

LAKE SHORELINES

March 8, 2017



LENT

Our own efforts will consist in shifting and sorting out everything that is not essential and that fills up space and silence in us and in discovering what sort of shape this emptiness in us is. From this we will learn God's purpose for us.

— Caryl Houselander

Worship at Lake Shore The Second Sunday of Lent

The Worship of God

March 12, 2017

Sermon

Kyndall Rothaus

The Scripture

Genesis 12:1-4a



Mental Illness and Mental Health 101 Wednesday Night Seminars, 6:15 p.m.

Mental Illness and Sigma — March 15

Dr. Emma J. Wood is a licensed clinical psychologist and public speaker. Dr. Wood is a generalist working with adults in her private practice in Waco, TX. She provides a distinctly warm, engaging and individualized therapeutic experience to assist patients in their reaching their goals. Dr. Wood's speaking includes both local and national conferences in the field of psychology and health. Dr. Wood's presentations have been described as engaging and genuine, combining relevant research and literature with storytelling and vulnerability to help people both learn and be inspired. More information about Dr. Wood, including featured blog posts can be found at www.dremmajwood.com.

Addiction and the Church — March 22

Dr Don Arterburn is the Addictive Behavior Specialist at the Baylor University Counseling Center and works with couples and addiction issues in his private practice. His PhD is in Marriage and Family Therapy from Texas Tech, and he is a Licensed Marriage and Family Therapist and Certified Multiple Addictions Therapist. Don has been back in Waco for 9 years with his wife, LouAnna, and their 3 teenagers.

Theologians Wrestle with Mental Illness — March 29

Jonathan Tran teaches theology and ethics in Department of Religion at Baylor University and serves as Faculty Steward of the Honors Residential College where he and his wife live alongside students. Born in Vietnam at the end of the Vietnam War, he grew in Southern California. After seminary and graduate school in North Carolina, he joined the Baylor faculty in 2006 and has attended Calvary Baptist Church and University Baptist Church. His spouse, Carrie, is a MSW student at the Garland School of Social Work and his kids (Tahlia, age 13 and David, age 10) attend Rapoport Academy in Waco.

How to Love Individuals and Families with Mental Illness — April 5

Jennifer Alumbaugh, MS LMFT is a trauma-focused, Licensed Marriage and Family Therapist, coach, consultant, speaker, and therapeutic mentor. She has extensive experience working with survivors of psychological and spiritual abuse; trauma/complex trauma (sexual violence, childhood & developmental/attachment trauma, interpersonal violence); and PTSD/complex PTSD. These, along with grief and loss work are her areas of specialization. She is certified in *Trauma-Focused Cognitive Behavioral Therapy* and *Seeking Safety*; two trauma-focused Evidence Based Practice therapy intervention models. She has a Master of Science in Martial & Family Therapy from Fuller Theological Seminary School of Psychology in Pasadena, California. She led a grief group at Lake Shore last spring.



A Case Against Hunger

March 12, 15, 19, 22, and 26

Lake Shore's annual drive to help replenish the shelves at Caritas
Here's how it works:

- The Caritas covenant group orders cases of food that will be delivered to Lake Shore.
- You may purchase food before and after Sunday School, after worship, and before Wednesday night supper.
- You may choose between canned meats, cereal, canned vegetables, rice, peanut butter, and pasta.
- Children may purchase macaroni & cheese by the box rather than by the case.
- After March 26, Caritas will pick up the food Lake Shore has purchased to help fill the shelves.

Youth and adults who would like to help sell cases of food, please contact Buddy Powell

The Mission of Caritas is "to provide urgent support to people in need in our community through emergency assistance with food, prescription drugs, clothing, household items and utilities and through two thrift stores." Last year Caritas served 24,000 people with supplemental food assistance.

—Sponsored by: *Caritas Covenant Group*

Palm Sunday Soup Bowl Supper



Sunday, April 9 — 6:30 p.m.

for hunger relief for the people in East Africa who are threatened by famine

All money goes to Action Against Hunger

The Soup Supper is a chance for us to gather for a simple meal and time of prayer as we remember our neighbors who experience hunger as a daily need. Each year this signature Lake Shore ministry focuses on a different area of the world where people are suffering from war, political unrest, or natural disaster, resulting in hunger and food insecurity. At the Soup Supper we each choose a one-of-a-kind bowl to purchase and fill it with soup. We encourage everyone who eats at the Soup Supper to take a bowl home and eat out of it all of Holy Week and remember those our money is helping. The cost of the soup is already covered through your gifts to the Lake Shore missions budget. All the money given for bowls at the Soup Supper goes directly to hunger relief.

Widespread hunger is affecting millions in several East African nations. Famine has been officially declared in parts of South Sudan, the first time famine has been declared anywhere in the world since 2011. Across the country, 275,000 children face imminent risk of death from starvation. An additional 1 million people are on the brink of famine, unable to meet their survival needs. Throughout the country, 4.9 million people are in urgent need of humanitarian assistance. Political upheaval and ongoing conflict — combined with widespread insecurity, food shortages, and an unstable economy — have contributed to a spiraling humanitarian emergency. Action Against Hunger commits \$.93 of every dollar to food programs, so they may feed hungry people. Our gifts will help. [Click here](#) for Action Against Hunger's website.

Giving Bowls

You may have soup bowls in your kitchen cabinet from other years that you would be willing to bring to the church. Your gifts would increase the number of bowls we have for people who come to the Soup Supper. Please leave them in the big African basket in the office. Thank you.

—Sponsored by: *Global Missions Covenant Group*

Women's Bible Study
Tuesday, March 14, at 10 am
led by Kyndall Rothaus

Everyone Have Their Updates In?

Many of you responded to an email we sent in February about updating your information for the new online church directory. If you have not responded, please continue reading.

We are updating the church website this spring. Part of the plan is to include an online church directory of our active, resident community.

The directory will be password protected, and it will be accessible only to people who are listed in it. If you opt in, you will be able to access it on your desktop/notebook, your tablet, and your phone, and we will also be able to produce a printed version. You will be able to add new cell phone numbers, new email addresses, new family members' information at any time.

A first step in creating the online directory is making sure all the contact information we already have on file in the office is up-to-date. If you are in the active, resident community, you should have received an email last month that included an attachment of the current printed directory.

Let us know if your contact information has changed since the last printed church directory. You can help us by answering these two questions:

1. Is your contact information correct?
"yes" or "no" (if "no," then send correction)
2. Do you want to be included in the online directory? "yes" or "no"

If you opt out of the online directory, we would still like to have your correct contact information here in the office.

We hope that the new pictorial directory will help all of us (and especially new folks) to get acquainted more easily. You will be able to submit pictures of yourselves for the directory, but we will also provide an opportunity for you to have your picture taken, free of charge, by other church members. More information about photo submissions and photo sessions coming soon.

Deacons Meeting

Sunday, March 12 — 5:00 p.m.

Prayers for . . .

Curtis Streetman returned to ER at Providence on Saturday afternoon. He was admitted so that he could be treated for an infection at his incision site. Curtis and Terri Lynn welcome visitors and appreciate Lake Shore making them feel so "at home."

Paul Smajstrla had knee surgery last week and is doing well at home.

Carla Butler, Sandy Londos's sister, is hospitalized in Brandenton, Florida, with pneumonia. Sandy left early, early Wednesday morning to be with Carla and with their friend Lynn, who is also hospitalized.

Kay Bailey's niece, Madelyn, 16, of Woodway, has a lesion on her brain, and the family is waiting for a report from the pediatric-neurologist.

Barbara Francis cut open her knee when she fell Saturday night. She has a cast on lower leg to stabilize her knee.

Naz Mustakim is going to San Antonio on Thursday for his citizenship test and interview. He and Hope ask for your prayers.

Christiana Owusu as she travels home to Ghana this week.

Wednesday Night Desserts Spring 2017

Let's make something sweet for each other!
[Click here](#) to decide what you would like to bring and when you would like to bring it. Please consider signing up to bring a dessert item once or twice for our Wednesday Night Suppers. I hope we can join as a community to bring desserts. If you'd rather, you can email me at gidgettm@gmail.com or call/text at 254-709-9610. Thanks!

—Jenna Swanson

Lake Shore New Members Dessert Night

Friday, March 31 — 7:00 p.m.
50 Carriage Square

Hosted by the Welcoming Committee

Our Church Staff

Kathy Coleman,
Director, LSBC Children's Center
Louis Garcia, Custodian
Claire Helton, Minister to Children
Zachary Helton, Minister to Youth
Gordon Lawrence, Maintenance Manager
Krysta Pittman, Office Manager
Kyndall Rothaus, Pastor
Sharlande Sledge, Associate Pastor
Curtis Streetman, Director of Music



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www.lakeshorebcwaco.org

RETURN SERVICE REQUESTED

CALENDAR

Sunday, March 12

9:30—Sunday School
10:45—Worship
3:00—Newsletter Deadline
4:30—Soulfriends
5:00—Deacon's Meeting

Tuesday, March 14

1:30—Staff Meeting

Wednesday, March 15

5:15—Supper
6:00—Children's Activities
6:00—Seminar
7:00—Choir Rehearsal

Wednesday night supper March 15

Chicken a la Paris, rice,
green bean bundles, dessert

children, \$3.00
youth & adults, \$6.00

Write krysta@lakeshorebcwaco.org by
Sunday noon to add or cancel reservations.

Volunteers for Sunday, March 12

Extended Care: Jeanne Murphy
Ushers: Susan Johnson
Isabelle Murphy

Thank You! to Pattie Herbert
for donating a chair

Social Research Registry for the Waco-McLennan County Area

Ashley Thornton asked us to share the following opportunity with everyone:
"It would be great if everyone at church would sign up to be available for these surveys.
It's a low-stress way to provide really valuable information that our community can use
for planning and shaping strategies for community improvement. Please share far and
wide! Thanks!"

Dear Community Member,

We are contacting you to see if you would be interested in joining your friends and neighbors in Waco-McLennan County to take occasional online surveys through the Center for Community Research and Development (CCRD) at Baylor University. Our anonymous surveys cover a variety of topics concerning the Waco community. In recent years, we have asked about public health, neighborhood safety, social services, local education and transportation issues. Some of the questions asked will directly correlate to the goals of the [Prosper Waco initiative](#).

If you would like to make your opinion heard by joining us, please read the consent form. If you agree, we will follow up to ask for your e-mail address.

[Click here to access the Social Research Registry Consent Form.](#)

If you have any questions or want more information, please reach out to [Dr. Brittany Fitz-Chapman](#) with Prosper Waco.

Thanks for considering this invitation. We hope you will participate.

Sincerely,

Larry Lyon, Ph.D.

Center for Community Research and Development, Baylor University

11th Annual Global Business Forum

THE FUTURE OF
EUROPE

MARCH 13-17

The Global Business Forum is an annual conference hosted by Baylor University and the McBride Center for International Business that assembles specialists from the academic, business, and public policy communities to explore relevant issues concerning the world economy. More information: <http://www.baylor.edu/business/globalbusinessforum/>

Weekly Budget Report

Your contributions help fund our mission work, church programs, human resources, and physical facilities. Weekly budget needs for our 2017 budget of \$486,000.00 are \$9,346.15. This week's budget receipts were \$15,627.

<u>Year to date needs</u>	<u>Year to date received</u>	<u>Difference</u>
\$93,461.54	\$78,743.70	(\$14,717.84)

To give online, please click [here](#).