

Welcome Fall!



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Florida Association for Couples in Marriage Enrichment

Special Interest Articles:

IMEC 2007 Testimonials

Inside this Issue:

FL ACME Is Going Cruising	2
A Look at MEGs	2
President's Corner	3
FL ACME Leadership	4

Special Inserts

Knee to Knee Exercise:
"Creating the Holidays"

FL ACME 2008
Celebration Cruise



*Building Better
Marriages*

IMEC 2007: Happily Ever After

"This was our first IMEC and experience with any marriage conference and we thought it was *phenomenal*. It was a delight to be around people who viewed marriage in a positive way, while still being honest about its imperfections. We are only married 8 years and know we need to make growing our marriage a priority. This experience further emphasized the importance of doing so and set a foundation for us to work hard for us and for our young daughters. Thank you."

-Lauri and Kelly Naumec

"We have attended all six IMECs, and each one is better than the last. Priscilla Hunt and the Florida ACME Chapter pulled out all the stops to make this a memory that will last 'Happily Ever After.'

Our favorite things? The Saturday night dance, the presence of more African American couples, Camp ACME that enabled young couples to attend, first-time presenters Debby & Jeff McElroy, music by Rob Button and Bob Griffith, and simply being surrounded by such joy and friendship as we gathered for a common mission so dear to our collective hearts.

Hugs and Peace."

-Al & Carole Pugsley, Prairie Village, KS

"Jim and I had a great time at IMEC! We only knew one ACME couple before we got there but spoke to many others during the workshops and group meals. The skits and the keynote speakers were among our favorites but ALL the activities were so well planned and executed we can't wait to go to another one. We bought a couple books and workbooks and set up a weekly "date night", candle and wine included, to read and go over them together. We also purchased the relationship deck of cards for us and my sister and her hubby as well. They're fun to have around just to spark conversations on topics we might not typically bring up."

-Cyd & Jim Busko



Florida ACME is Going Cruising

September 18-22, 2008



Don't just think of it as a conference, but rather as a romantic vacation for two.

A new twist on an old story...

For the *first time ever*, the Florida ACME State Celebration will be held at sea. YES, at sea!

The 2008 State Celebration will set sail aboard Carnival Cruise Lines Inspiration for a 4-day western Caribbean cruise departing from Tampa on September 18, 2008.

This cruise will take our marriage enrichment couples to Cozumel, Mexico, the most beautiful island on the Yucatan. Water sports reign supreme on an island with so many beautiful beaches and coral reefs, but there is also great shopping. Many side excursions are available, such as the Mayan ruins, snorkeling, fishing, or even zip-lining through the rain forest.

It is the perfect trip for couples of all ages. Retirees, empty nesters, and young professionals alike will enjoy the marriage enrichment experience. Don't just think of it as a conference, but rather as a romantic vacation for two. And the best news for those with young children... Carnival offers child-care at your fingertips!

COMMIT NOW!

Affordable pricing starts at \$267 per person for an interior room and \$317 per person for an ocean-view room. A first deposit of \$25 is due 12/7/07. A second payment of \$150 is due 5/7/08. Remaining balance is due 7/7/08. Contact Maria Frances, Travel Counselor Associate AAA Auto Club South, at (813) 289-5800 ext. 6545 or email mfrances@aaasouth.com, OR Lisa and Phil Won 813-926-0048 or email lwon@tampabay.rr.com.

A Look at MEGs

By Colleen and Kyle Armentrout

"MEG... a consistent reminder of our commitment to our marriage and to each other."

Marriage Enrichment Groups, or MEGs, are at the core of the ACME model. Monthly MEGs are a consistent reminder of our commitment to our marriage and to each other.

So, when our own MEG began to fracture under the chaos that is life, we became more consciously aware of the void left in it's absence. Our hectic schedules and individual needs have ruled, leaving us little time to touch base with each other. In the past, we counted on our monthly MEG to provide us with that one evening per

month for reconnection.

ONE evening per month! That doesn't sound like much. But now after welcoming our third child (all three under six years old), one evening per month sounds like a luxury. Three and a half years ago, pregnant with our second child, we began a MEG with very little ACME experience because we thought, "now, more than ever, we need this."

...But between late nights at work, middle of the night feedings, PTA, and kindergarten, we realize that **NOW**, more than ever, we need this.



President Couple's Corner

Charlie and Debbie Parsons

Hi Couples,

Let us start with how fantastic IMEC turned out to be! We had over 45 couples from Florida alone! What a great testimony to how Florida couples feel about enriching their marriages. Couples from five different countries and 33 states attended what we feel was the best ever IMEC. The keynote speakers were all captivating and couples learned lots in the workshops. The old friendships and new ones developed only proved to couples that we are all in this together. There is no “perfect marriage”. Awards were given to several couples for their long-time devotion and hard work to ACME. Florida received an award as a group for our “distinguished service” in helping with IMEC. Read the remarks from couples that attended and understand that a great marriage doesn’t just happen – it takes work. Our deepest gratitude to all the Florida couples who helped make IMEC so wonderful.

In an effort to keep marriage enrichment alive in Florida we are planning several different events throughout the state. In the spring (April) we are hosting Debbie and Jeff McElroy (who did great dramatic presentations at IMEC) in Tampa. We will be sure to get the information out to you as this is a workshop you do not want to miss. Debbie and Jeff have the incredible ability to present an everyday marriage and then show how to make it even better.

Next on the agenda is a Marriage Enrichment cruise to Cozumel, Mexico in September. The interest expressed at IMEC for us to do this was overwhelming. We urge everyone to get your passports now so you don’t miss this trip. This will be a celebration where everything is included from childcare to all meals and entertainment. What more could you ask for?

There are many mini workshops going on around the state and to find one in your area please visit our website: bettermarriagesfl.org. If you do not find something in your area, we are happy to bring one to you...just ask! Providing resources, learning skills and just being with other couples who value their marriage is what ACME is all about.

Building better marriages beginning with our own,

Charlie and Debbie Parsons



Association for Couples in Marriage Enrichment

c/o Colleen and Kyle Armentrout
11633 Vicolo Loop
Windermere, FL 34786

Florida ACME

WEB:
www.bettermarriagesfl.org

E-MAIL:
kcarmentrout@otcdsl.net



*Building Better
Marriages*

2007-08 Florida ACME Leadership Team

President Couple
Charlie and Debbie Parsons
813-286-2406
parsonsl@verizon.net

Secretary Couple
Debbie and Will Rodgers
813-875-4450
Rodgers@tampabay.rr.com

Marketing Couple
Jena and Richard Congdon
305-271-6596
rcongdon@bellsouth.net

President-Elect Couple
John and Maxine Roy
813-985-3266
maxineroy@verizon.net

Treasurer/Website Couple
Kip and Kristine Barkley
954-784-8307
KipBarkley@aol.com

Newsletter Couple
Colleen and Kyle Armentrout
407-258-8460
kcarmentrout@otcdsl.net

Conference Chair Couple
Lisa and Phil Won
813-926-0048
lwon@tampabay.rr.com

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.



“Creating the Holidays”

Adapted by Greg and Priscilla Hunt from material submitted by
Craig and Emily Farley, Halifax, VA

Holidays are a time for memories.

Take turns sharing a very memorable holiday experience from your past.

Holidays are a time for traditions.

Dialogue with your partner about a holiday tradition you cherish or you would like to begin this year.

Holidays are a time for giving gifts.

Dialogue about the most important gift – one that money can't buy – you have given or received. Tell your partner about a non-material gift you would like him/her to give you.

Holidays are a time for sharing.

Dialogue about how you may be able to make your spouse's holiday more enjoyable by sharing a responsibility or relieving the other of a chore or worry.

Holidays are a time for fun.

Discuss some things you want to include in your holiday plans just for fun.

Holidays are a time for music.

Share with your partner your favorite holiday music. Discuss ways you can enjoy the special music of the season together.

Holidays are a time for stories.

Share with your partner a special meaning the religious holiday stories have had for you this year. What other holiday stories do you particularly enjoy?



FLORIDA ACME IS GOING CRUISING

CARNIVAL INSPIRATION

DON'T JUST COME FOR A CONFERENCE –MAKE IT A ROMANTIC VACATION.
4-DAY WESTERN CARIBBEAN CRUISE SAILING FROM TAMPA, FLORIDA.

This cruise will take our marriage enrichment couples to Cozumel, Mexico, the most beautiful island on the Yucatan. Water sports reign supreme on an island with so many beautiful beaches and coral reefs, but there is great shopping also. Many side excursions are available, such as the Mayan ruins, snorkeling, fishing, or even zip-lining through the rain forest. **THE BIGGEST PLUS IS ON CARNIVAL THE FAMILY SHIP – CHILD CARE IS AT YOUR FINGER TIPS!**

Itinerary:

Day	Port	Arrive	Depart
Thurs.	Tampa		4:00 pm
Fri.	“Fun Day” at sea (Marriage enrichment workshops)		
Sat.	Cozumel	7:00 am	6:00 pm
Sun.	“Fun Day” at sea (Marriage enrichment workshops)		
Mon.	Tampa	8:00 am	

Florida Marriage Enrichment Cruise

Thursday September 18, 2008

Interior

Oceanview

\$267/pp

\$317/pp

Prices include port charges and taxes plus a \$75.00 per cabin “shipboard” credit. This can be used towards excursions, anything purchased onboard or the \$40 per person tips for the cruise.

\$25 per person deposit is required by 11/7/07 (Carnival is working with us on this)

Next payment of \$150.00 is due 5/7/08

Final payment is due 7/7/08

Please contact: Maria Frances, Travel Counselor Associate AAA Auto Club South
(813) 289-5800 ext. 6545 or mfrances@aaasouth.com