



MARRIAGE EDUCATION AND RESOURCE CENTER

February, 2023 - Newsletter from The Marriage Education and Resource Center (MERCY)



We do not make New Year's resolutions. However, something I (Penny) want to do this year is adopt One Word to focus on, that can have a major impact in my life and hopefully, the lives of others.

I heard about this concept from two separate friends -- Deryl Sweeney and Leslie Bowman. Deryl's One Word was Commitment and he has followed through with that. If you watched Leslie's testimony, that was posted in last month's newsletter, you heard about her One Word for the past several years. The first one was Yes; The second year was Intentional, the third was Cultivate and this year's is Bold. If you missed her testimony, it is on our website www.mercy.org [click her](#). It is exciting to see how she incorporated that One Word into her life each year.

The One Word I've chosen for this year is Trust. I want to trust the Lord

Upcoming Marriage Events

Conflict Without Division
February 24 - 6:30 - 8:30 p.m.
MERCY Barn



Conflict can be either the glue that holds us together or the walls that divide us, an opportunity for greater intimacy in marriage, or a reason for isolation. In a climate of surmounting division, we aim to share Biblical truths on how to maintain unity in the midst of

more than ever before.

We hope you will pray and discover your One Word. Own it, live it and experience how it can change your life and others.

Grace and peace,

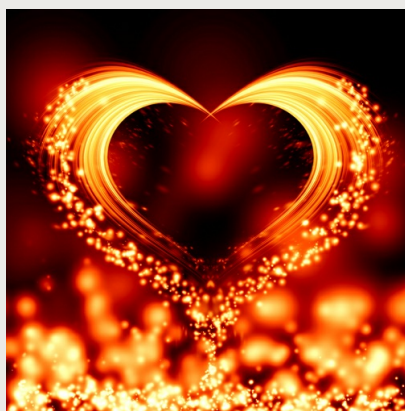
Penny and David

Are You Experiencing a Relationship Wedge?

Dr. Gary Chapman, author of *The Five Love Languages*, describes a relationship wedge as anything that has the potential to push you away from someone you care about. The first and most dangerous wedge is pride. Specifically, the kind of pride that keeps you from apologizing or making the first move in resolving conflict. Pride is what turns simple misunderstandings into long-term problems.

Other potential wedges to watch out for include negative input and gossip, an overbooked schedule, and indifference. If you are experiencing multiple relationship wedges you may not be able to remove all of them immediately, but you can start to remove them one by one in order to give your relationship a chance to grow.

How to Put Some Spark Back Into Your Marriage



disagreements and tear down dividing walls of unresolved conflict.

Ryan and Mandy are local missionaries with FamilyLife.

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

Worldwide Marriage Encounter



World Marriage Encounter (WWME) is a weekend for married Christian couples who value their relationship and desire a richer, fuller life together.

WWMR was started by the Catholic Church and supports the teachings of the Catholic Church. However, there are many faith expressions of WWME - Catholic, as well as several Protestant denominations. While the weekend may be presented in a given Faith expression, every one is open to couples from other orientations. The opportunities of the weekend go beyond the boundaries of any expression.

The next Worldwide Marriage Encounter, in our area, will be held March 3-5, 2023 at:
Our Lady of the Holy Spirit Center
5488 Moeller Avenue
Cincinnati, Ohio 45212

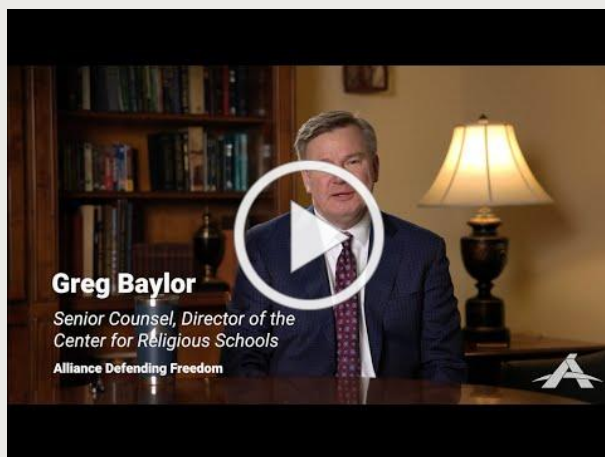
(Note: This one will be

Trey and Lea with "Build a Stronger Marriage" offers these tips:

- Go to bed at the same time.
- Start praying together.
- Be intentional about holding hands everyday.
- Make trust and forgiveness two things you give freely.
- Focus more on what your spouse does right than what your spouse does wrong.
- Give each other a 7 second hug as soon as you see each other after work.
- Say "I love you" every morning and every evening.
- Be intentional about being intimate.
- Check in on one another everyday and ask, "How are you?" Or, "How was your day?"
- Be proud to be seen with your spouse.

Respect for Marriage Act

Greg Baylor, Senior Counsel and Director of the Center for Religious Schools at ADF (Alliance Defending Freedom) answers questions about the recently passed federal Respect for Marriage Act. If interested, you will want to review his video below



presented by the Catholic Church.)

For more information, [click here](#).



Husband and Wife Journey

April 28-30, 2023

Harvest Heights Orchard
and Vineyard in Scottville, KY

Conflict and coexistence was not God's design for marriage; it can be so much more. The Growing Your Marriage team invites you to embark on a journey with your loved one, blending biblical teachings with rest and recreation, in a beautiful location.

Cost: \$300 which includes housing, program materials, meals-snacks, recreational activities and more. If you could benefit from a get-away and enhance your marriage, we believe you will love this retreat.

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



Love and Lordship
Newsletter

Marriage Dynamics
INSTITUTE™

A New Beginning

If you listen to blogs, and want true biblical teaching, may we suggest you check out Love and Lordship's Newsletter. For more information, [click here](#).

A counselor-led workshop designed specifically for couples in crisis. Three days can turn your marriage around.

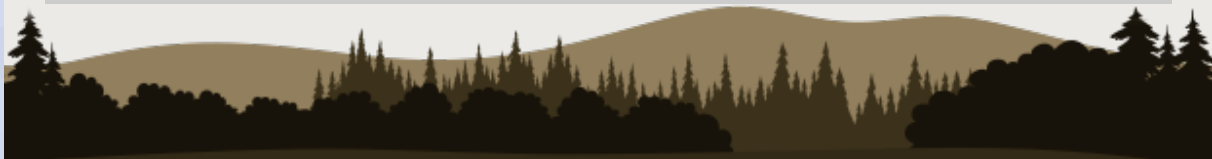
For more information, [click here](#) or call (800) 650-9995 or (615) 627-0751.

Couplettime Activity

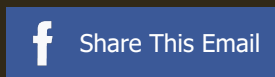
A Fun Indoor Scavenger Hunt

Even though Communion Ministries, a ministry that works with churches all over the United States, encouraged people to share this for Valentine's Day, it is still a cute and fun activity for couples to do any time of the year.

Print out this list ([click here](#)) and make sure you each have a copy. Put on a fun, energetic playlist and set a timer for 30 minutes. Whoever completes the list first or has the most points at the end of 30 minutes wins! No need to go in any order and have fun getting creative!



Connect with us



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