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August 2010

Vol 1, Issue 7

### Welcome

Sink your teeth into our August newsletter. It's filled with upcoming events hosted by the MRC and others in the community along with great articles. Thanks for checking us out. Enjoy!



### 1st Annual Walk for Marriage and Family

We want to thank everyone who participated in our walk last Saturday, July 31. It was a wonderful day for a walk. Everyone there had a great time while supporting a great cause.

We will be posting pictures soon so stay tuned for those. Our official photographer for the event was **David McConkey**. If you are interested in him taking pictures or videos at any of your events, please feel free to contact him at 586-871-0979 or [dkmcc67@yahoo.com](mailto:dkmcc67@yahoo.com).

Mark your calendar for our 2nd Annual Walk for Marriage and Family to be held on Saturday, July 30, 2011!

### Kroger Community Rewards

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### 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](http://www.goodsearch.com). Then enter "Marriage Resource Center" as your charity. After that, start 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



Don't forget 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 7-9 pm  
**Location:** Marriage Resource Center, 23400 Michigan Avenue, Suite P18, Dearborn  
**Cost:** Free  
**Contact:** MRC at 313-278-4400  
 OR  
**Date/time:** Every Tuesday from 6:30-8:30 pm (Note: new time and no classes on 8/3 & 8/10; resumes 8/17)  
**Location:** New Jerusalem Temple and Missionary Baptist Church, 17330 Fenkell, Detroit  
**Cost:** Free  
**Contact:** Aleta Curry at 248-330-1161

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.

**Retreat for Married Couples**

**Date/Time/Location:** TBA  
**Details:** Falling in love is easy; staying in love requires time, effort and skills. This workshop reviews crucial relationship links such as communication, skills, trust and forgiveness.

**PICK a Partner Workshops for Singles**

**Date/time:** Tuesday, August 24 & Thursday, August 26 from 6:30-9 pm; Tuesday, August 31 from 6-9 pm- limited to first 12 participants to register  
**Location:** MRC Office, 23400 Michigan Avenue, Suite P18, Dearborn  
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**Date/time:** Friday, September 17 from 6-9 pm; Saturday, September 18 from 9 am-3:30 pm  
**Location:** Gethsemane Missionary Baptist Church 29066 Eton, Westland  
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**Date/time:** Friday, October 1 from 6-9 pm; Saturday, October 2 from 9 am-3 pm  
**Location:** Blessed Trinity Baptist Church, 18520 Binder,

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](mailto: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).

**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

**Check out ads this month!**

**Billboard**  
 West 8 Mile and Southfield Freeway

**Magazine**  
 Metro Woman  
 Natural Awakenings

**Radio**

Detroit

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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. Contact the MRC for more info at 313-278-4400 or [www.mimarrriage.org](http://www.mimarrriage.org). **FREE.**



**Community Events**

What's the best gift you can give to your spouse?

Bring more joy, intimacy and loving communication into your marriage. Give each other the gift of time at a National Marriage Encounter weekend. Join together for a very private, prayerful weekend experience and you'll reap the benefits for a lifetime! The next weekends are August 6-8 (Capuchin in Washington, MI) and September 24-26 (Manresa in Bloomfield). Register on-line or read further details at:

<http://National-Marriage-Encounter.org>  
or contact Rich and Fran at 586-838-4447.

**Marriage Enrichment Gatherings**  
*Sponsored by National Marriage Enrichment of Detroit*

**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](mailto: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.

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If your organization would like to add its event to our

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](http://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 October**

newsletter and website, please send an e-mail with the info about it to [marketing@mimarrriage.org](mailto:marketing@mimarrriage.org). Check out 'Community Events' on our website for more information.



### Ask Ms. Aleta



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

This month, Ms. Aleta would like to share the following:

#### Bill of Rights for Couples

Every person has a right to:

1. Space and Privacy
2. Be Different
3. Disagree
4. Be Heard
5. Be Taken Seriously
6. Be Given the Benefit of the Doubt
7. Be Told the Truth
8. Be Consulted
9. Be Imperfect
10. Courteous and Honorable Treatment

This was taken from the Third Option program created by Patricia Crane Ennis and the Roman Catholic Diocese of Syracuse, New York.

If you have a question for Ms. Aleta, please submit it to [development@mimarrriage.org](mailto:development@mimarrriage.org) or [aletacurry@comcast.net](mailto: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 and facilitator for our Tuesday night Third Option..

### Does Your Marriage Need a Tune-Up?

Susanne M. Alexander, Relationship & Marriage Coach

Sometimes when we've been married for a few years, we begin to assume that we fully know our spouse. Our relationship can slip into a routine that has a certain amount of comfort and security in it, but which also can feel somewhat bland and uninteresting. If these statements describe your marriage, then it may be time for some reconnecting measures that bring more life and connection to the two of you. Please try out the activities below.

Activity 1: Spend time thinking about and sharing stories about what you loved about your courtship days. Identify one activity that you did then, but have stopped doing since the wedding, and begin doing it again. After doing this activity, share your feelings about the experience with one another. What else do you wish to do?

Activity 2: Marriage researcher John Gottman recommends doing "couple maps," where each spouse on their own draws or writes down what they think they know about their spouse (Seven Principles for Making Marriage Work). Consider aspects such as:

- Everyday life
- Wounds in the middle of healing
- Upcoming events
- Who he/she is striving to be
- Priorities
- Best friends
- Current fears, stresses, and worries
- Irritants
- Life dreams
- Religious beliefs and ideas
- Basic philosophy of life
- Favorite music, movies, TV shows...
- Most special times in life
- Childhood trauma/stress
- Major aspirations and hopes
- Would do with a major sum of money

Share the maps with one another and fill in or correct the details.

Activity 3: Tune up or build new marriage skills by going through a marriage preparation book. You can read portions to one another, discuss the content, do the activities, and generally be in learning mode. This activity can have you recreate the excitement of your courting days as well as rejuvenate your marriage in the present. (New and older books are available at <http://www.marriagetransformation.com/>).

Becoming complacent about the state of your marriage can be very unwise. Be vigilant and an advocate for the health and well-being of your relationship. As you pay attention to the quality of your bond, you will keep your marriage strong and both of you happy.

For more information, check out:  
Marriage Transformation LLC  
25241 Chatworth Drive  
Cleveland, OH 44117 USA  
800-501-6682  
[www.marriagetransformation.com](http://www.marriagetransformation.com)

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