

*Life is all about balances.* We know that too much of even good things can be harmful but not enough of those same good things can be just as detrimental. Food is a good example. Most of us know the negative side of excess eating or at least excess eating when it comes to certain foods. However, we also know that we have to eat in order to survive. But the idea of balances goes much farther than food, right? In fact, I would say that often our lives become much more difficult and harder when we don't live with those balances. We've all felt the backlash when we've overindulged on some substance or activity and felt the ramifications of that overindulgences (from over eating to over exercising). But even when we recover from those exertions we still have the overarching balances that we must keep in life. And usually how well we recover from those more minor excursions is dictated by how well we balance the other areas of our life. I mean, the more we have our lives balanced and are able to keep within healthy ranges of how we interact with the world, the smoother life often goes. And even when we step outside those limits, getting back to normal is easier and quicker when we have an overall good balance. And the problem I face is that it takes more than just having balance in some areas to be healthy all the time. For example, we can have really good relational health, balancing the way we react and treat those around us well while still having good self-care with time to ourselves and taking steps so we do what we need to do to feel well. We can have good spiritual health, connecting with God throughout our days and really engaging him in a powerful and dynamic

way in both personal and corporate worship. But if we don't have good physical balances, despite having good relational and spiritual health, we can still struggle in many different ways. All areas of life impact other areas of life. And the other struggle we face is that we constantly must keep these aspects in balance. None of us will ever just 'arrive' and no longer need to work at balancing life. Relational health, personal self-care, physical health and well-being, emotional stability and spiritual connection will always be something we need to continually work at no matter how old or mature we get. But the key to all of these balances is that there is one thing in life that doesn't require balance. In fact, having this way off balance is going to help keep everything else in balance. And there is no limit to how far we live this one area of life out and is something that is involved in all other areas of life. Our relational, emotional and physical health are all tied up into it. Jesus says it this way: *"You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself."* (Luke 10.27, ESV) When we love God by loving ourselves and others well, everything else can fall into place. There is no balancing act here. By loving those in this world, including ourselves, well, the love we have for God is shown brightly and deeply. So, especially when we feel like everything is out of balance in the rest of our lives, we need to seek out loving God more and more, and in doing so, everything else will fall better into place. Serving Him and you,  
Matthew

### *Revival*

On **Sunday, October 23<sup>rd</sup>** – **Wednesday, October 26<sup>th</sup>** we will be hosting a revival nightly at 6:00pm. Dave Hargrave will be coming bringing our message each evening and kicking us off on Sunday morning. We hope that you'll plan now to attend this event as well as invite a few people. This will be a great time for us to be refreshed, rejuvenated and revived which our world so desperately needs right now. Light snack and fellowship to follow each night. We will have business card handouts as well as a few other ways for us to help invite our friends and neighbors.

### *Family Night*

We are so excited to be able to have Family Night return! Our Kickoff is **Wednesday, September 21<sup>st</sup> from 5:30pm to 7:00pm**. The kickoff will include free food, inflatables, games, treats and lots of fun. We will resume regular weekly nights on Sept 28<sup>th</sup> from **6:00-7:30pm**. This will include a meal followed by songs and games with age-appropriate classes for ALL AGES. We could still use a few people who would be willing to help with cooking and clean up or be available to support in some other way. Contact Matthew if you'd be interested in helping.



### *Prayer List*

Jerry Armbruster – serious health issues  
Dorothy Cleavinger – health issues  
Betty Clemens – congestive heart failure  
Don Elliott – heart surgery in September  
Salina Gilson - tests  
Mike Grater – cancer  
Gary Hulett – heart failure  
Danny Jones – new treatment  
Cynde Ketterman - Covid  
Sue Lindsey – adjust to new living arrangements  
Bill Palmer – vertigo and other health issues  
Glenna Perry - hospice  
Clyde Prater-cancer, experimental treatments  
Bradley Powell – double pneumonia  
Lori Rodriguez – stage 4 cirrhosis of liver  
Randy Sorrels – kidney removed, recovery  
Mike Thomas – surgery not an option  
Students, teachers, administrators and staff heading back to school  
College students adjustments (and parents)  
**Condolences:**  
Bobby Blickenstaff family  
**Praise:**  
Jared and Sara Trone's baby boy

### *August Financials*

# The Astoria Christian

ISSUED WEEKLY

Vol. 46 No. 9 September 7<sup>th</sup>, 2022

**Sunday**

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

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

**Wednesday**

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

Date	Weekly Actual	Yearly Actual	Yearly Budget
Aug 7th	\$817.00	\$35,911.53	\$32,646.08
Aug 14th	\$741.09	\$36,652.62	\$33,666.27
Aug 21st	\$765.00	\$37,417.62	\$34,686.46
Aug 28th	\$1,075.00	\$38,492.62	\$35,706.65

## Events:

**Sun, Sept. 11th**- Board Meeting @ 6 pm

**Sun, Sept. 11th**-Summum Fish Fry 6 pm

**Tues, Sept. 13th**-Man up @ 6:30

**Sun, Sept. 18th**-Community Worship Service @ 10:30 am (no services or Sunday School at the church)

**Sun, Sept. 18th**-Galilean Service @ 4:30

**Wed, Sept 21st** - Family Night Kickoff 5:30-7:00pm

**Mon, Sept. 19th**- Camp Fellowship @ 6 pm

**Sun, Sept. 25th**-Worship & Prayer @ 6 pm at ACC

**Wed, Sept. 28th**-SYATP @ 6 am

**Wed, Sept 28th** - Family Night Resumes

All events are subject to change. Please check the bulletin, or website.

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Astoria Christian Church



