

BONUS QUESTIONS:

1. How do I feel saying no to my parents?
2. How do I feel saying no to my friends?
3. How do I feel saying no to work demands?
4. How do I feel saying no to our children?
5. How do I feel saying no to television or hobbies?

FOR THE SAKE OF OUR RELATIONSHIP:

1. What changes am I willing to make to spend more time with you? How do I feel about this?
2. What am I willing to do to add more life to our relationship? What are my feelings about this?
3. When it comes to discussing sensitive areas, what is my greatest fault in listening to you? How do I feel sharing this with you?
4. What is my idea of a dream vacation for us? How do I feel sharing this with you?
5. Is there something special I would like to save for us? How do I feel about my answer?

SITUATION QUESTIONS FOR DEEPER DIALOGUE:

1. When we need to discipline one of our children
2. Our present financial condition;
3. Attending the Dialogue Journey;
4. Visiting my in-laws;
5. Our coming wedding anniversary;
6. Recruiting for the Weekend;
7. Lack of Dialogue;
8. Our sexual relationship;
9. Our prayer life; and
10. Going to Mass with the family

MEETING # 6

***Am I a Fun Person
to be With***

MEETING # 6

1. OPENING PRAYER

(H or W) Include “Heavenly Father, thank you for the gift of my special spouse. Keep me ever aware of the gifts we share and how blessed we are to be invited as one. Help us to recognize the greatness in us, even when we feel so ordinary. We pray in Jesus name. Amen.

2. EXPERIENCE IN LAST 15 DAYS JOURNEY IN DIALOGUE

2.1. (H or W) Share your struggles in Dialogue in the last 15 days.

2.1.1 Share your joys and struggles in Dialogue.

2.1.1.1 Include whether you were able to do all the question

2.1.1.2 What made it easy or difficult to Dialogue

2.1.2 Share any significant learning or awareness in your Dialogue the past 15 days.

2.1.2.1 Did you become aware of anything significant about yourself or your spouse?

2.2 (Other Spouse) Ask the couples to share their own struggles in their Dialogue the past 15 days.

(GROUP SHARING ON VOLUNTARY BASIS)

2.3 (H or W) For those couples handling another Dialogue Journey group ask them to share the joy and struggles of the group

3. DIALOGUE TECHNIQUE INPUT

(One Spouse)

3.1 EVERYTIME WE DO OUR 10/10 WE ARE RECEIVING OUR WEEKEND.

Our 10/10 as we have said is really a very holy and special moment because it is only in these 20 minutes that we can re-live the total Weekend everyday. Let me start with the 1st talk of the weekend:

Friday:

1st Talk -Introduction. Here, like in the Weekend we prepare ourselves, we sit in our place, take our notebooks, place our alarm, be comfortable.

2nd Talk - Focus on Feelings. In our Daily 10/10 we Focus on our Feelings.

Saturday:

1st Talk - EWS. When we write, we encounter ourselves. We write about us, not our spouse. In the writing time, I am concerned about me and in the dialogue time, I am concerned about my spouse. So if your spouse is out of town or unable to be with you, it is still important that we write on the questions for the day because we personally grow in answering these questions because we encounter ourselves.

2nd Talk - Modern World. Doing the daily 10/10 is a daily decision to decide to love. In doing our 10/10, we see the many Modern World Attitudes that we carry in our relationship with our spouse.

3rd Talk - AFRO. Areas for reaching out to one another in 10/10, we touch on areas that we carry strong feelings such as sex, death, finances and God.

4th Talk - Listening. Our Daily Dialogue call us to practise our Listening with our heart, our eyes, our ears, our minds. These are special moments that our listening should be very active.

5th Talk - God's Plan. The plan of God for us is to be intimate and responsible. In the dialogue, we become intimate and responsible for our feelings. When we do the 10/10, we live God's plan. Our Daily 10/10 is our daily couple's prayer.

- 6th Talk - Risk and Confidence. In the daily 10/10 we take a risk as we share our most difficult feelings. The more we do our 10/10 we become more open and trusting and start to build our confidence towards our spouse.
- 7th Talk - WEDS. The Daily dialogue we talk about here is WEDS – Write, Exchange, Dialogue and Select. If one is missing, then it is not the Daily Dialogue of M.E. Our daily 10/10 is the WEDS.
- 8th Talk - Sacrament. In our 10/10 we talk about US, our Sacrament. In our daily 10/10 we say yes to each other everyday, just like on our wedding day. As I hand to you my notebook, I give totally myself in your hand, thus, my love letter in our daily 10/10.
- 9th Talk - Living our Sacrament. Here in our 10/10 we do a daily re-evaluation of ourselves, of Our Sacrament. We try to make Our Sacrament shine. When our sacrament is shining we attract people. We can best recruit them for the weekend.

Sharing our Sacrament. When we are in a good relationship, we create a ripple in our own family, in our community. We change our part of the world, we make a difference and lastly in our Daily Dialogue, in our Holy Special Moment of 20 minutes, we change the World!!! We change!

See – why the 10/10 is so great! Why is the Daily Dialogue a special moment? Because it is OUR WEEKEND that we relive - that we continue to experience everyday – that closeness, that love, that joy, that greatness that we feel on Sunday night. It is in my 10/10 that I see and realize our Weekend. It is there that I know what is my reason for LIVING!!! Fantastic, isn't it?

3.2 SCRIPTURE DIALOGUE

(One spouse)

We have Dialogued on feelings, we have also tried the 5 steps or deeper Dialogue. There is another type of Dialogue which we can try and do once in a while specially on Sundays and this is

what we call Scripture Dialogue. We can discover our inner feelings while contemplating life by learning more about the examples of Christ. We can also do this in Saturday evenings. Also, there are times when feelings are so strong that Dialoguing on feelings will surely lead to fights, then instead choose scripture Dialogue or when your Dialogues are “Blah” and you find it hard to make question

3.2.1 One Way to Scripture Dialogue:

- 3.2.1.1 We select a passage from the daily missal or simply choose a chapter from the Acts of the Apostles or one of the Gospels. Read this aloud so that you can hear this together.
- 3.2.1.2 Briefly discuss the meaning of the passage for each of you. **Do not agree on who is right and avoid trying to teach or convince the other of your understanding. Each understanding could be different.**
- 3.2.1.3 Either:
 - Decide on a Dialogue question based on the reading and your discussion; or
 - Use the question ***“What do these verses mean to me as a servant of Christ?” What is Christ telling me?***
- 3.2.1.4 Write your love letter examining your feelings, attitudes, needs - choose the strongest feeling and describe in detail.
- 3.2.1.5 Dialogue on your feelings as usual.

The Daily Gospel can be used as a source for Scripture Dialogue; we will also give you a list of a few passages which you could look at and Dialogue.

We suggest that next Saturday, try the scripture Dialogue on the Sunday Gospel.

3.3 ENCOUNTER NEEDS YOU TO START A SHARING GROUP

(One spouse)

For 44 hours on the Weekend we are transported to a world free of interruptions where we can focus all our attention and energy on ourselves and our marriage.

Then we are back in “the real world”, struggling to keep the excitement of the Weekend alive in our relationship.

Without some form of support much of what we learn on the Weekend is forgotten.

The key to keeping the Weekend alive is to be a part of a sharing group. A group dedicated to sharing their experience on living the Weekend concepts, a group dedicated to encouraging each other on their Dialogue and where we can socialize with couples who share the same values.

We think the Dialogue Journey has been a success to all of us because we have a sharing group. And we all helped each other to keep the Weekend alive through our sharing and our Dialogue at home.

Without sharing groups the Weekend will just be a Weekend.

Actually, we do not think that we need to convince you that you need a sharing group because your experience in this Dialogue Journey will speak for itself.

For those that do not yet have a Baby D.J. Group, we suggest that you start immediately to form a group of your own or else join an existing group that is meeting regularly.

We would like to give you some suggestions:

3.3.1 To start a sharing group:

- 3.3.1.1** Invite 4 or 5 couples to your home and ask them if they would like to go on this Dialogue Journey for 90 days and explain a little;

- 3.3.1.2 If they say yes, agree on a regular time to meet for the next 90 days. Sharing groups should meet at least twice a month for it to be effective;
 - 3.3.1.3 Let your local M.E. Leadership know that you are starting a group;
 - 3.3.1.4 Use the materials we gave you as a starting outline for the evenings you meet; and
 - 3.3.1.5 After the 90 days ask the group if they want to continue and this time commit for another 90 days. After this, get from you M.E. Leadership more materials to give during meetings. Also encourage them to create their own sharing groups.
- 3.3.2 Some obligations are:
- 3.3.2.1 Support the couples in maintaining their couple relationship;
 - 3.3.2.2 Support couples in the habit of daily Dialogue;
 - 3.3.2.3 Support the Weekend by challenging your group to invite for the Weekend and to support it. When couples are attending a sharing group and are Dialoguing, there is a lot of energy being emitted by the group. This energy should be directed toward recruiting for the Weekend and being involved with the activities of M.E. Community;
 - 3.3.2.4 If you all belong to the same Parish, support your Parish in whatever way you can; and
 - 3.3.2.5 Treat your sharing group as part of your family and keep in touch with them in between meetings. Invite them to your family parties.

If we want to change the world the Weekend is not enough. We need sharing groups to keep the Weekend alive in the Modern World and the changes will be more lasting and permanent.

So after this Journey continue your Dialogue and pass on whatever you learned to the couples you invite to your sharing group.

4. FORMATION “AM I A FUN PERSON TO BE WITH”

4.1 COUPLE SHARING “AM I A FUN PERSON TO BE WITH?”

(One spouse- use your own example)

Many of us have children and have boyfriends or girlfriends. When I asked my eldest daughter why she spends so much time with her boyfriend she answered “because we have fun when we are together”. The two have been participating in Bazaars selling pillows and they stay the whole day in the Bazaars. Almost every Friday and Saturday night they are out. Other days, they spend the whole evening in front of the T.V.. All of these for them are fun because they are together.

(H or W)

Each share how you used to have fun while you were young and early marriage.

(DITTOY)

I remember during our courtship days we used to have fun. Every time I went to visit Cora, we spent the whole afternoon together. I had fun. During dates when we would go dancing and we would stay close together with our cheeks and sometimes body touching, I had great fun. During parties when we would dance the latest dances, it was great. Even picking her up from the province, after her Curcillo (retreat). It was fun even if we were only in the car for 3 hours.

(CORA)

During our early days of marriage we would always go to the beach, just the two of us and sit on the sand and build sandcastles. Saturday mornings, we would stay in bed the whole morning just making love and lying in each others arms was all fun.

Anytime we decide to go out of town, we jump in the car and go. There was a time we found ourselves going to Baguio on a Good Friday.

What was fun for me was leaving little notes inside the wallet of Ditoy and sometimes in his attache' case.

Another fun thing was we would go to our house up in the mountain and go swimming in the middle of the night.

One thing I'll never forget is that we would play poker or billiards till the wee hours of the morning and I would beat him.

(H or W)

Share how your concept of fun change after the children were born and some years passed and some fights.

(DITTOY)

After some years and children were born it seemed that the only way we could have fun is if all the children were with us. My concept of fun became how to avoid one whole day, without going through a fight, criticism or anger. My fun became T.V., golf, work and occasional sex. There were always birthdays and anniversaries, however, most of the time they included the children. Even going to parties where there are dancing was not an occasion for fun because many times, even before we arrived at the party we were already deciding what time we would leave since we wanted to go home early. I judge Cora to be very sensitive and I become very careful in what I say because it often comes out as a criticism. Then there were the usual excuses "no time", "too old", "too expensive", "the children". All these slowly prevented us from having fun with each other.

(CORA)

Many things changed. All the fun things we did had no more place in our relationship. I am very funny with my friends, but since the children arrived, my work and my training for marriage become stronger. I had to be a perfect mother - a disciplinarian and very serious with my family. My role was to solve problems with my family. Fun was the last item in my agenda for the day. It was scratched out with Ditoy and the children.

(ONE SPOUSE) Reason we got married.

I do not think we got married just to have peace and quiet. We got married to each other because we were having so much fun together and we wanted more. We thought if we could spend more time together we would have more fun. But sometimes I think it

was the reverse. The more time we are together the more fights we had..

It seems like on our wedding day when the priest gave us our last blessing, he said "FROM NOW ON YOU HAVE TO STOP HAVING FUN AND START WORKING HARD AT YOUR MARRIAGE".

One phrase that we often use to hear about marriage is "FOR YOUR MARRIAGE TO WORK, YOU MUST WORK AT YOUR MARRIAGE". You must have heard this sometime. It sounds so cold and heavy. What we think is a better phrase is to say "FOR YOUR MARRIAGE TO WORK, YOU MUST WORK AT HAVING FUN IN YOUR MARRIAGE".

There are so many statements that influence us in our marriage:

- Marriage is for settling down;
- "Lumagay ka na sa tahimik" (Be serious now that you are married);
- Have fun now while still single, because when you get married you won't have time to have fun anymore.

(H or W) Barriers to having fun/changes needed.

Share your barriers to having fun and the changes needed. Make sure to include re-evaluation "**Am I a fun person to be with" or "have I become very serious or tense person to be with"**.

(DITTOY)

One of the barriers in not having fun now is the attitude that I sometimes have such as "I'm too old to do these things like dancing, doing a sport together". The other attitude is "We have gone through these things before." Then there is "The children comes first".

We are never too old to have fun. If we decide that we will enjoy the occasion no matter what, we shall have fun (SHARE AN EXAMPLE).

Cora and I are very serious with each other and very touchy with each other. We must learn to be relaxed and kid around with each other.

One of the things that I must be conscious of is that having fun is not an accident. We must plan and plan together how we can have fun.

Cora has been doing all the planning and I just go along. So many times my heart is not in what we are doing because I have other priorities.

If you look at your weekly schedule or even a one month schedule, I doubt if any of us think about inserting a date with the intention of having fun with our spouse.

But I think the biggest barrier I must look at is, have I stopped being a fun person to be with. Am I too serious, too careful to tense, too preoccupied with providing for the family, too concerned in solving the children's problems. To have fun, I must "hang loose" to relaxed and as they say "Smell the flowers, listen to the birds and enjoy the present moments and live for now.

(CORA)

My mask is so strong that after marriage the word FUN was erased. My mask of a perfect person comes out strongly. I can not have fun with Dito alone. I have to bring the children all the time to be one family to the point of forcing them and so everybody becomes "masungit" (grouchy). Then if we go out, we have to be on time and because of that I become tense because Dito is always late and too slow. I don't think of the fun that I might have, to be perfect in attendance – must be on time – must be perfect, is outmost in my mind.

I am serious with Dito because I judge that good wives should be serious with their marriage especially with their husbands.

My training for marriage, too, prevents me from having fun because I never saw my father and mother have fun and joked with each other. They were always serious.

I should be very aware of my MASK in my training for marriage because they prevent me from having FUN in my own marriage.

5. INVOLVEMENT IN MARRIAGE ENCOUNTER NEEDS TO BE FUN

(One spouse)

I think one of the reasons we were very active in M.E. specially in the early days was that we were having fun with all the new friends and the excitement with learning about relationships and touching people's lives. Inviting couples to the Weekend and seeing their faces on Sunday was fun.

I think the moment our involvement with M.E. becomes hard work and we are not having fun anymore, it will be the time we slowly stop getting involved.

I would like to think that we all had fun during this Dialogue Journey. We had fun because we had chosen the right attitude, we “hang loose”, we enjoyed each other’s company. Let us give the other couples an occasion to also have fun by inviting them to a Dialogue Journey.

5.1 DIALOGUE QUESTION (10/10)

(One spouse)

How do I feel about fun or lack of fun that we have in our relationship?

Use the 5 step Dialogue:

1. What are my thoughts?
2. What are my feelings?
3. What are my needs/unmet needs?
4. How am I believing?
5. What can I do better?

5.2 GROUP SHARING

(One spouse)

What have I discovered about myself in the area of having fun in our relationship?

6. DIALOGUE QUESTION (page 90)

6.1. (One spouse) Explain the Dialogue questions for the next 15 days.

6.1.1. Scripture Dialogue

6.1.2. Questions to have fun (sex/kissing)

6.2. (Other spouse) If there is time remind the couples of any of the Dialogue inputs in the past meetings that you think is appropriate.

7. OTHER MATTERS

(One spouse)

7.1. Now that we have finished with the Dialogue Journey, we would like you to share with us answers to the following questions:

7.1.1. What is the most significant thing that has happened to me/us in the entire Dialogue Journey;

7.1.2. Where my expectations met when I joined this Journey?
(Remember, we asked you that question on our 1st meeting).

7.1.3. What would I like to happen to the group now that I have finished the Journey?

7.2. (Other spouse)

7.2.1. Thank the group for trusting us for their enthusiasm.

7.2.2. Encourage them to continue their Dialogue the rest of their lives.

7.2.3. Pass on whatever benefits they might have acquired because of the Dialogue Journey.

7.2.4. End with the statement "Your Dialogue Journey has ended but your Journey to love one another will never end and will continue for the rest of your lives. Let the Daily Dialogue be your companions in this Lifetime Journey.

DIALOGUE QUESTIONS 6

(Start with a prayer asking God for passion, romance, fun for your relationship).

1. Describe how you feel toward your spouse when you are filled with romance. Describe the romantic things your spouse does for you.
*NOTE: as much details as possible.
2. How do I feel recalling the affection between my parents while I was growing up?
3. Why am I sometimes reluctant to initiate our love making? How do I feel about my answer?
4. Describe in detail the special features about your spouse, which fills you with warmth and tenderness. Describe the romantic feelings you experience as you write this letter.
5. Am I willing to try new things in our love making? How do I feel about my answer?
6. What do I like most about kissing? What feelings do I have about it?
7. Recall the time you first realized you wanted to spend the rest of your life with your spouse. Describe the setting, circumstances and everything that happened in loving details. How do you feel when this happened?
8. Are there fantasies that I have but do not share with you about our love making? How do I feel thinking about that?
9. How do I feel about kissing in public?
10. List down 5 romantic things you did for your spouse during your courtship. How do you feel about doing this?
11. Would I rather give or receive in our love making? How do I feel about my answer?
12. How do I feel about kissing in front of the kids?
13. What barriers keep you from being romantic with your spouse now and how can you overcome these barriers? How do I feel sharing this with you?
14. What can I do in order that we can plan our love making? How do I feel about my answer?

15. Where would I like to have you kiss me? How do I feel about my answer?
16. What feelings do I have about sex that I find most difficult/exciting to share with you. Describe in loving details?
17. What 6 qualities do I find most attractive about you? (3 physical & 3 personality traits) How do I feel sharing these with you?

OTHER SCRIPTURE DIALOGUE

- | | |
|-------------------|--|
| Luke 24: 13-25 | How do I recognize Christ in you? HDMAMMF |
| John 10: 1-20 | The way to salvation is Jesus. HDIFAT |
| John 14: 1-12 | Do I, Like Thomas & Philip question the way of the Lord? |
| John 14: 15-21 | What is the best way we can show our love to God? HDMAMMF |
| John 17: 1-11 | HDIF knowing Jesus is our protector? |
| John 20: 19-23 | How do we, as a couple bring peace to each other? HDMAMMD |
| John 3: 16-18 | HDIF sharing our faith as a couple? |
| Matthew 10: 37-42 | How can we as a couple meet Jesus' challenge to follow Him?
HDMAMMF |