



MARRIAGE EDUCATION AND RESOURCE CENTER

February, 2024 Newsletter from The Marriage Education and Resource Center (MERCY)



For many, February is considered the love month. I looked up the definition on the internet and here's what first popped up:

Noun - An intense feeling of deep affection.

Is that how you would define love? For Christians it is much more than an emotion or warm feeling.

Our winter pastor, Tim Reed with Fairway Bible Church, recently did a series of sermons on love and this is how he described Biblical love:

Biblical love is a commitment to do what is best for the other person, actively and sacrificially, regardless of feelings, not expecting anything in return, for the glory of God.

It is quite different than how the world describes it, don't you think?

Grace and peace,

Upcoming Marriage Events

We're sending out this month's newsletter a little early as we want you to be able to take advantage of the special events planned near Valentine's Day and make plans for upcoming ones.

Valentine Dinner Date Night -
February 10, 2024
6:30 - 8:30 p.m.

MERCI Barn
8510 Indiana 111
Memphis, IN 47143

MERCI BARN
8510 Hwy 111
Memphis, IN

a Valentine party event

February 10, 2024
6 PM - 8:30 pm

Special guests:
John & Lorie Weires
Don & Kelly Keuhner

marriage enrichment can be fun

dinner games romance

merci

Growing —Your— Marriage

MERCI is partnering with the "Growing Your Marriage" team to bring you a fun night of high energy, interactive fun and dinner. Spend the evening reconnecting with



Communicating the Fast-Food Way

We call it using the Floor; others call it active listening and still others refer to it as Fast-Food Communication.

Have you noticed that in the fast-food industry, employees are trained to repeat back exactly what you ordered?

It is intended for accuracy and the repetition ensures they heard what you said.

This can be a great technique when communicating with your spouse or others.

Try it. We think you will see a difference.

Anger is Real - Dr. Gary Chapman



one another through experiential activities, practical marriage tips and laughter - consider this a date and more.

Dinner will be catered by Amy Balletine Catering in Corydon.

Cost: \$60/couple

To register, [click here](#).

Love on Cloud Nine - Watch at Home

February 9-10

Be completely humble and gentle: Be patient, bearing with one another in love. Make every effort to keep the unity of the spirit through the bond of peace. (Ephesians 4:2-3j)



Xo Marriage is offering access to their recent SOLD OUT LIVE Conference called "Love on Cloud Nine" from the comfort of your home.

You'll hear from Christian marriage experts like Jimmy Evans, Dave and Ashley Willis and many other leading speakers about the secrets to a healthy, thriving marriage.

Live Streaming Pass: \$99.00

For more information or to

Dr. Chapman recently wrote an article on anger that we thought you might find useful.

He tells us anger is normal. There's nothing wrong with experiencing this human emotion. However, the issue is what you do with it.

He asks, "How do you express anger? Do you deny it? Suffer in silence or do you lose control?"

Dr. Chapman explains anger is a secondary emotion that is typically triggered by fear or sadness.

When we don't learn to process anger properly our relationships can become a battlefield.

Here are 5 tips Dr. Chapman recommends:

- Admit it - Anger is real.
- Say it - Express your anger in a healthy way. Don't play "Guess my mood."
- Guard it - Follow ground rules. Don't resort to extremes like "always" and "never." Stay focused on the specific action or words that express how it made you feel (use "I" messages, not "You" messages.) Attacking the other person over their behavior is not healthy or acceptable communication.
- Ask - Don't attack - Don't fly off the handle. Ask questions and give the other person a chance to explain his/her perspective.
- Don't discard the relationship - repair it.

Dr. Chapman goes on to say, "Relationships are messy, and no relationship survives long-term without forgiveness. Healthy relationships

register, [click here](#)



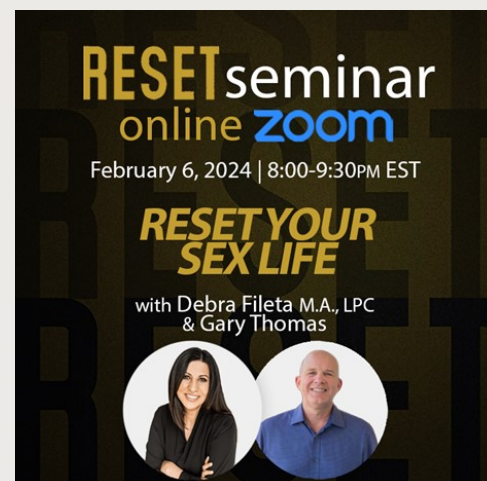
Looking for Something Special for Valentine's Day?

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 this adorable set they created and check out their website for more unique ideas.

Click here to view their website.

Reset: Your Sex Live with Debra Fileta and Gary Thomas - Online
February 6, 2024
8:00 p.m. EST



A great sex life is something

need lots of apologies and forgiveness.

The Institute of Family Studies recently published an article from a study called "Religion and the Decline of Marriage: The Soviet Case" by Anna Claire Flowers.

Here are the highlights from this study:

- Religion cannot be excluded from conversations about promoting marriage and family formation.
- Religion is extremely important in determining the fate of marriage.
- We demonstrate that the removal of religious authorities in the Soviet Union decreased fertility and increased divorce rates over time and within regions exposed to more religious repression.

To read more on this subject, [click here](#).



The week of February 7-14 is considered National Marriage Week.

National Marriage Week seeks to work with, connect, and unite:

- Church Leaders
- Content Leaders
- Community Leaders
- Policy and Research Leaders....
- and Couples.

Check out their website for tons of useful information: [Click here](#).

you make, not something you find!

If you feel confused or frustrated about your sex life—or simply wonder, Is there more to it than this?—RESET Your Sex Life will help give you the first steps you need to make your marriage stronger, in and out of the bedroom.

Cost: \$25
To register, [click here](#)

Wayfarer Worship Night -
March 1 - 6:30 - 8:00 p.m.

MERCI Barn
8520 Highway 111
Memphis, IN



Join Ben and Crystal Woods of the "Brave Way Home" Ministries for this very special evening to celebrate God's faithfulness through song, scripture and prayer.

To register, [click here](#).



Husband and Wife Journey -
May 3-5

Country Lake Christian
Retreat in Underwood, IN

This message is from Katy Ursta. Thank you, Katy, for letting us publish your article.



"You're so lucky you have such a good husband..."

No.

It isn't luck.

There's nothing lucky about our marriage.

I think we need to stop painting the picture of a happy marriage that doesn't come through hard work.

Any couple who has a healthy, happy marriage that has lasted 10, 20, 30 or even 50 years didn't get there by luck.

They didn't just stay happily married. They sacrificed.

They forgave.

They rebuilt trust that was broken.

They apologized.

THEY TRUSTED GOD!

They kept trying.

They got help when they were stuck.

They kept dating.

They made time for each other.

They learned how to communicate.

They cared more about the marriage than their pride.

There was nothing lucky about the marriage.

They worked.

They worked hard for one another.

The truth is- there is no happily ever after without the blood, the sweat and the tears.

The truth is you can't get to happy without going through the hard stuff. Your marriage is worth working for.

These weekend journeys provide the perfect opportunity for Growing Your Marriage. With the busyness of life and unexpected challenges, couples often lose sight of what first brought them together.

Conflict and coexistence were not God's design for marriage; it can be so much more. We invite you to embark on a journey with your loved one, blending biblical teachings with rest and recreation.

Your fun-filled weekend begins Friday evening and wraps up by noon on Sunday. Your registration fee includes housing, program materials, meals-snacks, recreational activities and more.

May Journey Registration Fee (per couple) –
Early Registration – \$425
After March 1, 2024 – \$450

To register and for more information, [click here](#)



If you are struggling in your marriage, please consider attending this event.

Weekend of February 16 -
Louisville, KY

It has saved many marriages.

It is an international program however, it is only in Louisville once a year.



Here are some top posts from Shaunti Feldhahn for 2023:

1. [7 Date Night Do's and Don'ts](#) (see also [Part 2](#))

2. [When She has the Stronger Sex Drive](#) (see also [Part 2](#) and [Part 3](#))

3. [Nix the Negativity](#) (see also [Part 2](#) and [Part 3](#))

4. Broken Trust in a Relationship? Here's What to Do.

The cost \$400 registration fee.

For more information, [click here](#)

continued - Shaunti Feldhahn posts:

5. 7 Steps to Keep Defensiveness from Ruining Our Relationships.

To see more posts and links to each, [click here](#).

Couplettime


On a scale of 1-10 (with 10 being the best and 1 being the worst), how would you rate how you are doing in the following areas:

- [Communication](#): Do you foster open, honest and respectful communication with your spouse? Do you listen actively and express yourself clearly to avoid misunderstandings?
- [Quality Time](#): Do you make time for your spouse even with your busy schedule?
- [Show Appreciation](#): Do you express gratitude and appreciation to your spouse regularly?
- [Do You Work As A Team](#): Do you collaborate on household chores, decision making and problem-solving? Do you support your partner's goals and aspirations?

Once you rate yourself, share with one another and make a plan to improve in one category.



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

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