that stirs my soul. It may be in my genetic makeup-my ancestors hailed from Ireland, Wales and England. It is my understanding that bagpipes in rudimentary form were originally introduced by the Romans to early inhabitants of Ireland, Scotland and England. Whatever the case when I hear bagpipes playing I feel something deep inside. One of my all-time favorite pieces is 'Amazing Grace' played on bagpipes by a Scottish Army Regiment way back in early 1970's. The following story was forwarded to me by a member of our congregation. I think it illustrates my point.

'The Bagpiper's Final Tribute' Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life. As a bagpiper, I play many gigs. Recently, I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family or friends. I played like I've never played before for this homeless man. And as I played 'Amazing Grace', the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up by bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years." Apparently, I'm still lost...it's a man thing."

"Let everything that breathes praise the Lord! Praise the Lord! (Psalm 150:6)

Blessings to All,

Pastor Rick

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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!

5th Sunday Potluck August 30th 2015



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

From



Beginning...



...To end

Food
Fellowship
& Fun!!



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LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for September 21, 2015

CALL TO ORDER: The leadership Council was called to order in the Lakeside Christian Fellowship worship center at 3:00 PM, September 21, 2015. Members present were Dan Olson, Scott Cameron, Ginger Halstead, and David Freeman, Chuck Smith, and Rick Waters. Absent were June Freeman, Rodger Elliott, and Dayle Aulds. Guests present were Barbara McClaid, Genie Carroll, and Warwick Andrews.

INVOCATION: Pastor Rick Waters opened the meeting with a prayer.

BARBARA McCLAID presented details of the Church Improvement Task Force Phase One recommendations with assistance provided by Warwick Andrews and Genie Carroll. These recommendations included:

Painting of the interior walls; Enhancement of the rear wall to include attractive plywood covering to replace the curtains and to improve the sound reflection; Cabinet to cover the brick wall to provide storage for the tables and choir items; New deeper risers; constructed of oak lumber. Items 1 – 4 to be paid for with funds from the Building Fund

New chairs for the choir, Pastor, and liturgist to be paid for with funds from the Memorial Fund.

A motion to approve the Task Force recommendations was made by David Freeman, seconded by Ginger Halstead, and approved unanimously by the Council. The Task Force was excused and the Council proceeded with Commission reports.

MINUTES: Scott Cameron The August 10, 2015 Minutes were approved.

FINANCIALUPDATE: Scott Cameron presented an executive summary of the financial report.

Ginger Halstead moved to approve the report, seconded by David Freeman and the motion was approved.

STEWARDSHIP COMMISSON: David Freeman reported that the Stewardship program is progressing well. A question was raised for future consideration related to how new members are informed about and given the opportunity to participate in the stewardship aspect of the church.

OUTREACH MINISTRIES: Pastor Smith discussed the Walk for Alzheimer's and the need for additional funds. David Freeman proposed that \$500 be donated to this cause from Memorial Funds, seconded by Ginger Halstead, and the motion was approved.

Dan Olson requested suggestions for two additional members for the Nominating Committee.

Dan Olson discussed the agenda for the Annual Meeting and announced that some Commission Chairs will be requested to give a report to the Congregation.

During the discussion of the Task Force report, David Freeman questioned if we should continue to allow the Hill Country Singers to use the facilities for free, since we were no longer going to use their risers. Dan Olson pointed out that there are 10 members of the choir in the Hill Country Singers, who make pledges to LCF and that monetary contribution represents a contribution from the Hill Country Singers organization. No further action was taken.

The next meeting will be held Tuesday October 13, 2015 at the worship center.



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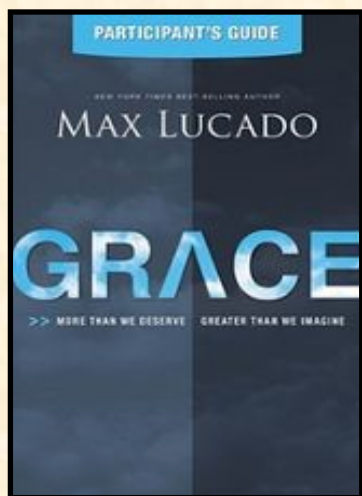
Lakeside Christian Women's Fellowship

The Lakeside Christian Women's Fellowship began their 2015-2016 year on September 21st. Page Massey opened the meeting with a devotional from Ecclesiastes. Vice President, Jan Robbins, introduced the Speaker, Dave Broker, who gave a program entitled, "Mourning to Joy." Mr. Broker spoke about the GriefShare support group in progress. This is a nationally sponsored group that uses a three point emphasis: Video, Group Share, and Personal Journals. The thirteen week program is now in session, but will begin again in January.

In the business part of the meeting, President, Donna Nash, announced that LCWF will be giving a check for \$806. to the congregation to cover the expenses for the window films in the worship center. Lil Burch announced that LCWF now has 56 members of which six are new members this year. After adjournment the group enjoyed a brown bag luncheon accompanied by sweet and savory snacks served by hostesses, Lil Burch, Linda Summers and Helen Veal.

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

Worst Restaurant Meals!

From WebMd (<http://www.webmd.com>)

Used with permission



Many of us like to go to restaurants and have a meal. Unfortunately a lot of those great looking and sounding meals just might be not good for you. Here's a list from the WebMd website complete with calories, grams of fat and sodium and some suggestions on how to eat better when you're in a restaurant:

Buffalo Chicken Salad

The Count: 1,040 calories, 72 grams fat, 3,470 milligrams sodium

"Salad" is stretching it! Fried meat, oily sauce, and cheese push the calories in this meal through the roof at one popular restaurant. It has about as many as a whole pint of chocolate chip cookie dough ice cream. The salad also packs nearly 25% more fat.

French Toast and Bacon

The Count: 1,130 calories, 20 grams saturated fat, 1,780 milligrams sodium

Want to use up a good chunk of your day's calories before noon? Eat this for breakfast. Better make it brunch, or you won't have many calories left to spare for dinner. This dish also has more than an entire day's worth of saturated fat and sodium.

Chicken Fajitas

The Count: 1,300 calories, 47 grams fat, 4,800 milligrams sodium

Chicken fajitas can be a healthy option. But they're often served with heaps of sour cream, shredded cheese, refried beans, and fried rice. Pack it all in, and you've got plenty of calories to pad your waistline! Instead, load up on grilled peppers, onions, chicken, and fresh salsa. Stick with just one tortilla.

Vegetarian Fried Rice

The Count: 1,090 calories, 19 grams fat, 2,210 milligrams sodium

Getting Chinese takeout? Don't assume the veggie options are the healthiest. Vegetarian fried rice can pack an unhealthy wallop. Instead, go for steamed dishes with lots of veggies and brown rice if it's on the menu. Keep the rice to a half-cup – that's about half the size of half a baseball. Always ask for sauce on the side.

Pasta in Carbonara Sauce

The Count: 1,570 calories, 113 grams fat, 2,460 milligrams sodium

Grilled chicken and shrimp can be good choices. But if they're drenched in carbonara sauce, not so much. A plate of pasta with shrimp and chicken in carbonara can creep up to unhealthy levels. It also has more fat than you'd get from eating a half-dozen glazed doughnuts.



Deep Dish Pizza With Sausage

The Count: 2,300 calories, 164 grams fat, 4,910 milligrams sodium

Deep dish pizza can be deep trouble. One "individual" sausage pizza serves up more calories than most people should eat in a whole day. It also packs double the daily limit of fat. Want to make it better? Skip the sausage and opt for thin crust.

Club Sandwich

The Count: 1,520 calories, 20 grams saturated fat, 3,500 milligrams sodium

Club sandwiches are sneaky. Even with lean turkey or chicken, they can serve up a ton of calories and a whole day's worth of saturated fat. Where is it all hiding? In the bacon, cheese, extra slice of giant bread, and mayo. Opt for a single-decker turkey sandwich instead. Choose plenty of veggies and add a few avocado slices for flavor.

Large Fries

The Count: 1,314 calories, 57 grams fat, 1,327 milligrams sodium

In a pinch, you might think that just one order of fries – and nothing else – would be OK. Not really. Large fries can have more calories than a whole loaf of white bread, with an extra bonus of unhealthy saturated fat. If you're jonesing for fries, just get a small. You'll save 788 calories.



Health Watch

Worst Restaurant Meals!!



From WebMd (<http://www.webmd.com>)

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(Continued from page 6)

Sliders

The Count: (4 sliders) 1,560 calories, 83 grams fat, 4,520 milligrams sodium

How bad can those cute little burgers be? If you eat the whole order, pretty bad. A plate of 4 sliders at lunch leaves you just 440 calories to spare for the rest of your day. Solution? Don't eat the whole order. Pack up one or two in a doggie bag and have them tomorrow.

Eat Better: Find Hidden Calories

You can skip the most fattening restaurant meals by reading the menu closely. Look for clues. Words like pan-fried, sautéed, battered, breaded, au gratin, cheesy, creamy, buttered, deep-fried, béarnaise, or crispy are usually signs of extra fat and calories. "Crisp" items are often deep-fried in oil.

Eat Better: Ask How It's Cooked

Preparation makes a big difference. Baking fish -- with herbs, veggies, and lemon juice -- adds very few calories or fat to the dish. Other healthy cooking methods include:

- Grilled
- Broiled
- Toasted
- Baked
- Poached
- Steamed

Eat Better: Go à la Carte

Skip the jumbo portions and rich sides that come with restaurant entrees. Instead, go for small plates that you can share, or choose side orders for your meal. In a Mexican restaurant, try one corn taco of grilled meats, a cup of chicken-tortilla soup, a side salad, and a fruit dessert. You get exactly what you want and a fraction of the calories.

Eat Better: Downsize

When only a hamburger will do, or a drive-through is your only option, think small. Go for the child's meal or a junior burger. Try this switch to get your fast-

food fix with fewer calories:

Skip: The mega burger, large fries, large soda – 1,320 calories

Choose: Cheeseburger, kid's fries, extra-small soda – 500 calories

Eat Better: Hide Temptations

Restaurants like to give you a sense that there's plenty on the table. It starts with an overflowing basket of bread or chips. Don't mindlessly devour a few hundred calories before your main meal. Ask the waiter to take away the basket of carbs before you've touched it – or after you take a small portion.

Eat Better: Pasta

Pasta swimming in cream sauce can be an unhealthy choice. It's packed with fat, calories, and cholesterol. Instead, eat a small portion of whole-grain pasta topped with better sauces, such as:

- Red clam sauce
- Marinara sauce without meat
- Primavera sauce without cream
- Marsala sauce with wine, not butter

Eat Better: Pizza

Pizzerias are used to getting special orders. A few simple changes can slash the calories and fat in your pie:

Pile on veggies and skip the meat.

Ask for extra sauce and half the cheese.

After a slice or two, take the rest home.



Eat Better: Dessert

Fresh fruit is available at many restaurants now, even fast-food chains, thanks to demand from health-conscious diners. If it's not listed with the desserts, check the side dishes – or ask for a special order.

Sources: Reviewed by Maryann Tomovich Jacobsen, MS, RD on May 09, 2014

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Church Picnic



**Sunday,
October
18th.
Grande
Pavilion
At Noon!**

**Daylight Savings
Time ends the
first Sunday in
November. Mark
your calendars now
to set your clocks
back on Saturday,
October 31st!**



Fall Back



Congregational MEETING

**The Annual Congregational Meeting
of Lakeside Christian Fellowship
will be held on Sunday, October 25
following morning Worship.
All fellowship members should plan
on attending the meeting!**

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Worship Center Improvement Task Force

During June the Leadership Council appointed a Task Force to consider ways to improve the appearance of the Worship Center to enhance the worship experience. They were busy considering many suggestions during the summer and on Monday September 21 the Leadership Council approved Phase 1 of their program. Work on their proposals will begin during the last week of September or the first week of October. They are not done but the next phase will come later. We are certain you will like the changes in appearance and that your worship experience will be blessed by the changes to the Worship Center.



The Task Force members are: Warwick Andrews, Ginger Halsted, Genie Carroll, Barbara McClaid, chairperson, Clyde Hance and Rodger Elliott, not shown.

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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 10:30 AM Alzheimer's Support Group @ LV Library	2	3
4 10:30 AM Worship Service @Worship Center 11:30 Choir Rehearsal	5 1:30 PM GriefShare Support Group @ LV Library	6 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	7 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	8 6:30 PM Cancer Support Group @ LV Library	9	10 9:30 AM Walk to End Alzheimer's @ Camp Mabry
11 10:30 AM Worship Service @Worship Center 11:30 Choir Rehearsal	12 1:30 PM GriefShare Support Group @ LV Library	13 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center 3:00 PM Leadership Council Meeting @ Worship Center	14 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	15 10:30 AM Alzheimer's Support Group @ LV Library	16	17
18 10:30 AM Worship Service @Worship Center 12:PM Church Picnic @ Grande Pavilion	19 10:30 AM CWF Meeting @ Bluebonnet Room 1:30 PM GriefShare Support Group @ LV Library	20 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	21 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	22	23 	24 4:00 PM Nancy Currier Memorial @ Worship Center Reception Following @ Bluebonnet Room
25 10:30 AM Worship Service 11:30 AM Congregational Meeting @Worship Center	26 1:30 PM GriefShare Support Group @ LV Library	27 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	28 9:30 AM CWF Bible Study @ Bluebonnet Room POA Activity Center	29  Church Picnic October 18, Noon	30	31

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


Congregational
Meeting
October 25, 11:30 AM



Nalda Daigle 1
Martha Waggoner..... 1
Tim Benefield 3
Edwina Woolsey 4
Jean Andrews..... 24
Mary Beth Doan..... 24
Ecla Caraway..... 30
Chuck Smith..... 30
Ron Linderman 31



Dick & Jean Hemer
 October 1

Dick & Dorothy Dickinson
 October 5

Bob & Jan Lehigh
 October 11

Ernie & Cleta Brewster
 October 26

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

Prayer Corner By Dagle Aulds

All prayers are edited and adapted from *Everyday Prayers*, by Scotty Smith

A Prayer About the Normalcy of Suffering

"Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. I Peter 4:12-13

Dear Lord Jesus, to know that suffering is a normal part of the Christian life actually brings me, and many of my friends, a great deal of relief today. For many of us have endured the destructive consequences of bad theology—various teachings that make Christians feel like spiritual pygmies for suffering any degree of illness, lack, loss, defeat, doubt, economic struggle, emotional distress, and the list goes on. But you tell us painful trials and suffering are not strange at all. I do know that a day of no more suffering is coming—the day when your glory will be fully revealed—and what a day of rejoicing that will be. Until then, give us all the sufficient, sustaining, serving grace we need now to suffer with you and for you. In your merciful name. Amen.



September, 2015

Average Sunday Attendance.....	92
Membership.....	131 (87 families)
YTD Offerings.....	\$133,118.
YTD Expenses	\$130,315.

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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