

What do you do with doubt? And I'm not talking about the doubt that comes from questions about God or the government or circumstances in the world. I mean doubt about you. Self-doubt. It seems to creep into our worlds and into our minds at the most unsuspecting time. Actually, it seems to come in when life is going smoothly and then BAM! something knocks us down and we begin to question ourselves. And depending upon the difficulty of the situation, that self-doubt can quickly turn into depression. We start by questioning one part of our lives, then other areas and maybe even question our own identity. I, personally, have struggled with this a lot throughout my life. It only takes one bad grade in a class to question my entire academic standing. It only takes one question about how I do my job to get me to start thinking about my ability as a pastor. It only takes one speeding ticket to make me doubt if I'm a safe driver...well I'd assume it might if I ever got a ticket! And I've seen it in my life over and over and I've seen it in others often, too. We take one little tiny piece of criticism or questioning and it gets blown out of proportion. We start to question and doubt and wonder about anything and everything we do. The problem is, it's often the most productive and well-meaning people who get pulled down the hardest because they put themselves out there to get critiqued.

And honestly, I NEED people to question what I'm doing and give me honest feedback but that doesn't mean it won't bring up those emotions for me. Recently I had a wonderful man come and ask me a question about something I was doing as a pastor. He had some thoughts and so he brought them to me, one on one, face to face and shared those adamantly. He was respectful and caring, including giving me complements on other things I'd done, and he did EXACTLY what I want people to do for me. It was really an act of compassion and love.

But still the doubts came. Satan's so good at knowing what to hit us with. He knows how to use someone's

act of love and friendship and turn it into emotional pain. Again, I want to be very clear, I WANT those kind of interactions, but I also want to point out that there are still emotions tied to it. And I'm sure there are for you, too.

And so, what did I do? I accepted the feelings. I owned them. This was after, of course, my mind reeled and raced and questioned who I am as a pastor and a person. But that was only for a short time. Once I accepted the feelings and owned them, I was able to process them and then give them to God. And though in this instance I was able to do it rather quickly, it doesn't always go that smoothly for me. Sometimes, just for 'fun', I decide to deny them and hold onto them and let them keep me up at night. But once I realize I don't need to do that anymore, I pray (and pray again) until I can let them go. In the book of Jude, he writes, "And have mercy on those who doubt..." (v 22) And though he's talking more about the doubt that goes along with questioning God, I believe it also means the doubt we have about anything, including ourselves. And so, my prayer is that we find ways to accept the emotions that come along with doubt and allow *ourselves* to have mercy on *ourselves*.

Serving Him and you,
Matthew

Keep Up to Date

If you haven't already checked it out, the best way to keep up to date on what's happening during the stay at home order is our Facebook page ([facebook.com/astoriachristian/](https://www.facebook.com/astoriachristian/)). You should be able to check it out even if you don't have a Facebook account.

Also, you can watch our live stream every Sunday at 9am on our website, too at www.astoriachristian.com/live-stream.

Summer Camp

We received a letter from LaMoine Camp with an update on their situation. First, they cannot participate or facilitate the monthly camp fellowships right now so unless local churches decide to host them on their own, fellowships are postponed until next year. Also, because of the loss of finances from summer camp, the board voted to lay off Gordon and Aaron for 6 months starting in October. You can read their full letter on the bulletin board at the church. Please continue to pray for them and this ministry.

WE ARE OPEN!!!

At this time we are excited by the state's decision to allow for church services to open at our discretion. We, however, want to be responsible as we reopen our doors. So here are a few guidelines we want to make everyone aware of.

1. Masks are STRONGLY recommended to be worn, especially while walking to your seat. Once in your seat, we don't expect masks to be worn.
2. We will practice social distancing, meaning that we will walk and sit at least 6 feet from anyone you don't live with. Obviously families can still sit together (if they really want to!)
3. Hand sanitizer will be available at all entrances to the building, please use this as necessary.
4. We will NOT have Sunday School or other events at this time.
5. If you feel ill (especially with cough, breathing issues or fever) PLEASE stay home. We also STRONGLY encourage those at higher risk to the virus to remain home as well. We will continue to live-stream the service.
6. Please come at your own risk and remember that you might not feel the same as someone else about this situation. Above all, we ask for love and respect to be shown as we gather to worship and serve our Savior. Feel free to contact Matthew with questions or concerns.

June Financials

	Weekly Actual	Yearly Actual	Yearly Budget
Jun 7	\$2,104.00	\$26,964.95	\$29,289.38
Jun 14	\$805.00	\$27,769.95	\$30,620.67
Jun 21	\$1,355.00	\$29,124.95	\$31,951.96
Jun 28	\$1,666.00	\$30,790.95	\$33,283.25
Totals	\$5,930.00		

Prayer List

Tina Althiser (Judy B's friend) – cancer spreading
 Tammy Bowman – stage 4 kidney failure
 Wendell Clanin - procedure
 Jenny Farr – sudden, severe cancer
 Todd Hamm – cancer treatments
 Gary Hulett – leaky heart valve
 Bill Jones – nutrition concerns
 Estyl McCombs – recovering from stroke
 Noah Mummert – continued heart concerns
 Lori Rodriguez – stage 4 cirrhosis of liver
 Marjorie Scrogum - pneumonia
 The Thiner family
 Diane (Hargrave) Walters (and family) – COVID concerns
 Judy Windsor – cancer treatments & decisions
 Unrest in our communities

Condolences:

Shirley Derry family
 Jake McCombs family
 Marilyn Hendricks family
 Linda Easley family

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You Are Welcome At
Our Services!

Sunday

Morning Worship.....9 a.m.

Sunday School.....10:30 a.m.

Wednesday

Family Night.....6:00 p.m.

Events:

July 12th 6:00pm Board Meeting

July 14th 6:30pm Man Up

As stay at home orders are adapted, hopefully more events will be added. Please keep up to date at astoriachristian.com or the Astoria Christian Church Facebook page.



Astoria Christian Church

