

**LAKESIDE COMMUNITY  
PRESBYTERIAN CHURCH**  
9908 Channel Road, Lakeside, CA 92040  
619-443-1021  
lakesidepc.org    office@lakesidepc.org  
Office Hours: Mon-Fri. 9 AM – 2:00 PM

**DIRECTORY**  
“All members are ministers in Christ's Service”

Rev. Tim Avazian, Pastor  
Silvia Serrano, Office Manager  
Ron Hilley, Director of Music  
Michael McKnight, Outreach Volunteer  
Janice Johnson Warren, Treasurer  
Suzy Smith, Caretaker  
Joanne Laird, Nursery Attendant

**LCPC OFFICERS**

**Clerk of Session:** Linda Sunkel  
**Elders:** Sheila King, Glen Bauer,  
Lisa Hultman, John Sunkel, Cindy Wheeler,  
Garry Smith, Gerie Morrin

**Deacons:** Nancy Adams, Chris Crawford,  
Marilyn Gilbert, Suzy Smith, Jan Warren,  
Ruth Boudreau, Sioux Swart,  
Mark Vettel, Ski Zenski

Sola Scriptura – Sola Fide – Solo Gratia -  
Solo Christo – Soli Deo Gloria  
(Scripture Alone - Faith Alone - Grace Alone -  
Christ Alone - To the Glory of God Alone)  
“A Confessing Presbyterian Church”



LAKESIDE PRESBYTERIAN  
CHILDREN'S CENTER  
619-443-2887

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**Our Supported Missions:**  
**John & Cynthia Chynoweth**  
**Cru, Florida**  
Leona Edic & Jennifer Edic Bryant  
**Literacy & Evangelism Africa/Central America**  
Dave & Sylvia Riggs  
**Wycliffe Bible Translators, Mexico**  
Steve & Debbie Robinson  
**Mission Aviation Fellowship, Idaho**  
Dave & Linda Ringenberg  
**Mission Aviation Fellowship, Indonesia**  
**Sudanese Church**

**San Diego Military Outreach Ministry**

**Presbyterian Urban Ministries**

**Iglesia Presbiteriana Hispana**

**Lakeside Christian Helps Center**

**Presbyterian Missions (shared)**

**Sudanese Church of San Diego**

**Daniel Nunez, Kingdom Builders**

When you finish reading this newsletter,  
please share it with family and neighbors.

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**Coming up...**  
Aug. 6 – 9:45am – Worship & Communion Sunday  
Aug. 9 - 2-4:30pm – Kids Water Day @ LCPC  
Aug. 18 - 2-2:30pm – Young @ Heart Afternoon Movie  
Aug. 20 – Middle & High School Back to School Pool Party, off campus  
Aug. 27 – 12:15pm Eat & Greet Free Community Lunch and Activities – All are welcome!



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**LCPC CONNECTIONS**

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office@lakesidepc.org  
lakesidepc.org  
August 2023 Newsletter



**A WORD FROM PASTOR TIM**

**Life Fully Lived**

*Don't waste your time on useless work, mere busywork, the barren pursuits of darkness. Expose these things for the sham they are. It's a scandal when people waste their lives on things they must do in the darkness where no one will see. Rip the cover off those frauds and see how attractive they look in the light of Christ.*  
*“Wake up from your sleep,  
Climb out of your coffins;  
Christ will show you the light!*  
*So watch your step. Use your head. Make the most of every chance you get. These are desperate times!*  
*Don't live carelessly, unthinkingly. Make sure you understand what the Master wants.*  
(Ephesians 5:11-17 The Message)

Do you ever get distracted from accomplishing a task? I know that I do. I am easily distracted. My wife will give me a task to accomplish and I will meander my way to getting it done by doing several other (what I think are) “important” tasks. I get distracted from my purpose.

In this passage from Paul’s letter to the Ephesians, Paul calls us to live life with purpose. He tells not to "waste our time...[or] waste our lives on things you just do in the darkness...[or] live carelessly, unthinkingly."

Instead, says the apostle, we should "watch our step, use our head, make the most of every chance we get...[and] make sure we understand what the Lord wants."

Our “time” is an opportunity to join the purposes of God in the world. When we get “distracted” we may miss the important thing that God wants us to do.

Now that doesn’t mean that every moment of everyday is intently focused on a task. Sometime God wants us to be still, to meander, to dream. Other times He wants us to focus on a relationship that is in front of us because we “don’t want to live carelessly, unthinkingly.” We want to make sure that we “understand what the Master wants.”

So as the hot days of summer continue into August and September, remember to live your life fully, with God’s purposes in mind.

## A LITTLE HISTORY ABOUT EAT & GREET...

Recently, some of the volunteers who serve at Eat and Greet were asked about the history of our ministry, so we thought that we would share how it got started:

It was around 2014 - 2015 when some of our LCPC members met at Trinity Presbyterian Church in Spring Valley for a leadership meeting. While going over ideas for helping our community, it became apparent that we needed an outreach for our low income families to provide a meal at the end of each month. Three LCPC members, Becca Leavitt, Roberta Price, and Suzy Smith started getting together and began researching how, when, and who the person or persons we needed to talk with at our church, about getting an outreach off the ground. Everyone was excited to try and make this ministry work, and after some prayerful consideration, we came up with the name, Eat and Greet.

In the beginning it was just a good meal and some friendly talk, getting to know our neighbors at Lakeside Gardens, and others in our church community. Some of our guests suggested playing Bingo, and we looked into it to see if we could offer prizes for winning. However, we found out that we could not give out prizes because it was considered gambling, so we came up with opportunity tickets, which were handed out to each guest upon their arrival.

Sadly, we lost Becca and Roberta to other churches in our community. They were and are still sorely missed. Later, we added bragging certificates, for the two tables of prizes. The gifts are small items that our congregations graciously donated. Through Sheila King's outstanding research and grant writing, we received a grant to help us with our costs, and we were able to provide free pantry bags for our guests.

Because of our cooks, Joanne Laird and Gary MacDonald, and with the help of Ski Zenski, Suzy Smith, Michael McKnight, Wendy MacDonald and others, we are continuing to make Eat and Greet a great success! *Thank you for your support as we reach out to our community.*



## OUTREACH

### LAKESIDE CHRISTIAN HELPS CENTER NEWS

The Center needs small 16oz or smaller bottles of water, peanut butter and jelly, cans of chili, pork & beans (easy open lids are appreciated), blankets, and men and women's socks.

The Center is open Monday through Thursday from 10:00am to 12:00pm, and the fourth Saturday of the month with the same hours. If you know of someone who may need a little extra help, the Center may be reached at (619) 561-3488.

### HOPE 4 THE HOMELESS LAKESIDE (H4HL) & THE THINK DIGNITY SHOWER MOBILE; LADLE FELLOWSHIP

These organizations are in need of men and women's clothes and shoes, hygiene supplies, underwear (new), snacks, bike patch kits, batteries, tents, tarps, backpacks, large trash bags for cleaning up the river area.

Another way in which LCPC can help: If you go to rummage/garage sales, consider asking the sellers if they would like to donate their unsold clothes and shoes to these worthy causes.

Donations may be dropped off on Sunday in the foyer, or at the church office during regular hours.



### East County Transitional Living Center

1527 E. Main St. El Cajon 619-442-0457 www.ectlc.org

The ECTLC is in need of eggs, socks, hygiene products, and toilet paper. Donations may be dropped off at their facility. There is a security guard at the gate: let him know that you are dropping off the items and he will direct you to the area for donations.

### EAST COUNTY EVENTS: Mayor Wells and Friends Annual Concert

HOSTED BY East County Transitional Living Center Get Tickets

Sep 30, 2023 @ 5:00 pm - 9:00 pm

El Cajon Mayor Bill Wells and his all-star band revisit the pop and soul classics that make up the soundtrack of our lives. LOCATION: The Magnolia, 210 East Main Street, El Cajon, CA 92020

### SAVE THE DATE: NEW DAY 14TH ANNUAL 2023 GOLF 4 GOOD

New Day Urban Ministries is hosting their fundraiser event on **Monday, September 18** at the Carlton Oaks Golf Course. Golfers who wish to participate in the event can register online at [www.newdayurbanministries.org](http://www.newdayurbanministries.org). All event proceeds will go directly to New Day Urban Ministries, a 501(c) (3) mission of the Presbytery of San Diego, which serves as a Christ-centered outreach to the homeless, the inner city poor, and those just released from prison.

## SAN DIEGO MILITARY OUTREACH MINISTRY (SDMOM)

SDMOM is hosting their major fundraiser on **Saturday, August 19**, to bring in donations so that the organization can continue to serve the junior enlisted men and women of our military.

A Hawaiian Luau will be held at 5:00pm at Ascension Parish Hall, 11292 Clairemont Mesa Blvd, San Diego 92124. The doors open at 5:00pm. There will be the luau dinner, entertainment, and silent auction.

To purchase tickets or for more information contact [Barbara@sandiegomom.org](mailto:Barbara@sandiegomom.org), or 619-843-8964. Their website is [www.sandiegomom.org](http://www.sandiegomom.org). We invite you to check it out.



## Young At Heart A Ministry for Senior Citizens Lakeside Community Presbyterian Church

Our Young at Heart group will be hosting an Afternoon Movie on **Friday, August 18, 2023, from 2 - 4:30 pm**. Please come join us as we watch a sixties comedy, or a Humphrey Bogart classic, or some other enjoyable film. Popcorn, Jr. Mints and beverages will be served. Please Sign-up on the patio during fellowship time. If you have questions, call the church office, Gary MacDonald, or Michael McKnight.

## MILITARY OUTREACH MISSION SAN DIEGO (MOMSD) M.O.M. NEEDS OUR ASSISTANCE

As new junior enlisted personnel and their families enter the San Diego area, they are in need of the material things of life to settle here. Presently the MOM organization is very low on diapers of all sizes, kitchen supplies such as dishes, glasses, flatware and cookware. MOM will take gently used bedding/linens/towels, children's clothing, toys and small appliances. Small items can be placed in the MOM white box in the foyer/narthex. Thank you for help with this worthy cause!

## LAKE SIDE CHRISTIAN HELPS CENTER & "BACK TO SCHOOL JAM!" EVENT

**Friday, August 11 from 2:00pm-5:00pm**  
**Lakeside Community Center on Vine Street**

Donations of school supplies are needed, and they may be dropped off at the Helps Center, Community Center, or church office during regular office hours, **by Monday, August 7**.

Three volunteers are needed to fill the backpacks with supplies on **Tuesday, August 8, starting at 1:00 PM**. Contact Michael McKnight to sign up or for more information.

## PLAN NOW FOR A RELAXING TRIP TO JULIAN Labor Day Weekend September 1 - 4

The Julian Christian Retreat is reserved for the LCPC Church family over the Labor Day weekend. Come up for the whole weekend (cabin space is still available), or come up for the worship service on Sunday and hear what Pastor Tim has to share. There is time for attending worship in Lakeside, and then make it up in time to attend in Julian. For more info, contact Scott Janes, Mark Vettel, John Neumeister, Bob Spencer, or Michael McKnight.





## THE CHOSEN

Join us Thursdays for the television series **The Chosen**, about the life of Jesus. At 6:30pm, we will have dinner (bring your own dinner). Water bottles will be provided. The viewing will start at 7:00pm in Rooms 1 & 2.

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### KIDS WATER DAY

**On Wednesday, August 9**  
**from 2-4:30pm**, LCPC will host a community Kids Water Day. We will have water slides, squirt guns, wading pools, sprinklers, and more.

We need volunteers: Our biggest need is to get the word out in the community about this free event. Lots of fun for children from preschool through middle school age. Volunteers will help to set-up, pack up, and will monitor the children. If you can help, contact Pastor Tim or Michael McKnight.



### MIDDLE & HIGH SCHOOL BACK TO SCHOOL POOL PARTY

On **Sunday, August 20**, we will be having a pool party and barbeque for middle school and high school students. We are planning to do a joint party with two other East County Presbyterian Churches with the hopes of starting a series of regular events for the students of the three churches. If you are interested in helping, contact the church office, Pastor Tim, Krista Wisdom, or Michael McKnight.

## BOOK REVIEW BY SHEILA KING – UNBROKEN BY LAURA HILLENBRAND

During a discussion with Pastor Tim, I discussed the geography refresher course I had as a result of our mission's wood puzzle map in the Fireside Room. I told him the locations of the islands in the South Pacific made me recall studying the fighting that took place during WWII. This prompted Pastor Tim to ask if I had read, *Unbroken* by Laura Hillenbrand, I hadn't. He lent me the book. It's the story of Louis Zamperini who was an Olympian runner in 1936 and later as an airman in WWII who survived a plane crash, 47 days adrift at sea, starvation and beatings at multiple Japanese prison camps.

More importantly, the story is about God's never-failing grace and redemption. By all accounts Louis Zamperini was a scrappy youth with a short temper, stealing, a very strong will, and fast. Just as God prepares us for things to come, Louis' strong will, grit and determination prepared him for the horrors he was going to experience and unbeknownst to him God was always with Louis.

Like so many soldiers throughout history, war leaves scars that cannot be seen, today we call it Post Traumatic Syndrome Disorder (PTSD) and Louis sunk into alcoholism upon his return to civilian life. After multiple requests by his wife to attend one of Billy Graham's Crusades in Los Angeles, Louis attended and initially walked out, but unrelenting pleading by his wife, Louis sat through another of Billy Graham's sermons and then it clicked for Louis. He recalled the time in the raft adrift in the Pacific, his body wasting away, dying of thirst that he had prayed to God that if He saved him, Louis would serve God for forever. How often do we pray to God to save us from a situation and then ignore Him after the situation has passed?

Something within Louis shifted, I believe it was the Holy Spirit taking hold. Louis immediately was a changed man; he quit drinking, forgave his cruel captors, his PTSD nightmares ended, and he dedicated his life to Christ. Louis found peace, at the foot of the cross. From the moment Louis Zamperini accepted the grace God offered, he was filled with the Holy Spirit, dedicating his new life to Christ, starting the nonprofit Victory Boys Camp, speaking to audiences of redemption through Christ, and while in his eighties worked at First Presbyterian Church of Hollywood.

The book is not new, it was #1 New York Times Bestseller in 2010, but is worth reading. The author took seven years to research and write Louis' story, but the book is a very easy read. The author also wrote *Seabiscuit*. The famous story of the racehorse during the depression. If you enjoy reading about adventure, true stories, history, resilience and redemption then *Unbroken* is a must read; and if you are not a reader the book was made into a movie.

## CHILDREN'S CENTER NEWS

### The Center, and the Congregation Welcome La Teresa Oropeza, Our New Preschool Director

We would like to introduce and welcome La Teresa Oropeza as our new Children's Center Director. She comes to us with thirty years of experience in early faith-based education with twelve of those years as a Director. La Teresa has also worked in both nursery and children's ministry. She is married with three adult children and three grandsons. We are excited to have La Teresa as part of our Preschool and Church family. There will be opportunities for you to meet her in the coming weeks. She will be officially starting on August 1st.

Welcome La Teresa!

Lakeside Presbyterian Children's Center



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(Continued from FIRESIDE ROOM & PASTOR'S OFFICE, page 5)

#### THANK YOU...

Again, a sincere thank you to the volunteers who made this possible.  
Mark Vettel for his recommendation to relocate the Pastor and utilize the larger space for church gatherings.  
Pastor Tim for his willingness to relocate his office.  
Silvia Serrano for her patience during the remodel and making labels.  
Garry Smith for demo and removal of unused furniture and debris.  
Suzy Smith for painting, ideas, helping to shop, and assembly of furniture.  
Joe Canard for building and installing counters and replacement of outlets, blinds, and replacement of outlets and registers in the Pastor's office.  
Kevin King for building and installing counters assembly of furniture, installing blinds and baseboard in the Pastor's office.  
Ski Zenski for ideas, painting, applying fabric guard to furniture, cleaning, and use of military discount for purchases; Gary MacDonald for assembly of furniture.  
Wendy MacDonald for ideas, purchasing pillows, fabric guard, lunch and encouraging words.  
Cindy Wheeler for cleaning, Mission Wall; Linda Sunkel Mission Wall.

With a grateful heart, Sheila King

## FIRESIDE ROOM & PASTOR'S OFFICE

### PHASE 1

A "new" gathering spot, The Fireside Room, and relocation of the Pastor's office was completed July 10th, though an early preview rolled out on Sunday July 9 during Fellowship Time. The response was very favorable and I received several very good suggestions for further improvements. As such I will immediately purchase some type of sliding door threshold ramp to minimize a potential tripping hazard. The large desk and two drawer file cabinet, currently in the Fireside room will be removed and are available for purchase, if anyone is interested please submit an offer into the office.

The cost for the Fireside Room and Pastor's Office was done at no cost to the church's 2023 approved budget. A thank you to the Prayer Quilt Ministry for their generosity of \$1,000 and the balance by Kevin and Sheila King in memory of Sheila's mom, Dorothy Zenski, and belated wife of Ski Zenski.

The proposed plan for the Fireside Room included a cost estimate that was submitted and approved June 20 by the Property & Stewardship committee and subsequently approved June 27 by Session, and completed July 10; less than 2 weeks from the date Session approved! How did this happen so quickly? A detailed plan, including costs, budget and timeline was submitted to the committee. A single focal person coordinated the team of volunteers who offered their time, and a daily review of the project timeline was followed and communicated. Not all church work can be accomplished within this type of speed, but with prayer, a plan and volunteers we can accomplish much.

### PHASE 2

This is in the preliminary stage and will require funding. This phase includes: a wall mounted (swivel & extends) TV in the Fireside room to support Bible Studies and other small group studies, add electric in the wall with the TV, new window treatments, a new narrow table with shelves for literature for the front office, refinish the kitchenette cabinets and repair the long overhead kitchenette cabinet, replace sliding door locks (Fireside Room and small kitchen). If you have additional ideas that are non-construction for the Fireside Room and little kitchen please submit to Sheila King.

A few of our long-time congregation members reminisced about the two remodel rooms. As it turns out the original location of the Pastor's office is where Pastor Tim has relocated his office and the room we have named The Fireside Room, was originally called the Fireside Room and used for small groups, meetings, etc. Unbeknownst to many of us, we have come full circle and restored the original use of the two rooms

(Continued from on page 8)

## MISSIONARY FIELD - CHYNOWETH FAMILY AND MINISTRY UPDATE

Dear Friends,

This update is overdue. A lot has happened since I last wrote in March. Let me catch you up on both the family and ministry fronts:

Family: Cynthia was diagnosed with Chronic Lymphocytic Leukemia (CLL) several years ago. Her oncologist has been monitoring it regularly. Recently due to enlarged lymph nodes, she began long term immunotherapy (chemotherapy) with a daily tablet. Her lymph nodes have since shrunk so it seems the medication is working well. Please pray for her as she will be using the medication indefinitely. A very special blessing in this was the medication costs have been paid for 100% with no cost to us (The announced cost initially was \$20,000/month!!! with 80% covered by our Medicare insurance).

Jim, Jessie and their 3 children are doing well in Cyprus though Jackson had surgery after breaking his arm in a bicycle accident. It has healed but likely will require surgery in a few months to remove a plate that was put in. We are planning a visit to see them in October combined with a 10th anniversary trip to Italy. They have one more year in Cyprus and Jim is in the process of "bidding" (as the Dept. of State calls it) for his next assignment for the fall of 2024.

Mike and Michelle just celebrated their 20th anniversary! Mike is now busy pursuing a new job since his technology company went through a major retrenchment as a result of financial issues at the company. Also, grandson, Michael, has a broken toe and some cuts, scrapes and bruises from a collision with a car while out training for cross-country track. He's healing fine but won't be running soon.

Ministry: The last time, I wrote, I was coaching two leaders (One in Uganda and an American based in Europe) and that went very well. In May I helped take one of the teams working with Cru's humanitarian Aid ministry through a team building training. Their feedback was that it really helped them as they seek to work together more effectively toward their team's contribution to the Great Commission.

More recently, I was asked to meet with the leaders of another mission organization, Leadership Development and Human Resources (LDHR), on the topic of developing their Member Care services (as part of the Human Resources for their organization). It was a real privilege to learn more about their ministry and how it has grown from a small mission organization to more than 350 staff from more than 10 countries in the past ten years. One of the resources I was able to share with them is our Cru HR

website. It is open for anyone interested to use: LDHR.org. Pray for this couple as they develop the member care resources for their mission agency in Eastern Europe. I recently was asked to help contribute to the design of an orientation for new global level leaders within Cru. I led our Global Leader Orientation from 2012-2019. When we reorganized our global leadership two years ago, we decentralized and now our senior leaders live all over the world rather than all being located here in Orlando. The result is we need to explore how to orient new leaders at a distance using the internet, etc. Pray for wisdom as this project will be unfolding over the next several months.

Friends, I am so grateful for each of you and your encouragement. The Lord continues to be so incredibly good and gracious to us! Thanks for praying and patiently getting through this long update!

Blessings, John

## BUILD A STRONG FOUNDATION ON GOD'S WORD

### WOMEN'S SUMMER BIBLE STUDY – BEGINS MONDAY, AUGUST 7

Join us for a 4-week Bible study on "Great Prayers of the Bible." Over the next 4 weeks we will be looking at two prayers from the Old Testament and two prayers from the New Testament.

How did people like Daniel, Job, Mary and Jesus talk to God? What can we learn from their example? What can we know about God himself from the prayers of great men and women of the Bible? This short study will help you discover new insights about prayer, God's character, and the lives of His praying people. Your own prayer life will be enriched as you make these great prayers of scripture models for your own interactions with God.

Join us Mondays at 3:00PM in our new  
Fireside/Fellowship room!  
Hope to see you there.  
Linda Sunkel

### MEN'S BIBLE STUDY

All men are invited to our current study, **Essential Truths of the Christian Faith** by RC Sproul. Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month, at 7:00pm in the Pastor's Office.

## AUGUST CELEBRATIONS

### BEST WISHES TO YOU - ENJOY!



### AUGUST

1 - Ed Vacin  
3 - Nancy Britt  
8 - Kristin Riggs  
9 - Dave Riggs  
12- Ski Zenski  
15 - Jolene Rich  
19 - David Zamora, Jr.  
25 - Frank Morrin  
28 - Jennifer Riggs  
29 - Jeffrey Hultman  
30 - Norma Sibbet

### AUGUST ANNIVERSARIES

12 - Kevin & Sheila King  
15 - Mark & Shelly Noble  
23 - John & Linda Sunkel  
30 - Richard & Carmen Bunch

## LCPC LIBRARY

**Visit the LCPC Library!** There is a white notebook for checking out and returning, with a basket to place the returned book. You may search the library collection on the internet at: <https://www.librarycat.org/lib/LCPC-Library>.