

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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info@CelebrateLove.com.au

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It Takes One to Tango Part III

Know what you want

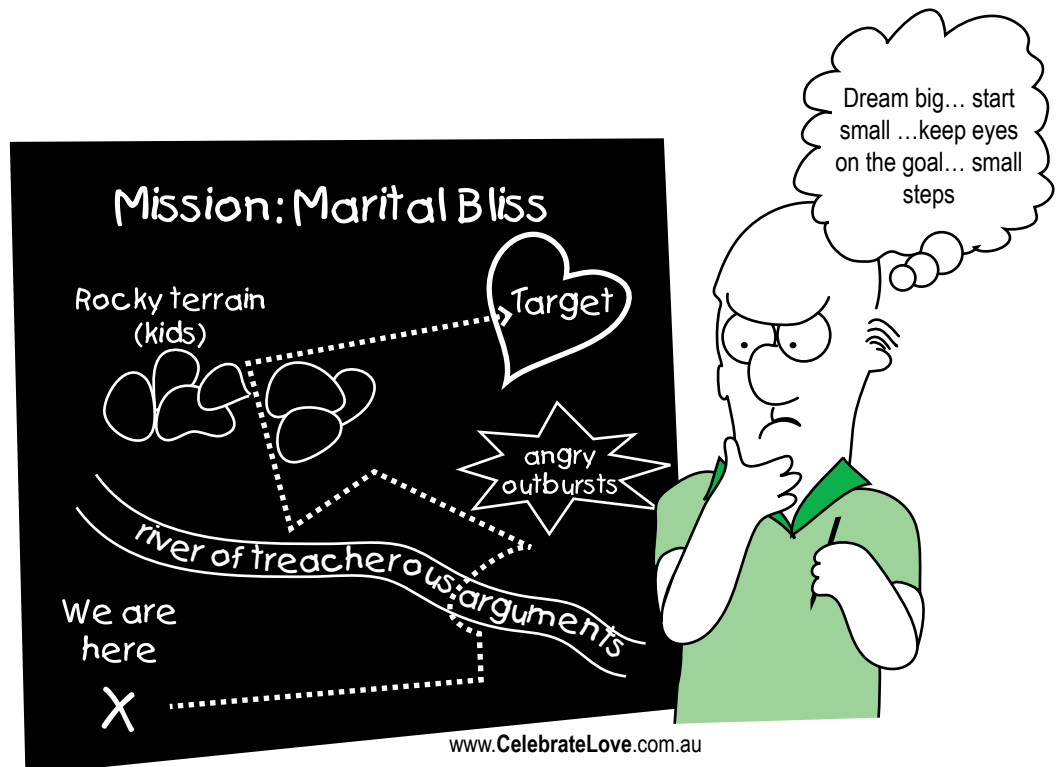
Perhaps you've heard the saying: Failure to plan is a plan to fail. So many people fail to experience the marriage, family life, career, friendships, etc that they desire simply because they fail to plan. Without a plan, we are like a ship adrift on the sea. Currents push us in random directions and take us to places we'd never choose to go.

The most vital step of a plan is defining your goal. What kind of marriage do you want? What behaviours or qualities are essential to your ideal marriage? Do you want intimate involvement in each other's life? Do you want compassion and nurturing to be a feature? Do you long for passionate and frequent lovemaking? Is shared recreational interests part of your vision? What about intellectual exchange, spiritual intimacy, having fun together or being free to pursue individual interests? What role will family (immediate and extended) play in your life?

Like a compass, having a defined goal or vision gives you direction. And there's nothing like committing your vision to paper to really help you think it through and own it. So if you write it down you multiply the power of your vision to actually affect your reality.

Once you have a clear picture of your relationship goals, you are now in a better position to evaluate your marriage and what you need to do make it the marriage you want. In other words, make a plan. Start with small steps: if you long for intimate involvement, ask 'what would be one simple, concrete, daily gesture I could do to foster this?' Perhaps consciously expressing your appreciation for your spouse? Or writing a love note? Or phoning to say "I love you and I'm thinking about you"? Commit it to paper. Diarise it. Set your mobile alarm to remind you. If it's not working so well, re-evaluate your plan: perhaps your steps are too ambitious or too vague. When it's become routine for you, add another small step.

And remember: change takes effort and it takes time. Don't throw away your vision just because you strayed from your plan for a few days or even a month. Nourish your will to change by recommitting regularly to your goals and watch your marriage grow.



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