



## Announcements

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Guest speaker on August 23, Caleb Hughes.

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### Back to School Drive Thru VBS

**Sunday, August 23rd  
From 6-7 p.m.**

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Campus minister: **Caleb Hughes**  
Youth/young adult minister: **Charles Fox**  
Minister: **Curtis Wubbena**

**July 26, 2020:**

Contribution: \$955.00

Attendance: 17

WiFi name: ALPINECHURCH402

Password: b14Smiley

Join us on the internet:

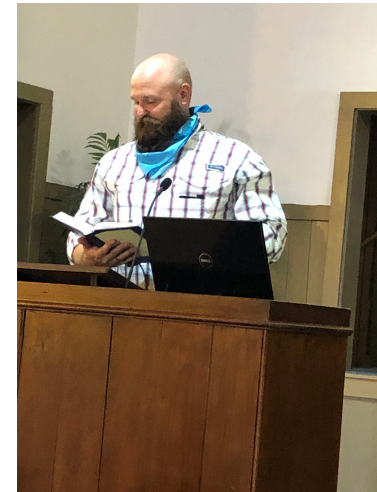
<http://www.alpinechurchtx.org/>

## Welcome Home to Alpine church of Christ

August 02, 2020



Ordinary people serving an extraordinary God.



### Interested in church leadership?

Have interest in teaching a Bible class? Have a desire to learn to lead singing or pray? Have an interest in preparing the Lord's Supper or visiting others? If so, a plan is in the making.

## August 02-August 08

02 Sunday Not meeting tonight.	03 Monday	04 Tuesday	05 Wednesday	06 Thursday	07 Friday Anniversary: Ruckmans Pucketts	08 Saturday
No birthdays and two anniversaries this week. No Wednesday Bible study and no ladies study.						

Every day we are presented with opportunities to strengthen our relationship. Most of the time these opportunities are disguised as ordinary interactions or situations. Other times we're presented with circumstances that completely throw us for a loop. (Oh hi, COVID-19!) When we don't have any control over the circumstances, we *do* have control over how we react to them.

Here are five possible relationship strains you might be facing right now and strengthening solutions to help you come out stronger.

**Possible Strain #1:** Bottling up your feelings and frustrations. *"It's best to handle them on my own- my partner is already dealing with a lot."*

**Strengthening Solution:** Talk to each other and share how you're feeling. Even if there is nothing you can do to solve the current situation, simply listening to one another and being a source of emotional **support** can make a huge difference for both of you. Instead of feeling as if you have to carry the load alone, you re-establish your team dynamic. You're in this together!

If your frustrations are directly related to your partner, be gentle. Use I-statements to share how you're feeling without blame and criticism. Conversely, if you're the one learning that your partner is annoyed with you, try not to take it too personally. Be cognizant of the fact that emotions are probably heightened right now.

**Possible Strain #2:** Being super critical – of your partner *and* yourself.

*"Why do they do everything the wrong way? Why can't I be more productive?"*

**Strengthening Solution:** Give each other grace. And be kind to yourself, too. We're all just trying our best right now. And whether we're admitting it or not, adjusting to a new reality is hard. We're going to feel growing pains and discomfort, within ourselves and our relationships. But loving and supporting each other during times like this is what it's all about, right? Neither of you will be perfect. You might snap at each other for no reason or slide into a moody funk. Be quick to apologize, hug it out, share a laugh- whatever it takes to stay connected and come back to each other.

**Possible Strain #3:** Disregarding your needs for socialization or alone time.

*"I'm fine, we're fine, everything is fine!"*

**Strengthening Solution:** Whether you find yourselves in similar positions on the introvert/extrovert spectrum or are camped out at opposite ends, meeting these needs is still important. Ignore them, and you'll both begin to feel the effects, whether it's feeling drained and exhausted, depressed,