



## Pastor's Perspective — Ten Secrets to a Happy Marriage

By Ron D. Lindholm, Senior Pastor

A few weeks ago Neita and I met new neighbors—a young couple eager to tell us of their pending marriage. They said their vows last week. In a few days they'll be moving in, but sadly the couple next door will be moving out. They're getting a divorce. They were once very much in love. We do not know for sure what happened, but suspect that they forgot that the love of a happy marriage must be nourished or its beauty will wither and die. Dr. Mark Goulston, M.D. (*ThirdAge.com*) has identified ten secrets to a happy marriage, adapted below. Those of us who are married would do well to practice them.

- 1. Go to bed at the same time.** Remember the beginning of your relationship, when you couldn't wait to go to bed with each other? Happy couples resist the temptation to go to bed at different times.
- 2. Cultivate common interests.** After the passion settles down, it's common to realize that you have few interests in common. But don't minimize the importance of activities you can do together that you both enjoy. If common interests are not present, happy couples develop them.
- 3. Walk hand in hand or side by side.** Rather than one spouse lagging or dragging behind the other, happy couples walk comfortably hand in hand or side by side. They know it's more important to be with their spouse than to see the sights along the way.
- 4. Make trust and forgiveness your default mode.** If and when they have a disagreement or argument, and if they can't resolve it, happy couples default to trusting and forgiving rather than distrusting and begrudging.
- 5. Focus more on what your spouse does right than**

**what they do wrong.** If you look for things your spouse does wrong, you can always find something. Happy couples accentuate the positive.

**6. Hug each other as soon as you see each other after work.** Our skin has a memory of good-touch (loved), bad-touch (abused) and no-touch (neglected). Couples who say hello with a hug keep their skin bathed in the good-touch, which is like a balm against the anonymity of the world.

**7. Say "I love you" and "Have a good day" every morning.** This is a great way to buy some patience and tolerance as each spouse sets out to battle traffic jams, long lines and other annoyances.

**8. Say "Good night" every night, regardless of how you feel.** This tells your spouse that, regardless of how upset you are with them, what you and they have is bigger than any single upsetting incident.

**9. Do a weather-check during the day.** Call your spouse at home or at work to see how their day is going. This is a great way to adjust expectations so that you're more in sync when you connect after work. For instance, if they are having an awful day, it might be unreasonable to expect them to be enthusiastic about something good that happened to you.

**10. Be proud to be seen with your spouse.** Happy couples are pleased to be seen together and are often in some kind of affectionate contact. They are not showing off but rather just saying that they belong with each other.

Dr. Goulston says: "Even if these actions don't come naturally, happy couples stick with them until they do become a part of their relationship. They know that it takes 30-days for a change in behavior to become a habit, and a minimum of 6-months for a habit to become a way of life and love."



## Reaching Boys and Girls with the Gospel

Fellowship's Awana clubs began a new year on Sunday, September 14. Attendance has averaged about 65 children for the first three weeks. Please support our Cubbies, Sparks and T&T Clubs by praying for the Lord's work in the lives of our clubbers and their families, and by inviting children (2 years pre-K to 6th grade) you know to attend this exciting outreach program.

## Sharing Christ in Our Community

Thursday night ESL classes started a new school year on September 7. The average attendance thus far has been 30. Our five levels of instruction include 38 registered students from at least 15 countries. The ESL Sunday school class also continues to enjoy good attendance and participation.

Please continue to pray that many would be won to Christ and added to His church. Pray especially for our teachers as they seek to overcome language barriers in communicating the precious truths of God's Word.



October is Pastor Appreciation Month—a time for honoring those "shepherds of God's flock" (1 Peter 5:2) who "keep watch over you as men who must give an account" (Hebrews 13:17). Take time to show our Pastors and their families they are appreciated and loved!

# The Church as a Community

A Men's Retreat is scheduled for November 21-22 at Skycroft Conference and Retreat Center in Middletown, Maryland. Missionary Jim Ruff will present a challenge to our rugged individualism. The cost is \$65 per person, payable to the church. Please use the sign-up sheet on the Information Table in the foyer by November 9.

## Selecting a New Missionary Family

The 2008 Missions Budget includes moneys for taking on a new missionary family. The Missions Committee conducted a careful evaluation of potential missionaries, and identified Travis and Becky Gravley as candidates. The Gravleys—appointees to Romania with Baptist Mid-Missions—presented their ministry at Fellowship on June 8. The Committee interviewed Travis and Becky on August 22 and found them in full agreement



with Fellowship both doctrinally as well as in their understanding of the missionary-sending church relationship. It is the recommendation of the Missions Committee to send out the Gravleys as missionaries to Romania supported initially by Fellowship for \$300 per month. This recommendation, which has been approved by the Pastors and Deacons, will be brought to the congregation at the October quarterly business meeting.

## Getting Your Affairs in Order: The Box Class

A free financial planning seminar with John F. Wood of the Wood Financial Group is being offered at the church on Saturday, October 25 (10:00 AM to Noon). Please use the sign-up sheet on the Information Table in the foyer by October 19. You may also register for a

bonus two-hour afternoon seminar in which John will introduce a record-keeping filing system that he has found to be particularly effective. A small fee will be charged for the bonus seminar to cover the cost of the filing system materials.

***A Critical Selection Process:*** Fellowship is in the process of selecting Deacons to begin service in 2009. Please turn in your Request-for-Nominations forms by October 15. Your input plays a key role in helping the Clearing Committee to identify those men the Lord would have serve in this important church office.

## Money Matters

**Building Fund:** The Building Fund is gradually being built back up following the major expense of replacing the air conditioning equipment together with the need to use some Building Fund monies for the Fellowship Hall flooring project. The current balance is \$8,156.

**Mortgage:** The mortgage principal has been reduced by over \$57,000 since the beginning of 2008, and the

balance now stands at \$101,177. It will be great to see the principal soon drop below \$100,000, and it may well be reduced to \$80,000 by December 31!

September Giving Per Week (General Fund)	\$5,379
Weekly Need	\$5,568
Year-to-Date General Fund Giving	\$221,686
Year-to-Date General Fund Need	\$217,171
Year-to-Date 50@1 Giving	\$10,641
Year-to-Date Building Fund Giving	\$14,725

## Calendar



Oct. 3, 10	Youth 5th Quarters (approx. 10:00 PM)
Oct. 4	Men's Breakfast (8:00 AM)
Oct. 14	Nursing Home Ministry (2:00 PM)
Oct. 17/18	Fellowship in Homes (Deacon Groups)
Oct. 25	Financial Planning Seminar (10:00 AM)
Oct. 29	Quarterly Business Meeting (7:30 PM)
Nov. 8	International Dinner (5:30 PM)
Nov. 21-22	Men's Retreat