

May 2007
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Happy Spring



Florida Association for Couples in Marriage Enrichment

Special Interest Articles:

- IMEC 2007 Orlando, FL
Top 10 Reasons to Attend

Inside this Issue:

Is There Hope for Marriage?	2
Words are Important	2
President's Corner	3
FL ACME Leadership	4

Special Inserts

Knee to Knee Exercise:
"Renewing our Relationship"

What has Marriage
Enrichment Meant to You?



*Building Better
Marriages*

SAVE THE DATE:
IMEC July 12-15, 2007



"Happily Ever After"
Turning Fairy Tales into Reality

TOP 10 Reasons to Attend IMEC:

10. The opportunity to meet couples from across the country and around the world only occurs once every three years.
9. You have the chance to hear nationally known speakers such as:
Gary and Karolyn Chapman, author of "the Five Love Languages,"
Millard and Linda Fuller, founders of "Habitat for Humanity,"
Harville Hendrix, author of "Getting the Love You Want," and many more!!!
8. There are 33 workshops to choose from, plus four general sessions.
7. Pre-conference institutes are available for in-depth training.
6. CEUs are available for professionals.
5. Camp ACME is available for school-age children and childcare for infants and toddlers.
4. Stay in a four-star hotel for only \$95/night (rate is good for three days before and after IMEC dates).
3. Spend quality couple time to reconnect, laugh, and learn.
2. It is the perfect combination of family vacation and marriage dedication.
1. It's **FLORIDA**, it's **FUN**, and **YOUR MARRIAGE IS WORTH IT!**



“... Marriage must be valued and nurtured.”

Is There Hope for Marriage?

Eddie and Sylvia Robertson For the Ledger-News

Is there hope for marriage today? We believe there is hope, but as with all valuable things, marriage must be valued and nurtured. Our son, Nate, hiked the Appalachian Trail from Georgia to Maine in 1996. Day hikers and Scouts repeatedly asked two questions: “Have you seen any bears?” and “What do you eat?” He answered, “Yes, there are bears and they will steal your food. You have to hang your pack high and always assume there are bears around.” The second answer was “Peanut butter and mac and cheese.”

In our life as a couple, there are many things (bears) which will steal our time and our joy. They don’t respect what is in our “pack;” we have to keep it out of their reach. Likewise,

the essential “food” of our relationship is talking with and listening to each other, building a life in tandem. We must stay up to date with each other. We do this by setting aside at least a little time often to look at each other and share our lives “knee to knee”

Think about the following question. Take time to turn to your mate and share your thoughts. Listen to your mate’s thoughts.

What do you appreciate about your marriage? Who or what are your bears? They might even be people and things you like. How do you secure your marriage “pack?” What “food” sustains you and your marriage for the long haul. How can you get and keep more of that good food?

Words Are Important!

Eddie and Sylvia Robertson For the Ledger-News

“The luckiest people are those who are married to their best friends.”

Couples marry with the best of intentions. We seek the shared privacy of that intimate relationship. We revel in the delight of it. We think we can weather anything, as long as we are together. The luckiest people are those who are married to their best friends. Unfortunately, like the best friends of childhood, we can grow to take our mates for granted. We have busy lives, and we assume they know they are loved. It is said that actions speak louder than words, but actions have to be interpreted. Sometimes mates need to hear the words.

Words are important! Everybody

knows words can hurt, but words can also affirm and heal. The child in each of us needs to hear that we are loved and deemed worthy of being loved. “I love your presence beside me through good times and bad.” “It fills my heart when I tap on the window and you look up and smile.” “You are my favorite playmate.” “You are the Best!” “I love your laugh.” “You make pretty babies!”

Think of five affirmations for your mate. I love you when... I appreciate... I enjoy...

Take time to look at each other and share words of love knee to knee.



President Couple's Corner

Charlie and Debbie Parsons

Hi Couples,

Lots of exciting things have been going on around Florida in 2007. We have led another mini-retreat in the Jacksonville area in January and are now "mentoring" a brand new MEG. There were 15 couples who attended the day and half event with 7 couples committing to meeting monthly as a marriage enrichment group. The area representative couple for Jacksonville did a wonderful job of putting together this event and has helped enormously with the follow-up of each couple. We are challenging each area rep in Florida to put together an event (we have couples who will lead it) and see if your area can outdo Jacksonville.

February took us to the Brasstown Valley Resort for the annual Georgia state conference. The Georgia couples also put on a wonderful conference. As always we learn new things about our relationship and have fun sharing with other couples who are learning too. As a special treat for us they invoked an evening of snow (my third time ever seeing it) and I must admit I enjoyed romping like a kid.

We have decided as a couple, that marriage enrichment is truly the glue that holds us together and the monthly MEGs are a big plus to our relationship. We made a decision to try to mentor MEGs throughout Florida. There are many ongoing MEGs currently in Florida but we want to establish more. If you are interested in forming a MEG through your church or community please contact us....we will get it done!

And finally.....IMEC is coming! This is ACME's big celebration for couples from all over the world. At our first IMEC (International Marriage Enrichment Celebration) we witnessed a couple from Taiwan dialogue publicly about an issue in their relationship. What a powerful experience that was to see that couples everywhere face similar problems and each has creative solutions. It is an amazing boost to any relationship and we highly recommend you register as soon as possible.

Marriage is about the journey on the trip not the destination and is much better with the right traveling companion.



Association for Couples in
Marriage Enrichment

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Building Better
Marriages

2007-08 Florida ACME Leadership

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About Our Organization...

Florida ACME is a unit of ACME International, solicitors and 100% of any gift goes directly to which has members in all 50 states and 31 Florida ACME. Our registration number with the countries. Its mission is "to promote enrichment Florida Department of Consumer Affairs is SC- opportunities and resources that strengthen 03733. For more information, visit our website, couple relationships and enhance personal www.bettermarriagesfl.org, or contact one of the growth, mutual fulfillment, and family wellness." above officers or area representatives (see Florida ACME is a not-for-profit 501C3 website). corporation. We do not use professional

This FL ACME Newsletter is published three times per year in January, May, and September. The deadline for submissions (news, articles, or exercises) is the 25th day of the preceding month. The newsletter couple maintains our ACME mailing list. If you know anyone who would welcome receiving our mailings, please send their names and address to Colleen and Kyle Armentrout at kcarmentrout@otcdsl.net.



“Renewing Our Relationship”

An exercise from the Leaders Forum, Winter 1993

1. What are the priorities we need to honor in our lives right now?
2. Do we have them in the proper order?
3. At the present time, what are we doing to nurture our relationship?
Name one regular “intentional” activity.
4. List several ways to increase these nurturing activities:
5. Is there anything that I am withholding which I could and should be giving to our marriage (energy, support, practical help, etc)?
6. If I am withholding anything, why?
7. Here are some things that I would like for you to contribute to our marriage:

Please take a moment together and reflect on the journey of
your relationship.

What has marriage enrichment meant to
you as a couple?

How has marriage enrichment made the "trip" a more
exciting adventure?

Please take a moment to answer the questions above and send your reply to:

*Charlie & Debbie Parsons
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The International Marriage Enrichment Celebration (see website www.bettermarriages.org for more information on IMEC) is coming to Orlando, Florida in July this year. We are hoping to showcase FLORIDA'S SOUTHERN HOSPITALITY at IMEC. We need your help.

ACME is a non-profit, international organization that relies on donations to exist. We have shared this marriage ministry throughout the United States and the world. We want to continue this valuable program.



Florida ACME's goal is to help raise those donations and present a check to ACME at the celebration in July. We are asking that along with your reflections, you consider putting value to marriage enrichment and make a tax-deductible donation. If you decide to do so, simply send it along with your comments to the address above. Make check out to: *Florida ACME*.

*Join us at IMEC and see how BIG Florida's support for improving relationships is.

THANK YOU FOR YOUR GENEROUS SUPPORT

