



MARRIAGE EDUCATION AND RESOURCE CENTER

July 2022 Newsletter From The Marriage Education and Resource Center (MERCY)



We normally try to limit our content to marriage and we hope you will find some helpful resources in this newsletter as usual. But this month, we want to veer off course for a few minutes and introduce you to Ben and Crystal Wood and their family.

They're deeply involved in several ministries - marriage, family, individual discipleship, grief and care coaching, leadership and ministry coaching. Their overarching ministry is called "The Brave Way Home."

This month we want to share about one of their relatively new ministries. However, let me first tell you they intentionally work on their marriage and help others. They have been through good and difficult times, but the most heart-wrenching one for me was hearing about the death of their

Upcoming Marriage Events

A Lasting Promise

August 19th and 20th
Friday, 6:00 p.m. - 8:30 p.m.
Saturday, 8:30 a.m. - 5:00 p.m.



This is a great seminar for those who are married or engaged!

If you would like to learn some proven strategies within a solid Christian framework, we hope you will consider attending this event.

Cost: \$100 per couple, which includes access to event curriculum and Saturday lunch.

Stratton Community Center

nine-year old daughter Calla. She died from a rare and extremely aggressive brain tumor. Crystal shares "We watched our brave and beautiful girl battle and persevere and suffer for 8 weeks, and she was in our arms when Her King came to rescue her from this broken world...to safely bring her Home and to her promised reward."

In Calla's honor they have started "Look Out For the Left Out - Calla's Legacy." It involves speaking at schools and student organizations and churches on topics like anti-bullying, inclusion and encouraging students to see, feel and meet the needs of others. They highlight the importance of empathy, compassion and kindness.

We can't think of a message that's more timely than this one today. We want to encourage you to take a look at their website. You will be inspired. Also, let them know if you would like them to speak at your children's school, church or another organization. Simply [click here](#)

Grace and peace,
Penny and David

Forgiveness



Forgiveness is one of those words that gets put out there a lot. What does it really look like? How do you actually go about seeking forgiveness or how do you go about granting

215 Washington Street
Shelbyville, KY 40065

To register, [click here](#) Or, call (502) 321-9587 - Registration deadline is: August 3.

Comedian Juanita Lolita is coming to town - October 8.

Be sure to mark your calendars now. It is a fun and different kind of Date Night.



More details coming soon.

According to Family Life, 3500 American families become a divorce statistic every day.

Dr. Richard Marks

forgiveness?

First, forgiveness is the decision or choice to give up the right for vengeance, retribution and negative thoughts toward an offender. It will help you to be free from anger and resentment. Forgiveness is not forgetting, condoning or perpetuating injustice. Since it is sometimes unsafe or impossible, it does not always involve reconciliation.

Based on contributions by Dr. Mark, Ph.D., with Marriage for Life, Inc. and in conjunction with PREPARE/ENRICH, following is how they recommend approaching forgiveness.

First and foremost, we recommend you pray before you start.

Seeking Forgiveness

- Admit what you did was wrong or hurtful.
- Try to understand/ empathize with the pain you have caused.
- Take responsibility for your actions and make restitution if necessary.
- Assure your partner you will not do this again.
- Apologize and ask for forgiveness.
- Forgive yourself.

Granting Forgiveness

- Acknowledge your pain and anger. Allow yourself to feel disrespected.
- Be specific about your future expectations and limits.
- Give up your right to "get even," but insist on



Dr. Richard Marks, has a Ph.D. in counseling, psychology, an MA in marriage and family therapy and a MA in religious education, plus another string of accomplishments.

We have participated in several of his classes and he offers some wonderful programs, such as:

- Intensives and counseling
- Retreats and seminars
- RelateWell Core Course
- "Hope For Us" Weekends" - A Christian, three day marriage intensive that helps couples learn how to reconnect and transform their hurting relationships.

We recommend you check out more on Dr. Marks by [clicking here](#)

How to Hold A Weekly Marriage Meeting (and why it matters) - excerpts from Camille Styles



being treated better in the future.

- Let go of blame, resentment, and negativity toward your spouse.
- Communicate your act of forgiveness to your partner.
- Work toward reconciliation (when or if safe).

Upcoming Broadcasts from Focus on the Family on Marriage.



7/25 - Nurture our Wife, Stay Married for Life - Pastor Dan and Mrs. Jane Seaborn

8/15 - Strengthen Your Marriage with a Meet Up - Mr. Bill and Mrs. Pam Farrel

8/22 - 23 - Loving the Story of Your Marriage I & II - Mr. Brad and Mrs. Marilyn Rhoads

8/23 - Overcoming the Betrayal of an affair - Mr. Rick and Mrs. Tiffany Bulman

Does Divorce Lead to Happiness?

According to Julie Baumgardner, who was the founder and Director of First Things First, one of the most successful marriage

Camille's sister introduced her to the concept of a 'Weekly Marriage Meeting.'

This is what she said, "These meetings began to breathe life into our relationship and set us up for a week where we were we were on the same page logistically and emotionally."

Here are some benefits Camille has found:

1. It enhances intimacy on all levels.
2. It let's you get ahead of potential conflicts.
3. It keeps the romance alive.

How to hold your meetings:

- Schedule it weekly.
- Sit together.
- Limit distractions
- Bring your calendars or organizational app to use. Also, feel free to grab a pen and paper(or note app) if you want to jot down anything to remember.
- Keep it short - Perhaps 30 minutes.

You don't want it to feel like a chore. This is for nurturing your relationship. Make it fun and carry equal ownership.

A suggested agenda:

- Personalize it on your needs.
- Start with Gratitude.
- Talk Logistics - Move to the "to do's"- appointments, expectations for the week. If a certain topic brings up conflict,

programs in the U.S., says:
"Many who choose to separate often find out that it's not what it's cracked up to be. Research has shown that if a person is unhappy, divorce is not necessarily the road to happiness.

" A national study in 2002 of 10,000 asked them to rate their marriage from life in hell (1) to heaven on earth (7). Researchers interviewed the couples twice, five years apart. The study found that most people rated their marriage as happy. Eighty-one percent of the couples who rated their marriage as life in hell were still together five years later. Out of that group, the majority said they were very happy after five years. "

I doubt this included abusive relationships.

- table it for a later time.
- Do you need to divvy up details in any way?
 - What are your top 3 work priorities for the week?
 - Check in on finances, the children, your sex life, spiritual life - anything you need to address?
 - Close out by showing affection - a hug, a kiss, etc.

These are just some highlights. Camille has some other great suggestions. To read her entire article [click here](#).

Bonus: Set aside personal rest days - maybe set aside one quarterly rest day so you can do anything you want to all by yourself. And schedule some fun stuff.

Couple's Couplettime Activity

For this month's Couplettime activity, we would like to ask you to review this video clip (5:14) from Greg and Priscilla who have been married 46 years and are Relationship Specialists. They are discussing what they've learned, what insights they've gained and what advice/words of wisdom they'd share with other couples.

After you watch the video we have a worksheet called "The Wisdom of Experiences" that we encourage you to complete and discuss.



To obtain your worksheets, please click the link on the left - [Wisdom of Experience](#)

Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."

Wisdom of Experience



Connect with us



The Marriage Education and Resource Center (MERCY) | 7204 Hwy. 329 - Suite 201,
Crestwood, KY 40014

[Unsubscribe pdhud9@aol.com](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by pdhud9@aol.com in collaboration
with



Try email marketing for free today!