

The Soulmate Myth

Humans are designed with the capacity to make meaningful and long-term relationships. We have an inner desire for connection and oneness with a special someone. We are healthier people when we have close relationships, and we suffer when we're isolated and alone. One way we seek this kind of belonging is through dating and marriage. But as in everything, there is a wise way and a foolish way to go about building this kind of relationship.

Jason S. Carroll, a professor in the School of Family Life at Brigham Young University, says there are two common approaches to dating and marriage in the U.S. today. The first is called the Soulmate Model of Marriage. The soulmate approach believes that there is just one ideal person out there for me, and thus the goal of relationships is to find that person. People ask themselves questions like "Is this the person I am supposed to be with?" or "Can I find a better partner?" and "Is my partner making me happy?" Interestingly, this is the predominant belief about partner relationships in the U.S. "A 2021 YouGov poll of nearly 15,000 U.S. adults found that 60% of respondents believe in the idea of soulmates." Many people don't think there's any harm in believing in the soulmate approach. But Carroll says that there are three risks of soulmate thinking.

1. **Unrealistic expectations.** "One of the greatest risks of soulmate thinking is the way that it shapes young adults toward unrealistic expectations about how healthy relationships come together and what makes them succeed." Often people with destiny-thinking think that they will be happy if they can just find the right and ideal person. Soulmate beliefs orient people to think that finding love is all about destiny and that relationships are either meant to be or are not. They discount the need to grow relationship skills.
2. **Unhealthy dating trajectories.** "Sometimes, soulmate perspectives create a sort of 'dating

paralyzes' among young adults. The crushing quest to find 'the one person' they are supposed to be with makes them fearful of making a wrong decision... . Soulmate logic assures young people that they 'will be sure' when they have found their soulmate, so any indecision or lack of certainty means it's safer to end the relationship... ." But for others, "soulmate thinking can also have the opposite effect. They become convinced very quickly that their partner is their soulmate, so they jump into 'rushed dating' or rapid courtship", and thus don't take the time to adequately judge compatibility.

3. **Unresolvable break-ups.** Carroll says, "I have become convinced that one of the greatest harms occurs when relationships end. I have counseled dozens of young adults who are unable to successfully cope and move forward in healthy ways after a serious dating relationship has ended due to the belief that their soulmate is walking away from them and there are no other options in the future." These people disregard their own agency and the reality that there are multiple options.

In summary, "The model of soulmate marriage fails because it promises the fruits of fulfillment, connection, and intimacy, without providing the roots needed to make those fruits possible." So, what are the "roots" of growing a healthy relationship?

The roots of healthy relationships are found in the second model of dating and marriage. It's called "The Only One" approach. In this approach a meaningful and lasting relationship is not found, it is made. Carroll says, "This... connection grows out of adapting to each other, caring for one another's needs, and developing a shared history of experiences.... It's about making someone the only one of your heart - and keeping him or her there as you navigate the ups and downs of life together." Instead of "destiny beliefs", you have "growth beliefs"

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Welcome to East Hill Church of Christ, a place where you can discover the gospel!
Please, don't hesitate to let any of the greeters or ministers know how we can serve you.

CALENDAR

August

- 27 Sunday Bible class begins for College age students
- 27 Potluck to welcome University Students after service
- 27 Leaders Meeting
- 27 Knapp anniversary celebration in Fellowship Hall 3-4 pm
- 30 Jump Up Celebration 5:30 pm South Parking Lot

September

- 1 Son Shiners meet at 5:30 at Chances "R"
- 3 Fall Bible Classes Begin
- 8-10 Dads N Lads Retreat at Nebraska Youth Camp
- 9 Men's Breakfast 8 am in Fellowship Hall
- 16 NYC Annual Dinner, afternoon at Nebraska Youth Camp
- 26 Food Distribution 10:30-11:30 in South Parking Lot
- 30 Ladies Day 9 am-1 pm at Bellevue church of Christ

Save the Date:

October 28 Clothing Give-away

- 8/27 Patricia Jaekel
- 8/28 Rhonda Briggs
- 8/28 Sidney Leinen
- 8/29 Virginia Holland
- 8/30 Steve Eckman
- 8/30 Sara Leetch
- 8/30 Vivian Mogul

CELEBRATE

MINISTRIES & EVENTS



Childrens Ministry: The sign up for teachers and helpers for the fall quarter is now available. The plan is for kids to meet their new teachers at the Jump-Up event on Wednesday, August 30, so getting the sign up all filled out this week would be appreciated.

College-age Class to Start: Young adults are encouraged to join us starting Sunday, August 27, at 9:00 am, in the fellowship hall for a time of connection and reflection on God's Word. Glenn Dallmann is teaching.

Welcome Back Potluck for YU Students: East Hill is hosting a potluck meal today at 11:30 for all YU students and young adults.

25th Anniversary Celebration: Join us in the fellowship hall today, August 27, for a come-and-go celebration from 3-4 pm for Tera and Garrett Knapp. All families are welcome to attend. No gifts, please.

Jump-Up Celebration: All families with children in grades 5th grade through toddlers, are invited to a celebration on Wednesday, August 30, starting at 5:30, here in the East Hill south parking lot. Supper will be served. There will be many games and a bouncy house. Kids will meet their fall Bible class teachers and families will get a tour of the Children's Ministry wing. We hope you will come for the fellowship, fun, and the introduction of new Bible classes. Just like Bible class, families are encouraged to invite their friends too.

Robison's Well Fund Raiser: Thanks to those who have contributed to the water well project! We are at \$2,889 of our \$5,000 goal. Christian Relief Fund has a donor that will match our \$5,000 to make the \$10,000 necessary to dig a well. This is the final week for Robison's summer project to participate in refreshing God's precious people! Please write checks to "Christian Relief Fund" and give them to Titus or Angela.

Dads N Lads Retreat: Fathers and sons are invited to Nebraska Youth Camp, September 8-10. Stay the weekend, enjoy fellowship, food, and activities. Register online at www.dadsnlads.org, or contact Greg Clark with questions.

Ladies Day: Ladies are invited to the Bellevue church of Christ on Saturday, Sept 30, from 9 am-1 pm. Tami Roberts will present on "Bridging the Gap". There are more details on the flyer in the foyer. As a lunch is provided, Bellevue requests RSVPs by September 24. Contact the office for RSVP contact info. There is a sign-up sheet in the foyer to help with carpooling for those interested in going. See Rose Miller if you have questions about the carpool.

But in your hearts, revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

I Peter 3:15 East Hill 2023 Theme Verse

BODY LIFE & PRAYERS

Prayer Requests:

Terry Kite was admitted to the hospital last week for a second round of IV antibiotics. He stayed overnight. The infection he has had has been difficult to shake and it makes him feel very weak. Please pray for his recovery.

Brenda Reicheneker started some of the testing last Tuesday on her heart and would like prayer as she waits for results and answers

Lynda Smith was diagnosed with a heart blockage this week. She will see her cardiologist Wednesday to determine a course of action. She has been told to take it easy until then.

Tana Albin took her mother, **Loretta Goben** to the ER Thursday afternoon. Loretta was feeling lightheaded and confused. They admitted her and were doing some test and observation overnight. Please keep them in your prayers.

Body Life:

Congratulations to our college students who started the fall semester at York University this last Wednesday! We appreciate you being here today to worship with us, and we would love to have you make East Hill your church home away from home. We'll do a membership sign-up later in September. Please let us know how we can serve you.

Tim and Noah McNeese will be the featured speakers for the fall speaker series for the Clayton Museum of Ancient History at YU on Thursday, September 7. Tim has presented at this event many times so it is fitting he will do so for his final semester at York University. The father-son duo are well paired to present *Armed to Conquer: Roman Battle Tactics and Weapons*. The presentation will be at 7 pm in the Miller Room of the Mackey Center. No tickets or reservations are necessary to attend this free event which is open to the public.

Prayer Focus:

York University has about 450 students enrolled this fall. That is a lot of hopes and dreams! East Hill shares a calling with York University, and that is to share the gospel of Jesus Christ with others. Already this last week, two students were baptized this last week. East Hill, let's commit to praying for the student body of YU every week. Amen!

Weekly Events

Attended Nursery: You can drop off children ages 0 up to 2 years in the nursery during services.

Youth Updates: Contact Garrett Schwarz to get the Remind notices and stay connected on the latest news regarding the East Hill Youth.

Women's Thursday Class: The women's Bible study will resume after the summer break.

Weekly Prayer Pal Suggestion

Prudence (good judgment) – *I wisdom, dwell with prudence, and I find knowledge and discretion.*

~Proverbs 8:2

Weekly Scripture Memory August 27

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect...

1 Peter 3:15

Schedule of Services

Sunday

Worship 10 am, livestreamed on Facebook

Bible classes for all 9 am

Sunday evening 5 pm, communion available

Wednesday

Adult Class 6:30 pm

Adult class is livestreamed on Facebook

Children & Families event twice a month this Summer

For the Record:

August 20, 2023

Weekly Attendance:

365

Weekly Giving

Budgeted:

\$6,971.50

Actual:

\$3,864.89

Children's:

\$48.04

Year to Date

Budgeted:

\$237,031.00

Giving:

\$240,014.69

Children's for Ecuador:

\$1,815.18

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Ministry Staff:

Preaching Minister

Glenn Hawley

Worship & Family Minister

Glenn Dallmann

Children's Ministry - School Age

Tana Albin

Children's Ministry - Preschool

Hannah Sikes

Youth Ministry - Coordinator

Garrett Schwarz

Administrative Assistants

Michele Briggs 9 am-noon

Tera Knapp 11:30-2:30

Missionaries in Ecuador

Joshua & Julie Marcum

Michaela, Eliana, Jana, Enoch

Shepherds:

Tim Carr

Michael Case

Keith Miller

Mark Miller

Steddon Sikes

Eric Tremaine

Shepherd of the month is in bold font.

Deacons-----Area of Service

Marty Barrett ----- Benevolence

Trey Colle -----Emergency Meals

Robert Cunningham ----- Son Shiners

Troy Flynt -----Treasurer

Jansen Fraser----- Grounds

Trent Hinton ----- Livestream

Ron Kretz-----Singles

Larry Light ---- Single Seniors, Facilities

Garrett Schwarz -----Youth

Jeff Shafer ----- Worship Support

Lonnie Shafer ----Elder/deacon liaison

Ken Van Gomple ----- LTC

which are practiced by having a shared commitment to "We'll work-it-out." Carroll says, "Only-one marriages are true partnerships in which spouses are devoted to creating a shared life together that is larger than the emotional payoff of the marriage. This view of marriage gives us more than feelings of happiness; it helps make our lives rich and meaningful."

The idea that there is just one, ideal person in the cosmos that you could build a meaningful life with is just a myth. The better approach is to accept the responsibility that it takes two people to build, grow, and make a meaningful and lasting relationship. Then, when you find someone you're compatible with, build the relationship with love, respect, and a commitment to an "only-one" kind of marriage. This is God's design as seen in Genesis 2:24, "That is why a man leaves his father and mother and is united to his wife, and they become one flesh." May God bless your relationships as you grow in your devotion to one person. Here for you.

~Glenn Dallmann

Adapted from Jason S. Carroll's article, Soulmate Marriage vs. 'The Only-One' Marriage: Knowing the Difference Matters, accessed on August 23, 2023 at <https://ifstudies.org/blog/soulmate-marriage-vs-the-only-one-marriage-knowing-the-difference-matters>.

Order of Worship

Worthy of Our Praise

Call to Worship

23 Our God, He is Alive

559 The Joy of the Lord

Scripture Reading: Dawson Schwarz

Romans 12:1-8

Prayer: Andrew Van Gomple

You're Worthy of My Praise

Worthy is the Lamb

Communion: John Jewell

Children's Offering

"Our Augmented Reality"

2 Kings 6:8-23

Glenn Hawley

Invitation for Prayer

Lord, I Need You

God at Work Testimony

Shield About Me

Shepherd's Prayer: Mark Miller

Body Life: Dan Goodwin

Build Your Kingdom Here