

Spring Cleaning For Your Relationship

by Ann Malmberg

Ah, spring. Those first few warm days where people feel the urge to open the windows, dust away the cobwebs, and deep clean the grime that has accumulated over the winter. Relationships can benefit from a regular “clean up” as well, or in this context it could be more of a “check in.” Whether it’s once a year on your anniversary or as often as a weekly or monthly date night, make a point to touch base with each other on the state of your relationship. Here are some things you might have on your task list:

Admire previous handiwork.

What’s going well? In what areas did you thrive as a couple over the past year/month/week? Acknowledge and take pride in these things. We tend to overlook our successes and focus on the areas in which we feel we’ve failed but giving your strengths the credit they deserve helps you utilize them in the areas you tend to struggle.

Air things out.

Is there an issue that needs to be discussed, a complaint you’ve been holding back, or something that simply isn’t working for you? Let each other know, respectfully of course. Keep your mind open to hearing what your partner has to say. While dwelling on past behaviors isn’t always productive, it’s helpful to talk it out if you find yourself harboring feelings of resentment. Use “*I statements*” to say what you need to, then focus on how you can move forward.

Do some reorganizing.

Are there areas that have room for improvement? Things you want to let go of or things you want to adjust? Clutter tends to accumulate over time, and sometimes you just need to tidy up and clear away the things you no longer need. Maybe you want to reassess the division of household responsibilities or you want to nip some bad communication habits in the bud. Realigning with each other helps prevent seemingly minor things become bigger issues down the road.

Make a short to-do list.

When you’re cleaning your house, you inevitably end up with a few more things added to your to-do list, like restocking supplies or bringing all that cleared clutter to the Goodwill. Come up with 2 or 3 simple, actionable things you’re each going to do before your next check in. They might be related to things you’ve discussed above, or you might simply ask each other, “What is something I can do for you in our relationship?”

Having regular, candid conversations about your relationship is kind of like preventative maintenance; it’s an opportunity to recalibrate with each other to prevent small annoyances from becoming bigger issues if left to fester. Hopefully, you’re left with a sense of peaceful satisfaction – not entirely different from the feeling you get from giving the house a good deep clean.



WELCOME TO LAKEVIEW CHAPEL

Sunday, March 28, 2021 / Worship 10 AM

Song	Hosanna Loud Hosanna
Invocation	
Welcome & Announcements	
Song	Hosanna
Song	The Lion And The Lamb
Special Music	Tom & Kathy
Worship Prayer	Sandy
Responsive Reading	Matthew 21:1-11
Message	Worship The King
	Pastor Dave Havener
Song	Hosanna
Benediction	

Sermons are available online at:

<https://www.lakeviewowego.com>

<https://www.facebook.com/lakeviewowego>

Events and Information

Thank you for doing your part in keeping our congregation safe by wearing a face mask as you enter/exit the church and as you sing.

CHILDREN'S BELL CHOIR – The children's bell choir will be practicing during children's church time in March to prepare for a performance on Easter Sunday morning.

EASTER CELEBRATIONS

- Maundy Thursday & Communion Service—April 1, 7 PM.
- Easter Sunday Service—April 4, 10 AM.

ACT DINNER - Lakeview will provide the weekly ACT Dinner on Thursday, April 8. The meal will be packaged and served out of the First Baptist Church on Main Street in Owego at 5 PM. If you can help, please arrive at 4:30 PM. To donate supplies, serve and/or clean up, sign-up on the table at the back of the church or call the church office at (607) 687-3261. Please bring donated supplies to Lakeview's kitchen by Wednesday afternoon, April 7.

LUNCH ON THE GO – Lakeview will provide Lunch on the Go on Sunday, April 11 following the morning service. If you would like to donate supplies, please sign-up on the Missions table at the back of the church. Please bring donations to Lakeview's kitchen by Wednesday, April 7.

I LOVE MY CHURCH WORKDAY - A workday is scheduled for Saturday, April 17 with breakfast at 7:30 AM, a devotional at 8 AM and work projects to follow. If you plan to attend the breakfast, please sign-up on the table at the back of the church.

SPRING REFRESH 2021 / A VIRTUAL EVENT

The Alliance Women's Spring Refresh Conference will be held Saturday, April 24 at Lakeview. Theme: *'Free to Walk in the Spirit.'* The keynote speaker is Marilyn L. To facilitate the event, we need to know who is interested in attending. Please sign-up on the Missions table at the back of the church. See Mickey if you have any questions.

INTERNATIONAL WORKERS CONFERENCE

Our International Workers Conference will be held Sunday evening, April 25 through Wednesday evening, April 28 with International Worker Mark E. who serves in Bosnia. If anyone knows of a car he can use while at Lakeview, please let Pastor Dave know. More details to follow.

LOST AND FOUND – Lost and found items are located on the coat rack between the church office and the pastor's office. Items will be kept until the end of the month before being donated.

Small Group Ministry

Small Groups

Adult Group (Led by Steve & Kristie)

Meeting Friday evenings 7 PM at Steve & Kristie's home. Using *'The Steps to Freedom in Christ'* material. For more information, call the church office (607)-687-3261.

Couples Small Group (Led by Chad & Judy)

Tuesday evenings 6:30 PM. Meeting at Lakeview in the fellowship hall. Reviewing *'The Art of Marriage'*. For more information, call the church office (607)-687-3261.

Bible Study Groups

Women's Bible Study (Led by Anne)

Tuesday mornings from 9:30 AM-12 Noon at Lakeview. Meeting in the sanctuary.

Men's Bible Study (Led by Pastor Dave)

Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the fellowship hall. Reviewing *'Outrageous Justice'* from Prison Fellowship.

Prayer Group (Led by Art) Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the church office.

Wednesday Night Youth Programs (6:30-8 PM)

IMPACT (Teen Group 6th–12th grade)

This Weeks Calendar

Tuesday	9:30 AM	Women's Bible Study
	6:30 PM	Couples Small Group
Wednesday	6:30 PM	Prayer Meeting, Men's Bible Study
	6:30 PM	IMPACT (Teen Group)
Thursday	7:00 PM	Maundy Thursday & Communion Service
Friday	7:00 PM	Adult Small Group

**We're building a community of faith in God
that LIVES WELL but not by SIGHT.**