



MARRIAGE EDUCATION AND RESOURCE CENTER

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



We have been helping our granddaughter, who is in first grade, with some of her online school assignments. Her teacher began one of her sessions with what it looks like to be a friend. I can't find the exact poster she referenced but it communicated similar messages as the one shown above. So we'd like to ask you, "What grade would you give yourself on being a friend to your spouse?" After all, it has been said, "We need to be friends before we can be lovers."

Grace and peace,
Penny and David

Upcoming Marriage Events

Couplettime Online Zoom
Meeting
September 25, 2020
8:30 p.m.



We hope you will save the date of September 25, for our next Couplettime online meeting. We would love to connect with you. So, will you stop right now and make a note on your calendar to join us. Thank you! We will notify you of additional details soon.

We Can Do Better
Friday, September 18, 2020
6:30 - 8:00 p.m.

WE CAN DO BETTER

Shake Rattle & Roll

MERCY



Excerpt
from "How

Your Response to Life Changes Affect Your Marriage" by Drs. Les and Leslie Parrot

"How you respond to change can affect your marriage, for better or worse. And it can tell you and your spouse a lot about one another.

Every couple will face stressors, upheaval and unexpected change at some point in their marriage.

So how do your individual responses to change affect your marriage?

- **An optimistic response to change lightens emotional burdens.**
Drawing on optimism during a time of drastic or difficult change can help lighten emotional burdens for both you and your spouse.
- **A pessimistic response to change makes a difficult situation harder.**
Responding poorly to change can add unnecessary stress. Try to look past the doom and gloom of pessimism to see the good possibilities the change could bring.
- **Your response to change can unite or divide you during a hard season.**
The goal of any married couple during a transitional period should be to cling to one another as you navigate this life season together. For example, be empathetic toward your spouse if they're having a difficult time being positive. Don't discourage your spouse from being optimistic. When you're feeling frustrated with one another, take a step back and cool down before revisiting the topic at hand. And seek out activities you can share that take your minds off the changes you're

2020 has undoubtedly, been a very different year! And there are real reasons why we are stressed. However, we cannot let our present circumstances dictate how we go forward. We must be equipped to weather this storm in our marriages and families.

This **free** workshop will help by giving new perspectives and ways to strengthen your relationships NOW!

We all need C.A.L.M. in our lives and Bob and Carol Esham, with MERCI Indiana, will give you a road map to get there.

For more information or to register, **click here** or call: (502) 387-0645 (Bob) or (502) 767-3918 (Carol).

Location: MERCI Barn*
8510 Hwy. 111
Memphis, IN
*Socially distanced and sanitized.

Mission: Conflict Resolution 2020
2-Part Workshop
Part 1 - Monday, Sept. 28
Part 2 - Monday, Oct. 5
6:30 - 8:00 p.m.



Who can't use a little encouragement these days?

Many people feel they are in a "fog" with all that is going on.

going through."



Your Marriage and the Enneagram

If you want to explore why you think, feel and behave in particular ways,

you might want to examine this tool called Enneagram Types. It is somewhat different from other personality tools. For example, it can help you determine if you are a:

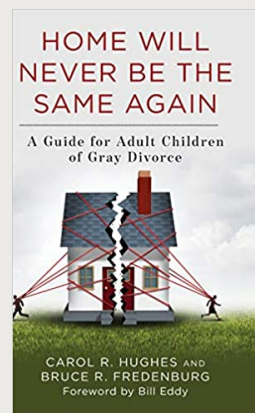
- Moral Perfectionist
- Supportive Advisor
- Successful Achiever
- Romantic Individualist
- Investigative Thinker
- Loyal Guardian
- Entertaining Optimist
- Protective Challenger or
- Peaceful Mediator

Jeff and Beth McCord, Enneagram coaches, authors and marriage experts explore a Christ-centered approach to the Enneagram.

For more information from the McCords and Enneagram [click here](#) or you can order their book, *Becoming One - Using the Enneagram to Create a Thriving Gospel-Centered Marriage*.

Adult Children Often Mourn Parents' Divorce - Excerpt from Julie Pfitzenger's article

"When he was a young man, Bruce Fredenburg observed his parents' unhappy marriage and thought they should probably get a divorce. When his mother finally told him she was going to divorce his father, Fredenburg was 31,



For two consecutive Monday nights you can explore healthy ways to communicate and resolve conflict and move toward a stronger relationship.

For more information on this **free** event or to register, [click here](#) or call: (502) 387-0645 (Bob) or (502) 767-3918 (Carol).

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Marriage Dynamics INSTITUTE™

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.

September 25-27 Online Workshop
October 23-25 - Online Workshop

For more information, [click here](#) or call 615-628-3014 or 1-800-627-0751.

Moments with a Counselor -
Michael Taylor - Marriage and Family Therapist

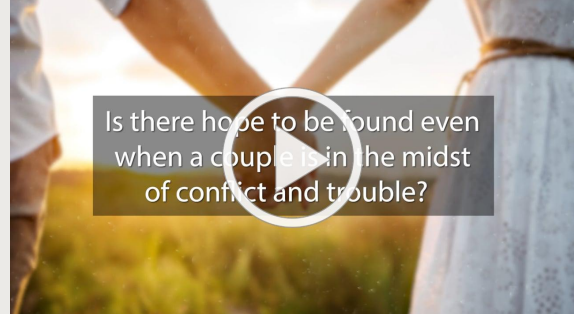
Is there hope to be found even when a couple is in the midst of conflict and trouble?

in graduate school and married himself.

His reaction? 'I felt shocked, and almost guilty that I'd wished it would happen,' he says. Fredenburg and his co-author Carol Hughes write in their new book, *Home Will Never Be The Same Again: A Guide for Adult Children of Gray Divorce*, shock is a common reaction to the news that parents are divorcing, no matter if a child is 18 or 50. "

Gray divorce refers to older couples who divorce after they have been married a long time.

To read the entire article, [click here](#) Or, you may want to read their book shown above.

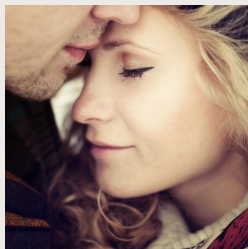


For those of you who may not have access to a computer let me try to summarize what Michael is telling us.

He says "When we feel safe and have a secure base then you don't have to fill the car up at every gas station. When you know there is a gas station down the road and you can fill up until it is close to empty. The same thing is possible in marriage."

When we know we have a partner we can count on it makes all the difference. When we know our mate will show up, listen to us, put their arm around us and be there for us we can risk sharing with each other. Even if you are not an emotionally connected person do it enough so your partner feels connected and secure.

Michael's contact information:
Triune Counseling Services
13000 Equity Place - Suite 106
Louisville, KY 40223
(502) 387-8802
Michael takes insurance



The Power of Prayer

One of the things we really encourage couples to do is pray together. We want to share with you what

Dave and Ashley Willis with Marriage Today shared on the topic of prayer.

"Prayer is one of the most intimate acts a married couple can share. When you pray for your spouse, it changes your perspective about them. It binds you closer to him/her. When you pray with your spouse, it simultaneously brings you closer to God and closer to each other.

No marriage problem is bigger than God, and when you invite the peace of Christ, and the wisdom of the Holy Spirit into your marriage, transformation happens. When you don't know which way to turn, turn to Jesus, and you'll be headed in the right direction."

Give for Good Louisville - September 17, 2020

Please Save the Date and Pray About Giving

The Marriage Education and Resource Center (MERCY) will be participating in the 24-hour online giving day for non-profits.



As you know, MERCY is fighting for marriages and families and we are asking you to join us by making a donation to our mission of ongoing education, support and hope to couples and families to have Christ-centered marriages.

At this point, we would just ask you to pray and genuinely ask the Father what He would have you to do in terms of supporting a non-profit organization that has been there for you or one in which you believe in, in terms of their mission.

Beginning September 10, you can make your donations. If you would like to support MERCY simply [click here](#). You have until 11:59 p.m. September 17 to make a contribution.

Any amount is appreciated. More details coming soon. Thank you!



Connect with us

