



HAPPY 250TH BIRTHDAY AMERICA! (Pastor Jim)

We have a LOT for which to be thankful. And as I've taught in church on several occasions, the KEY to being happy is ... GRATITUDE. As has been wisely said, "It's not happy people who are grateful, it's grateful people who are happy!"

Consider the NINE WORDS we often say together (from memory) in church: ***"REJOICE ALWAYS, PRAY WITHOUT CEASING, IN EVERYTHING GIVE THANKS; for this is GOD's WILL for you in Christ Jesus"*** (1 Thessalonians 5:16-18).

These words are NOT just a random saying that the Holy Spirit inspired Apostle Paul to write. As with EVERYTHING the Lord tells us in His Word, this is for OUR BENEFIT. We benefit when we DO what the LORD tells us to do ... and we eventually pay the price for NOT doing His will.

Set your watch, phone, or clock for 3 minutes. Then start writing – or saying out loud – ALL the things you can think of for which you are THANKFUL. (Such as: thank the LORD for clean water to drink, electricity that works, friends and family (name them all), the ability to read, hear, and see; a variety of foods to eat (taste buds!), a roof over your head, the stars and the moon at night, comfortable temperatures, and clothes to wear ... you get the idea).

Remember... *"It's not happy people who are grateful; it's grateful people who are happy!"*

I'm THANKFUL to serve as your pastor, the little shepherd working for the GREAT SHEPHERD, the Lord God.

Pastor Jim

CELEBRATE AMERICA

I'm also thankful to LEAD for the 15th year the **Lake San Marcos Independence Day Celebration**, July 4th at 9am in the Pavilion. We'll have a great mix of patriotic music, speakers, military flags, recognition of our veterans, and fun family "Americana" sing-a-longs! This event is supported primarily by our church and the Lakehouse Resort. Always fun, uplifting, encouraging, and touching. (Something we hear each year: "THIS was the best event like this I've ever attended. I didn't know you did this!")

Come early to get a good seat. 😊 And invite your friends!

And for an even BETTER seat join the **FREEDOM CHOIR** on stage. Our one rehearsal will be on July 3rd at 5:30pm in the Conference Center.



Dr. Jim Brown, Pastor

SOME THOUGHTS FROM THE BOARD CHAIRMAN

When July arrives thoughts naturally turn to Independence Day, the 4th of July. The Declaration of Independence refers to God numerous times – Providence, Supreme Judge of the Universe, Nature's God, Creator, Divine Intervention, and more – indicating their faith and reliance on the Heavenly Father. 250 years later this document and our nation still stand strong and free. I know God has something to do with it, and we owe the Founding Fathers a great debt for invoking the blessing of God.

The fact that the Continental Army actually defeated the British Army could only be attributed to Divine intervention. The British were the most powerful military force in the world, the Americans were under trained, under supplied, under fed, often shoeless, but still managed to prevail. God definitely wanted the Continental forces to win.

I have enclosed with this note a story, a little known but important part of the Revolutionary War. This story demonstrates the leadership, ingenuity, and determination of our early patriots.

God Bless us and all who made this nation possible.

Art Pedersen,

Board Chairman

Culper Spy Ring

In 1778 Washington needed reliable and timely information on the British troop locations, strength, and movements in New York and Long Island. He asked for volunteers from his staff to sneak into New York and gather information. The only one to volunteer was a young Lieutenant named Nathan Hale. The problem was that Hale was from Connecticut and had never been to New York, so Washington said no. But, Hale kept insisting and eventually prevailed and was sent into New York. However, within one week he was discovered, captured, tried and hung to death. This is where he said his famous line "my only regret is that I have only one life to lose for my country". Since this didn't work, a year later, Washington had a member of his staff, Major Benjamin Tallmadge, form a spy ring. Tallmadge, who was originally from Long Island and very familiar with Manhattan, recruited his childhood friend, Abraham Woodhall, to head up the ring. Woodhall had a general store on Long Island, so people were coming in and out of his store quite frequently, a good cover for movement of information. His code name became "Samuel Culper" and it was agreed that no one, not even Washington, would ever know his real name or any names of the agents involved. Tallmadge also recruited Robert Townsend in Manhattan whose code name became "Culper Junior". All other agents and couriers had numbers assigned.

This spy ring developed a lot of the "trade craft" still used today: dead drops, secret codes, invisible ink, to name a few. For instance, Woodhall's neighbor, Anna Strong, would hang her

laundry outside in a certain way that would indicate to the couriers, usually a patriot named Caleb Brewster, that there was a message to be picked up and delivered. Which laundry line it was on indicated which cove on the Long Island Sound to use. Washington's staff also developed a sophisticated "invisible ink" so that messages could be written between the lines of mundane correspondence such as invoices, letters, etc. Only by using a certain chemical, that only Washington had, could the message be revealed.

The information Washington received from the ring not only helped him know where and how strong the British forces were, but how to avoid them. When the French were landing troops in Rhode Island to help the Americans, the ring sent word that the British were moving all their forces from New York to attack the French as they were landing. Washington then had all his troops march toward New York, forcing the British to recall their troops to defend the city from the Americans. Washington promptly recalled his men, never intending to attack the City, but saved the French soldiers.

The Culpers also thwarted a British plan to counterfeit Continental Dollars and flood the colonies with them, making Continental money worthless. When the British changed the flag code used by their ships to communicate with each other, they had a printer next door to Townsend (Culper Jr) print the new code books. Townsend managed to get a copy and forward it to Tallmadge, who got it to the American and French ships so they were able to read the British messages.

Their biggest accomplishment was in helping to foil Benedict Arnold. Arnold was to meet the chief spy from the British at Ft West Point, north of the City. Townsend got word to Tallmadge that a high ranking British officer was heading north. Tallmadge managed to get sentries in place who stopped him and found hidden in his boots plans for Arnold to surrender Ft West Point to the British. Arnold managed to escape to New York, but Ft West Point was saved and prevented the British from moving north and establishing dominance in that region along the Hudson River.

None of the agents in the spy ring were ever captured. Their identities were not revealed until long after the war. The identity of Culper Jr was not confirmed until the 1920's. A Long Island historian reviewing some letters from the Townsend family recognized the handwriting of Robert Townsend as that of "Culper Jr", later confirmed by handwriting experts.

Washington himself admitted that he owed a great debt to the members of the "Culpers", and they were extremely critical to the cause and established the importance of secret intelligence, known today as espionage. Espionage was nothing new in the world, but the Culpers managed to take it to a new level.

I have seen a report that this story is to be made into a movie. If that happens, it could potentially be very interesting, informative and exciting.

NEWS FROM THE “CHURCH NURSE”

Which is better for you... Organic vs Grass Fed Meat? Distinction matters.

Organic Meat: every bite the animal eats must be organic... no antibiotics, no growth hormones, no chemicals.

Grass Fed Meat: must only eat grass... must be raised in open pastures, no feed lots, no antibiotics, no growth hormones or chemicals.

Grass fed meat is:

- Higher in Vitamin E and A – better for immune response regulation in your body
- Higher in Omega 3 – deficiencies are associated with depression and anxiety
- Higher Alpha Linolenic Acid – this plays an important role in insulin resistance
- Higher in Polyphenols and Carotenoids – important for neuroprotection and anti-inflammatory response in the body

Grass fed is more superior and healthier for you

Remember... **You eat what your food ate**

God is so Good... He has put all things on this earth from the beginning. ***“Every moving thing that lives shall be food for you. I have given you all things, even as the green plants and vegetables.”***
(Genesis 9:3, AMP)

It is so amazing to me how this world of ours has changed what God intended to be so good for us.

So, let’s get back to nature, eating healthy unprocessed foods as much as we can where possible.

Blessings and love to you all,

MJ Goldzimer, RN,

TLC Congregational Nurse

CONFERENCE CENTER UPDATE

Things are moving slowly but surely with the Conference Center Opportunity. Last month we asked you to submit ideas for improvements to the facility. And just last week Pastor Jim and Art Pedersen met once again with Pino Vitti (CFO, Pacifica Enterprises) and submitted a nice list for consideration. As Pastor Jim mentioned in his June letter... this will most likely be a 2+ year project. But, if the Lord wills we should end up with a permanent place for The Lake Church!



NOTE OUR NEW MAILING ADDRESS: 663 S. Rancho Santa Fe Rd, Ste 634, San Marcos 92078