

FLORIDA ASSOCIATION FOR COUPLES IN MARRIAGE ENRICHMENT



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By Jennifer & John Uldrick

Our 2006 State Celebration is right around the corner. You will not want to miss the opportunity to add tools to your marriage toolbox. September 29 - October 1, couples from all across the state will gather in Orlando. The host hotel is the Florida Mall Hotel and will be a great place for you to continue along the road to a successful marriage.

Our theme this year is *Tools for Building Better Marriages*. Our Keynote Couple is Priscilla and Greg Hunt, who will share two sessions: Marriage as a Skilled Labor of Love and Turning a House into a Home. Other presenter couples include the Cooks, the Deans, the Cooley's, and the Parson's. Workshops will be done by the Pugley's and the Heinleins. You'll not want to miss this time together!

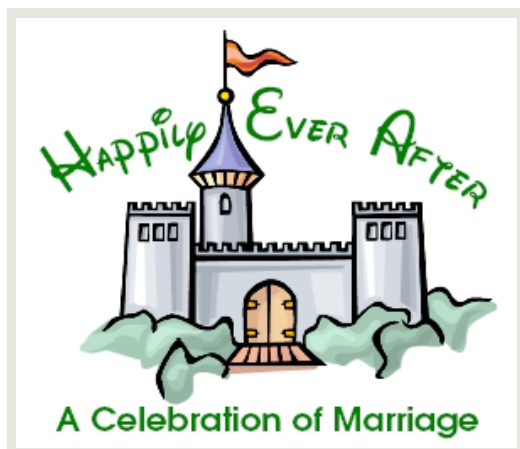
Registration begins at 5 pm on Friday and the first session starts at 7 pm. Several great workshops are planned on Saturday, but there is also plenty of couple free-time as well! Two socials are planned for Friday and Saturday Evening with a nice dinner together on Saturday.

We hope you make plans to be in Orlando September 29 - October 1 for a Celebration that you will never forget! Early Registration has been moved back just for you! You can register at a reduced rate of only \$159 on or before August 31! For more information about this retreat and Florida ACME visit us on the web at <http://www.bettermarriagesfl.org/conf/index.htm>. Go to this link and you can find info on registration, presenters, the schedule, & fees. You can get contact information and even download a registration form. Check it out!



IMEC 2007 IS COMING TO SUNNY FLORIDA!

Save the date on your calendar!



The International Marriage Enrichment Conference is held every three years and is scheduled to be in Orlando during the week of July 12-15, 2007. A conference of this scope takes a lot of planning and many volunteers. If you are interested in serving on the planning committee, please contact Priscilla Hunt, ACME Training and Certification Coordinator, from the National Office. She is also the Coordinator for IMEC 2007. Email Priscilla at acme@bettermarriages.org.

President Couple's Corner

By Jena and Richard Congdon

Challenges this past fall in the form of hurricanes have shown how great our leadership team works against incredible odds. In spite of Hurricane Katrina prior to the Daytona Beach conference, many couples pulled together to have a conference. Special thanks to Bob & Betty Richter, past president couple, and John & Maxine Roy, conference couple, who stepped up to the plate at the last minute. Thanks also to all the couples who helped and couples who did presentations.

After changing the date, our new leadership team met in Orlando only 11 days after Hurricane Wilma to plan for this year. What a great group of couples who want to help marriages succeed and grow!!! Much was accomplished that Friday night and Saturday because everyone worked so well together.

New developments that have been worked on so far are.....a new Florida logo, new programs, new groups

to start in areas around the state, updated web site and dates for the annual conference (now called Celebration) upcoming on September 29, 30 and October 1, 2006. Many projects are currently being worked on so watch for future announcements.

We recognize the responsibility that has been entrusted to us to lead this organization and are thrilled to work with couples all over the state toward growth in anticipation of the International ACME meeting in Orlando in 2007. Our Florida ACME organization will be a model and host for the rest of the world.

Looking forward to building better marriages!

Officers of Florida ACME

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Our newsletter editor couple maintains our ACME mailing list. If you know of anyone who would welcome receiving our mailings, please send their names and addresses to Jennifer and John Uldrick.

Our newsletter is published three times per year by the Florida Association of Marriage Enrichment (January, May, and September). The deadline for news and other contributions is the 25th day of the preceding month.

Florida ACME is a unit of A.C.M.E. International, which has members in all 50 states and 31 countries. Its mission is "to promote enrichment opportunities and resources that strengthen couple relationships and enhance personal growth, mutual fulfillment, and family wellness."

Florida ACME is a not-for-profit 501 © (3) corporation. We do not use professional solicitors and 100% of any gift goes to Florida ACME. Our registration number with the Florida Department of Consumer Affairs is SC-03733. For more information, visit our website or contact one of our officers or area representatives.

Three Little Words

Great Articles from page 1

A Marriage Enrichment Exercise

By Bea and Jim Strickland

John Gray, author of *Men Are From Mars and Women Are From Venus* and several other *Mars and Venus* books, says that the most important thing that a man can say to his wife is "I love you," and the most important words that a wife can say to her husband are "Thank you." That is, he says, because women want love and men want appreciation.

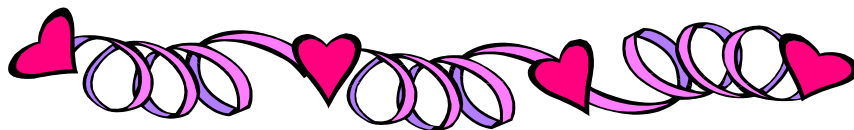
But that is his opinion. What is important for your relationship is your opinion. What are the most important things that your spouse can say to you? By the way, there is much more to a relationship than talking to your partner. For example knowing what not to say is important and so is when not to talk. But for this exercise we are talking about the little positive phrases that can add so much to a relationship.

Step 1. In the following list, indicate beside each phrase how important it is for you to hear that phrase from your partner -- whether or not you are hearing that phrase now. Indicate with a V - very important, S - somewhat important, L - little importance. Add any other phrases that are important to you and indicate their importance.

Step 2: Review your partner's paper. Sit "knee-to-knee" and discuss -- especially the surprises.

Step 3: In the rightmost column of your partner's list, check three phrases that you can and will add to your *relationship vocabulary*.

Things I would like to hear from my partner...	V/S/L	Check
Nothing (or silence).		
Give me a hug.		
I was wrong.		
Let's go shopping for clothes (for you).		
Let me help you with (your chore).		
Let's just cuddle tonight.		
Thank you (for doing your chore).		
I love you.		
You are beautiful/handsome.		
You are smart.		
I'm sorry.		
I appreciate what you did for me.		
Can I just listen to you?		
How can I help?		
You are my best friend.		
You are important to me.		
Let's go out to dinner.		
Let's have sex tonight.		
Tell me what is wrong. Are you upset?		
You did a great job on...		
I'd like to talk about us.		
Here's the remote.		
Do you want to talk about it?		
I need you.		
Will you forgive me?		
How can I make our relationship better?		



Around the State

Attention Newsletter Recipients:

Please respond if you:

Have a change of address.

Would like your name to be removed from the mailing list.

Would like to receive the Newsletter via email.

Please be sure to include a correct email address. Send requests to the Newsletter Editors: Jennifer & John Uldrick - jenuldrick@cfl.rr.com

We're on the Web!

Visit us at:

www.bettermarriagesfl.org

Central Area (Orlando)

Sally and Hairel Morgan 407-830-1766 Morganfamily1@juno.com
MEG meets bi-monthly on a Saturday evening for a themed dinner and marriage enrichment.

Colleen and Kyle Armentrout 407-258-8460 kcarmenrout@otcdsl.net
MEG meets on the 2nd Saturday of each month and consists of couples with young or no children.

East Central Area (New Smyrna Beach)

Anne & Clyde Walker 386-423-1482 acwalker@ucnsb.net
MEG meets monthly at the Coronado United Methodist Church.

North Central (Gainesville)

Martha and Ken Cook 352-495-6888 kenmartha@att.net
Two MEGs meet in this area.

West Central (Tampa Bay)

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

Northeast (Jacksonville)

Carlos Fraticelli & Barbara Robinson 904/241-1425 cmf6105@att.net

Ashley and Ryan Parsons 904-616-1868 ashleylparsons2@gmail.com

Southeast (Miami)

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

Southeast (Pompano Beach)

Kristine and Kip Barkely 954-784-8307 kipbarkley@aol.com
A MEG meets in the home of the Barkleys in the Ft. Lauderdale area.

Association for Couples
In Marriage Enrichment
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Customer Name
Street Address
City, ST ZIP Code