

Lutheran Marriage Encounter Post Weekend Presentation



BEYOND THE CURTAIN

CIRCLES: monthly or bi-monthly gatherings of five to seven Marriage Encounter couples who meet each month and to try to dialogue in between sessions. The purpose is to share with one another and show us how beautiful we are and how much we have to give. We do this by sharing and listening, by giving and receiving. Through this sharing we also develop a deeper trust in one another, thus building the Church. Each session should last about two-and-a-half to three hours.

GENERAL PURPOSE: The main purpose of this presentation is to explore and share with each other and our group some thoughts and fears we may have in the area of Death.

DESIRED RESULT OF THE DIALOG: To be able to explore within our own selves how we feel about getting old and approaching a time in our lives when one of us is going to leave the other through Death. To be able to share with each other and our group any fears or anxieties we experience connected with Death.

SUGGESTIONS FOR HOW TO USE THIS OUTLINE:

1. Do the talk in the first person.(e.g.: I was the one who wanted to do ... , It was MY opinion ... , etc.)
2. When a feeling is put down, immediately write the word "Like" so that a feeling description follows and not a reason or judgment: (I felt sad, like, I felt frightened, like a little kidetc.)
3. Be sure to mention any needs (that are met or unmet) that you found as a result of exploring feelings.
4. Simply answer each question (with a short paragraph) and then go on to the next one. Number each paragraph to make it easy later to blend the talks. When you have finished answering all the questions you will have your portion of the talk written. Blend with your spouses answers and your talk is ready to workshop. Remember to include feelings and needs as part of your answers.

- I. INTRODUCTION - Introduce yourselves briefly and tell:
 - A. Where you are from.
 - B. How long you've been married
 - C. Share briefly about your children if you have any.
 - D. Share when you were encountered and where.
- II. SCRIPTURE REFERENCE: Ecclesiastic 3:1-8.
- III. FOCUS OF TALK: to be able to explore within our own selves how we feel about getting old and approaching a time in our lives when one of us is going to leave the other through Death; to be able to share with each other and our group any fears or anxieties we experience connected with Death.
- IV. FORMAT FOR WRITING THIS TALK
 - A. (3 minutes) Explore your attitudes and judgments
 - 1. Where were we in this area before our W/E? HDIFAT?
 - 2. Did we talk much about Death before our W/E? Why?
 - 3. How did I feel about this subject then? Describe my feelings completely.
 - 4. How did I feel when YOU wanted to talk about Death? What feelings did I have about this?
 - 5. Where did I see you in this area? HDTMMF?
 - 6. Where did I see myself? HDIFAT?
 - 7. How did my family handle the subject of death or death itself? HDIFAT?
 - 8. What needs do I find underlying my feelings in this area?
 - B. (7 minutes) How did this subject become an area to share?
 - 1. What caused me to explore my own feelings on Death? (Our weekend? a death in the family? this talk? dialogue?)
 - 2. What caused me to begin to share my feelings with you? HDIFAT?
 - 3. How did I feel about exploring and sharing on Death after our weekend?
 - 4. What were the barriers, obstacles and conflicts I had to overcome in order to risk, trust and the decision to love and share with you in this area? How did I feel during our dialogues on Death? What needs did I become aware of underlying my feelings about sharing on this Death?

C. (7 Minutes) What resulted from sharing feelings and needs?

1. What awareness did I develop in this area (about and for myself and for my spouse)?
2. Where and how am I/are we different NOW since we looked into this area? HDIFAT?
3. What kind of feelings have I experienced (joy, relief) after having opened this area up to dialogue?

D. (3 minutes) Results of discovery, awareness and openness.

1. What significant growth has taken place for us in this area?
2. What new doors were opened for us in this area? HDTMMF?
3. What are the outward signs of change for us as a result of our dialogues on Death? HDTMMF?
4. What are the inward signs of change for us as a result of our dialogues on Death? HDTMMF?
5. Have any needs that were previously unmet been as a result of NOW being able to share feelings on Death and/or growing old?
6. Where do I see us heading in this area now?
7. Summarize how your life and relationship have been enhanced by becoming more open and trusting on subject.

V. DIALOGUE QUESTION: Select a question for 10/10

VI. OPEN SHARING QUESTION: Select a question for open sharing.