

## Coming Up

### Celebrate Love Seminars

A two day seminar for married couples exploring spirituality and sexuality in the Catholic context.

#### 2007

Masaka, Uganda Nov 24 & 25

#### 2008

Sydney, NSW Mar 8 & 9  
London, GB Mar 8 & 9  
Brisbane, QLD Mar 8 & 9  
Christchurch, NZ Mar TBD  
Perth, WA Mar TBD  
Wodonga, NSW Mar TBD  
Warnervale, NSW Apr 5 & 6  
Melbourne, VIC Apr/May TBD  
Kent, GB Jun 7 & 8  
Sydney, NSW Aug TBD  
Brisbane, QLD Sep TBD  
Birmingham, GB 1 & 2 Nov  
Sydney, NSW Nov TBD

[www.CelebrateLove.com.au](http://www.CelebrateLove.com.au)

### Embrace

Preparing to Live in Love

A six session programme for engaged couples preparing to marry in the Catholic Church.

**Available Now!**  
in Brisbane, Sydney,  
Central Coast,  
Newcastle, Perth,  
London

[www.Embrace.org.au](http://www.Embrace.org.au)

### Smart Loving Evening Talks 2007

Dates & Venues to be determined

[www.CelebrateLove.com.au](http://www.CelebrateLove.com.au)

### Living Well Media Resources for Catholic Families

A selection of CDs & DVDs are available including Christopher West and Byron & Francine Pirola

[www.LivingWellMedia.com.au](http://www.LivingWellMedia.com.au)

### Smart Loving

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[info@CelebrateLove.com.au](mailto:info@CelebrateLove.com.au)

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## New Year Resolution

Every New Year's Eve it's the same. We resolve to lose weight, get fit, cut back on bad habits and bring more balance into our lives. And sometimes, we even DO follow through, even if only for a few months.

These are not bad resolutions.

The question is: are these things the ones on which we should be focusing our energies? Or is there something more significant, more rewarding?

One of the most important resolutions we can make is to give our marriages and relationships higher priority. Most people think that good relationships just happen spontaneously, that if you have the right chemistry, or the right disposition, then your marriage will be effortless.

In truth, no relationship of depth and duration is effortless. The most vital and satisfying marriages are intentional. They don't leave their relationship to chance, but actively foster habits which deepen their intimacy and belonging. Here's some ideas for your New Year's Resolution that are guaranteed to make an impact.

**Time:** **Make your marriage a priority.** Evaluate how much 'couple time' you have in a typical week (watching TV together doesn't count!). Schedule a minimum of 15 minutes every day for just the two of you.

**Attention:** **Pay attention to the good.** Everyday tell your spouse at least one thing that you appreciated about them. It helps you to feel more positive towards your spouse, and encourages your spouse to do more of the things that you like.

**Care:** **Learn (or ask) what helps your spouse feel most loved** and connected to you. Perhaps it's a romantic dinner, doing some recreational activity together, long conversations, or making love. Whatever is most deeply desired by your spouse, commit to a regular time when you can love your spouse this way.

