

COUPLES RETREAT

NOVEMBER 2020

CALIFORNIA

Memories



Just the Two of Us Empty Nesters

“How am I going to adjust now that my children don’t need me as much? How am I going to fill my extra time? What changes will the absence of kids in the house make in our marriage?” If these sound like familiar questions swirling around in your thoughts, you’re either an empty nester or soon to be. But, don’t panic here’s some tips that I think you’ll find helpful:

1. Reorder your days for just the two of you.
Sit down one evening and try to come up with a new daily, weekly and monthly routine, adding back in some of the things you did together before the kids came along.
2. Morph mundane chores into charming dates.
Make a day-and-a date of it. Go together to get the car serviced, sipping a favorite beverage or going for a walk while waiting.
3. Ask questions.
When you and your spouse first met, you were eager to learn all you could about him or her...hobbies, dreams, thoughts. Get out of the rut and seek to unearth those things again.

(By Karen Ehman July 16,2020)

A Message from the Directors

Greetings and blessings for Rita and myself. Although we’re not physically preparing for another Couples Retreat at the moment, Couples Retreat is very much on our minds, hearts and in our prayers. The current COVID-19 pandemic that has affected changes worldwide in every home both physically, emotionally and financially certainly doesn’t discriminate when it comes to our marriages. Perhaps you’ve noticed that the effects of the coronavirus, quarantines and uncertainties are putting a strain on your marriage and you’re asking what should we do? A trusted source to begin with is your local Pastor who the scripture says, “watches for your soul.” And certainly, there’s trusted ministry resources such as Focus On the Family Ministries that offer good articles, podcast and more. So, to get you started here’s a “5 Minute Plan”. (By Karen Lipp-March26, 2020)

1. Sit down and pray together.
2. Pray for yourself, your spouse, and marriage.
3. Trust your ability to make the best of a hard situation.

Marriage Prayer

Lord, help us to remember when we first met and the strong love that grew between us. To work that love into practical things so that nothing can divide us. We ask for words both kind and loving, hearts always ready to ask for forgiveness as well as to forgive. Dear Lord, we put our marriage into Your hands. Amen
(<http://ourmarriageprayer.com>)

