

COUPLES RETREAT

JANUARY 2021

CALIFORNIA

“Taking Care of Yourself To Save Your Marriage While In Quarantine”

by Jeff Olson

“Extra time together can be a blessing-and extra time together can be extra stressful if you’re not use to spending time with your spouse. What can you do to take care of yourself and your marriage?” As you hunker down and wait for the crisis to blow over, what can you focus on to care for yourself?

1. The best ways to look after your marriage under any circumstances is to take of you. Taking care of yourself doesn’t imply that you ignore your spouse or your marriage.
2. Monitor Your Emotions. In other words monitor your emotional well being.
 1. What emotions surface in you when you watch the latest media updates?
 2. What fears might you hold around all the unknowns?

Read more tips here - www.FocusontheFamily.com

Need Help?

Did you know that we have licensed health professionals that can give help and direct you further to licensed Christian professional help? If you find that you’re often feeling depressed, lonely and despondent seek help here at

calicogopinfo@gmail.com

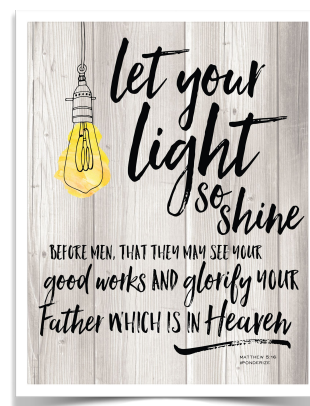
and these professionals that are part of “California’s Mental Health Team” can assist you and help point you in the right direction.

Pastor Vincent Martinez

Lidia Garcia

Claudia Vasquez

From the Directors



As married couples we don’t often think about our marriage not just being about “others” but only “us”. Okay, think with me just for a moment who some of those others might encompass... kids, neighbors, church families, coworkers, family members, where we shop just to name a few. The scripture reads in Romans “No man lives or dies unto himself.” We say “no man is an island.” And, it’s certainly true. In other words, just like are lives have lasting impact and effect on others so much more our marriage.

Now I want you to ask yourselves so what kind of impact has my marriage had on others? Now, looking ahead to year 2021, what impact do I want it to have going forward? Jesus said, “let your light so shine before men, that they may see your good works and glorify your Father in heaven.” I believe it’s safe to apply this truth to our marriages as well. So that we can say, “let my marriage so shine before men, that they may see our good works and glorify our Father in heaven.” So, now we can see that it’s not at all about “us” but about “Him” too!