



HOLIDAYS, CELEBRATIONS AND ETERNITY (Pastor Jim)



We all celebrate many holidays and special occasions each year. We typically observe birthdays, anniversaries, graduations, marriages, and more. Nationally, we celebrate Independence Day, Memorial Day, Veterans Day, the birthdays of famous presidents, Labor Day, Thanksgiving, and a few others.

Then, there are Christian holidays that we celebrate, with the two biggest being Christmas and Easter.

But Good Friday and Easter are the keys to everlasting life. Easter proves that what Jesus said and taught was true, including His prediction of His own death and resurrection. Good Friday and the crucifixion—the shedding of blood—paid the price for your sin and mine, and provided a way for us to be born again and go to heaven one day!

This month, I've titled my series: **ON THE ROAD TO EASTER: WHO do you say that I am?** The question that Jesus asked his disciples. I plan to cover a different NAME of Jesus each week. Week 1 was *Immanuel*, which we typically only hear at Christmas time.

Who do **YOU** say that Jesus was? It's a critical question if you want to spend eternity with God someday. Join us all month as we lead up to our Easter morning service, outside by the lake! It's a fantastic month to celebrate!

Blessings,

Pastor Jim

SOME THOUGHTS FROM THE BOARD CHAIRMAN

In the Bible, the month of March largely corresponds to the Hebrew month of Abib (or Nisan), which is designated as the first month of the religious year. It signifies a period of transition, spring, and the beginning of new life, marking the time of Exodus from Egypt and celebration of Passover.

God established this period (roughly March and April) as the “beginning of months” for Israel, separating them from the Egyptian calendar. (Exodus 12:2)

Passover is the primary event in this month. (Unless you are Irish, then, of course, it is St. Patrick’s Day) It commemorates the Israelites’ liberation from slavery, with the Passover lamb sacrificed on the 14th of Nisan.

Nisan/Abib is characterized as a time of moving from bondage to freedom, exemplified by the Israelites crossing the Jordan River. Just as St. Patrick escaped bondage in Ireland, became a priest, then returned to Ireland to spread the word of Jesus Christ and freedom from the grip of the devil.

The word “Abib” in old Hebrew refers to “young ears of grain”, symbolizing the onset of spring and renewal.

The name “March” is actually derived from the Roman god Mars, apparently it marked the beginning of the season for military actions. But the biblical months of Adar (late winter) and Nisan (early spring) overlap with this time, making it a critical, symbolic period of Divine interventions and restoration. Spring starts in March, flowers start to bloom, grass turns green, leaves appear on trees, the cold dark days of winter are over and life starts again. Just as Jesus’ resurrection gives us promise of eternal life.

Easter is on April 5th this year. Pastor Jim and music director Jeff Gunn will have a special message and service for us. Plan on being there and bring friends, it will be worth it.

Art Pedersen,

Chairman, Board of Directors

NEWS FROM THE “CHURCH NURSE”

Greetings All! It was so good to see everyone a couple of weeks ago – some very familiar faces and some new ones. So much love in The Lake Church family.

A new topic for us to review after visiting with many. Has your doctor ever told you that you have Osteopenia or Osteoporosis? Do you know the difference? If so, great....you can probably skip this article or have a review and not, we are all at risk for either osteopenia or osteoporosis.



Definitions:

Osteopenia – early bone loss. Bone strength is lower than normal but not severely fragile.

Fracture risk is increased but not high. DEXA Scan (the test given) measurement is -1.0 to -2.5.

Osteoporosis – Bone loss is significant. Fracture risk is high even with minor falls. DEXA can measurement is -2.5 or lower.

What's the big deal? Naturally our bone density declines with age and (for women) especially after menopause. Men also lose bone density with age and often go underdiagnosed. Hip fractures are one of the most common injuries and can significantly impact our mobility and quality of life. The DEXA Scan is the best test to diagnose or give a baseline and one should also get a FRAX score to decide treatment if necessary.

In general, everyone over 65 should:

- Have baseline DEXA screening
- Take adequate calcium and Vitamin D (There are many great supplements for this but remember... not all calcium supplements are worthwhile). Recommended calcium intake is 1,200 mg/day (from food and supplements), Vitamin D is 800-1000mg/day... more if you are deficient. Always check with your physician before taking any supplement.
- Do regular weight bearing exercises – arm curls and basic arm lifts with 16 oz water bottles works
- Fall prevention: get rid of those rugs, use your walkers in the house if balance is off, install grab bars in showers and by toilets and anywhere else you have issues with getting up and down!
- Take prescribed medications if high fracture risk.

I love Ezekiel 37:5 ***“This is what the Sovereign Lord says to these bones: I will make breath enter you, and you will come to life.”*** We are among the living and breathing so we need to take care of these bones HE has blessed us all with....me included.

With love and blessings over our most beautifully and wonderfully made bodies,

MJ Goldzimer, RN

TLC Congregational Nurse

760-803-9866; goldzimer.mj@gmail.com

MISSIONS GIVING

Our Missions Committee is very pleased to announce that we will soon meet to review and make decisions on all of our Mission's recipients that we support with your generous giving each year.

Over the past couple of years, we have met and reviewed the financials as well as visiting those charities that are local to North San Diego. We look at the amount of good they do for our communities in furthering and fostering a love for Jesus in different ways, not only helping poor and hungry people but in starting churches in our communities as well as a couple of National Organizations and youth organizations that are helping people all over the world.



Last year's recipients included Solutions for Change, Meals on Wheels, O'side Church, San Diego Rescue Mission, Young Life on College Campuses, Fellowship of Christian Athletes, Brother Benno Foundation, Pathways Health Clinic, Samaritan's Purse, The Salvation Army local chapter, and our Lake Community Lighted Beacon on the hill. We are pleased to announce that through your generous giving we were able to give \$42,000 to these organizations.

The Committee consists of 6 members, 4 of whom were added this year: Jacque Baker, Donna Bowers, and newly appointed members Jim and Linda Alden, Sharon Nielsen, and Lorna Aschbrenner.

This is an undertaking that we do with great care and it is gratifying to know that we are helping those that need it the most and those that use good stewardship with our donations.

Jacque Baker

Chairwoman, Missions Committee