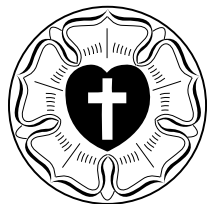


OUR INTERNATIONAL



Call to be Family



Winter Spring 2001

Volume 24 Number 1

He...gives
life and
breath to
everything...

Acts 17:25 NLT



International Lutheran Marriage Encounter

ILME Clergy Exec.
Dan & Judy Teuscher
 9832 Emil Ave.
 St. Louis, MO 63126
 314-849-1086
 Fax 314-842-4553
 DanJudy@aol.com

ILME Lay Exec.
Jim & Pam Bush
 905 Linz Ave.
 Blue Springs, MO 64014
 816-229-8333
 bush905@aol.com

AUSTRALASIAN REGION

AUSTRALIA LAY
Werner & Annette Wirz
 10 Lightning Street
 Raby, 2566 New South Wales
 Australia
 011 61-2-9820-1238
AUSTRALIA CLERGY
Mike & Narelle Fulwood
 1 Louisa Lawson Crescent
 Gilmore ACT 2905
 Australia
 011 61-6-292-2159

EUROPEAN REGION

EUR. REGION LAY EXEC.
Kari & Anna Ålander
 Ahonlaidantie 1
 40320 Jyväskylä
 Finland
 Home phone +358 14 4499920
 alander@solutions.fi
EUR. REGION CLERGY EXEC.
Carl Eric & Ebba Svensäter
 Madesjö 1001
 38294 Nybro, Sweden
 011 +46 481 17100
 FAX 011 +46 481 12079
 svensater@mailbox.swipnet.se

NORWAY LAY
Anne Gram-Larsen & Jan Torp Pharo
 Hvilleberget 27
 1680 Skjaerhallen, Norway
 tel x 479 379748
 janpharo@online.no

NORWAY CLERGY
Ulf & Torill Asp
 Åleveijen 3,
 1322 Tonsberg, Norway
 011+47 3334 7786

FINLAND LAY
Irmeli & Ilari Niskanen
 Aholaidantie 1
 Hausjarventie 2366
 12210 Hausjarvi, Finland
 019 768494
 irmeli.niskanen@hausjarvi.fi

FINLAND CLERGY
Marianna & Jouko Jyrkämä
 Parikanniementie 65
 52320 Vitsiälä, Finland
 jyrkama@pp.inet.fi

ICELAND LAY
Karl Geirsson & Thyri Emma Orsteinsdóttir
 Svidholtsvör 1
 225 Bessastadahreppi
 Tel. +354 5652783
 thyrikari@islandia.is

ICELAND CLERGY
Sigurjón Árni Eyjólfsson & Martina Brogmus
 Flókagata 65
 105 Reykjavík
 Tel. +354 5528108
 sae@mmedia.is

SWEDEN LAY
Eva-Marie & Lars-Göran Hansson
 Evas v. 26
 572 40 Oskarshamn, Sweden
 Tel. +46 4918 3337
 hansson.oskarshamn@telia.com

SWEDEN CLERGY
Agneta and Hans-Joachim Franze
 Skogslund 333 32 Smålandsstanar
 agneta.franze@edu.gislaved.se

DENMARK LAY
Anne Grethe & Torben Andersen
 Munkeparken 101
 DK-6240 Løgumkloster, Denmark
 001+45 7474 4942
 agt@mail.tele.dk

DENMARK CLERGY
Ellen & Hans Henrik Merrild
 Haderslevvej 1C
 DK-6070 Christiansfeld, Denmark
 001+45 7456 0153
 ehmmerrild@post.tele.dk

NO. AMERICAN REGION

NAR LAY EXEC.
Jim & Pam Bush
 905 Linz Ave.
 Blue Springs, MO 64014
 816-229-8333
 bush905@aol.com

NAR CLERGY EXEC.
Dan & Judy Teuscher
 9832 Emil Ave.
 St. Louis, MO 63126
 314-849-1086
 Fax 314-842-4553
 DanJudy@aol.com

NAR DISTRICT I LAY
Bruce & Mary Ann Breslin
 10235 Strausser NW
 Canal Fulton, OH 44614
 330-854-2770
 bmabres@sssnet.com

NAR DISTRICT I CLERGY
Tom & Robin Cogan
 3300 Chistow Road
 Matthews, NC 28105-3747
 704-563-6241
 trecog0680@earthlink.net

NAR DISTRICT II LAY
Arnie & Sue Kaestner
 931 Moss Spring Lane
 Houston, TX 77024
 713-464-6703
 ArnieSueK@compuserve.com

NAR DISTRICT II CLERGY
Jerry & Lyn Brownlee
 809 Swifts Highway
 Jefferson City, MO 65109
 573-635-5969
 Email: jlbrownlee@aol.com

NAR DISTRICT III LAY
Jim & Anita Tollefson
 1004 Elm St.
 Alex, MN 56308
 320-762-2700
 pillarbb@rea-alp.com

NAR DISTRICT III CLERGY
Bruce & Ila Zellmer
 2009 Peachtree Court
 Sioux City, IA 5114-1747
 712-255-9262 Fax 712-255-0617
 zellmerb@mail.stlukes.org

NAR DISTRICT IV LAY
Mickey & Sandy Preston
 1146 E. Jensen
 Mesa, AZ 85203
 480-890-9395 Fax 480-610-5559
 Mickersam@home.com

NAR DISTRICT IV CLERGY
Gary & Mary Ann Harms
 1145 Barham Drive, #68
 San Marcos, CA 92078
 760-747-4784 Fax 760-747-0322
 gamahmepas@aol.com

NAR DISTRICT V LAY
Ron & Pat Olson
 23707 48th Ave. W.
 Mountlake Terrace, WA 98043
 425-774-3094 Wk. Fax 425-778-2444
 oskaro@aol.com

NAR DISTRICT V CLERGY
Otto & Barb Tollefson
 1128 Mountain Aire Dr. SE
 Olympia, WA 98503
 360-438-0552
 otollefson@aol.com

CANADIAN FACILITATORS
Martin & Ute Stiller
 52 Caldonia Drive
 Leduc, Alberta T9E 6B5 Canada
 780-986-6211

SO. AMERICAN REGION

SAR LAY EXEC.
Ralf & Elaine Kirsten
 Rua Orleans, 445 - America
 89204-580 Joinville, SC Brazil
 Home: 011-55-47-422-1096
 Ralf's work: 011-55-47-433-4322
 ralf@expresso.com.br

SAR CLERGY EXEC.
Alberto & Traudi Becker
 Caixa Postal, 126
 93.300 Novo Hamburgo, RS Brazil
 Home: 011-55-51-595-3421
 Church Office: 011-55-51-593-4399
 aabecker@pro.via-rs.com.br

NAR STAFF COUPLES

PRESENTING COUPLE COORD.
Jake & June Rabatin
 9131 North Grant Ave.
 Manassas, VA 20110
 703-361-1287
 jakerabatin@erols.com

SECRETARY COUPLE
Carl & Dallas Presley
 4219 32nd Ave. CT N.W.
 Gig Harbor, WA 98335
 253-851-6652 Fax:253-942-0326
 carl.presley@weyerhaeuser.com

FINANCE COUPLE
John & Irene Schmehl
 3194 Etter Rd.
 Chambersburg, PA 17201
 717-709-0453
 jschmehl@cvn.net

SUPPLY COUPLE
Roger & Chris Williams
 2002 Worcester Lane
 Garland, TX 75040
 972-530-1218 Fax 972-276-9200
 tshirts@airmail.net

RESOURCE COUPLE
Duffy & Nancy Guthrie
 549 Janet Dr.
 Conneaut, OH 44030
 440-599-9090
 nguthrie@suite224.net

DEEPER COORD. COUPLE
Russ & Ann Hillman
 14009 56th Ave. NW
 Gig Harbor, WA 98332
 253-858-3100
 russannahillman@msn.com

AD HOC HISTORIAN COUPLE
John & Sally Duenow
 905 N. Garry Dr.
 Cheney, WA 99004
 509-255-6373
 JohnSallyD@aol.com

TELECOMMUNICATIONS Chair.
Dale & Carol Ure
 1818 East 37th
 Spokane, WA 99203-4110
 509-747-7964, FAX 509-456-7994
 hdclure@juno.com

EDITOR COUPLE
Hal & Marilyn Printup
 3608 Ashwood Ave.
 Los Angeles, CA 90066
 310-398-7137 Fax 310-391-2122
 hprintup@gte.net

He...gives life and breath to everything...

Dear Lovers,

Blowing a dandelion in the spring is an exhilarating experience...the little umbrella seeds burst free and float away to begin new life. This image was captivating to me (Hal). I added the floating hearts and showed it to Marilyn. She liked it, too.

Then the thought occurred to us that dandelions are unappreciated by those desiring a weed-free lawn. As we searched we found much advice on how to get rid of the pesky dandelion. Not deterred, our search continued and we discovered more. The roots are desired for their medical properties and also can be used as a coffee substitute. The leaves make great salad greens, are used in sandwiches and make a healthful tea. The dried leaves make a tonic herb beer. The flowers can be used to make wine. They are important plants in honey production.

We see a correlation with Marriage Encounter. We have all benefitted from seeds sown by couples who went to Marriage Encounter before us. They came off their weekend with enthusiasm and spread the seeds of their love to all who would listen. The seeds landed in many places. Some couples said "We don't need or want that!" (It's a weed.) Other couples were open to what the seeds had to offer. God meets us where we are, giving us what we need, when we need it. To some the weekend healed, to some it added flavor, to some it was a tonic, it made some light-headed with love. Then they went out to find another dandelion to blow and spread more seeds of God's love. Yes, God can give life and breath to everything.

With this letter we end our role as Call to be Family Editor Couple. Bill & Kay Morrissey are taking the baton at the beginning of the next

fiscal year. We thank them for their love and willingness to serve the Lord in this new way. We can assure them that they will be blessed as we have been. Through this loving task we have met numerous loving couples whose commitment to serving the Lord has been an inspiration to us. Our lives have been deeply touched. We treasure the time we have served in this capacity and wish God's "life and breath" on Bill & Kay as they take over as Call to be Family Editor Couple. (see page 6)

And to the Lutheran Marriage Encounter community we wish each of you many blessings as you continue to spread the seeds of His love.

We love you and we give thanks for the opportunity of having served as your Editor Couple.

Hal & Marilyn



"Our International Call to be Family" is published by International Lutheran Marriage Encounter. This newsletter does not set policy or determine practices for ILME. It is the community of couples sharing itself to increase awareness, stimulate discussion and insight. It is mailed bulk rate and is not forwardable. If you are planning to move, please send us your change of address as soon as possible. The newsletter is sent to all who wish to receive it, a donation of \$10.00 for the publication year (September through August) is requested. Names and addresses listed in this publication shall not be used for solicitation by any person or organization for personal or organizational gain or profit. We invite the readers to share information, thoughts and comments with the ILME community.

NEW EDITOR COUPLE

Bill & Kay Morrissey
5316 N. 78th Way
Scottsdale, AZ 85250
480-946-3440
billnkay2@aol.com
Send board changes, comments, articles, sharing, leads for stories.

SUBSCRIPTION COUPLE

Dick & Jane Knecht
1500 W. Oak Ave.
Fullerton, CA 92833-3933
714-680-9722 Fax 714-992-1870
Send subscriptions to the Knechts. Do not send weekend lists to the Knechts.

Send weekend lists to Stats & Records Couple below.

STATS & RECORDS COUPLE

Tim & Pam Ackermann
1112 NE Independence Ave, Apt. 811
Lee's Summit, MO 64086
816-525-6106
timandpam@kc.net

DIST. I ASSOC. CTBF EDITOR

David & Jean Fell
32915 Charmwood Oval
Solon, OH 44139
440-349-4107
david_f@ix.netcom.com

DIST. II ASSOC. CTBF EDITOR

Jerry & Lyn Brownlee

DIST. III ASSOC. CTBF EDITOR

Orval & Bernell Moren
10540 Redwood Street NW
Coon Rapids, MN 55433
763-767-0182
okmoren@juno.com

DIST. IV ASSOC. CTBF EDITOR

Dick & Jane Knecht
1500 W. Oak Ave.
Fullerton, CA 92833-3933
714-680-9722

DIST. V ASSOC. CTBF EDITOR

Bruce & Shirley Mullikin
196 Sunset Place
Sequim, WA 98382
360-681-4933

NAR Executives Report



Dan & Judy Teuscher, NAR Clergy Executive Couple Pam & Jim Bush, NAR Lay Executive Couple

Dear Lovers,

What a Great and AWESOME God we serve!

Pam & I and Dan & Judy are still basking in the glow of our NAR Board Meeting held in Houston, Texas. We had the wonderful privilege of being at the same hotel that the World Wide Marriage Encounter Board was meeting. We shared dinner with them on Friday evening. All our District Executives were very touched by the warmth and love that was extended to us by the Catholics. It was an AWESOME experience.

We presented and adopted new By-laws that conform to the Charter of International Lutheran Marriage Encounter. It was a wonderful opportunity to expand our vision and clearly lay before all of us the wonderful ministry that we are involved with.

District V has offered to host our next International Family Reunion. It will be held in the summer of 2002. We will receive an update on their plans at the August NAR Board Meeting,

We appointed a nominating committee to begin taking nominations for the next North American Region Executives. Our term will end at the close of our next NAR Board Meeting. Please pray for this process. Seek God's guidance and His direction as we prepare to be led by couples that God is preparing to call into the leadership of this wonderful ministry.

On Saturday evening some of us were privileged to join in the celebration of the election for the US Secretariat Lay Couple. They are Bob & Huli Tabone from Texas. We had the privilege of giving them a hug from the "Lutheran Marriage

Encounter Family". We wish there was some way to capture the "Joy" that was in that room on that Saturday evening. If we could do that, then we would change the world with Christ's Love immediately. If you want to send Bob & Huli an e-mail greeting and congratulation, please do so at BTabone@aol.com. They would appreciate your prayers as they assume this new position.

We want to thank you for allowing us to share this ministry with you. Thank you for your prayers and support.

May God's Richest Blessings be with you and yours.

Lots of hugs,

Jim & Pam Bush
NAR Lay Contact Couple

Dan & Judy Teuscher
NAR Clergy Contact Couple

Psalms 47:2a "How awesome is the LORD Most High,"

P.S. The World Wide Marriage Encounter Family Reunion will be in Atlanta, Georgia this July. We are invited to join with them in their celebration. If interested please check the World Wide Marriage Encounter Web page for registration and additional information.

INTERNATIONAL NEWS

It is amazing how our AWESOME God works. We have in the past several months received two (2) very special inquiries from very unexpected places. The first is from Puerto Rico. We received an inquiry asking us about the possibility of bringing Lutheran Marriage Encounter Weekends there. We said absolutely. There are some things we need to

...we have been praying that God would allow Lutheran Marriage Encounter to expand our ministry to the ends of the earth. Here was an answer to prayer.

accomplish first, but yes we can bring Lutheran Marriage Encounter Weekends there.

We were shocked and yet *this was an answer to prayer*. You see we have been praying that God would allow Lutheran Marriage Encounter to expand our ministry to the ends of the earth. Here was an answer to prayer.

The second shock was e-mail from a couple requesting information about scheduled Lutheran Marriage Encounter Weekends in South Africa. We e-mailed them back and said we are not currently hosting Weekends there, but we would be more than happy to provide them a Weekend if

they could provide us with some information. We also noticed that the e-mail had a Finnish address. We mentioned that it didn't look like they were in South Africa, but in Finland.

They responded back that yes they were in Finland, but they had friends in South Africa who had seen something very special in their marriage and wanted to have what they had; a Marriage Encounter Weekend.

There are several things we have learned from these two (2) inquiries. The first is that God answers prayer. Have you been praying that God would open a new door for inviting or introducing you to a new couple that hasn't been on a Weekend? Or better yet, that God would first work on your relationship to help make it the best it can possibly be, so that others can see and experience His Love.

The second thing we have learned is from the Finnish Couple. Here is a couple located several thousands miles away from South Africa, and yet the couple there knew something was different in this Finnish Couples marriage. It was the Weekend. The Finnish couple was living the Weekend concepts that we hold so dear. What can we learn from that? We need to live the Weekend concepts. We need to dialogue daily, and we need to ask that God would give us His eyes, His ears, and His words to share. We need to listen to Him as He says, *"I tell you, open your eyes and look at the fields! They are ripe for harvest."* (John 4:35b)

Are you ready for the harvest?



ELECTION PRAYERS REQUESTED

This upcoming August 11th is a very special day for Lutheran Marriage Encounter. The North American Region Board will be meeting in St. Louis to choose the next North American Region Lay and Clergy Contact Couples. These two couples will be leading the North American Region for the next three years. They will also be serving on the International Council of Lutheran Marriage Encounter.

So what can you do? Pray. Pray that God would clearly lead this Board to the couples He has already begun to call to this very special place of ministry. In fact you can pray also for the new District Leaders that will be elected this year. District II will be electing both Lay and Clergy Leadership Couples. District III will be electing a new District Lay Contact Couple.

On an International level, European Lutheran Marriage Encounter will be electing a new Clergy Contact Couple to serve for the next three years.

You see there is much to pray about. Please keep Lutheran Marriage Encounter in your daily prayers. That way, we can "Change the World for Christ's sake."

**A SPECIAL THANKS
TO HAL & MARILYN
PRINTUP FOR THEIR
SERVICE AS EDITORS
OF "CALL TO BE
FAMILY."**

This edition of "Call to be Family" will be the last edition that our current editor couple, Hal & Marilyn Printup will be responsible for. Dan & Judy and Pam & I want to thank them for their fourteen years of service as editors of "Call to be Family." Mere words cannot express the appreciation that we have for the wonderful job they have done over the years. They have attended reunions, meetings, written articles, created graphics, edited our articles for spelling and grammar, worked with mailing lists, printers, and hundreds of other things to bring us their gift of love – "*Call to be Family*."

But even more important than being the editors of "Call to be Family," they have been and are a couple in love with each other and this ministry. You can clearly see God's Love and care in and through them as they go about the work that God called them to.

Thanks Hal & Marilyn for sharing your love with us and "the Family."

Just to let you know we have appointed a new editor couple for "Call to be Family." They are Bill & Kay Morrissey formerly of Ohio and now residing in Phoenix, Arizona. We know that Bill & Kay will do a wonderful job.

Thanks Hal & Marilyn.
Welcome Bill & Kay

**2002 INTERNATIONAL LUTHERAN
MARRIAGE ENCOUNTER REUNION**

to be held at Pacific Lutheran University, Tacoma, WA

District V is happy to announce that the next North American Region International Lutheran Marriage Encounter Family Reunion will be held on the campus of Pacific Lutheran University, Tacoma, Washington, on August 9 to 11, 2002. Our hope is to have a large gathering of LME couples from all regions of ILME, making it an international celebration.

Please reserve these dates and make plans to attend. Our desire is also to offer assistance in planning and/or offering tours of the Pacific

Northwest before and after the reunion for those who wish to make this an extended vacation.

Details on costs, theme, speakers, etc. will follow.

The Coordinating / Organizing couple are: Mark and Ginny Sims, to whom you may send your ideas, suggestions and offers of assistance. Their e-mail: SimsKortes@aol.com

Please pray and plan for this gathering of "the clan."

On behalf of District V couples,
Otto and Barbara Tollefson

Greetings to our Lutheran Marriage Encounter Family

Our names are Kay & Bill Morrissey and we are the new "Call To Be Family" Editors. We hope that we will be able to continue the dedicated, quality work which Hal & Marilyn Printup have done for the past fourteen years. All of ILME owes them a big vote of thanks.

We were encountered in October of 1978 and at present serve as Clergy Contact for the Arizona/New Mexico Area. We moved to Phoenix in December from Ohio where we served as District Presenting Couple Coordinators for District II. Also we have been around awhile and are what Jake & June Rabatin call DINOSAURS. Bill tells people he remembers when the Dead Sea was sick.

Family-wise we have two daughters and son-in-laws, Jerry & Bambi Combs and Curt & Karen Hill, four grandsons Steven & Tom Combs and Nick & Kyle Hill. Both daughters and spouses have been

encountered and Curt & Karen have presented weekends.

We of course will continue to provide news coverage of ILME events such as NAR Board Meetings, National and District reunions, and special area events. For those who know us, it will not come as a surprise to hear that a major focus will be Inter-Faith cooperation and sharing. We plan on having regular articles following the themes of humor, healing and helps for dialogue with guest writers for these articles. As a teaser we will feature articles by "Trinity Louis" and a "Pseudo Dr. Seuss." If you have not heard of them before now - YOU WILL!

Finally we ask for prayers. Prayers of thanksgiving and gratitude for Hal & Marilyn and for Kay & Bill as we undertake this loving task position.

Love & Hugs,
Kay & Bill

A TOOL FOR DIALOGUE



One morning, Bernell and I were writing our love letters, using the usual feeling word list. I said to her, “There are a lot of words that we don’t use because we don’t hurt as these words describe hurt and pain. Maybe there is an opposite word that we could use.”

I began to look up the antonyms for the word list we had, and then added some new ones as well. We began to develop the list over a period of time, and have found the expanded list to be helpful. We have shared it in our Minneapolis/St. Paul Area with some couples. We use it regularly. We are willing to take all the help we can get as a tool in our dialogue process.

Peace and hugs,
Orv Moren (and Bernell)

FEELING WORD LIST USING ANTONYMS

HAPPY	spirited/timid	desirous/rejection	worried/calmed	sluggish/quick
festive/glum	vivacious/listless	excited/deaden	aching/easing	wearry/refreshed
contented/troubled	brisk/fatigued	proud/humble	crushed/whole	repulsed/welcomed
relaxed/tense	sparkling/dirty		heartbroken/glad	tired/fresh
calm/ruffled	merry/dejected	INTERESTED	despair/hopeful	alive/dead
complacent/uneasy	generous/stingy	concerned/disinterested	tortured/coaxed	feisty/listless
satisfied/annoyed	hilarious/serious	fascinated/bored	lonely/together	pained/relieved
serene/agitated	exhilarated/saddened	engrossed/weary	pathetic/entertaining	sick/well
comfortable/uneasy	jolly/solemn	intrigued/candor	cold/warm	
peaceful/hostile	playful/despondent	absorbed/dispersed		AFFECTIONATE
joyous/unhappy	elated/blue	excited/quiet	PHYSICAL	sexy/ugly
ecstatic/miserable	jubilant/sorrowful	curious/indifferent	taut/relaxed	tender/mean
enthusiastic/lukewarm	thrilled/drag	inquisitive/apathetic	upright/crooked	seductive/repulsive
inspired/squelched	restful/sleepless	inquiring/careless	immobilized/freedom	passionate/indifferent
glad/depressed	uplifted/disgraced	creative/demolish	paralyzed/mobile	aggressive/laid-back
pleased/piqued	rewarded/penalized	sincere/pretend	tense/calm	appealing/turned off
grateful/thankless	guts/shallow		stretched/shrink	warm/cold-hearted
cheerful/sullen		HURT	hollow/full	close/distant
excited/boring	EAGER	injured/healed	empty/filled	loving/hurtful
cheery/gloomy	keen/dull	isolated/joined	strong/frail	smooth/lumpy
lighthearted/dejected	earnest/halfhearted	offended/soothed	weak/powerful	snuggle/cold
buoyant/sinking	intent/luck	distressed/comforted	sweaty/cool	kind/harsh
carefree/heavyhearted	zealous/listless	pained/relieved	breathless/pumped up	gentle/rough
surprised/expected	ardent/frigid	suffering/pleasure	nauseated/healthy	whisper/shout
optimistic/pessimistic	avid/unwilling	afflicted/consoled		soothe/upset

MARRIAGE SAVERS

What is "Marriage Savers?"

Marriage Savers, founded by Mike & Harriet McManus, has helped churches and entire metropolitan areas, strengthen marriages and push down their divorce rates.

It is best known for persuading 5,500 pastors, priests and rabbis of 125 cities (as of May, 2000) to sign a "Community Marriage Policy®" (or "Covenant") in which clergy pledge to require at least four months of marriage preparation during which couples take a premarital inventory, such as PREPARE or FOCCUS, that can predict with 80% accuracy who will divorce. About a tenth of the couples who do so, break their engagement. Studies show that their scores are equal to those who marry and later divorce. Thus, those who break up before the wedding are avoiding a bad marriage before it begins. Churches also agree to train couples in solid, vibrant marriages to administer the inventory and to teach 13 exercises in communication, conflict resolution, goal and budget setting and are thus helped to build a lifelong marriage. Mentors also meet with newlyweds in their first year of marriage. In the McManus' church, 52 Mentor Couples have been trained, who administered the inventory to 262 couples from 1992-1999. Of that number about 45 broke off before the wedding, but of the nearly 220 who did marry, there have been only six divorces in eight years, a 3% failure rate.

In Community Marriage

Policies®, pastors also agree to take steps to strengthen existing marriages, such as having them attend Marriage Encounter or Family Life Weekends. And they agree to train "back-from-the-brink couples" whose marriages had once nearly failed, to come along side those considering divorce for similar reasons. In this "Marriage Ministry," first pioneered by Rev. Dick & Phyllis McGinnis, a couple that has survived adultery can meet with a couple who recently experienced adultery and say, "We know adultery breaks trust. We've been there and done that. But we are here to tell you that trust can be restored in the same marriage." The McGinnises have trained Marriage Mentors in 25 churches. On average, they save 90% of marriages headed to divorce. A similar mentoring ministry can help 70% of couples who are separated to reconcile. "Reconciling God's Way" begins with the person left behind, who is helped to rebuild his/her faith in God by a same sex mentor — both of which are given manuals for a self-guided course of 12 weeks. Finally, clergy agree in CMP/Cs to create a "Stepfamily Support Group," since 46% of those marrying involve at least one person who has been married before. If children are involved, 65% of stepfamilies will divorce. Stepfamily Support Groups save 80% of those marriages - the mirror opposite.

The result of these Community Marriage Policies is that metro-wide divorce rates have fallen in 25 cities, according to local county clerks. While divorces in the U.S. have fallen only 1.5% over 19 years, (1,181,000 in 1979 to 1,163,000 in 1997) — they are down 30% in

Modesto, the first city to adopt a CMP in 1986. Peoria's divorces are down 22% in six years. More recent cities have done an even better job. In only two years, Evansville and Dalton, GA divorces fell 13% in two years and Chattanooga 17%. Most dramatic is a one-third decline in Kansas City, KS and El Paso in three years.

These reforms can also be introduced to individual churches or synagogues. Mike McManus has written a Manual to Create a Marriage Savers Congregation, with details on how to create each of these ministries. And Marriage Savers regularly trains pastors and Mentor Couples to do so, with the result that some churches have almost eliminated divorce. Marriage Savers is also working with the National Association of Evangelicals, the National Conference of Catholic Bishops, the National Council of Churches and Southern Baptists who represent 240,000 churches — to bring these reforms to much wider numbers, with the goal to push down divorce rates by 50% within a decade.

The core Marriage Savers reform can be stated in a single sentence:

In every congregation, there are couples with strong marriages who really could be of help to other couples — but have never been asked, inspired or trained to do so.

For more information, see other marriagesavers.org web site entries, or call 301 469-5873. Or write to us at 9311 Harrington Dr., Potomac, MD 20854.

Michael & Harriet McManus
Mike & Harriet, strong supporters of Marriage Encounter, were keynote speakers at the 2000 ILME Reunion in St. Paul, MN.



LUTHERAN ENGAGED ENCOUNTER

A MINISTRY FOR COUPLES PLANNING MARRIAGE

Engaged Encounter is a positive and personal weekend experience designed to enrich premarital counseling and to help each couple make the marriage that lies ahead the best it can be. E.E. was a natural outgrowth of Marriage Encounter. So many couples who attended M.E. weekends said, "If only we'd had a weekend like this BEFORE we were married." And thus, Engaged Encounter was born. As with M.E., Engaged Encounter began in the Catholic expression and then spread to other denominations. Lutheran E.E. began in 1979 and has thrived since then.

WHAT IS ENGAGED ENCOUNTER?

An Engaged Encounter is a weekend experience designed to give couples planning marriage the opportunity to talk honestly and intensively in a face-to-face way about their future life together, their strengths and weaknesses, desires, ambitions, goals and their role in church and society. The goal is to help the couples create what they already desire: a strong and healthy marriage relationship. The weekend is open to all couples of any faith or age, who are serious about making their marriage the best it can be. This includes those that are entering second marriages. It is also not unusual for a newly married couple to attend E.E. The content of the weekend is much more appropriate for them than M.E. would be.

The goal is to help the couples create what they already desire: a strong and healthy marriage relationship. The weekend is open to all couples of any faith or age, who are serious about making their marriage the best it can be.

WHAT HAPPENS ON A LEE WEEKEND?

A team of three Lutheran married couples, which includes a pastor and spouse and two lay couples, presents the talks and guides the weekend. The team presentations involve personal sharing on marriage and Christian family life. The presentations are given to the group as a whole. Following the presentation, the couples are given time to share privately, to answer questions and/or to complete thought provoking activity sheets. There are additional activities



including a Saturday evening prayer service, Sunday worship, meals, and some time for walking and relaxing.

WHEN AND WHERE ARE WEEKENDS?

There are currently eight areas offering Lutheran Engaged Encounter weekends. These are California, Colorado, Illinois, Nebraska/Iowa, Ohio, Oregon, South Carolina and Washington. Each of these areas holds two or three weekends per year.

Additionally, there are Methodist, Episcopal and Catholic weekends offered in additional parts of the country.

The weekend itself is usually held at a retreat center or motel. The weekend begins on Friday evening about 8:00 and lasts until Sunday afternoon about 3:00.

WHAT DOES THE WEEKEND COST?

The financing of Engaged Encounter is different from Marriage Encounter. Each local area sets the cost for their weekend based upon the room and board charges of the facility where the weekend is held. Typically the charge for the weekend is from \$150 to \$200/couple. Couples (or often their parents) pay for the weekend as they arrive Friday night. However, no couple is ever turned away for lack of funds.



Most couples come away with a deeper commitment to each other and to their faith. The weekend truly enhances their ideals and goals for unity in marriage.

WHAT DOES THE WEEKEND COVER?

The weekend is a series of presentations, each one building on the previous talk. There are fourteen basic concepts that are covered during the weekend.

- 1) A wedding is a day, a marriage is a lifetime.
- 2) God does not make junk
- 3) Love is a decision
- 4) Openness in Communication
- 5) Acknowledging our differences
- 6) Commitment
- 7) Life-giving Decisions
- 8) Dollars and Sense
- 9) Sex and Sexuality
- 10) Unity
- 11) Betrothal
- 12) The Blessings of Marriage
- 13) Planning and Goal Setting
- 14) Forgiveness and Healing

WHAT ARE THE EFFECTS OF THE WEEKEND?

The weekend is for serious consideration of the couple's future life together. Typically, the weekend tends to be a very affirming experience where the couple comes away with a strong sense of "Yes, we are right for each other". However, during the course of a weekend, a couple may decide to postpone or even cancel their

wedding plans. This is not the goal of the program, but honesty and openness can lead to this outcome. Most couples come away with a deeper commitment to each other and to their faith. The weekend truly enhances their ideals and goals for unity in marriage.

WHAT DO THE COUPLES SAY?

"I know now that I'm ready for the lifelong commitment of marriage." "I loved it!" "This has been one of the most enriching experiences during our engagement."

WHAT ARE THE CHALLENGES?

Nearly every day we receive calls, e-mails or letters from couples around the country who want to attend a Protestant Engaged Encounter weekend. Unfortunately, we often have to give them the "bad news" that there are no weekends currently available in their part of the country. It is our dream that every couple has the opportunity to attend a weekend. And you can help make that possible.

NEXT ISSUE: How to begin Lutheran Engaged Encounter in your community

For more information about Engaged Encounter locations, dates, philosophies, vision, etc. contact:

Dave & Sue Edwards
 1509 S. Forest St.
 Denver CO 80222-3831
 303-753-9407
 sue_Edwards@dpsk12.org



Editor's note: This article was used recently in our Encounter Evening and stimulated a lively dialogue and sharing time. We invite you to try it at your next community gathering.



This “I feel/I want” technique could change your marriage – for the better!

*By Jonathan Robinson,
M.A., M.F.C.C.*

*From “Communication Miracles
For Couples” Published by Conari
Press*

*Reprinted from Marriage Magazine,
955 Lake Drive, St. Paul, MN
55120, November /December 1998*

We all long for magical moments in which we feel deeply connected to our partner. Unfortunately, it’s also what we avoid a hundred different ways. Yet the directions for getting back to an experience of intimacy can be found within the word itself: in to me see. When we let ourselves be

vulnerable with our partner and show them how we feel and what we want, the level of intimacy we experience rises. On the other, when we hide our true feelings and desires, and instead resort to blame or intellectualization, intimacy disappears.

I’ve discovered most couples don’t know what I mean when I say communicate in a soft vulnerable manner. It’s as if it’s a foreign language. So I teach a method that helps people to speak this unusual “dialect.” I call it “I feel/I want.” It reminds people to communicate what they’re feeling and wanting. By saying these two things, we allow our partner to see into who we really are at any given moment. Such intimacy can be scary.

Let’s try it.

Marcia and David were in my office struggling to use the “I feel/I want” method. I asked David to

express how he feels when Marcia slams the door when they’ve been arguing. He said, “I feel she has a problem, and I want her to stop getting upset like that.” I replied, “But how do you feel?” After thinking about it for a bit David stated, “I feel angry that she has a problem.” While this statement was a little bit better, it was still a subtle form of blame. I’ve noticed that even the smallest amount of blame makes it impossible for partners to hear each other. No matter what you say once your partner’s alarm has been triggered, they can’t hear you. In fact, the more you try to get them to hear you, the greater the walls go up.

How to use the “I feel/I want” tool

1. When you (briefly describe a situation), I feel (sad, hurt, afraid or impatient) because I (explain the psychological need you have that

leads to feeling the way you do).

2. What I want is (describe the precise action you would like your partner to perform).

When you express how you feel to your partner, you use only the four emotions listed: sad, hurt, afraid or impatient. But what if you feel angry, frustrated, enraged or devastated? My suggestion is to translate those feelings into one of the four suggested feelings. Why? Because when your partner hears you say words such as angry, frustrated or devastated, it will usually trigger their blame detector. And once their ears fall off, no communication is possible. I've found the word impatient can almost always substitute for the feeling of frustration. Likewise, hurt works well for devastation, and beneath all anger are really feelings of hurt and/or fear.

After you express what you feel, avoid placing the blame for how you feel squarely in your partner's lap. To say, "I feel hurt because you are insensitive," will certainly start the alarm sirens wailing. That's why you should say the words "because I" after you state how you feel. Then, explain which psychological need causes you to feel bad in this situation. For example, you might state, "When you watch TV when you come home after work, I feel hurt because I have a need for you to hug me when you first come home."

Even if your partner does something terrible, stick with talking about yourself, rather than blaming them. This will help your mate to hear your pain, rather than immediately get defensive and completely block out what you say.

In a later session with Marcia and David, it came out that David

had previously had an affair. Marcia first blurted out, "I feel outraged that you could be so coldhearted!" Of course, David immediately got defensive and a whole lot of bickering and accusations came flying out. Eventually, I coached Marcia to say, "I feel deeply hurt and afraid because I love you a lot, and I'm afraid to lose you." David really heard that. Tears welled up in his eyes as he said, "I'm so sorry I hurt you. I'm here because I love you – so we can work through this. I don't ever want to leave you." Then David and Marcia hugged as if they had just been saved from a burning building.

When your partner gets defensive, it simply means you triggered their blame detector. Take the defensiveness as a sign you need to try again to communicate without blame. The reason the "I Feel/I want" tool is difficult to use is that it doesn't give the feeling of immediate satisfaction that comes from blaming your partner. On the other hand, it ultimately gets you what you want, whereas blame does not.

Can you say, "I feel...?"

Following I've listed four statements a client of mine said to her partner. Each statement triggered her husband's blame sirens in a big way. Under each of her unsuccessful attempts to communicate, I've written how I suggested she speak to her husband. Notice the different energy that comes from her initial blaming statements and from the translated communication.

1. "I feel totally unsupported in this relationship." Translation: "When you don't talk to me all evening, I feel really hurt and sad because I need to know you care

about me."

2. "I am fed up with having to clean up after the messes you make." Translation: "When you leave the dishes in the sink, I feel hurt because I need to know you respect me, and I interpret your not doing your dishes as a sign you don't appreciate me."

3. "All you care about is your own sexual needs. You never even think about my needs." Translation: "When you rush through foreplay, I feel hurt and impatient because I want to be able to share sexual pleasure with you, and I haven't had enough experience of doing that lately."

4. "I'm sick and tired of you watching football all day." Translation: "When you watch a lot of football, I feel sad and afraid because I want to share more moments of fun and adventure with you, but I feel like I can't compete with an exciting football game."

Then move on to your wants

Once you clearly express how you feel, your next job is to express what you want – without triggering your partner's ever-so-sensitive alarm system. Remember, they may have only a few "dollars" of self-esteem in their bank account, and if you say the wrong thing they will immediately get defensive or angry. You must proceed with extreme caution – as if making your way past an alarm system that can be set off by the slightest error. Most couples make the mistake of being far too general when they say what they want from their partner. If you say, "I want you to be more affectionate," it's likely to be met with defensiveness. This statement is far too general, which your

partner would interpret as a major withdrawal from their self-esteem bank account. After all, they probably feel they are affectionate, and your remark implies they are wrong. Instead, you could say, "I want you to hug me when you first come home." This statement is precise, do-able and gives them a clear idea of exactly what you are asking for.

OK, let's try it again

Following you will find four examples of what a client said to his wife in an attempt to ask for what he wanted. Each of his statements triggered defensiveness in his wife. After a bit of coaching, he made his statements more precise. Once again, I've included "translated" statements to help you.

1. "I want you to stop getting so upset all the time." Translation "I want you to take a walk around the block when you want to raise your voice or feel really angry at me."

2. "I want to have more passion in our life." Translation: "I want to try to make love using some methods from a book on tantric sex I've been reading."

3. "Stop nagging me to take you on an expensive vacation." Translation: "I want you to understand why I worry about our finances, and from that understanding, help me plan a vacation that will fit within our budget."

4. "I don't want to go to any more parties with you because you're always flirting." Translation: "When we go to parties together, I want you to limit yourself to just one drink and talk to Fred only when I'm around."

The more specific your

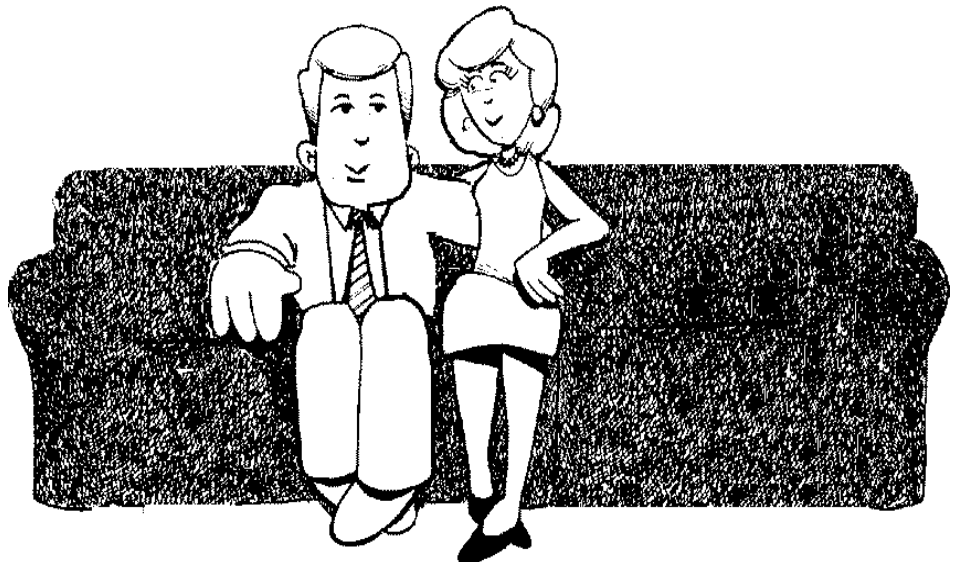
"The more specific your communication, the easier it will be for your partner to satisfy your request and refrain from defensiveness."

communication, the easier it will be for your partner to satisfy your request and refrain from defensiveness. However, in order for you to be able to speak this way you'll need to pause before you express what you normally would say. To speak without blame and in a precise manner, you'll have to translate things in your head – or better yet, on a piece of paper. I suggest you write exactly what you would say off the top of your head. Then, translate those statements into the "I feel...because I..." and "...what I want is:" format, making sure you stay specific and avoid all blame. It takes extra effort to do this, but in the long run it will save you many hours of bickering.

The "I feel/I want" method will

work in even the most hostile situations, such as when your partner is righteously upset at you. But the proper use of "I feel/I want" can have positive consequences beyond what you might imagine and can turn almost any communication situation around in just a few moments.

Although the "I feel/I want" method sounds simple, it can take a while to master. The first few times you use it, you'll probably trip your partner's blame detector. You'll likely say you feel "really angry" or some other emotion that makes your partner's ears fall off. Allow yourself to make a few mistakes, as well as your partner. Just like learning a foreign language, it takes time before it becomes second nature. The good news is the very first time either of you use this method correctly, you'll notice how effectively it works. It will greatly increase the likelihood of your partner really hearing you. When you think about it, being able to use a few simple words to reliably create feelings of intimacy is downright miraculous. Of course, all magicians know the key to mastering their art is to practice.

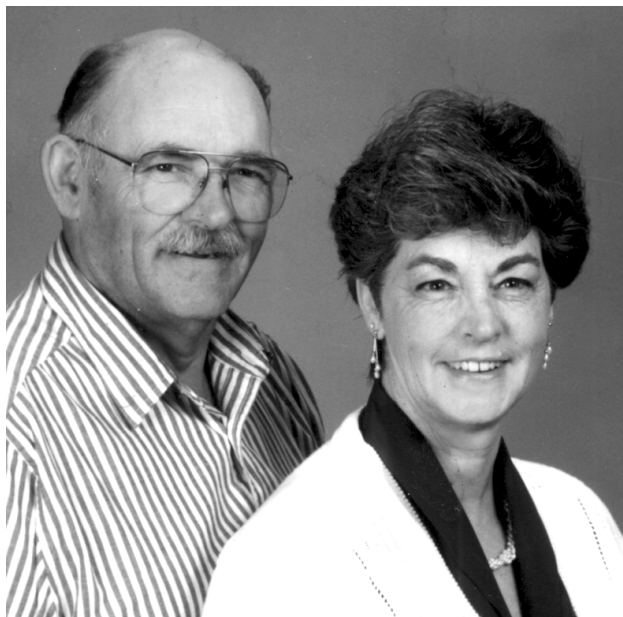


Remembering Phyllis Bondo

1938-2001

*And now faith, hope, and love abide, these three;
and the greatest of these is love.*

1 Cor. 13:13



A service of prayer and praise for the life of Phyllis Lee Bondo was celebrated on February 3, 2001, at Bethesda Lutheran Church in Eugene, Oregon, Pastors Troy L. Mooneyham, Jr. and Ralf Kalms officiating. Phyllis was born in Phoenix, AZ where she lived until she and her mother moved to Bend, Oregon in 1950. She met her future spouse, Allan in 1957 while she was in Beauty College. Six months later they were married at Bethesda Lutheran Church in Eugene. She was mother to four daughters, Renell, Tami, Brenda and Tara. Lutheran Marriage Encounter came into Allan & Phyllis's life in 1975. They went on the third weekend that

Lutheran Marriage Encounter offered. For the next seventeen years they were active presenters in Oregon, Washington, Idaho, California, Iowa and Colorado. Their dedication was such that in one year they presented nine weekends in eleven months.

In 1982, Allan & Phyllis moved to Denver. Together they drove as long haul truckers for eleven years. Trucking enabled them to see their many grandchildren often and sometimes take them along. In 1987, they co-hosted the ILME Reunion in Denver. Troy and Annette Monneyham were at that convention where they met Allan & Phyllis.

Later Troy and Annette came to Eugene for an interview at Bethesda Lutheran Church. Coincidentally, Allan & Phyllis had come to Eugene to see their children. The Bondos and the Mooneyhams were unexpectedly reunited at Bethesda that Sunday.

They returned to Oregon in 1998, moving to Bend, where she loved decorating their home and gardening. She intended to plant tulips and roses this spring.

Phyllis leaves many lifelong friends, including hundreds of couples who were recipients of her love through Lutheran Marriage Encounter.

More Memories...

We were to present a weekend in Eugene, Oregon on February 2-4, 2001. This had been a dream for us to go there and share the love we first discovered in Long Beach, CA at the first ME reunion where we met so many loving couples. The one couple who we laughed the hardest with was Allan & Phyllis Bondo. They have been a part of our family ever since. We dedicated that weekend to her. Phyllis, your love of life with laughter and humor probably saved many marriages. You brought the love of God into those couples as you gave of yourself.

On the weekend we had a minute of silence on Saturday afternoon, a yellow rose was placed on the presenting table. We sent a yellow rose to be placed in front during Phyllis's funeral. When Allan noticed it, he was told there was a ME weekend going on at that same time. He said, "Luke & Donna must be on the weekend." Then, Allan drove 2 1/2 hours from Bend to be at the weekend greet off on Sunday and surprised us. A few tears, believe me. We visited and shared a lot of joy, not grief. Then when we returned home I had to make a call to Mark Jensen, an EE Clergy couple in Del Rapids, SD, who was workshoping our lay EE talks. NOW this will blow your mind, I mentioned the weekend, and told him that one of our former ME presenting couples wife had passed away. When I said Bondo, he informed me in shock that he is related to Allan, and is part of the Bondo family!

We will always remember that special weekend as Phyllis's weekend.

Love,
 Luke & Donna Lucas
 Tacoma, WA

Recently, when the Lord took Phyllis Bondo home, the LME community experienced a great loss. For those of us who knew Allan and Phyllis Bondo, it was hard to understand. Phyllis was so full of life. She embraced it like few we have known. Her enthusiasm was contagious. Her love of the Lord was obvious to all who came in contact with her. The loving relationship she and Allan shared was an inspiration to many, including us. Our memories of Allan and Phyllis include being mentored by them as we began our journey with LME. Encouraging us as we wrote talks, helping us become a part of the Marriage Encounter community. We became good friends & presented several weekends with the Bondos. When they went on the road and then moved back to Oregon, we missed them but we did stay in touch. Phyllis will be deeply missed, not only by us but by the whole ME community.

Submitted with love by
 Jack and Edy McColl
 Mid-Rockies Area

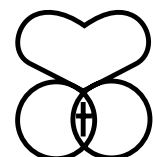
Our clearest memory of Phyllis, besides an overall dedication to the dream, was her dedication to Family Reunions. I'm not sure when it began, but I know she and Allan had an unbroken record of attendance for many years. This also showed itself when it came Mid-Rockies turn to host the International reunion. Because of inexperience, we as a board were at a loss; except, enter Phyllis, and we hosted the "Closer To Heaven in 87" in Denver. Another incident: Carol broke an ankle one Friday before we were to present a Weekend with Allan & Phyllis. I, Lowell, had a spare wheelchair and we both rode them to the conference room with Phyllis carrying a bag of frozen vegetables to put on the ankle. I have MS. Both she and Allan always made sure that we made it through weekends when we presented with them and there were physical barriers to overcome.

Submitted with love by
 Lowell & Carol Hemken
 Ft. Collins, CO

YOUR GIFTS TO THE ENDOWMENT-DREAM FUND WILL HELP KEEP ILME ALIVE

There are many ways to give: Life Insurance, Real Estate, Securities, Memorial Gifts, Wills, IRAs, Personal property.

For details, contact Endowment Dream Fund
 Lutheran Marriage Encounter
 P.O. Box 510-335
 St. Louis, MO 63151
 314-846-2490





I Love You Because...

A presentation used at an encounter evening in District IV recently. It was lovingly adapted by Tom & Karen Kulzer, of Long Beach, CA from the book "I Love You Because..." written by Dean Walley, C.R. Gibson Co., Norwalk, Conn. MCMLXXVII

Karen: I love you because....

Of all the sentences ever begun, that one must be the hardest to complete. And it must have always been that way, because people have been thinking about love...writing about love...trying to add the perfect ending to, "I love you because..." ever since the world began. But, no one has ever found just the right words to explain...why one person loves another.

I love you because...

Lately I've been trying to finish that sentence myself. And in searching for just the right words to show the feelings in my heart, I never quite make it.

Plato once wrote: "At the very touch of love every one becomes a poet."

Before I met you, that idea might not have meant anything to me. But, now its beautiful meaning is becoming clear. Of course I'm not really a poet, but I'm beginning to understand what the great writers were talking about when they spoke of love.

With their help, I'll begin to tell you what I've wanted to for so long-why

I love you so very much. This is the true measure of love,

When we believe that we alone can love,

That no one could ever have loved so before us.

And that no one will ever love

In the same way after us.

(Johann Von Goethe)

That's the way I feel about us. And I like it!! It makes me feel very special, unique-knowing that there has never been another couple quite like us.

For someone who has never been in love, this idea might be difficult to understand. It might even seem foolish and egotistical.

But I know and you know. WE know that what we share is a one-of-a-kind sort of love.

Everyone who has loved has probably felt some of the things we are feeling now. Still, our love is unique. It makes me think of snowflakes. To someone who glances out a window at a snowstorm, they are all the same.

But, to someone who looks very closely, it is clear that every

snowflake is a masterpiece with a beauty all its own. Never seen before. Never to be seen again. Like the moments of our love.

When we go out together, I can feel others looking at us with wonder, surprise and sometimes a smile reflecting our joy. They can tell what we share is like nothing else in the world.

Tom: People seem to know we're in love the instant they see us. The checker at the market. The man at the filling station. People we pass on the street and never see again. They know and they are glad for us. It must be true that all the world loves a lover.

What we have is too big to keep a secret. It just naturally spills out wherever we go. And this pleases me because I have found that our happiness is increased by sharing. Love like ours isn't meant to be hoarded, measured out in bits and pieces. We couldn't do that even if we wanted to because love is a living thing with a life and a will of its own.

We can afford to be generous

because the more love we give away, the more is returned to us. It's true, you see. There has never been a couple quite like us. There has never been a love quite like ours. And no one will ever love in the same way after us.

It's all I have to bring today,
This and my heart beside,
This, and my heart, and all the fields,
And all the meadows wide.
(Emily Dickinson)

Sometimes I'd like to be very rich—to give you the most beautiful presents that money can buy, It would be nice. But, it isn't necessary. I know because of what you have given me—yourself, your love. Gifts like these are beyond price tags, much more wonderful than words.

And when you do give me something, no matter what—a four-leaf clover you found on the way to my place, a shell from the beach, a well-thumbed book you want to share—I feel truly “gifted” because of all the love you bring with your presents.

Karen: Since we have come together, I see that there is so much we can give to each other simply by sharing the world around us. Paul Engle said it this way:

Because we do
All things together
All things improve,
Even the weather.
Our daily meat
And bread taste better.
Trees are greener
Rain is wetter.

That's just the beginning of a very long list of everyday things that have become richer, sharper, more

vivid because of experiencing them with you.

It makes me feel like a little child again, seeing beautiful things for the first time, smelling wonderful, exciting aromas. Even a hamburger can be a taste adventure when you're there, across the table from me.

I like the simple times when we're together. Maybe lying on our backs, looking at the clouds. Not saying a word but communicating a lot.

I also like it when we watch old movies on TV. The times when we can't stop laughing. The times in the sad movies when we're very quiet and I look around and see by your eyes that you're feeling the story along with me.

You make small, ordinary things larger than life, extraordinary. And you make the great works of nature sweep across a wider canvas in my mind.

I had almost forgotten the stars. Now, looking at them with you, they are incredibly bright, indescribably beautiful.

The changing seasons are suddenly more miraculous and exhilarating because we are watching their progress together.

Tom: Because we love, this old world is new again and it belongs to us...and all the fields...and all the meadows wide.

Love is no hot house flower, but a wild plant, born of a wet night, born of an hour of sunshine, sprung from a wild seed, blown along the road be a wild wind.
(John Galsworthy)

What a wonderful thought. It reminds me of two very special qualities of the love we share— independence and strength.

A long time ago—before you—I used to dream of what it would be like to be in love. I had a lot of ideas about how to make that dream come true.

Foolishly, I thought that by planning, improving myself, working at it, being at the right place at the right time, I could make love happen.

It seemed as simple as growing a plant on my window sill. All you need is the right seed, some soil, a pot, light, water and a little patience. Then you woke up one morning and—SURPRISE!!! There she grows!!! Love doesn't work that way. You can't make love happen.

Karen: Kahlil Gibran said, “Think not that you can direct the course of love, for love, if it finds you worthy, directs your course.”

If everyone could simply decide to be in love, then that's exactly where almost everyone would be. Because, after all, it is the most important thing in the world—to love someone who loves you in return.

But, love isn't like a hot house flower. It is a wild plant that springs up unplanned and untended. Not fragile, but almost fierce in its will to survive. Not timid, shy, but bold, aggressive and determined to flourish. Not weak, but strong.

Why do I love you? For a thousand reasons and then for a thousand more that I'm not even aware of.

I love you because... of the way you look, the way your laughter sounds, the special way you walk and talk and hold me.

I love you because... of your beliefs and your ambitions. For where you've been and what you are becoming.

I love your strengths and your weaknesses, the time when you're serious or silly...all the different "you's" that go together to make YOU.;

But that doesn't even begin to tell you. Your whole is somehow more than the sum of your parts. And all the love I feel for you is greater than all the reasons that I know for loving.

I can never tell you all the "because's" but I want to keep trying. There'll be a lot of time for that in the months and years ahead of us.

Just please remember that explaining a miracle is never quick or easy.

I do believe that love is a miracle. Especially out love.

The dictionary says that a miracle is: (1) an extraordinary event manifesting a supernatural work of God. (2) an extremely outstanding or unusual event, thing or accomplishment. That sounds like love to me.

Some might say that love can't compare to all the miracles of the ancient worked that have mystified people for centuries. But I think love is an even greater mystery than these. Because love didn't happen just a few times in the distant past. It's an ongoing miracle that has touched and changed people's lives since the beginning of time. And it's still going on today, mysteriously and miraculously.

None of our senses can know it but all of our senses respond to it. It is nowhere in particular and everywhere in general at the same time.

Scientists can't explain it. Philosophers can't make much sense of it. Inventors can't create it.

Wars have been fought over it and peace has come out of it.

It is puzzling, impractical, priceless, humble, powerful, silent, enormous, invisible, ageless, earthshaking, the "every only thing," a miracle-our love.

Love does not consist in gazing at each other, but in looking together in the same direction....ANTOINE DE SAINT-EXUPERY

I'll have to admit that simply looking at you is one of my favorite things. I love seeing you in all different moods, by sun and candlelight. And if we have to be apart for a few days, I look at all the pictures of you that are stored up in my mind.

But Mr. De Saint-Exupery is right. Looking at you isn't nearly as important to me as the times when we are both looking together in the same direction.

Best of all are the times when we look back at where we've been. Long before we met each other. And when we look ahead to all that may be waiting for us in the future.

Looking back in time with you, I love hearing about all the things that happened to you along the way of growing up. Good times, bad times. And it's so nice telling you about all the things in my yesterdays that helped me and hurt me. It means a lot knowing that you want to find out about the people and places that made me "me."

We have so many plans, such marvelous dreams. I love those journeys into the future with you, thinking of all the adventures we may have, the places we may go. The discoveries we may find just around the next bend in the road.

Maybe some of our dreams will

never come true. We'll take it one day at a time and see.

Regardless, we are looking together in the same direction and sometimes I feel that, clear day or not, we really can see forever.

Before you, before love, I never knew what was missing. But I knew I was missing something.

It seemed as if everyone else had some secret, some vital piece of information about life, that I didn't understand, maybe could never know.

Life was nice but a lot of times I would ask myself, "what's the point? Does this really mean anything?" But I couldn't answer those questions of myself and no one else could answer them for me.

It was like living in a kind of fog where nothing was ever really clear.

I went to the right parties and places—where the fun was supposed to be. But it wasn't there for me.

There were all those stories, books, movies that other people felt so deeply. But they never quite reached me.

E.E. Cummings knew what the trouble was. He said, "unless you love someone nothing else makes any sense. It didn't to me. Not for a long time.

And then came you. All of a sudden I knew. Exactly what I knew, I can't say in so many words, even today, but I knew I knew.

Before it was like trying to work a very complicated jigsaw puzzle while wearing a blindfold. Occasionally a few of the pieces fit, but nothing ever really came together.

Then you came along and took that blindfold away. And everything

that used to seem so confusing
became clear.

Today at last a letter came, One
tiny, narrow sheet. Tonight I've
lit my lamp A hundred times, To
read it words of love.

(Lin I Ning ch'ing dynasty)

These words, written so many
centuries ago, have special meaning
for me today.

You'd be surprised to know
what it means to me when I get a
letter from you or a note or a card,
even writing a 10/10. There's
something about seeing the way you
feel in writing. Perhaps because
there's a permanency about it.

I do save those pieces of paper
that bring me your words. I read
them over and over, long after
they've been committed to memory,
until the creases start to tear from
many openings and closings.

They are part of the souvenirs
that I keep to remind me of us. And
there are so many more. Ticket
stubs from plays we enjoyed
together, match covers from
restaurants where we have lingered
over coffee until the waiter started
looking at us giving us the eye,
crazy doodles of yours that I've
found by the phone.

On the open market all these
bits and pieces that I have stored
away would be worth exactly
nothing. But to me they are very
precious because I can get them out
and sort through them every once in
a while...and know that what seems
too good to be true isn't a dream.
They are proof, Love is. We are.
And this is love two souls That
freely meet, and have no need Of
proving anything (Paula Reingold)

I feel that we truly are free to
be...you and me. That we have no
need of proving anything to each
other.

Trying too hard and promising
too much are never good for love.
They make it a demanding emotion
instead of the giving feeling that it
is meant to be.

I don't expect you to love
everything about me. And I don't
have any desire to change you.

Of course, neither one of us is
perfect—especially me. But,
wouldn't it be dull if we were?
What would we ever find to fight
about? And if we never fought,
think of all the fun we'd miss,
making up.

I do want to be the best me I
possibly can be for you. But,
always the REAL ME. And I want
you to always be YOU. If we
changed too much, it would be two
different people...not me...in love.

Let's grow together—I know
we will. Just finding out more and
more about your feelings and needs,
and vice versa. And let's keep
ourselves open to new people, new
ideas, new ways of sharing a better,
more fulfilling life.

Our love will grow too. Maybe
it won't always hold the same kind
of electricity and excitement that it
does now. It will be even better in
a different way.

Amy Lowell experienced this
growth of love and she speaks of it
in a beautiful way. "When you
came you were like red wine and
honey, And the taste of you burnt
my mouth with it sweetness. Now
you are like morning bread, Smooth
and pleasant. I hardly taste you at
all, for I know your savor; but, I am
completely nourished."

It is impossible to be in love
with someone and not suddenly feel
that love reaching out in so many
different kinds of ways—to
everything and everyone around
you. That's the way it has been

with me. Just as all the world loves
a lover, a lover, just naturally,
begins to love all the world.

The thought of your promising
me forever sounds tempting too, but
there are other things I want more...
Give me yourself, but not all of
yourself. Save a little just for you.
And I'll save a little of me just for
me.

Take time away from me, to be
with friends, to be alone. And give
me the same freedom. Leave spaces
in our togetherness, times when we
can stand back and look at the
wonderful gift we share, times for
missing each other. That sweet kind
of sadness can add so much to the
life of our love. Don't ever feel
trapped, obligated or, worst of all,
BORED!

Be absolutely sure of me—
ALMOST. Love needs challenge, a
little bit of tension. It needs to be a
seesaw with a delicate balance.

Want to want to be with me.
Not because you have to. Not
because of some oath, some paper,
some law. Not because that's what I
want. But because that's what you
want. Love me today with all your
heart.

I want us both to have wings, to
fly away from love, and to fly back
again. I love you now, today, as I
have never loved anyone before
you.

I believe, freely and joyfully,
that I will always feel this way...that
I will have the rest of my lifetime to
find all the words to tell you how
much you really mean to me...

To show you that...I love you
because!!!!

10 / 10 question: Describe in full
loving detail...I love you
because...HDTMMF?

Lutheran Marriage Encounter Contact Couples

District I

CANADA

* Tom & Joanne Cosstick
535 Albert Street
Stratford ONT N5A 3L6
519-273-1280 Voice & Fax

and

* Klaus & Linda Springer
597 Albert Street
Stratford ONT N5A 3L6
519-273-2093 also fax

** Dick & Linda Holm
188 Edgewood Dr.
Woodstock,
ONT N4S 7P3
519-537-8948
rechholm@execulink.com

FLORIDA

** Bob & Grace Schmeelcke
600 SW 48th St. Rd.
Ocala, FL 34474
352-237-8264
PrBob1@aol.com

MICHIGAN

* Fred & Barb Roush
7366 Oneida
Charlotte, MI 48813
517-645-2266
Fax: 517-645-0191
fbroush@attglobal.net

** Bill & Janis Hessler
Box 242
4235 Williamson Rd.
Bridgeport MI 48722-0242
517-777-2648
faithlc@concentric.net

MID ATLANTIC

* Skip & Vicki Schempp
4237 Stirling St.
Philadelphia, PA 19135
215-333-0428

and

* Mike & Debbie Maxwell
2514 McKinley Avenue
West Lawn, PA 19609
610-678-6221
MDMaxw77494@wjtl.net

NATIONAL CAPITAL

* Tom & Ina Berkey
5422 Bromyard Ct.
Burke, VA 22015
703-978-8558
berkey@aol.com

** Mark & Char Walters
51 E. Water St.
Smithsburg, MD 21783
301-824-3394
LvtheOs@aol.com

CAROLINAS

* Charlie & Billie Roach
75 Laurelwood Dr. D-97
Marion, NC 28752
828-652-2882
roachves@wnclink.com

** Joseph & Pat Tallent
103 Castle Manor Court
Garner, NC 27529
919-779-7469
PaTal47@aol.com

WESTERN PENNSYLVANIA

* Fred & Julie Schamber
5095 Cherry Lane
Murrysville, PA 15668-1508
724-325-3166
fhscham@sgi.net

OHIO - NORTH CENTRAL

* Bob & Renae Schondel
710 S. Main St.
Wadsworth OH 44281
330-335-6809
rschondel@yahoo.com

OHIO - TOLEDO

* John & Lynn Lehnert
5131 Eber Rd.
Monclova, OH 43542
419-877-0043
llsoc@aol.com

** Jon & Bonnie Bell
2040 Albon Road
Holland, OH 43538
419-868-8040
bbell357@toast.net

OHIO-SOUTH CENTRAL

* Steve & Sue Mahaffey
2160 E. Main St., Apt. G
Columbus, OH 43209
614-237-0943

** Bill & Kay Morrissey
12428 Frysinger Rd.
Rockford OH 45882
419-363-9764
billkaye@bright.net

NEW YORK/NEW ENGLAND

* Jeff & Karen Jackson
6 Rowledge Pond
Sandy Hook CT 04682
203-426-3837
NOSKJ5@aol.com

** Ted & Jane Guthrie
331 First Avenue
Brockville, ONT K6V 3B8
613-498-2942
weeluvewe@recorder.ca

District II

ILLINOIS

Chicago

* Dave & Jean Dobbstein
1433 Huntington Dr.
Mundelein, IL 60060-3207
847-362-2162
davejean@ync.net

** Roger & Carole Willer
537 S. Ardmore
Villa Park, IL 60181-2929
630-834-2047
cpwiller@aol.com

Rockford

* Nick & Peg Anastasi
30 Smith Lane
S Beloit, IL 61080
815-389-1642
nlapla@aol.com

** John & Connie Heins
12117 Whispering Winds Dr.
Roscoe IL 61073
815-623-8323
JCHEINS@aol.com

Central Illinois - St. Louis Outr.

* Les & Penny Wright
108 N. Hugh Street
Washington, IL 61571-2654
309-444-8762
l-pwright@juno.com

INDIANA / KENTUCKY

* Dick & Marilyn Glossett
P.O. Box 71, 103 East Elm
Middle Point, OH 45863
419-968-2047
dmgloss@bright.net

** Ralph & Bev Easterhaus
7914 W. Cook
Ft. Wayne, IN 46818
219-489-3425

LOUISIANA

Baton Rouge (Dallas Outreach)
Harold & Glenda Lyssy
10731 White Pine Dr.
Greenwell Springs, LA 70739-5260
225-261-0541

MISSOURI/KANSAS/

OKLAHOMA

Kansas City
* Jim & Bronwen Soukup
518 Broad
Independence, MO 64050
816-461-3522
SOE@swbell.net

and

* Jim & Laverna Land
8409 E. 49th Terrace
Kansas City, MO 64129
816-924-1919
lands@worldnet.att.net

Wichita - Kansas City Outreach

* Chris & Debbie Scarlet
R.R. 2, Box 435
Mulvane, KS 67110
316-788-4997

St. Louis

* Richard & Connie Buch
211 Washington St.
Red Bud, IL 62278
618-282-3525
rcbuch@htc.net

TEXAS

Austin

* Richard & Sandy Giro
1107 Apollo Dr.
Austin, TX 78758
512-339-1903
rsgiro@freewwweb.com

Dallas

* Allen & Jeannine Gray
614 Bush Dr.
Allen, TX 75013
972-727-3532
allengray@home.com

** Tom & Yolanda Thierfelder
7109 Wills
Garland, TX 75043
972-226-4532
pastortom@integrityonline2.com

Houston

* Dick & Ruth Osburn
17 Harbor Lane
Kemah, TX 77565
281-334-2476
osburnrk@iwl.net

** Laird & Winnie Engle
410 Depot
El Campo, TX 77437
409-578-0292

District III

CANADA

Saskatchewan-Manitoba
 * Al & Laurie Gheysens
 135 5th Ave. NE
 Portage la Prairie, MB
 R1N 0C8 Canada
 204-857-3939
 tenenten@escape.ca

** Gordon & Grace Hendrickson
 RR 1
 Starbuck, MB, Canada
 R0G 2P0
 204-735-2776
 Fax: 204-735-2380
 hendric@mb.sympatico.ca

MINNESOTA/TWIN CITIES

* Jim Hedin & Rita DeBruyn
 1027 Walnut Ridge Dr.
 Eagan, MN 55123
 651-687-9651
 Ritandjim@aol.com

** Orval & Bernell Moren
 10540 Redwood Street
 Coon Rapids, MN 55433
 763-767-0182
 okmoren@juno.com

NEBRASKA/WEST IOWA

* Bill & Lorna Wehrman
 1023 Skyline Dr.
 Fremont, NE 68025
 402-721-5931

** Dave & Elsa Larson
 2544 E. Cherry Rd.
 Pickrell, NE 68422
 402-673-3134
 DandE_Larson@juno.com

EASTERN IOWA

* Mark & Norma Allen
 3940 Scenic Drive
 Waterloo, IA 50701
 319-266-7993
 mnallen@cfu.net

SOUTH DAKOTA

* Milton & Donna Kaufman
 RR 2, Box 55
 Wilmot, SD 57279
 605-938-4236
 miltkauf@juno.com

WISCONSIN/UPPER PENIN.

* Steve & Carol Spieker
 2129 Inverness Dr.
 Waukesha, WI 53186-1206
 414-574-7557
 spieker@execpc.com

District IV

ARIZONA

* Mickey & Sandy Preston
 1146 E. Jensen
 Mesa, AZ 85203
 480-890-9395 Fax 480-610-5559
 Mickersam@aol.com

SO. CALIFORNIA
 Tri-County(Orange, Riverside,
 San Bernardino)

* Dick & Jane Knecht
 1500 W. Oak Ave.
 Fullerton, CA 92833-3933
 714-680-9722
 Fax: 714-992-1870
 cspotr1@access1.net

San Diego

* Don & Shari Larson
 9560 Whellock Wy.
 San Diego, CA 92129
 858-538-2701
 dslarson@san.rr.com

** Gary & Mary Ann Harms
 1145 Barham Drive, #68
 San Marcos, CA 92078
 760-747-4784 Fax 760-747-0322
 gamahmepas@aol.com

MID ROCKIES

* John & Jennifer Pettinger
 6635 W. Dartmouth Ave.
 Denver, CO 80227
 303-969-9614
 jjpettinger@home.com

** Lowell & Carol Hemken
 1836 Marlborough Ct.
 Fort Collins, CO 80526
 970-482-1183
 spin@lamar.colostate.edu

NEW MEXICO

* Richard & Nancy Brunson
 5831 Lost Dutchman NE
 Albuquerque, NM 87111
 505-293-1787
 nancykb@aol.com

District V

NO. CALIF/NO. NEV. AREA

* Ron & Nancy Hawke
 P.O. Box 1001
 Mi Wuk Village, CA 95346-1001
 209-586-4528 fax: call first
 hawke@sonnet.com

** Jay & Julie Ford
 18 Creekridge Court
 San Mateo, CA 94402-3753
 650-573-1958

SO. IDAHO/NO. UTAH AREA

* Fred & Gale Birch
 2906 Estates Dr.
 Park City, UT 84060
 435-649-8813 (June-Sept)
 or
 6871 E. Amber Sun Dr.
 Scottsdale, AZ 85262
 602-595-9302 (Oct-May)
 flybirch@aol.com

** Manfred & Jutta Berndt
 1396 Lavine
 Pocatello, ID 83201
 208-237-5945
 Fax 208-237-4931
 mnjberndt@aol.com

OREGON AREA

* Hal & B.J. Malecha
 140 Lindner Lane
 Eugene, OR 97404
 541-461-2731
 bjmale@concentric.net

** Ron & Mavis Barth
 2532 Terrace View Dr.
 Eugene, OR 97405
 541-686-0870
 rmbarth@earthlink.net

WEST. WASHINGTON

BRITISH COLUMBIA AREA

* Mark & Kari Hooper
 2315 21st Ave. Ct. NW
 Gig Harbor, WA 98335
 253-858-9021
 mark.hooper@gte.net

** Russ & Ann Hillman
 14009 56th Ave. NW
 Gig Harbor, WA 98332
 253-858-3100
 russannahillman@msn.com

INLAND NORTHWEST AREA

* Mike & Bert Coy
 3637 Steven Place
 Coeur d'Alene, ID 83815
 208-664-5241
 bertnmike@icehouse.net

** Gary & Suzanne Rohde
 914 Miller Lane
 Grandview, WA 98930
 509-882-5172
 srohde@wolfenet.com

BIG SKY AREA

* Mike & Sharon Farnsworth
 3021 2nd Ave. N
 Great Falls, MT 59401
 406-761-7381
 skmdFarnsworth@prodigy.net

ALBERTA AREA

* Don & Kornie Tupper
 3912 42B Ave.
 Leduc, Alberta
 T9E 4W8 Canada
 780-986-5065
 dktupper@home.com

ALASKA AREA

* Larry & Judy Helgeson
 7466 East 20th
 Anchorage, AK 99504-3839
 907-338-7250
 ljhelgeson@aol.com

* Lay
 ** Clergy

For advice and assistance if you have sight impaired couples going on a weekend - contact:
 Alan & Ruth Anne Wheeler
 9636 South Brandt Ave.
 Oak Lawn, IL 60453-3025
 708-424-0537
 Email:
 da2ofus@concentric.net

REMINDER!
SEND ALL UPCOMING WEEKEND DATES & CHANGES TO:
 Dale & Carol Ure
 1818 E. 37th
 Spokane, WA 99203
 509-747-7964
 Fax: 509-456-7994
 hdclure@juno.com

SEND POST-WEEKEND LISTS TO:
Tim & Pam Ackermann
 1112 NE Independence Ave,
 Apt. 811
 Lee's Summit, MO 64086
 816-525-6106
 timandpam@kc.net

ILME FINANCE COUPLES

NAR Finance Couple

John & Irene Schmehl
3194 Etter Rd., Chambersburg, PA 17201
717-709-0453
jschmehl@cvn.net

District I

Al & Cinda Williamson
P.O. Box 395, Sugar Grove, NC 28679
828-297-5242
cindanal@boone.net

District II

Will & Mary Sauerlich
P.O. Box 826, Yorktown, TX 78164
361-564-2966
wmsauer@ibm.net

District III

John & Sally Minkley
P.O. Box 5191, Elm Grove, WI 53122
262-785-1983
twominks@execpc.com

District IV

Al & Betty Schallmuller
6924 S. Clarkson St., Littleton, CO 80122
303-795-0697 Fax 303-794-9686
al.betty.schall@worldnet.att.net

District V

Clarence & Darlene Ochsner
P.O. Box 2127, Ferndale, WA 98248
360-384-8003

AUSTRALIA

Katheryn & Scott Little
c/o 2 Flora Street
Oyster Bay NSW 2225
Australia
011 61-2-9540 1028

CANADA

Ken & Trudy Deichen
#86-14135-104 Ave.
Surrey, BC, V3T 1X6 Canada
604-930-0213 Fax: 604-930-4231

DENMARK

Anne & Verner Maagaard
Gjerager 27, DK-6880 Tarm, Denmark
45 97 41 48 07

FINLAND

Outi & Harri Helle
Heikinkuja 4
44500 Viitasaari, Finland
+358 14 572654 Email: hekhelle@freenet.hut.fi

ICELAND

Magnús Dadason & Svala Pálsdóttir
Heidarbraut 10
230 Keflavik, Iceland
+354 4213434

NORWAY

Inga Marie & Robert Mynors
Bjørnstadbakken 6e
0672 Oslo, Norway
+47 2226 3566

SWEDEN

Raymond & Vivian Johnsson
s.t Sigridsv. 58
382 38 Nybro, Sweden
+46 481 10305

International CPA

Edward W. Small
318 W. Hillsboro
Edwardsville, IL 62025
618-656-6645

ILME Donations

Lutheran Marriage Encounter welcomes and needs your additional donations. ILME Weekend donations alone are not enough. Send a ME love donation often to your District Finance Couple to be used for the ongoing expenses of ILME.



**A Wedding Day
is a Day...
A Marriage
is a Lifetime**

DO YOU KNOW OF A COUPLE PLANNING MARRIAGE?

Please share the good news of Engaged Encounter with them.

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803-796-0290

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**Lutheran
Engaged
Encounter**



For general information regarding Engaged Encounter weekends throughout the U.S. or for information about beginning LEE in your area please contact:

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There are many ways to give: Life Insurance, Real Estate, Securities, Memorial Gifts, Wills, IRAs, Personal property.

For details contact:

Endowment Dream Fund
Lutheran Marriage Encounter
P.O. Box 510-335
St. Louis, MO 63151

Need Ideas to use for your community, circle, spiral or IMAGE?

Contact one of these District Resource Couples for ideas.

District I

Al & Ellen Gee
328 Fenton Ave.
Conneaut, OH 44030
440-593-2914

District II

District III

Larry & Coke Guilfoile
30975 Minnesota Ave.
Lindstrom, MN 55045
612-257-6960
lme2some@ties.k12.mn.us

District IV

Gary & Mary Ann Harms
1145 Barham Drive, #68
San Marcos, CA 92078
760-747-4784 Fax 760-747-0322
gamahmepas@aol.com

District V

John & Jackie Kimball
1606 N. Juniper
Canby, OR 97013
503-266-1805
JFKimball@juno.com

N.A.R. RESOURCE COUPLE

Duffy & Nancy Guthrie
549 Janet Dr.
Conneaut, OH 44030
440-599-9090
nguthrie@suite224.net

LUTHERAN MARRIAGE ENCOUNTER

MISSION STATEMENT

Lutheran Marriage Encounter is a ministry dedicated to assisting married couples to live fully intimate and responsible relationships by providing an Encounter Weekend experience as well as ongoing community support.

VISION STATEMENT

The Lutheran Church renewed and our world changed through strengthened couple relationships and stronger personal relationships with Christ.

The Worldwide Marriage Encounter National Convention Marriage 2001: A Grace Odyssey July 20-22, 2001 at the Georgia Tech Campus Atlanta, GA

See our web page at WWMEatlanta.org/convention/
for more information.



Call to be Family is now available on the Internet for all encountered couples.

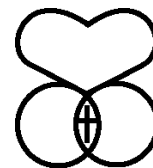
1. Go to the ILME Home Page (www.ilme.org)
2. Click on "Resources for Couples who have been on a ME weekend"
3. Click on "ILME Postweekend material"
4. Click on "Download some Documents, get dialogue helps" (User name: ILME Couples, password: 1010)
5. On the second page: go to "Misc stuff that didn't quite fit other categories," and you will see "Call to be Family"

After downloading, you will need the Adobe Acrobat Reader to open it. The Acrobat Reader can be downloaded from the Resource page or from www.adobe.com

Coffee Table View of an ME hug



Clockwise beginning at top: Hal & Marilyn Printup, Chuck & Joan Fry, Daniel & Lynne Stallings, Rae & Bruce Holtzendorff.



Find any Worldwide Marriage Encounter Weekend on the Internet at this Interfaith address:
<http://208.130.185.51/interfaith/interfaith.htm>

Call to be Family Renewal & Subscription Form

When you attend a Marriage Encounter Weekend you will receive this newsletter for one year. After that time to continue receiving *Call to be Family* you must send in this subscription form with a minimum donation of **\$10(U.S.) EACH YEAR**. We need this **1)** to help pay for labels, printing, mailing & postage and **2)** to know that you are interested and want to continue receiving this publication. Here's how to renew or subscribe to your international *Call to be Family* Newsletter:

- 1.** Make out a check for a minimum donation of **\$10** (must be U.S funds.) payable to *Call to Be Family*
- 2.** Fill out the form below.
- 3.** Send form and check to: Dick & Jane Knecht
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Please print or type Your label code: _ _ _ _ _ If you are renewing

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Address			
Locality-City	State/Province	Postal Code	Country
Encounter date	Phone		

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