



MARRIAGE EDUCATION AND RESOURCE CENTER

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



Are you aware of a recent trend called "Alphabet Dating?"

The concept is easy. You simply pick a letter of the alphabet and plan a date that starts with that letter.

We are having fun doing this. Here are three dates we have tried so far:

- A = We went to the aquatic center.
- B = We played bocce ball.
- C = We went to a Christian concert.

Using the "Alphabet Dating" brings up some new ideas you may have never tried and gets you out of just going out to dinner and/or a movie.

Here are a couple of links you may find useful in helping you think of some dates from A-Z.

### Upcoming Marriage Events

"A Change is Gonna Come -  
Changing How You Do  
Conflict"

July 12 - 6:30 - 8:30 p.m.  
Whet Your Palette  
1415 Evergreen Road  
Louisville, KY 40223



This is a unique opportunity for you to learn about conflict resolution while your child(ren) enjoy a time of painting.

Cost: \$30 per child (ages 4-12). If you bring a child, the workshop is free.

\$25 per couple for those who do not bring a child(ren).

To register, [click here](#).

Click here for a lot of ideas on Pinterest

Click here for ideas from Microsoft Bing

(Note: We do not endorse some of these ideas. Use your best Christian judgment.)

Grace and peace,

Penny and David

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### Confessions of a Few Married People

Michelle Bird with BuzzFeed recently published some confessions about marriage that married people may never say out loud. Here are just a few:

- "Never quit dating each other." Her husband was very ill with cancer, but he insisted on having dinner out for their 40th anniversary. It turned out to be the last time.
- "It is not the big things that drain you the most. It is figuring out dinner every night."
- "Love comes in waves and that's how it is during the long haul. Sometimes you have to brace yourself and ride out the low points. It takes a commitment but the highs outweigh the lows if you keep working at it. Still in love after 43 years!"
- "You're not going to like your partner from time to time. You might not even think you love them, and this can last months. The drudgery of life, children, work and stress can destroy your emotions, cause arguments, and make you forget why you're even with this person in the first place. It happens, and it doesn't mean the marriage is over. Be honest with yourself and your spouse, give each other some grace, and get help."

### Ready Set Marriage

Thursdays, July 25, August 1, August 8, 2024  
6:30 - 8:15 p.m.

MERCI Barn  
8510 Indiana 111  
Memphis, IN 47143

\$25 per couple  
(snacks/dessert provided)



Ready Set Marriage is a 3-session workshop geared toward engaged and newlywed couples (up to 5 years married). Enjoy a time of fun, fellowship and be encouraged on how to start your marriage strong God's way.

To register, [click here](#)

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### Close Encounters

August 13, 20 & 27  
6:30 - 8:15 p.m.

MERCI Barn  
8610 Indiana 111  
Memphis, IN 47143

Cost: \$25 per couple

- "Marriage is like climbing a mountain. When one of you starts to slip, the other grabs their hand and pulls them back up. Always be there for each other."

### Hope for Hurting Wives - "You Cannot Live Without God's Word"

Kathy Gallagher, with Pure Life Ministries, has spent decades ministering to wives who have seen their marriage and their lives ripped apart by their husband's sexual sin. And she can do this because she experienced this in her own life. God turned this sin into something very precious to her. We thought you might like to hear this episode.



There are other interviews with Kathy Gallagher on Pure Life Ministries' website, along with some helpful articles. For more information, [click here](#).

### Unfaithful Friendships: Understanding and Preventing Extramarital Relationships - David Schramm, Utah State University

Boundaries between friendship and romance can sometimes blur, creating a slippery slope that can lead to wrecked relationships, heartache, and regret.

Schramm outlines the following



Three consecutive Wednesday "Date" nights of intentional together time - teaching and guidance to achieve your marriage goals, sharing a meal or dessert and most importantly, time for the two of you to dream and commit to an even better marriage this year!

Registration coming soon. [Click here](#).

### Five Love Languages - Dinner/Date, Skits, Fun and Games

Friday, August 16  
6:00 - 8:00 p.m.

Lanesville Christian Church  
8090 Tandy Road, NE  
Lanesville, IN 47136

Cost: \$35 per couple.



Dinner, laughter and skits bringing to light what the *Five Love Languages* look like in action, or not. This can be a great date night for you, as a

warning signs of Unfaithful Friendships:

- Emotional intensity
- Secrecy
- Physical affection
- Time together
- Comparisons

Potential locations where affair partners meet:

- The office and workplace
- The gym
- Social media
- Friends and social circles
- Church and volunteering

Possible signs of an affair:

- Increased secrecy
- Emotional distance
- Time investment

Tips to avoid unfaithful friendships:

- Set and keep clear boundaries
- Stay connected with your spouse.
- Prioritize your relationship
- Involve your spouse
- Reflect on your intentions
- Seek support

If you would like to read this entire article, [click here](#).



**Support MERCY While you Shop**

If you haven't already, would you please add The Marriage Education and Resource Center (MERCY) to your Kroger Community Rewards.

couple, or invite your couple friends and make it a fun night while learning a thing or two about having your best marriage.

Registration coming [Click here](#).



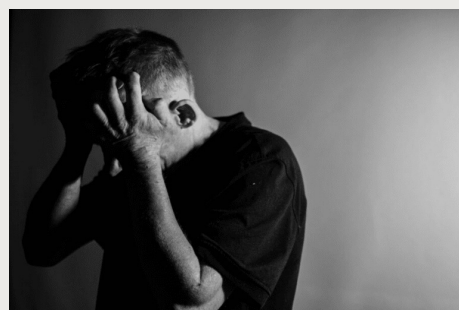
A counselor-led workshop for couples in crisis.

08/16 - 08/18 A New Beginning – Indianapolis, IN (Registration OPEN through August 9th)

09/13 - 09/15 A New Beginning – Nashville, TN (Registration OPEN through September 6th)

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

**Feeling Stressed?**



Dr. Gary Chapman, author of the *Five Love Languages*, offers the following suggestions:

- Breathe - Find a calm, quiet place for a few minutes and practice deep breathing.

There is no cost to you.

1. Log into your Kroger Account.
  2. Select "My Account" in the top right-hand corner.
  3. Click on "Community Rewards."
  4. Enter WB632.
  5. Select The Marriage Education and Resource Center (MERCY).
- Take a moment to notice and release the burden of whatever weight you are carrying.
  - Express gratitude for the relationships in your life.
  - Pray
  - Exercise - Sometimes you just need to work it out.
  - Sleep - Be sure you are getting enough sleep.
  - Do something fun - laughter and fun are essential ingredients to growing healthy relationships.



If you do not currently have a church home, or it has been awhile since you've been attending, we invite you to Southeast Christian Church July 18, 25 and August 14 with Kyle Idleman. Southeast incorporates the storytelling of Hollywood for a clearer picture of what it means to follow Jesus.

## Couplettime

If your church has ever gone through a building program, you heard a lot about "sacrificial" giving. To sacrifice means a decision to forego something else, however worthy, to support a particular cause; such as, a church building program. But regardless if you are giving to a building program or sacrificing for the Lord in some other way, you know there is tremendous joy which always accompanies a sacrificial commitment.

Jesus made the ultimate sacrifice. He endured the cross, despising its shame, for the joy that was set before Him.


*"But they shouted, 'Crucify, crucify Him!'" (Luke 23:21)*

Couple's Activity: What sacrifices have you made, as a couple, for the glory of God?

Prayer: Thank God for His sacrifice. The greatest one anyone could ever make.

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