

A NOTE FROM PASTOR JIM

Destination HEAVEN ... My current Sunday morning series will continue through May (except for Mother's Day, May 10, when Pastor Dennis Keating will be preaching). There's strong interest in HEAVEN, and I've received a few questions that I'll address as I share a joyful, hopeful, and Biblical view of Heaven and what lies ahead for ALL who have placed their trust in Jesus Christ. Please give your questions to Debbie or email debbie@lakechurch.org so I can address them in this Heaven Series.

Maundy Thursday prayer requests. There were MANY, and I prayed over EACH request. I was very touched by what I read – and am trusting the Holy Spirit – our Advocate, our Comforter - to provide the answer each of you is seeking, as only HE can.

Memorial Day ... Again, the Lake Church will lead our LSM Community in a brief but meaningful time of remembrance for our military families who have paid the ultimate price in service to this country, reminding us that *"Freedom isn't free."* Monday, May 25, 10am, outdoors on the grass area by the Pavilion, similar to last year, 35-45 minutes or so.

Praising our LORD for His many blessings,

Pastor Jim

SOME THOUGHTS FROM THE BOARD CHAIRMAN

In our calendar, the month of May is the 5th month. The number 5 supposedly is associated with divine grace, favor, and kindness. Because of this, many Christians believe this month was named after Mary, who God used to bring us grace, forgiveness, and new life. However, in the Hebrew calendar this time of year is the month of Ziv, the 2nd month (1 Kings 6:1). Etymologists (people who study the origin of words) say that May was actually named after the Roman goddess of spring, Maia, who was associated with the end of the darkness and cold of winter and the beginning of light, warmth, and new growth. Not entirely different than Mary.

The month of Ziv is when Solomon began the Temple, and it is viewed as a period for focusing on God's house, worship, and new building projects. Who knows, maybe we'll get some more work done on the Conference Center this month.

According to my research, key Bible verses for this month include: Psalm 90:17 ("establish the work of our hands"), Romans 15:13 (hope and peace), and Lamentations 3:22-23 (new mercies every morning). But, my take is that this is the time of new beginnings, light and warmth (except when there's "May Gray"), and time to take advantage of God's blessings and get to work doing His work.

On a different note, the Board of Directors is considering a program to help people who would like to attend the services in person, but have difficulty driving. We would like to set up a type of service where anyone who needs a ride to church can sign up on a list and we can match others to provide the transportation. So, in church, look on the back table for two lists, one for people to sign up on who would like transportation to church, and another for those who would be willing to provide it. A friend can sign up for you, or call our number, 760-471-3802, and have Karen (she usually answers the phone) put you on the list. This is a trial program and may change as needed.

One more thing. There are three of us who set up and run the streaming cameras for each service. One more person would be really helpful. It is not too hard to learn, but takes some training, probably less than an hour, and is actually kind of fun. We are also in need of one or two more who could run the program to project lyrics and message notes during the service. Anyone interested please contact me, Art Pedersen, Pam Best (the team leader), or Debbie Brown.

God Bless and thank you for being a wonderful congregation.

Art Pedersen,

Board Chairman

NEWS FROM THE "CHURCH NURSE"

Greetings All!

Here's some more on Brain Health.....

Leafy green vegetables are foods linked to slower cognitive decline. Spinach, arugula, and kale are the big three, among others. They provide nutrients the brain depends on every day. They are rich in lutein, folic acid, Vitamin K, and antioxidants that support neuronal health (Neurons needed for healthy aging and part of the brain network that is needed to send and receive messages properly) and cerebral blood flow (blood flow in the brain)

From a neurological standpoint they protect white matter (White matter helps with problem-solving and focus. It also plays an important role in mood, walking, and balance). These foods support neurotransmitter production (mentioned above) and decrease inflammation or swelling. Scientific studies show that people who regularly eat leafy greens have better memories and processing speed over time. What people consistently eat matters more than what they eat occasionally. So as we were told and as we told our children - eat your greens.

Vegetables are significant throughout the Bible, from Genesis to Daniel's dietary choices and Jesus comparing us to lilies of the field... we are always brought back to the connection with creation

It is God's design to honor God by caring for our bodies and the earth that He has given us. We are so very blessed to have such abundance to enjoy and so many health blessings. Let us not forget all HIS Goodness.

1 Corinthians 10:31 ***"So whether you eat or drink, or whatever you do, do it all for the glory of God."***

Shalom ~ Shalom,

MJ Goldzimer, RN, TLC Congregational Nurse

AFTER THE EMPTY TOMB (thoughts from Amy Pulliam)

As I sit with my Bible in the quiet of the early morning, before darkness lifts, it's only been a few days since the tomb was found empty—death conquered for all of us who believe and receive.

Many of you, my dear brothers and sisters, have been praying for me. These past years have been filled with trials, temptation, and despair. And yet, this morning, there is a quiet joy in my spirit as I reflect on His Word.

I am not alone.

He is not done with me yet.

I'm learning to show up for Him daily in obedience. Sometimes He gives me opportunities to share hope and peace. Other times, He asks me simply to be still—to resist reacting as the world does and instead respond in full dependence and surrender to Him.

My body tells a different story.

Three incisions burn, ache, and drain as I lie here recovering, uncertain if this latest surgery will bring the outcome I long for—to walk again, to expand my world.

But my prayer is shifting.

“Lord, what are You teaching me?

Am I holding onto anything that pulls me away from You?

Correct me.

Change my heart.”

I used to long for something simple—just waking up and being able to go for a walk.

Now, I find myself longing for something deeper: That I would wake up and use the time I've been given wisely, not missing what He has called me to do.

Before surgery, my daughter carried a heaviness I could feel. We spoke about it many times—her fear of losing me. As we parted in the pre-op room, there was nothing I could do but pray: “Jesus, comfort her in a way that draws her closer to You.”

Just days later, we were met with heartbreaking news. A classmate of hers—young, vibrant, and already overcoming so much as an amputee—was suddenly facing death. She had lived fully, refusing to let anything stop her from shining. And even now, her life continues to shine. Over 750 students gathered to pray, to mourn, and to honor her. A light like that doesn't fade. It leaves a legacy.

So I ask myself:

Can I still shine brightly—even with scars, pain, and uncertainty?

The answer is yes.

Because it was never about perfect circumstances—it was always about His light in us.

I'm reminded that even when we don't recognize Him in the moment, every good thing comes from Him. Yet so often, we hesitate to speak His name, afraid of how it will be received.

But He is everything worth living for.

Life is hard. It is painful, lonely, and uncertain. And still—He chooses to love us.

This Holy Week has been unforgettable. I was given another chance to step into surgery with faith, knowing that whatever the outcome, it will be used for Christ's glory.

And I've been reminded of something else:

While we wait, we are called to love.

A hand.

A hug.

A call.

Even in the hardest circumstances, we can offer grace. It may cost us our pride or comfort—but God counts it as treasure.

So I'm choosing to let go.

To release control.

To surrender fear.

To trust His plan.

Because only then can we truly understand what it means to carry our cross and live fully for Him.

I don't know what tomorrow holds.

But today, I am grateful.

Grateful for breath in my lungs.

Grateful for His Word in my heart.

Grateful that even here, in weakness, He is still working.

And that is enough.

Thank you, Jesus.