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July 2010

Vol 1, Issue 6

Get Ready for the 1st Annual Walk for Marriage and Family on July 31!!

Welcome

Start your month off with a bang by having a safe and happy holiday weekend. End your month with a bang by participating in our 1st Annual Walk for Marriage and Family on July 31. Thanks for all your support in what we do. We appreciate it!



1st Annual Walk for Marriage and Family

The MRC is happy to announce it will be hosting a walk for marriage and family on Saturday, July 31 on the beautiful Detroit Riverfront. Check-in starts at 8am. Walk starts at 9am, rain or shine. We are looking for walkers, captains, volunteers, donors,

In This Issue

1st Annual Walk for Marriage and Family
 Kroger Community Rewards
 Third Option Support Group for Couples
 PICK a Partner
 Community Events
 MTV Casting Call
 Ask Ms. Aleta

[Join Our Mailing List!](#)

Help Support the MRC!

Want a help support our efforts here at the MRC even though times are tough? Well, we have a simple way for you to do so and it doesn't take any money out of your wallet.

GoodSearch
 YOU SEARCH WE GIVE™

Simply log onto www.goodsearch.com. Then enter "Marriage Resource Center" as your charity. After that, start

vendors and corporate sponsors. We are asking that all walkers and captains pre-register at the link below.

This fundraiser will provide programs to assist:

- singles in becoming and selecting healthier partners
- couples in crisis to receive low cost marital education and coaching
- happy couples enrich their marriage

[Walker and Captain Registration](#)

[Pledge Form](#)

[Volunteer Registration](#)

[Donate to the Event](#)

[Corporate Sponsor](#)

Vendor opportunities also available. For more info, please send an e-mail to marketing@mimarrriage.org.

For more information on the event itself, please send an e-mail to MRCwalk@mimarrriage.org.



using Good Search as your search engine. You get to find what you need and we benefit by receiving a donation every time you search.

Another way to help us out is to click on the link below. You will be redirected to our website. At that point you will be able to securely donate any amount you want.

[Donate](#)

We thank you in advance for your support!

Marriage Hall of Fame

We recognize the commitment couples make to work through the thick-and-thin of marriage, and who are rewarded with the joy of celebrating a long-term marriage.

To honor a couple you know, please send an e-mail to marketing@mimarrriage.org and we'll post them in the Marriage Hall of Fame on our website.

Please include their name, wedding date and photo (if desired).

Kroger Community Rewards



Be sure to add the Marriage Resource Center to your Kroger Plus card. You can do so by logging onto:

[Kroger Community Rewards](#)

Register there to help support us. A percentage of your purchase will go towards the MRC!

Third Option Support Group for Couples

Date/time: Every Monday from 7-9pm

Location: Marriage Resource Center, 23400 Michigan Avenue, Suite P18, Dearborn

Cost: Free

Contact: MRC at 313-278-4400

OR

Date/time: Every Tuesday from 6-8pm

Location: New Jerusalem Temple and Missionary Baptist Church, 17330 Fenkell, Detroit

Cost: Free

Contact: Aleta Curry at 248-330-1161

Class Descriptions

- **PICK a Partner:** A fun workshop for single adults and teens on how to find Mr. or Ms. Right
- **First Dance:** A video for engaged couples that helps relieve the stress of planning a wedding
- **FOCCUS:** Pre-marriage workshops for engaged couples
- **PREP:** Enrichment and conflict-resolution sessions for anyone in a relationship
- **Smart Steps for Step Families:** A program for children and adults in step families.
- **Third Option:** An ongoing support group program for those struggling in their marriages
- **Connections:** A course that helps teens develop healthy dating practices and life skills.
- **Family Wellness:** Empowers families to manage their relationships in a healthy way
- **Active Relationships:** Powerful skills to create and maintain healthy relationships.

Private coaching sessions are also available

The Third Option is a support group that is helpful for any marriage. The couples attending our program range from those on the brink of divorce to those yearning to make a good marriage better. Few marriages are too good, or too bad, for the group. Developing the right skills and sensitivity is the best way to ensure that a good marriage grows even better. This is an on-going, walk-in support group with different topics covered each week. Even though registration is not required, please call the contact person to verify the group is going on that night.

PICK a Partner Retreats for Singles

Girlfriends Weekend for Singles

Date/time: Friday, July 16 from 6-9pm; Saturday, July 17 from 9a-3pm

Location: Doubletree Hotel Dearborn, 5801 Southfield Expressway

Cost: \$25/person; includes 8 hours workshop and overnight stay along with breakfast and lunch on Saturday

Contact: MRC at 313-278-4400 or www.mimarrriage.org

Retreat for Singles- Open to All

Date/time: Friday, September 17 from 6-9pm; Saturday, September 18 from 9am-3:30pm

Location: Gethsemane Missionary Baptist Church
29066 Eton, Westland

Cost: Free; includes 8 hour workshop, light meal on Friday, continental breakfast, light lunch and snack on Saturday

Contact: MRC at 313-278-4400 or www.mimarrriage.org.

Find a proven way to choose a partner in this fun and interesting workshop. Whether single, dating or single again, experience how to build and maintain a healthy relationship. Learn how to follow your heart without losing your mind. Open to both men and women.

If only picking a partner was as easy as picking an outfit!



Community Events

Marriage Enrichment Gatherings
Sponsored by National Marriage Enrichment of Detroit

Check out ads this month!

Billboard
West 8 Mile and Southfield Freeway

Magazine
Metro Woman
Natural Awakenings

Radio
WEXL 1340am

Check Out Our Blog!

<http://mrcwaynco.wordpress.com>

Members of:

Michigan Non-profit Association
Michigan Business & Professional Association

Facebook & Twitter

Join us on Facebook here:
[Facebook Page](#)

Follow us on Twitter here:
[Twitter Page](#)

MRC's Website

www.mimarrriage.org

Check it out for more information about what's happening at the MRC and beyond!

Next Month:

More classes and workshops coming in August

Date/time: 2nd Saturday of each month from 7-9pm
Location: St. Columban's Catholic Church, 1775 E. Melton Road, Birmingham
Cost: Free

Date/time: 4th Friday of each month from 7:30-9pm
Location: St. Lucy's Catholic Church, 23401 E. Jefferson, St. Clair Shores
Cost: Free
Contact: Rich and Fran at 586-979-0192 or waldenluv@wowway.com

Lift your marriage to new heights! This monthly event, at either location, draws husbands and wives from many different walks of life, different faiths, and different stages in their married lives. Each event offers a 10-minute reflection and then time is given for couples to dialog with each other and then as a group. No one is ever expected to speak.

 If your organization would like to add its event to our newsletter and website, please send an e-mail with the info about it to marketing@mimarrriage.org. Check out 'Community Events' on our website for more information.



MTV Casting Call



MTV's Award Winning Documentary Series TRUE LIFE is looking for stories of couples who "can't afford to get divorced."

Are you stuck in an unhappy marriage but can't afford a divorce?
 Have you both decided it's time to end the marriage but need the other's income to survive?
 Are you fighting all the time but can't afford to get a lawyer or move forward with divorce proceedings?
 Can't afford to get your own place or can't afford child support?
 Is it simply better for you to stay together for the money?

True Life is looking for couple who are...

1. Anywhere in the US , between 18-27 years old
2. CURRENTLY struggling with this issue (issues can include can't afford lawyer, two mortgages, child support, needs income to survive etc)
3. Able to give BOTH sides of the story
4. NOT divorced YET--still struggling

If this sounds like you or someone you know, please send an e-mail to cantafforddivorce@mtvn.com.

Please include your name, story, location, PHONE NUMBER, and photograph if possible. Please remember your PHONE NUMBER.

Since its first episode in 1998, True Life has provided a window into the struggles, hopes, and dreams of young people. Narrated solely by its characters, each episode documents the unusual (and often remarkable) circumstances of real individuals, whether it's about soldiers returning from Iraq, deaf teenagers, or people living with autism. We've given all of them, and hundreds of others, the opportunity to tell their own stories directly to their peers in this powerful series that uniquely reflects the experiences and cultures of this generation.

Not familiar with True Life, here's a past episode:
Can't Stay Thin

Ask Ms. Aleta



Every month, Ms. Aleta will be answering your questions about adolescents, marriage or family.

This month's question:

How do you talk to your spouse about their money problems?

Answer:

This is something that you should talk about before you get married, if possible. However, whenever the talk does happen, be sure to see what kind of habits they have. Do they put everything on a credit card? Are they late paying bills? Is that compatible with your habits? Having different habits as a married couple is fine, but they should work with each other, not against. Also, make sure the discussion is done with no distractions. This is a serious matter and should be discussed as such. The MRC offers a money habitudes class to see where both you and your spouse stand. Contact the office for more info.

If you have a question for Ms. Aleta, please submit it to development@mimarrriage or aletacurry@comcast.net.

Aleta Curry, MA, is a care pastor at Mt. Zion Church in Clarkston, Michigan. She is a graduate of WSU and CMU. She is also a Marriage and Family Coach for the Marriage Resource Center.

Could You Be 'Infected' by Friend's Divorce?

Stephanie Chen, CNN
June 10, 2010

(CNN) -- Divorce is contagious in social networks, a new study says. The idea is based on the theory of social contagion, or the spread of behavior or emotion through a group. In this case, the heated feelings and actions of one person's divorce can be transferred like a virus, causing others to divorce, according to the study.

Not only can the risk of divorce spread from one couple to their friends or family, it can also affect relationships at least two degrees of separation away from the original couple splitting up, said James H. Fowler, a professor of political science at the University of California, San Diego.

Your decision to split from your spouse can influence whether your friend gets divorced. It also can sway your friend's friend, according to preliminary findings by Fowler and fellow researchers from Harvard and Brown Universities.

The new findings may be troubling news for members of the Gore family, who have already announced two marital separations this month.

Former Vice President [Al Gore](#) and his wife, Tipper, stunned the nation one week ago with their announcement that they were separating after 40 years of marriage.

[Read why the Gores' breakup touched a nerve](#)

Then the couple's eldest daughter, Karenna Gore Schiff, announced Wednesday that she is separating from her husband after 13 years of marriage.

Gore Schiff, 36 and a graduate of Harvard University and Columbia Law School, married Dr. Andrew Schiff in 1997, and they have three children together.

Both the elder Gores and their daughter and her husband have declined to comment further on their separation or whether their separations will evolve into [divorce](#).

Fowler's research on divorce contagion didn't examine whether the decision of parents to break up affects their children's relationships. But his study did analyze the effect of divorce on siblings. People with a divorced sibling are 22 percent more likely to get divorced than people who don't have divorced siblings.

[Read why some call it quits after decades of marriage](#)

"I would say to the other [Gore] children, 'watch out,' because we find when siblings get divorced it tends to spread," said Fowler about the research, which is pending publication. "I'm sure the whole family is talking about these decisions."

Gore Schiff isn't the first Gore child to face a marital breakup. Her younger sister Kristin Gore, a writer, filed for divorce from Paul Cusack a year ago.

The youngest Gore daughter married businessman Bill Lee in 2007. The Gores also have a son, Albert Gore III.

"We think of a regular contagion like the flu," Fowler said. "You get a virus and you're more likely to spread the symptoms to someone else. This is not just true for a virus. This is true for a lot of social behaviors."

Friends have even more influence than siblings when it comes to divorce, according to Fowler's study. People who had a divorced friend were 147 percent more likely to be divorced than people whose friends' marriages were intact, the study said.

The study also revealed a divorced co-worker can increase the likelihood of another employee divorcing by 55 percent compared to an employee who works with non-divorced employees.

People with children were less susceptible to being influenced toward divorce by other divorced couples, the study said.

The study also found the divorce influence in chains of friends. For example, a divorcing person confides in a married friend. The married friend doesn't opt for divorce, but relays details of the divorce discussion to a third person, influencing that third person in the chain to get a divorce.

"Some people can be a carrier of the disease without actually exhibiting the symptoms," Fowler said, comparing the divorce influence to an infection. "They can carry a virus, but they might not get a fever or cough."

There are several reasons why divorces create ripple effects in a social network. Fowler said people begin to warm up to the idea of divorce when they see their friends, family or co-workers going through the process. When a divorced person confides in someone married, the married person gains knowledge about the benefits and drawbacks of divorce. In Fowler's study, it appeared most people saw the benefits in divorce.

Fowler cautions that the study only analyzed data from 5,000 people, a small sample of the general population. He began studying social contagion and divorces a year ago with researchers Nicholas A. Christakis at Harvard University and Rose McDermott at Brown University.

Christakis and Fowler previously researched how drinking, obesity and other social behaviors can be contagious and revealed their findings in a 2009 book "[Connected](#)".

Fowler's study looks at longitudinal data from a portion of the Framingham Heart Study of several generations of people in a Massachusetts town over more than 30 years beginning in the 1970s. The public perception of divorce changed radically during that period -- going from being nearly taboo in the 1970s to being socially acceptable in the 1990s.

Roughly half of all marriages today in the United States end in divorce, according to the U.S. Census.

[Read whether your marriage could be making you sick](#)

Some therapists offer anecdotal reports of the divorce influence on friends.

Jay Slupesky, a California [marriage](#) counselor, said he's seen women separate from their husbands because they were inspired by their divorced female friends. Slupesky is working with several couples who are empty nesters in their 40s.

"It makes total sense," said Slupesky.

"Let's say the wife has a friend who is getting divorced -- it may give her a little more courage to pursue it."

Marriage therapist Gerry Lane in Georgia said he agrees divorce can be contagious. He said his clients' friends have triggered their desires for a divorce -- even among previously happily married couples.

"The people you associate with have a powerful influence over you," he said. "It's never just coming from inside the person."

Lane gave an example of a client he counseled, a successful CEO in his mid-30s. The client was surrounded by similarly high-powered male friends, who had been through one or multiple divorces and had remarried younger women. The client contemplated a divorce but ultimately stayed with his wife.

"We are living in a culture that supports divorce," Lane said. "We have this idea that marriage should make you happy and it doesn't always make you happy. We are difficult to live with at times."

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