



# the lake church

January 24, 2022

*From Pastor Jim...*

## "It's who we are!"

Whenever I meet with other pastors and ministers, I almost always share my excitement about our church! It is perhaps the most unusual church in which Debbie and I have ever served. Sure, the crowd's maturity is one thing, but the most fantastic aspect of our church is the FAMILY feel we have. I see many people who genuinely love sharing life with one another! It's fun for me to watch people TALK and TALK before and after each of our services. IT's the LOVE that I see: for the LORD and one another.

I like the way **1 Thessalonians 5:11** puts it: ***"Therefore, encourage one another and build up one another, just as you are doing."***

I love gathering on Sunday mornings with you all for **fellowship** (I love Pam's set up for our pre-service coffee time, and I always venture out and talk with folks), **music** (love Susan and the praise Team), **message**, and then **more fellowship**! It brings joy to your pastor, and I think: "What a great church we have! Thank you, Lord!"

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**My Series: Wise Living in a Foolish World** continues as I dig into the book of **Proverbs**. It was written by Solomon, who was known for his wisdom. Proverbs is a treasure-trove of proven ways to LIVE WISELY. Join us each week – in person, LIVE-online, or video delay! We'll be in Proverbs for several weeks.

**IDEA** – I encourage you to join Debbie and me and many in church on our **"Simple Proverbs reading plan."** As mentioned Sunday in my message, read that chapter in proverbs, whatever day of the month it is. Thus on January 29, you'd read Proverbs 29. If you miss a day, don't despair; just continue with whatever day it is. It's a GREAT spiritual discipline to develop and repeat for a lifetime. AND – I guarantee you'll discover many gems that will increase your wisdom. (PS: you might try to get your children and grands on this plan too. THEY need to be wise too!)

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*Dr. Jim Brown, Pastor*

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**Easter is on April 17<sup>th</sup> this year.** Who do you know who hasn't gone to church in a while? MAYBE they will accept an invitation to our church? Maybe by Easter?

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**FEAR... 2 Timothy 1:7 – "For God has NOT given us the spirit of fear, but of power and of love and of a sound mind."**

Do you know anyone who is living fearfully because of \_\_\_\_\_ (fill in the blank)?

Fear is running rampant in our community, state, nation, and world. I've never seen it this bad.

But God is the SAME, yesterday, today, and forever. His promises NEVER fail. His Word is always relevant.

PRAY for those in your circle who are afraid. Pray for one another. Love one another.

Encourage one another. **And just say NO to FEAR.** Ultimately, fear comes from one source: the One who hates you and me. The One who wants us to turn our backs on God. The One known as the "father of lies." The One who wants us to follow him – Satan.

The FEAR strangling our country comes ultimately from that one. Be wise (yes), be brave (yes), be courageous (yes), be fearless (yes). And encourage other Believers to do the same. Like a package you don't want, just say NO to the "Spirit of Fear." Stand firm!

**Ephesians 6:10-18 – "Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God. <sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."**

Prayers and love ... from Debbie and me

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## Note from the Board Chairman

Thanks to everyone who returned their ballots for the budget and new Board members. Our by-laws require approval from the members for the yearly budget and new Board members, so since we were not able to meet, ballots were used to let members vote. The budget and the new Board members were approved, so we are able to proceed with 2022. Marge Judge, Jacque Baker, and Rich Farmer are now officially members of the Board of Directors. They join Don Wensky, Bonnie Standard, Rex Edmonds, Pastor Jim, and me.

On another note, Rex Edmonds is stepping down after numerous years serving on the Board. Anyone interested in filling that position, please contact me or Pastor Jim. THANK YOU REX FOR ALL YOU HAVE DONE!

With love and blessings,

Art Pedersen, Chairman  
Board of Directors.

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## OOPS! – 2021 Giving Receipt

Donna Roberts, our bookkeeper, just notified us that she goofed and, in the body of the giving receipt, listed the date as 2020 instead of 2021. She said you can just change your copy to read 2021. If you're uncomfortable with that solution, just contact her and she'll send a new receipt. Donna Roberts: 760-510-8218 or donnajr55@yahoo.com.

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**Pastor Jim** writes a monthly article for the Lake San Marcos "*Quail Call*" Newsletter. We thought you'd appreciate this one:

### Happiness is Contagious!

Today, I believe people are starving for happiness. Are you? When's the last time you had a good belly laugh? You see, negative thoughts produce negative consequences. Those negative thoughts can become toxic and cause your body to secrete inflammatory stress hormones.

You know that I am pastor of The Lake Church. However, MOST of my working life I've been in education... as a high school teacher and principal but MOSTLY as a professor of education at the grad level. UC San Diego was my last full-time duty station and included much research and teaching.

My research on HAPPINESS found that the fastest way to increase your joy and happiness is to be around others who are happy and then radiate that happiness to others.

A recent study in the British Medical Journal showed that happiness is MORE contagious than SADNESS – and the more happy people you are around, the happier you will be!

An Univ of Calif colleague of mine – Robert Emmons, Ph.D. – did multiple studies and wrote a book: THANKS! How Practicing Gratitude Can Make You Happier. (I've read it and love it!)

And since happiness has been shown to improve heart health, reduce pain and lessen your chances of a fatal health disaster; why not smile and infect others with good cheer and encourage one another to go on a mission to spread more happiness?

Shawn Achor, author of The Happiness Advantage, tells us that you can increase your own happiness by "writing down three new things you are grateful for each day ... [as] research shows this will significantly improve your optimism even 6 months later, and raises your success rates significantly." Another trick is to "write for 2 minutes a day describing one positive experience you had over the past 24 hours" which, according to research for his book, dramatically increases happiness.

Simply put... the more you work on happiness as a habit, and get out there and enjoy yourself, the more likely you are to be happy and to be able to share that happiness with others. And WHO would think that more happiness is a bad thing? (Maybe the Grinch?)

In another study, Nancy Stone Ph.D., writes that an easy way to become happy is to choose the right colors. For instance, reds and purples can increase your energy. For happiness, she says: "go green and yellow." Those are outdoor colors and can be inspiring. Calmness? Blue – the color of sky and sea. (Guess what black does for you?)

My friend, Tom Strathairn – who writes the *Quail Call* column beside mine each month – reminded me on New Year's Eve that my messages are consistent... "You're trying to help people improve how they feel, think and live." And you know – Tom, my friend – you're right!

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*“The fear of the Lord is the beginning of  
knowledge but fools despise wisdom and  
instruction.”*

Proverbs 1:7