

COUPLES RETREAT

NOVEMBER 2022

CALIFORNIA

Love Messages From God



“I have loved you with an everlasting love.”
Jeremiah 31:3
“I will never leave you or forsake you.”
Hebrews 13:5
“My beloved is mine and I am his.” Song of
Solomon 2:16
“I have found the one whom my soul loves.”
Solomon 3:4

A Word from the Directors

The month of November is here and now we begin to turn our focus and plans towards Thanksgiving dinner, family gatherings, pumpkin pies, apple ciders and cooler weather. But, as you read this month’s newsletter, we would like to



remind you to not forget about expressing and showing sentiments of thanksgiving to your spouse. I know that we may not mean to but

unless we become “intentional” it’s easy to forget to show gratitude and give thanks to God for the one we love. As you continue to read we’ve shared some articles and tips that can help. Rita and I pray blessings to you and your entire household this Thanksgiving month and day!

How To Spice Up Your Marriage: 10 Simple Tips



1. Get curious on purpose by starting each day with the goal of learning what’s new and different about your spouse today.
2. Imagine your life without them.
3. Follow up on conversations.
4. Put your phone down.
5. Share your appreciation.
6. Shake things up.
7. Hold hands to spice up your marriage.
8. Be honest with yourself.
9. Be kind.
10. Dress up for dates.

Read more here. www.focusonthefamily.com Mike Bechtel, June 21, 2022.

Write a Love Letter

“Texting is easy and immediate but it’s not a letter.” So, let’s go old school and start writing some handwritten letters. You can even embellish it with artwork or dab it with some cologne or perfume. The idea is to just be creative....it’ll be greatly appreciated.

More tips here www.focusonthefamily.com “How To Write A Love Letter” by Julie Holmquist August 17, 2021

