

## every marriage matters

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**From:** Every Marriage Matters [mailto:tomdressel@everymarriagematters.ccsend.com] **On Behalf Of** Every Marriage Matters  
**Sent:** Wednesday, June 04, 2014 12:06 AM  
**To:** tomdressel@comcast.net  
**Subject:** Five Minutes for Marriage: Does God Want Us to Have Fun?

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### Five Minutes for Marriage June 2014

**There is a time for everything, and a season for every activity under heaven: . . . a time to weep and a time to laugh, a time to mourn and a time to dance.**

Ecclesiastes 3:1,4

**Click on the orange, bolded title to find the rest of the story.**

Let us know if a link doesn't work, we should be able to forward a copy of the article to you.

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The **BULLETIN INSERT** for June. It offers 8 expectations that help build great marriages.

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**UPCOMING EVENTS** for June describes opportunities to grow relationships. We would like to add classes and seminars your church will be offering.

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Your prayers and financial help to strengthen marriage are greatly appreciated

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#### SET ASIDE THE TIME

It's unlikely that you'll have special times together without setting aside the time to make them happen. Sure, you can and should have spontan-eous moments of playfulness and meaningful chats just about anywhere, anytime. . . . to get the full benefit of quality time together, you have to make it a priority, or it just won't happen. *This means you need to be serious about carving out time to be less serious.*

- Dr Scott Stanley, in his book A Lasting Promise

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## DATE NIGHT PDX

**Date Night PDX** - an opportunity to improve marital relationships through the challenge of dating 4 times in 4 weeks in August. Research says it works! We'll provide tips, tools, and support materials via a special website. We've got a couple of super dates for you in August:

**Barnes & Miner Comedy Night, Friday, August 1 at City Bible Church.** Jerry and Amy make it easy to laugh about the little things as they share humor from their own marriage.



Dave and Margaret Armentrout, Directors. Dave is a semi-retired manager, Margaret is a homemaker and former high school teacher.

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### **I Still Do, Saturday, August 23 at Moda**

**Center.** Presented in three locations this year:

Washington DC, Chicago and Portland with a great lineup of speakers, including: Dennis Rainey, Al Mohler, Crawford & Karen Loritts, Shaunti Feldhahn and Ron Deal. SPECIAL: I Still Do is on sale: Buy one, get one free! That's half price, now through June 23!

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## **RESOURCES FOR SUMMER FUN**

### **Lighten Up, Christians: God Loves a Good Time.**

We say we want to be like God, and we feel we mean it. But we don't. Not to be harsh, but if we did really mean it, we would be having a lot more fun than we are. We aim for safety and cultural respectability instead of following our stated first principles: that we are made in God's image and should strive to imitate him.

We say that we would like to be more like God. So be more thrilled with moonlight. And babies. And what makes them. And holding on to one lover until you've both been aged to wine, ready to pour. Holiness is nothing like a building code. Holiness is 80-year-old hands crafting an apple pie for others, again. It is aspen trees in a backlit breeze. It is fire on the mountain.

Wherever we go, we are the mascots of the gospel, the imagers of the infinitely creative Father. (N.D. Wilson, Christianity Today)

**Weekly Dating Ideas.** Although having a weekly date may seem like a no-brainer, many couples' good intentions quickly get put off to some future time, when life is not so busy or there's more money. Pretty soon the kids are grown and couples find they've grown apart. Make a commitment to a weekly date. It doesn't have to always be on the same night, but it's helpful to pencil in one night each week on your calendars; you can always change the night if a conflict comes up.

Here are some ideas that go beyond the usual dinner and a movie. Many involve little or no cost. Not all dates have to involve going out, but if you have young children, getting a break from the kids is a stress release in itself. Check out their cheap and creative ideas to rekindle the spark in marriage. (from For Your Marriage)

**The Date Night Opportunity.** Here's research that tells us about the potential value of date nights, impacting communication, intimacy and commitment.



**How to Celebrate Sexual Freedom in Your Marriage.** Sexual frustration is one of the most common sources of marital tension and leads to many

divorces. So it's vital for spouses to figure out how to satisfy each other sexually. God invented sex for married couples to enjoy to the fullest, and doing so is a powerful way for you and your spouse to build closer relationships with God and each other.

God wants you and your spouse to feel sexually free together, and to celebrate that freedom by enjoying great sex regularly. This article shares how you can do so: (Whitney Hopler, CrossWalk.com)

**[The Theology Of The Body According To St. John Paul II.](#)** When John Paul II was elevated to the papacy, he unveiled a series of reflections on which he had worked for some time. He gave these in the form of weekly general audiences between 1979 and 1984. These talks became known as "The Theology of the Body" and have had a growing impact on Christian thinking about what it means to be embodied as male or female. (By John S. Grabowski, Catholic University of America)

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**Treasure your spouse:** Consider your spouse and your marriage a high priority. Pray together! Have fun! Remember the good times! Laugh together!

Respectfully,  
Tom and Liz Dressel

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