

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

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

Smart Loving Evening Talks 2007

Dates & Venues to be determined

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

Smart Loving

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The Sleep Deprived Marriage

I remember my parents once advising us as newlyweds: 'Don't go cheap on your bed! One of the best things you can do for your marriage is make sure you get good sleep.'

At the time, we were rather bemused. However, nineteen years of marriage and five children later let there be no doubt, this is excellent advice!

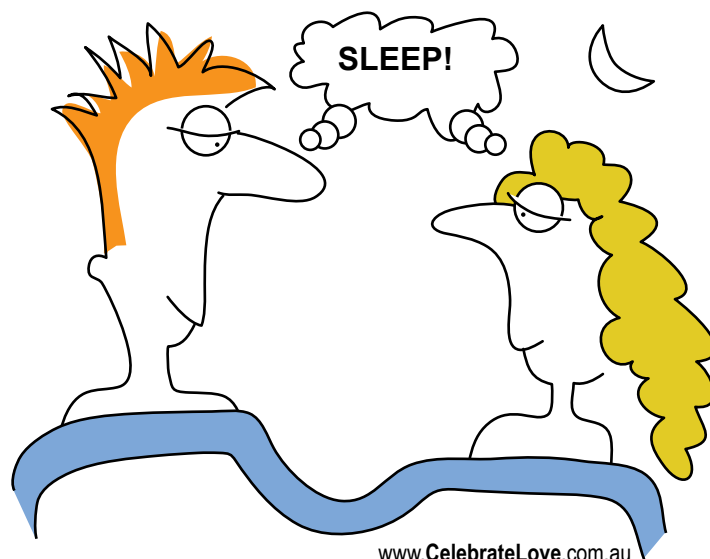
When we are overtired we are unpleasant company. Lack of sleep makes us more argumentative, more gloomy in our outlook and less generous with our love.

Tiredness takes it toll on relationships. It's really hard to be patient, compassionate and good humoured when we are tired. Tiredness drains the joy and energy from our lives and promotes self-pity. And it's a definite anti-aphrodisiac!

Tiredness is also a great catalyst for arguments. We're quicker to criticise, make uncharitable judgements about each other and just be unfairly picky. In fact, most of our arguments grind to an embarrassing halt with the admission that really, we're just dead beat tired. We estimate that about three quarters of our arguments would simply never have happened had we not been overtired at the time.

So, whatever the reason for your lack of sleep, don't underplay the gift it would be to your loved ones to address it. Do your marriage a favour – get some sleep!

The lights are out.
The children are in bed.
You have one thing on your mind...



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