

# POST WEEKEND (FOLLOW UP) LETTERS

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The following one-page letters are meant to help couples review many weekend concepts and to motivate them to dialogue. There is so much information given on a Marriage Encounter Weekend that it is difficult for most of us to grasp it all the first time around. It is our hope that if couples receive regular reminders of what the Weekend is about, it not only lets them know we care about them and their relationship, but it may lead them to continued post weekend involvement.

There are a number of ways these letters could be sent. The shepherding process can be continued to make contact with the Rookie couples. In other words, presenting couples would send letters to the rookie couples they had primary contact with over the weekend. If your area is fortunate to have a loving task publicity or post weekend couple, they could take responsibility for sending out the letters. We suggest that the letters be sent out monthly.

Once the letters are on a word processor and the weekend list is in the data base, sending the letters is as easy as merging the two documents each month. Our hope is this regular contact speaks volumes about our concern for the rookie couples.

Dear {FIRSTNAMES},

How are you doing? Blending what is learned from a Lutheran Marriage Encounter Weekend into our normal, everyday lives can be tricky and sometimes frustrating, but we know from experience it is well worth the effort! You two have been in our thoughts and prayers since your Weekend experience. We believe every couple deserves the added support prayer can bring. We know we truly appreciate knowing others are praying for us and our marriage.

Every month or so you will be receiving a short letter from us, or another Lutheran Marriage Encounter couple. Each letter will explain one of the weekend concepts, give you some ideas for dialogue, and hopefully communicate to you that you are loved.

One of the first weekend talks was on feelings. In this talk we learned that feelings are what makes each of us unique and special people. The same incident triggers different kinds of feelings or different intensities of the same feeling in each of us. For example, preparing for company can make one spouse happy and excited and the other spouse nervous and anxious. Unfortunately many of us have become very comfortable talking to our spouses about the things in our lives -- our jobs, our toys, the weather, the house work -- but we often avoid talking about our inner reactions to those things. These spontaneous inner reactions are our feelings.

Why do so many of us avoid talking about our feelings? The reasons are many. Perhaps we are worried we will upset our spouse. Or maybe we see the sharing of some kinds of feelings -- like worry or sadness -- as a weakness. It could be we have tried sharing our feelings but our spouse's response has been discouraging (a future letter will address the extremely important issue of how to listen). Some of us learned early in life to stifle certain types of feelings and now have to begin the process of "unlearning". And some people, maybe many, have not been in touch with their own feelings. These people will have difficulty explaining to their spouse what they are feeling because they don't really know how they are feeling themselves. Whatever the reason, dialogue gives us a tool we can use to share our feelings in an open and non-threatening way. The more we are able to share our feelings with our spouse, the closer our spouse can come to truly loving the whole person we are. What a fantastic goal!

We love you,

Larry and Coke Guilfoile

P.S. How are you coming on the 90 day challenge? If you've forgotten there is a list of 90 dialogue questions in the packet of information you received at the end of your Weekend. See how many you can use for dialogue in the next month. If you have any questions please call us. We'd love to hear from you. Our number is 257-6960.

Dear { FIRSTNAMES },

Greetings and God's Peace and Love from Lutheran Marriage Encounter!

We hope and pray each new day finds you looking forward to deepening your love with your spouse.

The last letter you received from us stressed the importance of communicating our feelings because they are what makes us special and unique people. In that letter we didn't mention some important concepts covered on Marriage Encounter Weekends. One is that when communicating our feelings to others, especially our spouse, we must be sure to take ownership of our feelings. We must use "I" statements when telling others how we feel and avoid placing blame for how we feel on someone else. Another is that feelings by themselves are neither right nor wrong. You may remember a banner in the conference room proclaiming this, and we'd like to spend a paragraph or two discussing this statement.

In Marriage Encounter feelings are by definition spontaneous. They just happen and we have no control over them. We cannot decide whether our inner reaction to a situation makes us overjoyed, or angry, or worried. Feelings then have no morality attached to them -- again they are neither right nor wrong, they just are. Morality enters the picture when we decide how to act on our feelings. If our anger over someone being killed by a drunk driver leads us to campaign for legislation seeking stiffer penalties, our anger has been directed in a useful and moral direction. If our anger leads us to seek revenge against the individual driver, we have decided to act immorally. You see, it is not the feeling, but what we do with our feeling, that is right or wrong.

Let's take a more personal example. Your spouse has forgotten your anniversary and you feel hurt and angry. Your feelings are natural, spontaneous, and also understandable. But now you must decide how to deal with these feelings. Attack? Belittle? Berate? Certainly there has to be a better response, and there is. It is honestly communicating to your spouse how you feel in a loving manner. The purpose is to get your spouse to understand how you feel, not to place blame. And we have found no better way to do this than through our love letters and dialogue.

We love you,

Larry and Coke Guilfoile

P.S. We know you haven't had time to complete the list of 90 dialogue questions, but here are two that are not on the list you might like to share on: "How does knowing feelings are neither right nor wrong make me feel?" and "What was my strongest feeling today? Describe this feeling as best you can." (You can describe feelings in many ways: using other feeling words, telling what it makes you want to do, and thinking of past shared incidences are just a few)

Dear { FIRSTNAMES },

Greetings and God's Peace and Love from Lutheran Marriage Encounter!

Our journey with dialogue has been one of ups and downs, of periods where we faithfully dialogue every day to periods where we go for days without dialogue. We have noticed a pattern over the years we have been dialoguing: when we are faithful and regular in our dialogue we feel more closely attuned to each other and are more sensitive to each other's needs. It's a wonder we have trouble sticking to it. But we do! How about you? Has it been easy or difficult to find time to dialogue?

This letter is concerned with the process of dialogue, to reviewing what was called on your Marriage Encounter Weekend WEDS. This acronym stands for Write, Exchange, Dialogue, and Select, and we'll briefly review each of these.

The first step is writing a love letter to our spouse. Many people find saying a short prayer asking for God's guidance helps get them started. Others start their love letters with an endearing quality. We write for about 10 minutes trying to tell our spouse about feelings we have regarding the question. If you start a sentence with "I feel" and follow with a word that makes sense you have probably expressed a feeling. But if you follow the word "feel" with the word "that" you are expressing a thought. Thoughts are all right to communicate also but start those with "I think". Your goal is to try to help your spouse understand how it feels to feel the way you do.

After both you and your spouse have written your love letters exchange them lovingly, perhaps with a gentle kiss, a hug, or the words "I love you". Read your spouse's love letter twice. The first time try to get the general direction or gist of the letter. The second time try to understand how your spouse must be feeling (or have felt).

After reading, dialogue with your spouse for about 10 minutes. Pick what feeling seems to be the strongest and ask your spouse questions which help you understand and perhaps even experience your spouse's feeling. Don't ask why your spouse feels the way he or she does, just accept the feeling for what it is: a spontaneous inner reaction. Stop your dialogue when the conversation drifts away from feelings.

Finally, select a question for your next dialogue. This question can come from the many lists of dialogue questions available through Marriage Encounter, from the Marriage Encounter calendar, and certainly from events and concerns which are presently affecting the two of you. This step is crucial to making dialogue a regular routine. And it gives each of you thinking time before writing your response to the question.

We hope these hints are helpful to your dialogue.

We love you,

Larry and Coke Guilfoile

Dear {FIRSTNAMES},

Greetings and God's Peace and Love!

Who am I? How do I see myself? These questions are ones we ask ourselves as we try to come to terms with the different facets of our personality that make us behave the way we feel the most comfortable. In other words, we all wear "masks" or have personality styles that show ourselves and others who and what we are.

As on the Weekend we need to emphasize a mask is not negative. It is not something we take on and off at will. It is the way we feel most secure in presenting ourselves to others. Often this leads us to keep what we are really thinking and feeling hidden. When this happens with our spouse we are preventing our spouse from knowing us totally and completely. There are times when the feelings we are experiencing are contrary to our basic personality pattern. For example, someone who is almost always caring and loving may at times feel quite the opposite. It is important that we acknowledge these feelings with our spouse. This is easier to do if we remind ourselves that feelings are neither right nor wrong, they just are.

When we are experiencing uncomfortable feelings we may not like ourselves and may refuse to accept ourselves fully. There are times when we want to say like Aldonza, "I am no one. I'm nothing at all." If we can't accept this part of us, and not share it with our spouse, our relationship with our spouse may remain or become shallow and incomplete.

The good news is "God Does Not Make Junk"! God made us and therefore we cannot be "junk". We are children of God, made in His image. He loves us unconditionally. God loves us for who and what we are. By accepting this we can let the Dulcinea in us emerge. We can love and believe in the goodness of ourselves. By accepting ourselves totally we allow our spouse and others to love and accept us completely.

This is our promise to you. We love each and everyone of you. We support and pray for your efforts to love each other fully. We know regular dialogue keeps us in constant touch with who we are today. We hope your relationship has been blessed by the open, honest communicating of feelings and thoughts dialogue encourages.

We love you,

Larry and Coke Guilfoile

Dear {FIRST NAMES},

Greetings and God's Peace and love!

What fond memory do you have of your Lutheran Marriage Encounter Weekend? What growth took place in your relationship? What seeds were planted then that are still bearing fruit today? These make excellent dialogue questions, and they are a springboard to this letter's topic -- listening. Listening is so important one entire talk on Saturday afternoon of a Marriage Encounter Weekend is devoted to it. Listening is the key to communication. It is also a skill which can be practiced and improved and perhaps never perfected. The better we become at listening to the feelings and needs of our spouse, the more love they experience, and the closer our relationship develops.

Listening is so important because it communicates one of three things to our spouse. Either we reject what our spouse is saying, or we tolerate, or we accept. And when our spouse is sharing feelings these three responses have critical effects on our relationship.

Rejecting our spouse's feelings is something few of us ever think we do. It is certainly not something we try to do. Unfortunately, it is something we do all too easily. How? Obviously we reject our spouse's feelings when we ignore them. Sometimes rejection is very open like when we say, "You shouldn't feel that way," or when we ask our spouse to defend a feeling. And sometimes rejection of feelings is very subtle like when we say, "I'm sorry you feel that way," or are indifferent, or try to soothe or change the feeling. All forms of rejection have the same effect on a relationship: isolation, loneliness, hurt, and emptiness.

Toleration is the way most of us interact with our spouse's feelings most of the time. Toleration is listening and trying to understand but not allowing ourselves to be too deeply affected by the feelings being shared with us. Our focus is often on the subject being discussed and not on our spouse. Toleration encourages harmony in a relationship and that is good, it is just not as good as a relationship can become.

Acceptance is when we allow ourselves to become fully immersed in who our spouse is and what our spouse is feeling. We not only try to understand we try to feel the same. If our spouse is sad we try to experience that same level of sadness. Acceptance communicates to our spouse "I love you just the way you are, right now, right here, and as deeply as one person can possibly love another." Dialogue is a communication technique which asks us to accept and explore each other on this acceptance level. Acceptance brings intimacy, honesty, belonging, love, and closeness to a relationship. The purpose of dialoguing daily is to maintain that intimate relationship. Such great rewards twenty minutes a day can bring!

We love you,

Larry and Coke Guilfoile

Dear { FIRSTNAMES },

Greetings and God's Peace and Love!

In a previous letter we talked about three ways we react to our spouse's feelings. We either reject (hopefully rarely, if ever), tolerate (good, but not nearly good enough), or accept (yeah!) them. Dialogue is a communication tool we use to achieve the intimacy and closeness acceptance brings to a marriage relationship. After writing our own love letter, exchanging with our spouse, and reading what our spouse has written we look for what we think might be our spouse's strongest feeling. It is this feeling we want to get in touch with, to go beyond understanding all the way to experiencing the same feeling, so that we get to know our spouse as completely as possible. And in order to do this we must develop excellent listening skills.

A first step is to understand that as we mature we develop listening behavior patterns that interfere with our ability to listen with our heart to others. Some of us busy ourselves with preparing an answer, others can't wait to share what's on our minds, others get defensive. and still others can't tune out other things that have been in our thoughts. We have developed these patterns to prevent ourselves from things that will add to our fears and self-doubts. So instead of exploring the thoughts and feelings our spouse is sharing, we give a pat answer, or make them defend themselves by asking "why", or change the subject as quickly as possible.

We need to develop a listening pattern which encourages our spouse to reveal themselves fully and which allows us to experience them fully. This type of listening tells our spouse they are loved and they are important. This kind of listening asks us to go beyond the words and facts our spouse is using to discover what our spouse is telling us about him or her.

Here are five suggestions on how to listen with your heart as well as your mind: (1) Encourage your spouse to tell you more with phrases like "I think I'm beginning to understand, can you tell me more?" (2) Ask questions which will help you understand and experience what is going on inside your spouse. (3) From time to time tell your spouse what you are hearing them say and ask how accurate you are. (4) Try your hardest not to make judgments or to get defensive, instead work on ways to understand your spouse more fully. (5) Listen to all the unspoken messages your spouse is giving you, the body language, the nonverbal communication.

Listening with our hearts brings respect, belonging, closeness, and intimacy to a relationship. Dialogue gives us a setting which encourages such listening. The more we dialogue, the more accepting and loving we think we become. Those of you who have dialogued regularly, call us and let us know if you agree!

We love you,

Larry and Coke Guilfoile



Dear { FIRST NAMES },

Greetings and God's Peace and Love!

How is your dialogue coming? Have you been able to find 10 minutes on a regular basis for writing a love letter to each other and another 10 minutes for sharing your letters in dialogue? If so, give yourselves a pat on the back. If not, don't despair. Dialogue is a communication tool which is easy to pick up and begin using at any time.

The series of letters you have been receiving have reviewed important concepts from your Lutheran Marriage Encounter Weekend. This month's letter focuses on God's Plan for Your Marriage, and contrasts it with the world's plan.

The world seems to do its best to separate husband and wife. Many of us have jobs which keep us apart many hours each day. We are members of different social or civic organizations. We have developed our own hobbies. We serve on different church committees. When we are together our communication is factual oriented. It does not focus on the deep sharing of our feelings and therefore doesn't lead us to a closer understanding of each other. We call this a "Married Singles" lifestyle. The world encourages us to lead our married life as single people.

God has a much different plan for married couples. His plan is unity. Ephesians 5:31 tells us that husband and wife should become "as one flesh". How can this be accomplished? Not by giving up our individuality, but by sharing, appreciating, accepting, and honoring each other's individuality. This requires us to go far deeper than surface communication. We have to delve into the depths of our spouse's heart and understand and accept all those feelings and needs which make our spouse such a unique creation of God. We don't have to give up our separate interests. We have to share our feelings about these interests -- and make sure our separate interests don't keep us from developing and enjoying mutual interests.

Our daily 10 & 10 is one way we strive for unity. For 20 minutes we are telling our spouse, "You are important. I love you. I want to explore the depths of your being. And I am willing to risk sharing the depths of my being." What a gift of love dialogue can be!

We love you.

Larry and Coke Guilfoile

Dear {FIRSTNAMES},

Greetings and God's Peace and Love!

No One Dialogues Alone. Do you remember hearing this on your Marriage Encounter Weekend? What it means is that we need the encouragement and support of other Marriage Encounter couples if we are to make the deep communication which dialogue provides a regular part of our lives. Without this support dialogue all too often is like the seed which did fall on fertile soil but did not receive the proper fertilizer and watering. It sputters, does not take firm root, chokes out from the invasion of weeds and eventually dies.

Where do you find support for your dialogue? One way is by joining or forming a Love Circle (or Spiral). It is a small group of couples who are committed to their own relationship and to supporting the marriage relationships of others in their group. Love Circles meet on a regular basis. The frequency, day and time is determined by members of the group. A typical meeting has a short presentation followed by a 10 & 10 and a sharing time. There is always time for fellowship and treats.

Many geographic areas have Love Circles which would welcome you with open arms and big Marriage Encounter hugs. If you know other encountered couples you can also start your own Love Circle. We know from personal experience how enriching and supportive friendships developed through Love Circles can become.

Another way of supporting your dialogue is by getting involved in supporting Lutheran Marriage Encounter Weekends. Extending your love to others builds your own love for each other. Perhaps you've already been asked to be a prayer couple, or greeter, or banner maker, or presenting couple, or registration couple, or one of a number of other "Loving Tasks". When you see the powerful influence a weekend of dialogue has on newly encountered couples your motivation to dialogue with your spouse increases.

Attending a Lutheran Marriage Encounter family reunion is a fun way to support your relationship. The United States and Canada are divided into five geographic districts. Your district has a family reunion every other year. On the alternating year there is an international reunion. Reunions are invigorating, and you'll never meet a more loving and caring group of people.

If you need help in getting more information about any of these ideas contact one of the presenting couples from your weekend. They'll be able to help you and would love to hear from you.

We love you,

Larry and Coke Guilfoile

Dear {FIRSTNAMES},

Greetings and God's Peace and Love!

We're sitting here today looking out at our back yard wondering how you're doing with your relationship and the dialogue process. We're also wondering what led you to attend a Lutheran Marriage Encounter Weekend. Did you see a poster hanging at your church with Marriage Encounter brochures attached? Had you been invited to an information night or viewed the Marriage Encounter Inviting Video? Or were you like most of us and responded to the personal invitation of an encountered couple to attend a Weekend?

However you personally made the decision to attend a Marriage Encounter Weekend, we know that somehow God's love was shared with you through the invitation you received. We are indeed thankful for your presence and your commitment to each other. We are called to a life-style of spreading the experience of the Weekend and sharing the gift of our love relationship. It is through our intimate, loving relationship as a couple that we can make the love of Jesus for His people visible and alive in the world. This call is part of our commission to change the world.

Do you remember the list of couples you wanted to invite to a Marriage Encounter Weekend? You wrote it in your notebooks on Sunday afternoon of the Weekend. We'd like you to take out that list. We encourage you to pray for these couples and their decision to deepen and strengthen their love for each other by experiencing a Marriage Encounter Weekend. And be sure to personally invite them! Do so as a couple if possible. Your invitation to them is a compliment to them and their relationship. It is not a matter of a couple needing a Marriage Encounter Weekend. But all couples deserve a Weekend. All husbands and wives deserve the opportunity to understand, appreciate, accept, and love each other more deeply -- not just for one weekend, but throughout the rest of their lives together.

Be sure to invite yourselves back for another Weekend experience. An anniversary weekend (as we call it) is an excellent way to renew your commitment to your relationship and to each other. We know your relationship will be rewarded with all the benefits open and honest sharing through an intense dialogue experience brings. Those of us who have experienced 10.20, even 30 or more weekends are always surprised to discover we have changed, our spouse has changed, and there is always more to discover about each other.

We have enclosed a couple extra brochures in the case you need them. If you have questions please call us. Share the opportunity to experience a Lutheran Marriage Encounter Weekend lovingly, and let those you invite experience the love you (and Christ) has for them!

We love you,

Larry and Coke Guilfoile

Dear { FIRST NAMES },

Greetings and God's Peace and Love!

We hope all is well in your household, and your memories of your Marriage Encounter Weekend are still vivid.

If our marriage is to be lived according to God's Plan we must strive to build a relationship that is open, honest, and complete. To build a relationship like this we must be willing to love and allow ourselves to be loved. This means we make ourselves vulnerable to one another. We share feelings we sometimes would rather not as completely as we can so our relationship will be more intimate and dynamic. Sharing our innermost feelings allows our spouse to experience these feelings -- and to love us.

To love is a decision. Do you remember those words from the Weekend? Love does not always occur naturally or automatically. That is because love is more than just having warm, tender feelings. Deciding to love means working at being open, honest, tender, and trusting. It means we can chose to love in spite of our present feelings and inclinations. Even when we don't feel loving we can make the decision to love -- to share ourselves completely and allow our spouse to share completely with us. Deciding to love can be as simple as emptying the dishwasher or taking the children for the afternoon so your spouse can have a break. It also means listening to your spouse's feelings and loving your spouse even when you don't feel loving. Listening shows we value our spouse and are sensitive to their needs.

To love also means to share feelings in areas we'd rather not. We all have subjects that make us uncomfortable to delve into. Examples are death, children, sex, and money. We avoid these areas because they bring out strong feelings in us. We may be afraid our spouse will reject our feelings so it's safer to decide not to share. But risk we must -- trusting in the goodness of our spouse. The result is a closer, more satisfying relationship. Take out your "Areas For Reaching Out To One Another" sheet from the Weekend. There are probably a few areas yet unexplored that you could delve into. As you decide to love, we ask that you keep this little poem in mind. It implies action and tells us that to love truly is a decision -- a decision that can only benefit our relationship.

Real love is a verb as well as a noun.  
it means a smile and sometimes a frown.

To love is to do and not just to feel,  
for unless you express it love isn't real. (anonymous)

We love you,

Larry and Coke Guilfoile

Dear { FIRSTNAMES },

Greetings and God's Peace and Love!

As we continue this series on reviewing Lutheran Marriage Encounter Weekend concepts, we want you to know we are praying for you and your relationship. The Weekend is about strengthening and deepening the love relationship between husband and wife, and previous letters have focused on this. But the Weekend is also about Christ's call to us as couples to be open and apostolic, to use our "couple power" to change the world.

What does it mean to be open? It means going to others to allow them to experience the power that comes from our love for each other. We are to serve as living examples of God's love. This means reaching out to others without conditions or expectations. Our love is to be given freely. Being open means we share with others because we sense a need, not because we have a need. Our love must be offered for the sake of others and not ourselves. We have to set aside our personal expectations and reward, keeping our emphasis on others.

Being apostolic gives purpose to our openness. Being apostolic means we are aware we go to others in the name of and for the purpose of presenting Christ's love and the love of our faith community. In short, we are a people of mission, a mission given to us by Jesus -- to love our neighbor. to share our love in order to make Jesus and His saving love understandable and present in the lives of those we meet and know.

How do we go about being open and apostolic as a couple? First, we strive to live our lives as a married couple instead of a married single. We keep our own relationship fresh, open, honest, intimate, and alive. We look for ways we can serve our Church and our community as a team rather than alone. For example we can teach a Sunday School class together, we can serve on Church committees together, we can join civic groups together, we can support Marriage Encounter in a variety of ways, or we can visit a hurting friend together. You, no doubt, can think of many opportunities in your own lives where the love you have for your spouse --your couple love, your couple power -- can be made available to others.

Sharing the love Christ has for us with others is something Christ has commanded us to do. We are all God's children. God expects us to care for one another as He cares for us. Sharing our couple love benefits not only those we love, but also our own husband-wife relationship. We become renewed and invigorated. We become acutely aware of the love we have for each other and how Christ has blessed us with this gift. Reaching out to others as a couple is stimulating, nourishing, heartening, and spiritually nourishing. It is the way "We Can Change the World!"

We love you,

Larry and Coke Guilfoile

Dear { FIRSTNAMES },

Greetings and God's Peace and Love!

We want to thank you again for the financial gift you made on your Lutheran Marriage Encounter Weekend. Through your generosity many other couples have been able to experience a weekend like yours and sustain the dream of a world of loving, encountered couples.

We invite you once more to invest financially in Lutheran Marriage Encounter so that the good news of Christ's love for married couples can be spread in your community and around the world. We have been asked by our Lord to be good stewards of our gifts and blessings (life, faith, our relationship with our spouse, our talents, and our financial resources) in order to build up and support the body of Christ. We are challenged to share and invest our time, talents, and treasures with others. When we do this we deepen our response and commitment to Christ. Financial resources, properly used, can lead to a rich harvest.

On your Weekend several couples asked for the name of the District Finance Couple so they could send an additional contribution at a later date. We encourage you to make that contribution now. For some of you it might be the first time you have been able to financially invest in the deepening of other couples' love relationships. For others it may be the second or third opportunity. Whether its the first or the fiftieth, be assured that your gift is needed. And regardless of your decision, we want you to know we love you and care about your relationship with your spouse.

You have received a series of letters which hopefully refreshed some weekend concepts and encouraged you to continually explore your own relationship. As you can tell from these letters, we in Lutheran Marriage Encounter believe strongly in Christ's commandment to love one another. Christ's first miracle was at a wedding. Was this merely a coincidence? We think not. Was this symbolic of His support for marriage? We think it was. Lutheran Marriage Encounter strives to emulate Christ's support. It is entirely a self-supporting, volunteer organization. There are no paid couples. It is truly an independent organization of couples who are committed to loving one another and who are committed to sharing this love with the world. We receive no outside financial support. Our vision of a world of encountered couples who love each other rests in the hands of wonderful lovers like you. It takes our efforts, our prayers, our love, and yes, our money to make the dream of an encountered world a reality.

Thanks in advance for your generosity.

We love you,

Larry and Coke Guilfoile



Your gift to Lutheran Marriage Encounter helps spread Christ's love for couples in your community and around the world. You can help change the world!!

YES. We want to support Lutheran Marriage Encounter with the following contribution:

\$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_

\$325 \_\_\_\_\_ (Provide a Marriage Encounter Weekend for one couple!!)

Other \_\_\_\_\_

\_\_\_\_\_ We want our contribution to go to the Lutheran Marriage Encounter Foundation (funds are used to support special projects such as the L.M.E. Inviting Video)

Make checks payable to LUTHERAN MARRIAGE ENCOUNTER. Lutheran Marriage Encounter is a nonprofit organization devoted to the strengthening of marriages. Keep a record of your contribution for tax purposes.

Send checks to: District III Finance Couple, Harlan and Bobbi Attema, 307 West Garfield, P.O. Box 153, Inwood, Iowa, 51240-0153