



MARRIAGE EDUCATION AND RESOURCE CENTER

July, 2020 Newsletter from The Marriage Education and Resource Center (MERCY)



It has been a difficult month. My (Penny's) sister is seriously ill, another dear friend is struggling with pain because of fluid on her brain that couldn't be immediately removed. David has an upcoming doctor's appointment that concerns us. Another friend is in the hospital with the coronavirus and is fighting for his life. We just learned the complex we visit in Florida has several people who have tested positive for the virus. Two people are crying out to the Lord because their marriages are crumbling and they have done all they know to do to heal them.

Perhaps you too are going through similar struggles. If so, our hearts go out to you.

Upcoming Marriage Events

Couplettime Zoom Meeting
July 31, 2020 - 8:30 p.m.



Couplettime consists of a marriage enrichment activity that communicates a concept essential to a fulfilling relationship, permits couples to apply that concept to their marriage and encourages them to make a commitment to continuing growth and development of a Christian marriage covenant.

We will be sending out a notice to the link in the near future. For now, we'd love for you to mark your calendar and plan to join us.

This month's topic is "What is Your Love Potential?"
Presenters: Penny and David Hudson

It is easy to wonder if behind these situations there is a personal, caring God. But we look back on our lives and we've seen Him show up time and time again and we know He is there. Becoming a Christian doesn't usher in a life of perfection. The world is full of hurts, wounds and scars. We all have them. Jesus told us, "In this world you will have trouble. But take heart! I have overcome the world." (John 16:33) So hold fast to Jesus when the storms of life hit you hard.

Grace and peace,
Penny and David

Disarming Anger and Resolving Conflicts - Excerpt from Jimmy Evans with Marriage Today



As Evans points out in this article on anger, "Every marriage is going to have disagreements. You can be the most compatible couple in the world and you will still argue."

Here are four steps he outlined to healthy conflict resolution in marriage:

1. First confront in a loving and positive manner. The Bible says in Ephesians 4 not to let the sun go down on your anger. In other words, address it and don't let it fester. When you experience anger, go ahead and take a few hours to cool off, then deal with it. Research tells us that what you do in the first three minutes sets that conversation up for success or failure.
2. Complain and don't criticize.

Marriage Dynamics - A New Beginning - Online Workshop

Marriage Dynamics
INSTITUTE 

This is a counselor-led workshop for couples in crisis.

July 24-26

August - No be announced

September 25-27

For more information, [click here](#)

5 Days to Better Communication in Your Marriage



With the right tools, you and your spouse can have the best communication ever!

- Videos full of easy-to-use communication tools,
- Questions to ask each other to spark a deeper connection,
- Fun activities to guide you through each of the concepts discussed,
- 5 days of relationship-enhancing material, including:
 - How to establish healthy communication habits,
 - The secrets to creating a deep connection through communication,
 - Skills to help you (and your spouse) be a better speaker and

Criticizing is about you. It is an attack. Complaining is about me. It reveals how I feel about something. Use "I" messages instead of "You" messages.

3. Listen to your spouse. Don't assume you know their perspective. Let them tell you.
4. Forgive and let it go. You both need to forgive each other. Some of the most healing words in marriage are: "I'm sorry. I was wrong. Will you forgive me?"

listener,

- How to celebrate and understand your different communication styles,
- And so much more!

Cost: Only \$9.99

For more information, [click here](#)

6 Fun Date Ideas You Might Not Have Thought About by Family Life



Plan an "unplanned" road trip

Got a coin and some gas money? Flip the coin: heads you turn right, tails left. Whenever two roads or highways meet, flip the coin again.

You might even pack an overnight bag and stay at a newfound B&B.

Create a date-night-to-do list and go for it.

You might include things like helping a stranger, find a beautiful setting to draw, play a child's game together or visit a dollar store and pick out "gifts" for each other.

Be foodies for a Day

Visit a gourmet food store, such as a candy store, popcorn, dips, etc. and take turns picking out one item and then find a quiet spot to taste test what you selected. Be flirty and feed your spouse their half before indulging in yours.

Do a scavenger hunt



A few years ago, Jeff and Debby McElroy took some time to look back over the last 30 years of ministering to couples. They prayed for clarity over what separated those couples who made lasting change from those who continued to struggle. What they found were several significant paradigm shifts the strong couples made that the struggling couples didn't. They call these "RelationShifts."

This date night promises to help couples unleash the possibilities of the fullness of love and power of the Lord in the very heart of their marriage.

We hope you will plan to attend. Cost: \$12 per couple.

For more information, to register and for important details you will need, [click on this link](#)

Focus on the Family June/July Issue

Search the web for an online scavenger hunt in a city near you.

Find a new favorite restaurant for date night

Decide on a favorite food and find new restaurants to experiment with to see who has the tastiest item you selected.

Bring your reading to life

Do you have a favorite novel that takes place in a location you have never visited? For example, what if you just read one about the Amish country. Why not plan to tour an Amish community?

Have fun!

If you have a favorite date night you think others would enjoy, please let us know so we can pass it along. Just email us at: pdhud9@aol.com

is Online this Month



This month's Focus on the Family magazine is online. Here are a few articles on marriage you may want to check out.

- A Marital Unity Myth 1 + 1 = 1
- Panic in the Powder Room
- Quick Pecks and Flirty Texts
- Speed Date Your Spouse Today

To read this month's issue click [here](#)



Our video this month features Jimmy Evans with Marriage Today discussing financial stress in marriage and coming into an agreement together to strengthen a marriage when it comes to money.

Even though you get monthly updates from us, you might be missing out on some additional great resources that are posted on MERCY's face book page almost daily. If you want to be the first to know about additional marital information, please follow us on MERCY's face book page. The link "Connect with us" is below. Also, we would love for you to share our newsletters with others. The more people we can reach, the more help we can offer. Thank you!





Connect with us

