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**Sent:** Tuesday, September 1, 2014 12:06 AM  
**To:** tomdressel@comcast.net  
**Subject:** Five Minutes for Marriage: Are You Taking Advantage of the Bulletin Insert?



## **Five Minutes for Marriage** **September 2014**

**The best thing you can do for yourself, for your children, and for our culture is to make your marriage work - and encourage others to do the same.**

**Tricia Goyer**

Dear Thomas,

**Are you using the Bulletin Insert?** To its full advantage? It is intended to be a powerful way to tell your congregation that their marriages are vitally important to you. Your community's first responder's marriages are especially fragile; consider taking them a monthly plate of cookies and a supply of the Bulletin Insert.

**In This Issue:**

**[Bulletin Insert](#)** a marriage-nurturing handout for distribution to your congregation or business  
**[Upcoming Events](#)** around Portland. We'd like to include the event/class you are hosting  
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**[Billy Graham and the Modesto Manifesto](#)**  
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**[Billy Graham and the Modesto Manifesto](#)**. What's Billy's secret to his sterling reputation? He would be quick to respond, "The grace of God." Perhaps he would also add, "A pure life." At age thirty, Graham and three key associates were in Modesto, California. While there, they discussed their concerns over recurring problems evangelists faced: abuse of money, sexual immorality, isolation from the local church, and publicizing exaggerated success stories. As a result they adopted what one called the Modesto Manifesto, a commitment stating that integrity would be a hallmark of their lives and their ministry. (Tommy Kiedis, Don't Ask the Fish blog)

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**[5 Toxins of the Tongue That Can Poison Your Marriage](#)**. Toxic words poison, and sometimes even kill, relationships. Words like, "I hate you" or "I wish I never met you" can cause irreparable damage. I confess there have been too many times when harsh, harmful words have come out of my mouth toward my wife, Susan, my kids, and others. It grieves me. I'm continually working hard to choose my words wisely. (By Mark Merrill, MarkMerrill.com)

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**[Building a Divorce-Proof Marriage.](#)** Choose to make peace. The battle has to end sometime; it might as well be today. Making peace requires humility—a virtue we don't easily embrace. But those who enjoy a happy marriage realize that humility takes precedence. It's hard for me to admit when I'm wrong, so this is still a difficult choice for me to make at times. But I've learned that if I am wrong, it's best to genuinely admit it, apologize if necessary, and then move on. Peace enters the relationship when one person humbles himself or herself to restore balance. (Tammy Darling, Today's Christian Woman)

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**[Crafting Family Memories.](#)** We recently returned from a family vacation in which we visited one of our favorite spots, a family run camp on a small, quiet lake in the Adirondack Mountains of New York. We have been visiting this location since our oldest daughters were just under five years old, so it has been for well over 20 years that we have been returning to this special spot. This location is so serene and peaceful and provides a much needed respite from the daily bustle of life. (By Dennis Weiss, For Your Marriage)

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**[Financial Questions Couples Should Ask Before Getting Married.](#)** Couples need to approach marriage with their eyes wide open, says certified financial planner Lisa Peterson, president and founder of Boston-based Lantern Financial and its UniteBright: Premarital Financial Counseling program. She recommends adopting a tough love approach to financial planning early on to set the right monetary tone for the marriage. For couples gearing up for their big day, here are some tasks and conversations financial experts recommend putting at the top of their to-do list. (By Barbara Mannino, FoxBusiness.com)

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**[How to Help Your Spouse Have an Affair.](#)** More often than not, affairs don't just happen. Oh, sure, sometimes they do, but there are usually things that are said or not said, done or not done, over the years that are contributing factors. So if you want to help your spouse have an affair, here is a list of things to do. Of course, no one wants to help their husband or wife have an affair. So do your best not to do the things I've mentioned. (By Mark Merrill, MarkMerrill.com)

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**[Marriage Mentoring: The Difference it Can Make.](#)** Have you ever been whitewater rafting? Imagine arriving at the trip site and being informed that this stretch of the river is a Class IV or V ride. That means that you will likely encounter big waves and strong currents. There will be multiple obstacles to maneuver around. The conditions and obstructions in the water could snag the raft or even upend it. You are then asked if you'd like to take the trip alone or have an experienced guide go along with you. What would you choose? Not having much experience with this type of course, you are relieved to discover that a trained guide is actually a required part of the experience. Someone who has been down this course before and knows the best direction to take and the obstacles to avoid is a welcome site. (Dennis Lowe, Association of Marriage and Family Ministries)

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**[Why Catholic Marriage Matters.](#)** Pope Francis has called for a reexamination of how the Church treats Catholics who have divorced and (civilly) remarried. Because a valid marriage

between baptized Christians is considered indissoluble, a Catholic who remarries after a civil divorce is living in open adultery and so may not take communion. A synod of bishops this October will lay the groundwork for all the world's bishops to gather in 2015 and consider how the Church treats sex and marriage. (By Maggie Gallagher, National Review)

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**[Why Doesn't Living Together Before Marrying Decrease the Risk of Divorce?](#)** For decades, people have believed that living together will increase their odds of doing well in marriage. The core of this idea is that cohabiting would provide a test of a relationship. This seems logical but, mysteriously, decades of research do not show this benefit. In fact, until recently, the overwhelming majority of studies showed that cohabitation before marriage was associated with poorer odds of stability and happiness in marriage. More recent studies show that the association with higher risk has dissipated or disappeared for some groups. And yet the headlines tend to say there is no longer any risk, but that's misleading in many cases. (by Scott Stanley, Sliding vs Deciding blog)

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Tom and Liz Dressel,  
Executive Director and  
Acting  
Secretary/Treasurer.  
Tom before retirement  
was a mechanical  
engineer and Liz was an  
awesome registered  
nurse.

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**Treasure your spouse:** Consider your spouse and your marriage a high priority and a gift from the Lord. Pray together! Take the Date Night PDX challenge! Have fun! Laugh together!  
Respectfully,

Tom and Liz Dressel  
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