



MARRIAGE EDUCATION AND RESOURCE CENTER

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



A couple of years ago we went through a heart-wrenching situation. We were both devastated from circumstances we were encountering. It would have been easy to blame each other or ourselves, but thankfully we handled it together. We prayed, we sought wise counsel and we asked a few other people to pray for us and we eventually just had to turn it over to the Lord.

We share this with you because we all face those difficult times and we thought it might be helpful to hear what Ashley and Dave Willis share in this short video on what you should and shouldn't

Upcoming Marriage Events

Concert Date Night with Danny
Gokey and Friends
Saturday November 21 at 7:00
p.m. EST



Join Danny and his friends for an amazing night that is more than just a performance but is a full virtual experience. Danny and his band will be joined by Natalie Grant, Mandisa, Evan Craft, David Archuleta and others to encourage you and bring hope right into your living room.

Cost: \$20

To purchase tickets, [click here](#)

Have Yourself a Mindful Little
Marriage - from First Things First
December 4 - 8:30 - 9:30 PM
(EST)

do when those hardships hit you or your family. See their video below.

Grace and peace,
Penny and David



This is an online event for couples to relax, connect and focus on being mindful of each other through the holiday season and beyond. You'll discover:

- Different types of mindfulness and how they can deepen your relationship.
- Massage techniques
- Mindful exercises
- And more

Cost: \$25

To purchase tickets, [click here](#)

What Does Trust Look Like in a Healthy Marriage?



Following are some key trust areas in marriage, according to Gena Ellis, Facilitator with First Things First:

- Trust we are a team, first and foremost
- Trust that you will be faithful
- Trust that you will not purposefully try to control or harm me
- Trust that you love me for me, not just for what you can get from me
- Trust that we will turn to each other, not on each other

To read the entire article, [click here](#)

Next Online Coupletime Zoom Meeting Friday, December 11 - 8:30 p.m.



Would love for you to join us for our next Coupletime Zoom Meeting. We'll be talking about Affirmation and Building Our Mate's Self Esteem. Additional details coming soon.

Dysfunctional Ways Couples
Relate to Each Other

Marriage Dynamics 
INSTITUTE™



If you exhibit any of these communication styles, these are areas you need to work on in your marriage.

Speaking harshly to one another - The first three minutes of a conversation sets the tone for how the rest of the communication will go. Dr. John Gottman says if you start an argument harshly by attacking your partner, you will end up with at least as much tension as you began with, if not more. Proverbs 16:24 says pleasant words are like honey.

Dishonesty - The Bible reminds us, "Let not mercy and truth forsake you." Be truthful but also be kind.

Silence - It has been said that silence is emotional starvation. And we believe this is true. This is one of the major ways couples struggle. Communication is the lifeline of marriage.

Violating your Spouse's Privacy
Don't demean your spouse in public.

Sarcasm - Sarcasm conveys ill will and there's always a victim. Sarcasm is wrong and when it is directed at our spouse, it is hurtful.

A counselor-led workshop for couples in crisis.

A New Beginning is a turn-around weekend designed to help couples who feel stuck in an unhealthy marriage, couples who are frustrated and unhappy, and couples considering divorce.

Following are upcoming online workshops:

December 11-13

January 15-17

For more information, **click here** or call 615-628-3014 or 1-800-627-0751.

Love Nudge



Dr. Gary Chapman, author of the best-selling book *The Five Love Languages*, introduced a fun, revolutionary app that helps you "automate" the love languages and keep tabs on the "love tank" level of your significant other. It is a playful, engaging tool that helps couples experience love more deeply.

Check it out here

Supporting Our Mission Without Costing You a Dime!

As you probably know, our mission is to strengthen marriages and families and eliminate as many broken homes as possible in our area of influence. You can be a part of this mission in two very easy ways as explained below:



If you shop at Kroger's, simply set up an account if you do not already have one, and each time you swipe your Kroger Plus card, Kroger will donate a small amount to The Marriage Education and Resource Center (MERCY). Here is what you need to do to set up an account:

1. Create a digital account.

A digital account is needed to participate in Kroger Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

2. Link your Card to an organization.

Selecting the organization that you wish to support is as simple as updating the Kroger Community Rewards selection on your digital **First, click here**

1. Sign in to your digital account.
2. Search for your organization
3. Enter the name of the organization (The Marriage Education and Resource Center) you wish to support.
4. Select the appropriate organization from the list and click "Save".

The more people who sign up the more MERCY receives. And believe us,

If you shop at Amazon, with just a few clicks, you can help MERCY while shopping online. Amazon donates .05% of purchases to our organization.

Every item available on amazon.com is also available on AmazonSmile at the same price.

1. [Click here](#)
2. Sign in with your Amazon.com credentials
3. Choose a charitable organization to receive donations, or search for the charity of your choice
4. Select your charity
4. Start shopping!
5. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile

Turn on AmazonSmile in the Amazon Shopping app

1. Make sure you're signed up for AmazonSmile (use your web browser to visit smile.amazon.com)
2. Download or update to the latest version of the Amazon Shopping app for [iOS](#) or [Android](#)
3. Open the app and find "Settings" in the main menu (☰)
4. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile in the app.

