

Happy
Holidays!

Newsletter
December 2006



Florida Association for Couples in Marriage Enrichment

Special Interest Articles:

- IMEC 2007 Orlando, FL
- FL ACME 2006 Celebration

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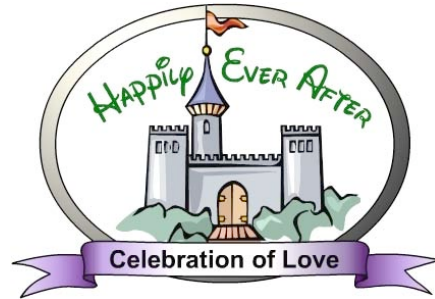
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Special Insert

Knee to Knee Exercises



*Building Better
Marriages*



"Happily Ever After" Turning Fairy Tales into Reality

**SAVE THE DATE:
IMEC July 12-15, 2007**

Soon-to-be married, newly married or celebrating Silver or Gold, living a happily-ever-after marriage is hard work that pays off! Happily Ever After, the International Marriage Enrichment Celebration sponsored by Association for Couples in Marriage Enrichment (ACME), will help you achieve the relationship of your dreams and turn fairy tales into reality.

Join together with hundreds of other couples to celebrate your marriage, learn relationship skills, and rekindle the fun and passion! Relationship experts and couples just like you share their tips for making marriage all that it can be. From effective conflict resolution to great sex, topics will be presented to help you and your spouse learn how to make happily ever after a reality in your relationship. Have fun at the conference while your children have fun at **Camp ACME**! Extend your stay at **The Florida Hotel and Conference Center** (800.588.4656) for a family vacation. Discount rate is offered 3 days

before and 3 days after the event. Demonstrate to your family and your spouse that you're committed to happily ever after – it's not just a fairy tale ending! For more info, contact Priscilla Hunt at **318.795.3385** or phunt@bettermarriages.org

WE NEED YOUR HELP!

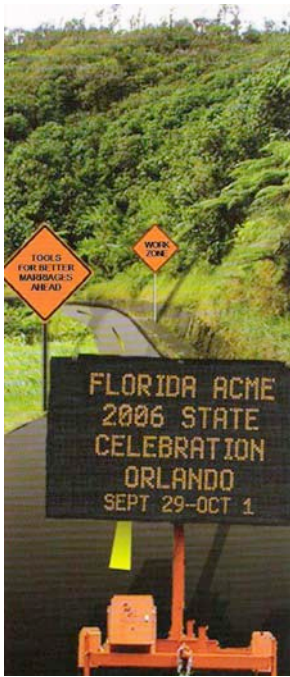
- Silent Auction
- On-Site Registration
 - Hospitality
 - FL ACME Booth
 - Worker Bees

If you are willing to work on any of the above areas, please contact Ken and Martha Cook at 352.495.6888 or via email at kenmartha@att.net Please specify on which committee you prefer to work.

Donations are now being accepted for the silent auction. If you have something to donate or questions regarding this silent auction, please contact Debbie Parsons at parsonsl@verizon.net

Florida ACME 2006 State Celebration

“Tools for Building Better Marriages”



We hope all of you who attended the State Celebration had a good and rewarding time! John and I want to thank all who attended, those who helped, and particularly those who led our celebration.

It's been a little hard not using the word “conference” after so many years, but I love the word “celebration”. We need to celebrate our marriages in more ways than just once a year, but it's a good way to start, don't you think?

We received many positive comments from the evaluations after the weekend was over with a few suggestions for our next celebration. If any of you reading this did not fill one out and would like to send us some ideas, please feel free to email us at maxineroy@verizon.net.

Thanks go to the Pugsleys, Hunts, Cooks, Heinleins, Cooleys, Parsons, and the Deans for their leadership roles this year. Everyone benefited from their words of wisdom, support, and guidance in their workshops and services. We appreciate the time and effort you gave.

I know we will forget to thank someone, but please know we could not have done this conference without your help. Everyone was so willing. Thank you!

And now, we have the International Marriage Enrichment Celebration to look forward to this summer. Please be willing to show off our Florida to all in attendance. If you are asked to help in some way, please give of your time. We can't do it without you!

John and Maxine Roy

Reminiscences of a Perfect Day

“It was a crisp
October
Saturday...”



Well, thanks to the closing exercise October 1 at the Florida ACME Celebration, we carried through with our commitment to spend the “Perfect Day” as defined and planned by us. We vowed to use our best communication skills and to be affirming of each other all day (after all, a date does require one's best behavior).

It was a crisp October Saturday: a perfect day for an outing. We began with breakfast at our favorite restaurant.

Then we parted for two hours to have some singular fun (parting *does* make the heart grow fonder, we've heard). Al attended his first meeting since joining the Mid-America Electric Auto Association meeting (what else is a Green Guy to do?) and Carole rushed to a one-day super sale (what else is a shopper girl to do?).

Renewed as individuals, by 11:00 we were on the road to the boonies to visit a lovely arboretum, where we walked the trails, enjoying the fall smells and colors, and lots of critter sightings: varieties of butterflies and birds and four deer!

Next it was off to the local cider mill, where we watched fresh apple cider being made in a

big barn surrounded by pumpkins and mums. Of course we also cruised through the grocery/gift shop and felt *obligated* to sample cider and fresh donuts being made before our eyes (grease and all, we were not deterred, as the aroma was irresistible!).

Then it was home to shower and dress for our evening date: dinner at a lovely, dimly lit Italian restaurant and a theater performance by the Capitol Steps, an hysterically funny political satire troupe.

We missed a lot of the jokes because everyone was roaring with laughter most of the time! Wouldn't you too, with actors in appropriate costumes, looking scarily like real-life political figures, singing songs such as “*Osama, Come Out Tomorrow*”?

Before bed, we lit candles, turned on romantic music and slow-danced in our living room. Ahh...what a Perfect Ending to a Perfect Day.

We completed our Growth Plan by reporting all of this to our accountability partners we contracted with during the conference. Hope their day is as wonderful as ours...

Al and Carole Pugsley



President Couple's Corner

Charlie and Debbie Parsons

We would like to express our gratitude in being able to serve as President Couple for Florida ACME for 2007/2008. Marriage Enrichment is very important to maintaining and growing a great relationship. We are thankful to be a small part of ACME and help in its efforts to spread the word. We have definitely received much more towards building our own marriage than we can ever return. The next two years are going to be busy exciting times for Florida as our leadership team has big dreams for promoting better marriages throughout the state and country.

Florida's team is excited about "building better marriages" beginning here at home. We are providing "samplers" throughout the state for couples new to marriage enrichment. Recently, we led a sampler on communication skills in Tampa with a Muslim community. 16 couples joined us for 4 hours as we shared effective, positive ways to build better communication with our partners. We were impressed with the way each couple was already so connected but willing to build more intimacy into their relationship. We found the cultural differences interesting to experience and it sure drove home to us the fact that marriage enrichment is for EVERY couple. Another sampler is being held in Jacksonville in January. (More details in this newsletter) This is a fantastic "gift" to give each other.

IMEC (International Marriage Enrichment Celebration) is being held in Florida in July 2007. What an honor to be chosen by ACME as the host state! Couples from all over the country and world are coming to Florida to celebrate their relationship. As a state, we want this to be the biggest, best IMEC ever, beginning with true southern hospitality. Your participation and support is crucial to building relationships everywhere. Florida is having a booth to welcome couples and let the world know how important good marriages are to us. We have plenty of opportunities in which you can share your talents and support. Please contact us.

Plans are already underway for the 2008 Florida celebration – there's talk of joining with Georgia for a combined celebration. We think this would be a powerful example of couples working together to build better relationships. The team is considering a Marriage Enrichment cruise (Texas has done two successfully) and many other ideas are flowing in. **Got any? Let us know!**

In an effort to show our support to ACME, the leadership team voted to send a donation in the name of Florida ACME to the national office. We know without this organization spearheading "building better marriages" we would be like a construction company without tools.

We wish you a healthy, prosperous New Year filled with peace and love.

The Relationship Playbook Sampler



January 26-27, 2007
Jacksonville, FL

You and your spouse are teammates. Just as in football, practice helps a team to develop the skills necessary for success on the field. Every team will make mistakes and can't be expected to win every game. Success is the product of perseverance. As a team, each player compensates for individual weakness and encourages individual strengths. A good communication system plays an integral role in the making of a winning team.

This game plan, designed by the Florida Association for Couples in Marriage Enrichment, will introduce the three C's, Communication, Conflict Resolution and

Commitment. By adding these new plays to your "Relationship Playbook," you can turn your team into Super Bowl contenders.

The Relationship Playbook sampler will be led by certified leader couple and current FL ACME President Couple, Charlie and Debbie Parsons. It will be held at St. Matthew's Lutheran Church, 6801 Merrill Road, Jacksonville, FL. To register, or for more information, please contact Ashley or Ryan Parsons by phone at **904.616.1868** or **904.744.5333** or via email at youthworker.ashley@gmail.com

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Building Better
Marriages

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About Our Organization...

Florida ACME is a unit of ACME International, which has members in all 50 states and 31 countries. Its mission is "to promote enrichment opportunities and resources that strengthen couple relationships and enhance personal growth, mutual fulfillment, and family wellness." Florida ACME is a not-for-profit 501C3

corporation. We do not use professional solicitors and 100% of any gift goes directly to Florida ACME. Our registration number with the Florida Department of Consumer Affairs is SC-03733. For more information, visit our website, www.bettermarriagesfl.org, or contact one of the above officers or area representatives (see website).

This FL ACME Newsletter is published three times per year in January, May, and September. The deadline for submissions (news, articles, or exercises) is the 25th day of the preceding month. The newsletter couple maintains our ACME mailing list. If you know anyone who would welcome receiving our mailings, please send their names and address to Colleen and Kyle Armentrout at kcarmentrout@otcdsl.net.



“Resolutions”
An exercise by Charlie and Debbie Parsons 1/4/06

Resolution: a formal statement of feelings, wishes, decisions, or actions by a person or group, the act of determining upon a course of action.

Resolve: to fix or settle on by deliberate choice and will, determine to do something, to reach a decision about.

1. Think of a resolution you made in the past that you failed to keep. What do you think prevented you from doing so? (List emotional as well as physical blocks)
2. What do you think would have helped you keep it?
3. Make a new resolution now.
4. List ways (positive, non-threatening, creative) your spouse can help you keep this resolution.

“A Bit of Work and a Plan”
An exercise by Buffini & Co – adapted by Jena & Richard Congdon 12/06

If you only look at the long-term picture, it's easy to fall into the trap of being overwhelmed; but by creating sprints you'll be able to keep up your momentum.

“Sprints” are things you are going to do for the next 90 days.

Take each goal and break it down into tasks that you can accomplish over the next 90 days. You achieve these 90-day goals in order to move toward your objectives.

Where's your passion? When have you felt driven to achieve something? What was the driving force? What passion or purpose do you have that make your mundane things worth doing?

Take some time to write down a few overall goals for the year in various areas of your life:

- Spiritual: _____
- Work: _____
- Family: _____
- Finances: _____
- Personal: _____

Tip: When writing your goals, decide what your big passions are and connect those to the mundane parts of your life. You might not be passionate about filing expense reports or being pleasant with the rudest of customers, but doing those things with finesse might provide you with the financial means to participate in the things you're passionate about. By thinking of your passion when at your job, you'll motivate yourself toward excellence.

Build Your Plan

Take the task you outlined above and put them into a calendar of the next 90 days. Every morning, clear out a few minutes of your time to review your goals and identify action steps that you can take during that day. Keep track of the tasks you accomplish every day, and remember to reward yourself along the way.

Now share with your spouse. Go through the same process for family goals with your spouse.

**July 12-15, 2007
Orlando, Florida**



Gary & Karolyn Chapman
The Five Love Languages



**Harville Hendrix &
Helen LaKelly Hunt**
How to Be Married



Kevin & Laura Brotherson
Sexy is a State of Mind



Odunayo & Bayo Ajao
*Marriage Enrichment
Around the World*



Debby & Jeff McElroy
The Drama of Real Life



International Marriage Enrichment Celebration

Do you want the best relationship possible?

**Whether you're married or seriously dating,
learn how to live Happily Ever After!**

**www.bettermarriages.org/HappilyEverAfter
800.634.8325**

- Workshops on hot topics for couples
- More than 50 expert presenters in the field of marriage enrichment and education
- 4-star luxury Florida Hotel and Conference Center
- Camp ACME for children
- Extend your stay for a Disney vacation!
- CEUs available
- And More!

