



MARRIAGE EDUCATION AND RESOURCE CENTER

January 2023 Newsletter from The Marriage Education and Resource Center (MERCY)



Happy New Year!

When we turn the calendar to a new year, it has an interesting effect on us. We often commit ourselves to better choices, spiritual disciplines and/or healthier lifestyles.

That's what Leslie and Matt did several years ago. Therefore, we'd love for you to listen to Leslie's testimony she recently shared at her church. We are glad we were a small part in their lives but what is most exciting is how the Lord has worked through them since we met many years ago.

Thanks Leslie for allowing us to share your story.

Grace and peace,
Penny and David

Upcoming Marriage Events

Marriage Restored -
For Those in Crisis
January 20-22
Virtual Event



Marriage Restored is for relationships in crisis. The challenges you face may be adultery, addictions, separation or they may be something unique to you. Regardless of what brought your marriage to a breaking point, Marriage Restored gives you the privacy and practical approach you need to make the difference in your marriage.

Cost: \$125 registration fee plus
Pay it Forward donation

Phone: (877) 844 2262 or [click here](#) for more information.



Leslie and Matt and family

Interesting Fact: Based on an analysis by Pew Research Center the 118th Congress is far more Christian and religious overall, than the general population. Even though nearly three in 10 American's claim no religious affiliation - a rate that has steadily risen in recent years - only two of the 534 incoming members of Congress publicly identify as such.

5 Tips to Reinvigorate Your Marriage

by Les and Leslie Parrot

- Start the Year with Gratitude
What aspects of your spouse make you feel happy, proud and excited to share your life with them?
- Make Prayer A Daily Priority
Prayer can help the two of you focus on growing spiritually as you build intimacy. If you don't feel comfortable praying aloud, do it silently.
- Forgive the Past Year's Wrongs
As you forgive and release your spouse's missteps, you'll feel much more positive about the future.
- Learn Something New About One Another
If you need some conversation starters, email us at pdhud9@aol.com and we'll send you a list.
- Commit to Better Love -
What is one way you can love your spouse better? How are you loving according to 1 Corinthians 13:4-7?
"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is



Choices for a Successful Marriage - January 27 - January 29, 2023

Agape' Wilderness Retreat Center
831 Barebone Rd
Bedford, KY 40006

This event has gotten many positive reviews. You will learn how daily choices for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control will give you a partnership that leads you to a truly successful marriage when two become one flesh.

This retreat is limited to 10 couples, so call (502)255-7676 to book or email susan@agapewilderness.com.

Price: \$300.00 per couple
 (This includes two night lodging, five delicious meals and a workbook.)

Love and Respect
 Starting Thursdays, February 2
 6:30 p.m. - (5 Sessions)

Southeast Christian Church
 Blankenbaker Campus
 WC 329

not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."



Why Does My Wife Expect Me to Read Her Mind?

Shaunti Feldhahn, social researcher, best-selling author and popular speaker, said she has identified four crucial truths that will help men understand this.

- She has a vulnerability inside that you may not be aware of. Your wife or girlfriend doesn't actually expect you to read her mind. However, she does expect you to notice when something is wrong and press into it. She wants you to pay attention to her, to find out what she's thinking, what matters to her, what is going on in her heart.
- When you seek out what matters to her, without being told, you are signaling how much you love her.
- When you routinely seek out what matters to her, and "learn" her every day it will build a true security under the surface of her heart.
- Seeking out what matters to her emotionally, is just as important as providing for the family financially.

Join Joe and Toni Rose, from *Growing Your Marriage*, as they walk through Love and Respect Building Blocks through the video series based on Emerson Eggerich's bestseller, *Love and Respect: The Love She Most Desires; the Respect He Desperately Needs*. Over five sessions, you will learn why spouses react negatively to each other and how they can deal with such conflict quickly, easily and Biblically.

To register: [click here](#)

Night of Marriage Enrichment and Fun

February 3
6:30 - 8:30

Southeast Christian Church
410 South 1st Street
LaGrange, KY 40031



This will be a time of fellowship, interactive

Talk with her, ask her what is going on in her life. Encourage her to process out loud (if she is that sort of person) and then listen without distractions.

To read Feldhahn's entire article, [click here](#)

Questions for Consideration When Feeling Discouraged

As the New Year unfolds, these are good questions to ask yourself?

- Am I pouring the love of Christ into my spouse?
- Do I need to apologize?
- Have I granted forgiveness?
- Am I offering grace to my spouse?
- Am I pleading for divine help?
- Have I confessed my own self-centeredness and asked the Lord to fill me with the love of Christ?

Couplettime Activity

National Marriage Week is February 7-14 which is a time to encourage organizations and churches to plan marriage events.

They shared some activities that we hope will draw you closer as a couple.

Here is one called "Things You Did Right This Year and Areas Where You Want to Improve."

As we reflect back on the past year, it is a great time to see how we can improve the state of our marriage as well as encouraging moments that happened. With these things in mind, look at what you'd like to adjust and celebrate together over the positives!

Examples:

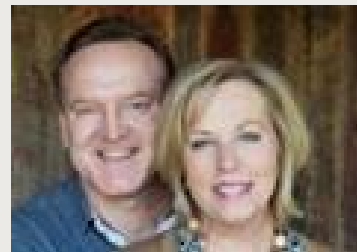
teaching, fun and an opportunity to grow your connection in marriage.

Cost: \$20 per couple

To register or for more information, [click here](#) or email: lorie.weires@growingyourmarriage.org.

Marriage Weekend February 17 & 18

Iron Bell Ministries
16006 Aiken Road
Louisville, KY 40245



Join Gregg and Shelley Dedrick for this powerful workshop designed to equip you with practical tools that can transform your marriage."

Hear the Dedricks tell their journey from "ashes to abundance," where they experienced God's hand of restoration and gained tools to equip others.

Learn about personalities, making conflict your friend, cultivating intimacy, how to spiritually contend for your spouse and family, and more. This interactive workshop will provide you with simple, dynamic tools you can implement right away. (All interaction is between couples only; there is no group sharing.)

- Went Well: We had regular date nights where we connected.
- Needs Improvement: We need to do a better job of listening to each other.

So write on a piece of paper:

Things We Did Right This Year:

Areas To Improve On:

Write out your answers independently and then share your lists and decide which one you want to tackle first.

Cost is: \$175
(Includes workshop and materials, catered dinner, coffee and muffins and catered lunch.)

Registration is required. To register, [click here](#)



Retrouvaille - A Lifeline for Married Couples - Weekend of February 17, 2023 - Louisville, KY

Over the years we have asked many couples who were on the brink of divorce to attend this weekend program. Most of them came away with renewed hope and understanding about their marriage.

Cost: Registration fee is \$260 per couple.

For complete details on Retrouvaille, **click here**

Note: This program is only in the Louisville area once a year. Therefore, if you need help we encourage you to consider this opportunity.

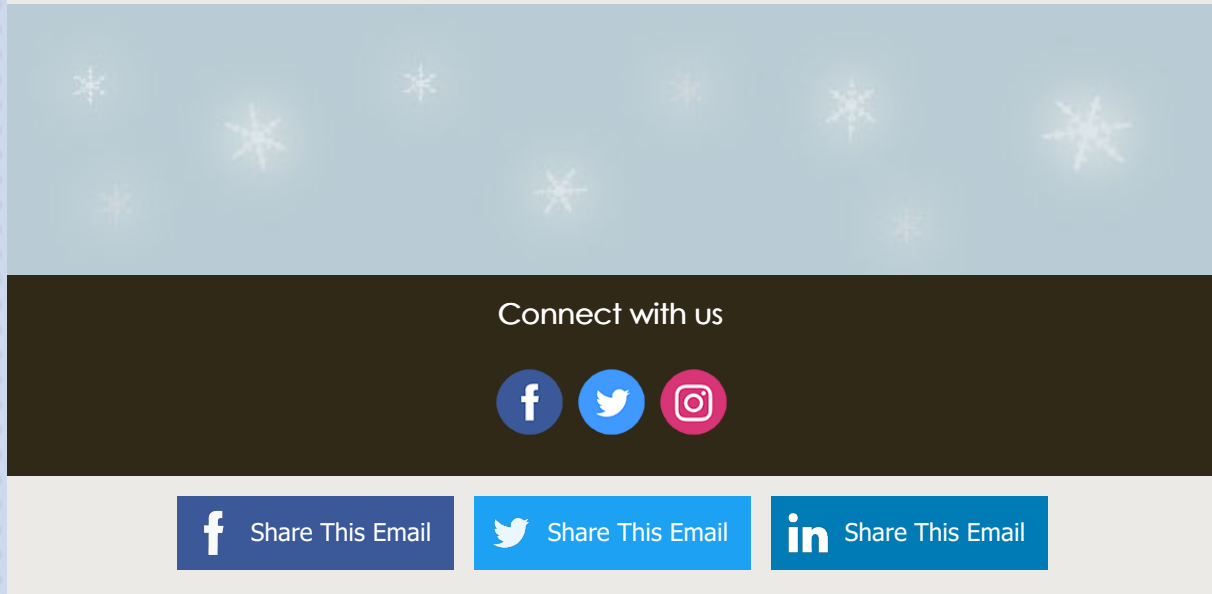


Looking for Something Special for Valentine's Day?

Have you considered a [CharCuterie Luxury Picnic](#)? It may just provide the perfect experience. They take care of everything including design, delivery, set up and clean up.

Just look at these adorable sets they created and check out their website for more unique ideas.

Click here to view their website



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