



MARRIAGE EDUCATION AND RESOURCE CENTER

May, 2021

The Marriage Education and Resource Center (MERCY) Newsletter



It has been a busy few weeks at MERCY and there's so much we want to share with you, but because of time and space, we'll just hit some of the highlights.

I, Penny, met with some ladies who share our passion for marriage ministry and they are doing some incredible Kingdom work. Several of them have a marriage ministry called "Growing Your Marriage," that I would encourage you to check out. You will be hearing more about this ministry (see their upcoming virtual workshop) in this and future newsletters.

We had the privilege of speaking with several couples at Southeast Christian Church's Crestwood Campus about marriage. We shared our story of how the Lord saved our lives and our marriage. Greg Allen, the Campus Pastor, interviewed us and we took questions from some of the couples. We were honored to have had that

Upcoming Marriage Events

Growing Your Marriage
Virtual Workshop Down and
Dirty - June 1 - 8:00 p.m. -
9:15 p.m. EST



Joe and Toni Rose, a local couple, will be leading this workshop. They will be sharing personal stories, biblical teachings and lessons they have learned while working through (and continuing to work through) their own challenges, issues and mistakes.

Enjoy this Virtual Date Night in the privacy of your own home. You will not be asked to share with others. For more information, or to register [click here](#)

Marriage Vision 2021 - June 10 -
July 15 (6-Week Marriage
Journey)

opportunity.

On May 14 & 15 we held our annual marriage event called "Building a Lasting Promise." We are so grateful for the couples who took time out of their busy schedules to attend this event. See more details below.

One of our main goals at MERCY is to give you resources and connections that can enhance your marriage. If you have any specific questions/concerns, please get in touch with us by emailing us at pdhud9@aol.com, text or call at (502) 939-0121. We will do our best to help in any way we can.

Grace and peace,
Penny and David

Communication/Connection Exercises by First Things First



Exercise I - The Weekly Meeting

Carve out around 30 minutes to intentionally focus on your marriage. Get rid of all distractions; i.e., no phones, no tablets, no television, no kids, etc.

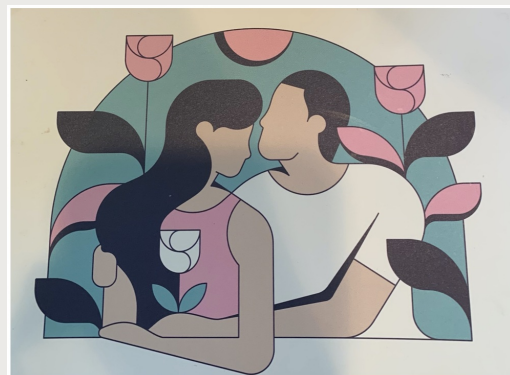
Some things to talk about:

- How are we doing as a couple?
- Is there anything we need to finish addressing from this week?
- How can I make you feel more loved and appreciated?

Exercise II - Connect Through Breathing

When you need to slow down and refocus this is a great exercise. Sit facing each other, touching foreheads. Tilt

6:30 p.m. - 8:30 p.m.



Marriage Vision 2021

This program, authored by Jimmy and Karen Evans of XO Marriage and Marriage Today, will challenge you to have conversations about where your marriage is today, where you are headed, goals you want to reach and together make a plan to get there.

Bob and Carol Esham will be facilitating each session and each couple will spend time together on the MERCI grounds inside or outside depending on weather. Snacks and drinks will be provided.

MERCI Barn
8510 Hwy. 111
Memphis, IN

Cost: \$25 per couple (includes all materials and snacks.)

Note: This event is limited to 8 couples.

For more information or to register, [click here](#)

Marriage Dynamics
INSTITUTE 

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

your chins down so you don't bump noses. Take at least seven deep breaths. Try to breathe slowly and in sync.

Exercise III - Can I Get A Hand

As a couple, you want to work toward a common goal. Each person will place a hand behind their back and together try to do a simple task, like buttoning a shirt, pouring a cup of coffee, etc. The point is to see how clearly you are communicating and sharing what you need.

Exercise IV - Active Listening

Set a time for 3-5 minutes. One spouse communicates whatever they are thinking or feeling, uninterrupted. The other spouse listens and communicates what they are hearing. Try speaking what you hear and then try communicating what you hear non-verbally. Then switch roles.

This Guy Nailed It!



This was recently posted on Facebook by Dustin J. Crowder and we thought it was such a neat and relatively inexpensive way to let someone know you were thinking of them. Try it. We think they will like it.

"I remember I asked a girl what her favorite color was. . .and she told me orange. The next day I went and bought an orange gift bag. . .some of that orange tissue paper. . .bought 12 orange roses. . .and filled the bag with a bag of cheetos. . .a bag of reese cups.

considering divorce.

06/25 - 06/27 A New Beginning Live Online Workshop (Registration OPEN Until June 18.)

07/16 - 07/18 A New Beginning Workshop – Nashville, TN (Registration OPEN until July 9)

For more information or to register, [click on this link.](#)

Love Like You Mean It Marriage Cruise - February 6-13, 2022



The FamilyLife® Love Like You Mean It® Marriage Cruise is a getaway for married couples looking for relaxation, renewal, romance and life-long memories. In 2022, their eight-day seven night, fully-chartered cruise sails from Port Canaveral, Florida to The Bahamas, Jamaica, Haiti, and CocoCay. It is truly an experience like no other. They invite you to join them on their 11th sailing of the Love Like You Mean It Marriage Cruise - an unforgettable week on the high seas as you reconnect, relax, renew, rediscover, romance, and remember.

For more details, [click here](#)

Upcoming Focus on the Family Broadcasts on Marriage

May 24-25: Understanding Your Spouse's Emotions I & II - Dr.

. .2 orange candles. . .some orange hand soap. . .and an orange fanta and called her and told her to come over because I had something to give her. The thoughtfulness of it blew her mind. She smiled so hard. . .told all her friends about it. . .and I barely spent over \$20. Moral of the story is. . .it is not always about how much money you spend. . .but how much thought you put into it.



Do you Need to Raise Your Income?

If you need more available money, we suggest you read this article by Drs. Les and Leslie Parrott. As they point out, it takes teamwork and shared goals, but if

you can work together it is possible to make more money for your family.

To read their blog on this subject, [click here](#)

Pandemic Effects on Relationships

Ever wonder how the pandemic affected relationships across the board? If so, check out Tina Fey, founder of Love Connection statistics. Statistics were gathered from dating apps, law firms and numerous other studies. In case you are interested, [click here](#)

David and Jan Stoop

June 4: The Importance of Leaving and Cleaving - Pastor Ted Cunningham

June 9: Discovering the Secrets of a Happy Marriage - Mrs. Fawn Weaver

June 14-15: Loving Your Spouse Through Seasons of Marriage I & II - Mrs. Debra Fileta

June 14& 15: Fighting for Your Marriage No Matter What I & II - Mr. Matt and Mrs. Sarah Hammitt

June 28: Learning to Relish Life with our Spouse - Mrs. Alexandra Kuykendall

The broadcast schedule is subject to change. Listen to Focus on the Family Broadcast on your local radio station, your mobile device or online. If you've missed one you can listen online at: focusonthefamily.com/broadcast

Do you Know Cassie?

Cassie Soete was married to George for 51 1/2 years before George suddenly passed away April 7, 2015. In 2010, there was an article in the Southeast Outlook about George and Cassie. At that time George said, "their marriage was better than it had ever been." But that wasn't

always the case because they went through many of the situations couples go through today.



Cassie and George Soete

It appeared their marriage was at the breaking point. In fact, at that time, George told Cassie there was a 1% chance they would reconcile. Cassie knew that rebuilding their marriage would take a miracle. But, in time, they learned the Lord is still in the miracle business. Therefore, we hope you will listen to George and Cassie's testimony that was recorded eight years ago, but is still relevant today. It's a beautiful testimony of forgiveness, love and restoration of a marriage. To view, [click on this link](#).

George and Cassie mentored hundreds of couples up until George's death. However, Cassie continues to be there for couples who need help and hope. If you would like to talk with Cassie, please email us at pdhud9@aol.com or text or call us at (502) 939-0121 and we will have Cassie get in touch with you.

Highlights from Building a Lasting Promise Marriage Event

We want to thank Todd and Carrier Claypool and Tom and Joy Cox for facilitating this event. This program was full of marriage enrichment techniques that can enhance any marriage. They covered:

- Oneness - God' design for marriage
- Personalities
- Danger Signs and Time Outs
- The Speaker/Listener Technique
- Expectations
- Events, Issues and Hidden Issues
- Road Mapping One's Relationship and
- Commitment

We also want to thank all those who sponsored/partnered with MERCY to make this event possible. A huge thank you to City Place, Southeast Christian Church, Commonwealth Compassion Bridge, Keurig/Dr. Pepper and Metro Christian Legal Aid.

If you ever get the opportunity to go to another "Building A Lasting Promise," marriage event, we hope you will plan to attend. Personally, we think it is one of the most comprehensive and practical marriage programs available.



Connect with us

