

**Expectations.** We all have them. We have them for ourselves. We expect that we'll do certain things and not do certain things. And though we become disappointed when we don't live up to our own expectations, often we get even more disappointed, even angry, when others don't live up to our expectations.

When our parents or our kids or our spouse or our friends don't do what we expect, frustration sets in. And even when our neighbors, even the ones we don't know by name, fail to live up to our expectations. We can even get frustrated when a co-worker, the checkout girl at Walmart and our President don't do what we expect them to do. And expectations are inevitable and they can be very good. Expecting our kids to be home at a certain time helps foster responsibility and can build trust. However, expectations can also be a major cause of division. They may even be the leading cause of arguments and fights in relationships and probably responsible for most of our anger and tears. When someone doesn't do what we expect or does something we don't expect, it can often cause hurt and rejection.

And though we need to have and will have expectations of those around us, we also need to realize that not all expectations are created equal. So, what can we do? It's easy to just say, I won't expect anything, but that's nearly impossible, trust me, I've tried it. And that's not healthy either. To rid ourselves of expectations would ultimately lead to pulling away from all relationships, withdrawal and loneliness. So what's the key to having good and healthy expectations in our relationships? Well, according to Pete and Gerri Scazzero, authors of Emotionally Healthy Relationships, there are four problems with many of our expectations. They can be

unconscious, unrealistic, unspoken and un-agreed upon.

And though I don't have the space to cover all of those problems, I want to say something about unrealistic expectations.

What are unrealistic expectations? Is expecting a friend to reply to a text within 30 seconds of me sending one realistic? Probably not. But is it realistic to expect they will respond in some way within the next few hours? Is it a realistic expectation that our kids will obey us the first time we ask them to get dressed in the morning? All parents know that's just setting ourselves up for disappointment. But is it realistic for them to do as their told and to punish them when they fail to obey?

And though we might debate on whether an expectation is realistic and what is not, the point is that we can all use growth in our views of expectations. If we can find ways to truly adjust our expectations to fit a healthy view of ourselves, others around us and the way our world works, I believe we can find greater hope and peace as well as deeper and more loving relationships.

Serving Him and you,  
Matthew

### **Adult Night Out**

We are planning another Adult Night Out on March 13<sup>th</sup> at 6:30 pm at Los Charros in Rushville. We hope you'll plan on joining us but we'd like to get a number of those attending. Please let the office know ([office@astoriachristian.com](mailto:office@astoriachristian.com)) or sign up in the back of the sanctuary so we know you're coming. Hope to see you there!

### **Community Good Friday**

Practice has already begun for those interested in helping put on the production for Good Friday. This is a community effort and it's a fun and relaxed time that we get to spend with other Christians from around our community. If you'd like to participate in some way, practices are 2 pm to 4 pm on Sundays in March. We meet in the church basement.

### **Easter**

Easter is April 1<sup>st</sup> this year (no fooling!) and services will include a unique Sunrise service at 7 am followed by a full breakfast at 8 am. We will do our usual service at 9 am followed by Sunday School at 10:20. We look forward to seeing you there to help celebrate our resurrected Lord.

We will also be having a fun Family Night Easter Celebration on Wednesday, March 28<sup>th</sup> at 6:00pm. We will have a potluck meal followed by a presentation of the Easter story by the youth. Everyone is encouraged to come.

### **February Offering**

	<b>Weekly Actual</b>	<b>Yearly Actual</b>	<b>Yearly Budget</b>
<b>2/4</b>	\$2,316.00	\$7,458.88	\$7,988.80
<b>2/11</b>	\$ 980.00	\$8,438.83	\$ 9,588.80
<b>2/18</b>	\$1,206.00	\$9,644.83	\$11,184.32
<b>2/25</b>	\$2,191.14	\$11,835.97	\$12,782.08
<b>Totals</b>	\$6,693.14		

### **Youth Game Night**

The Junior High and High School students are invited to come to a Game Night at the church on Thursday, March 29<sup>th</sup> (pending snow days) from

6pm to midnight. We will spend some time eating pizza, playing games and just having a good time.

### **February Prayer List**

- Greg Beach – throat cancer (1-21)
- Denny Belville – no insurance, in need of surgery (8-6)
- Mary Belville – wrist healing well after fall (2-25)
- Pat Bultermeier and family - hospice (8-10)
- Cory Chockley – leg issues & job concerns (2-25)
- Patti Chockley's uncle – fall (2-18)
- Shelly Claxton – cancer (Pam K's friend) (12-24)
- Bob Fawcett- done with treatments, PET scan (1-28)
- Samantha Hackman – accident (2-18)
- Todd Hamm - cancer treatments (7-30)
- Frankie Jones - health issues (5-14)
- Rita Jones – home recovering (2-25)
- Leonard Kaufman - cancer (10-16)
- Anthony Klinebough & Margaret – work & financial (12-17)
- Gloria Lapping – serious health issues (Pam Carlock's mother) (12-24)
- Shirley Lawver – stroke (12-31)
- Sharon Musson - cancer treatment (7-30)
- Judy Moose – stroke (1-21)
- Dan Palmer - recovery (10-15)
- Tytus Rennert – reinjured knee (2-18)
- Liz Stimler (F Jones' sister) – put into nursing home (2-18)
- Tom Trone – recovery after double bypass (2-25)
- Rich Utter – lung transplant – recovery (2-18)
- Marissa – cancer (Letha Stambaugh's friend) (11-5)
- Condolences:**
- Family of Harold Cox
- Family of Alice Kimler (S. Jones' sister)
- Family of Patricia Tomes (Jones' friend)
- Praise:**
- Laurie Martin – good report & high lung function

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# THE ASTORIA CHRISTIAN

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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.

### March Events:

- Thurs, Mar 1<sup>st</sup> 4:30 VBS Meeting
- Thurs, Mar 1<sup>st</sup> 6:30 Packing Backpacks @ school
- Sat, Mar 3<sup>rd</sup> 7:00 a.m. Kid's Conference
- Sun, Mar 4<sup>th</sup> 6:30 p.m. Leadership Development
- Wed, Mar 7<sup>th</sup> 6:00 p.m. Family Night
- Sun, Mar 11<sup>th</sup> 6:00 p.m. Board Meeting
- Tues, Mar 13<sup>th</sup> 6:30 p.m. Adult Night Out @ Los Charros
- Wed, Mar 14<sup>th</sup> 6:00 p.m. Family Night
- Thurs, Mar 15<sup>th</sup> 6:00 p.m. Soul Sisters
- Thurs, Mar 15<sup>th</sup> 6:00 p.m. Camp Kickoff
- Sun, Mar 18<sup>th</sup> 5:30 Youth Committee Meeting
- Mon, Feb 19<sup>th</sup> 6:00 p.m. Camp Fellowship @ Browning
- Wed, Mar 21<sup>st</sup> 6:00 p.m. Family Night Easter Celebration
- Sun, Mar 25<sup>th</sup> 1:00 – 3:00 Open House at Parsonage
- Fri, Mar 30<sup>th</sup> 7:00 pm Community Good Friday Service @ school

