



# Lovelinks

## **Worldwide Marriage Encounter Reformed Expression Fall 2007**

### **Greetings from the North American Executive Couple-**

Greetings, Fellow Encounterites!

As you read this, a great Marriage Encounter weekend has already been completed here in Holland, Michigan. We continue to grow and learn in our new position with RME.

Have you ever wanted to have a different way to celebrate your wedding anniversary? Why not support the Reformed Expression of Worldwide Marriage Encounter through a gift of one dollar for each year of your marriage? Or a gift to honor another couple for whom their ME experience was a boost for their relationship. We are working on enabling our Reformed Expression website to accept your contribution through your credit card.

Also, the wonderful introduction by Gary Chapman to encourage couples to attend a Marriage Encounter Weekend has been posted on YouTube. We are posting a link to this video clip on the Reformed Expression website: <http://www.reformedme.org>.

Please watch the website in the coming weeks for this and other changes.

~ Mike & Beverley Rannow

### **Dialog Sharing-**

We thank Martin and Linda Lensink for letting us in on a 10/10 they have done.

Question:

What is the hardest rule from the *Rules for Fighting* for me to keep when we are having a confrontation? What are my feelings about my answer?

Dear Linda,

Your most endearing qualities today were your love for each of us and your pleasant manner as we drove back to VanHuizen's. I enjoyed today with you a lot. I really missed you when you were gone. The house seemed empty.

One of the fighting rules I have trouble with is *staying in the same room*. Sometimes you go into our bedroom or outside, and I'm very tempted not to follow you. I hate fighting. I feel so shocked and insecure like I felt being rear-ended by a transport truck. I just want it to be over. Sometimes I judge it would be better if I didn't follow because I just make things even worse.

For some of the same reasons, I also have difficulty staying on the subject. I feel afraid when we're having a big disagreement. I feel paralyzed. I don't know what to say. I fear whatever I say will almost certainly make things worse. As I consider what the impact of what I'll say is going to have, and the periods of silence get longer, I feel even more panicky.

Linda, I feel so sad when I think of the times I've hurt you deeply. Please forgive me.

I feel grateful when I remember all the times you cared enough to confront when I didn't want to at all.

With love, Your Martin.

Dear Martin,

Your most endearing quality today was your attentiveness. You helped me feel well loved.

If we are having a confrontation, the hardest rule for me to keep is the rule about *staying physically close*. When I'm hurt or upset I want to hide or escape or get away in some way. When I have strong unhappy feelings, like I do if we have a fight, I feel worked-up and at the same time, pathetic, and I just want to curl up in a ball and disappear. I have a lot of confusing feelings when we fight. I feel torn. I want you to go away but if you do I feel doubly bad. I feel edgy and threatened like a trapped animal if you are close, and I feel disappointed and hopeless when you walk away. I feel indecisive about my answer. How can I help you know my feelings when I hardly understand them myself? What shall I say to you? Maybe the best thing is to acknowledge that the rules are good for us despite our strong feelings. When I'm not feeling all of these strong feelings, I know that I want you to stick with me in a fight. I need that.

Love always, your Linda

Here are some dialog questions for you to try this week:

- How do I feel about the way I have been deciding to love?
- When do I most need your decision to love me? What are my feelings about that?

### Additional Sources for Dialog Questions-

- Worldwide Marriage Encounter:** <http://www.wwme.org/already.html>
- Lifetime List of Dialogue Questions:** <http://www.cs.bgsu.edu/maner/dialogue>
- The Dialog Companion:** <http://www.wwme.org/companion.html>

### Start inviting your friends and family to these upcoming Marriage Encounter weekends!

	United States		Canada
February 8-10, 2008	Holland, MI	February 15-17, 2008	St. Catherines/ Niagara, ON
March 7-9, 2008	Medesto, California	May 2-4, 2008	London, ON
March 28-30, 2008	Sioux Falls, SD		

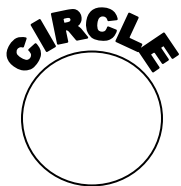
### *How can we go on a weekend?*

Application to register is online at [www.reformedme.org](http://www.reformedme.org) or you can contact the couple below that is nearest your area!

California:	Roger & Edie Dornbush	530.662.5632
Tri-State:	Nolan & Dorenda VanGaaln	712.722.4022
West Michigan:	Jim and Kathy Molenkamp	616.538.2749
Ontario:	Chris & Cindy Otten	519.393.5163

### *Can we go again?*

**Certainly!** If it's been five years since you've attended a WWME weekend, then it is time to give yourself the gift of attending again! Sign up today!



#### United States

**West Michigan:** The last Sunday of each month @ 7:30 PM. Next meeting on Nov. 25 at Mike & Beverley Rannow's home at 1054 Cobblestone Rd, Holland, MI.

#### Canada

There are Circles in Oshawa, St. Catherines, and Kingston. Contact Gary and Corina Oosterhof at [local\\_executive\\_canada@reformedme.org](mailto:local_executive_canada@reformedme.org) for specific info.

## Share your Story-

Share a little about the difference that your Marriage Encounter weekend made in your relationship by sending it to [administration@reformedme.org](mailto:administration@reformedme.org) by Dec. 15 to fill this spot in the winter LoveLinks!

## Are you able and willing to fill the following ministry needs?

### West Michigan

Urgent need for people to fill the following positions to help with the smooth execution of Worldwide Marriage Encounter Weekends. We need couples for: Prayer Couple Coordinator, Supply, and Luggage Carriers Coordinator.

Contact Kevin & Christine Sall for more information, 616.772.5658.

### Tri-State Area

There is a need for couples to fill the roles of: Secretary, Circle Coordinator, and Supply.

Contact Leon and Karen Schuiteman for more information, 712-722-0004.

*“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.” (Romans 12:11)*



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Comments? Suggestions? Letters to the Editor? Send 'em our way! ☺

**We hope you have enjoyed receiving this E-Newsletter. If for some reason you would like to discontinue receiving this E-Newsletter, please e-mail the newsletter editor.**