

6 Reasons for a Kid-Free Adventure

If you have children, daily routines trump adventure most days and you find yourself longing for a little time alone together. You might feel guilty at the thought, but, trust us, it's healthy for your marriage, and for the kids, too! Here are 6 reasons:

1. **Grown-Up Time.** How often do you get "just adults" time? Your time outside of work is most likely consumed by caring for your kids. Chose activities you wouldn't normally do with the kids, whether an exotic destination or just around the corner.
2. **Re-Connection.** Do you find ourselves feeling like roommates, juggling busy schedules, maintaining careers, and raising kids? Traveling alone together offers the opportunity to reconnect. After connecting, hold onto that feeling!
3. **Stress Relief.** Let go of the worries, stress, and anxiety of your daily routine. Allow yourselves to recharge. When getting back to the kids, you'll be renewed and ready to face the daily grind.
4. **Privacy and Romance.** Having kids at home – especially young kids – can put a damper on your sex life. If rekindling your romance and having some intimate time together were your only reason for getting out of town kid-free, that would be more than enough!
5. **Discovering (Or Rediscovering) Passions.** It's easy for moms and dads to lose touch with their individual interests during this busy season of life. Choose a getaway that helps you engage with your passions once again.
6. **Fun.** We hope you haven't lost the element of fun in your life and your marriage, because the parenting years can certainly be a lot of fun! But if you have, vacation is the perfect time to let go and just have a good time.

Adapted from a MarriedPeople article by Les and Leslie Parrott



Your marriage can be one of your life's most rewarding relationships!

It is a challenge to build a strong, God-honoring relationship. Whether you are 18 or 80, dating, engaged, or married, there is a class or seminar for the two of you.

RESOURCES FOR COUPLES

Retrouvaille provides the tools to help put your marriage in order again. It's an opportunity to rediscover each other and examine your lives together in a new and positive way. A weekend experience with several post-weekend sessions. Weekend of Sep 29-Oct1 in Portland, OR. Call 503-225-9191 or visit www.helpourmarriage.org

Have you considered helping others? Marriage Team invites you and your spouse to become a coach couple. You'll learn practical skills to encourage couples in all stages in 20 hours of training,. Pre-married to seriously challenged couples are saving their marriages with the support of couple coaches like YOU! **FREE** training starting Fri, Oct 6 in Vancouver, WA. Details at www.MarriageTeam.org.

Love and Respect We believe love best motivates a woman and respect most powerfully motivates a man. Research reveals that during marital conflict a husband most often reacts unlovingly when feeling disrespected, and a wife reacts disrespectfully when feeling unloved. Fri and Sat, Oct 6-7 at A Jesus Church, West Side, Portland. Details at www.LoveandRespect.com

BOGO Weekend to Remember A weekend to renew your love and commitment to one another, to reminisce all of the reasons why you married, to restore a little romance in your relationship. It is a weekend to discover the blueprints for a healthy, happy marriage. Returning to the Jantzen Beach Red Lion for Nov 10-12. **Buy One, Get One free** when you register now, no later than Sep 18, using the group name "MarriagePDX" at www.WeekendToRemember.com.

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Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org

