

## SOME QUOTES...

The conception of two people living together for twenty-five years without having a cross word suggests a lack of spirit only to be admired in sheep.

Alan Patrick Herbert

All married couples should learn the art of battle as they should learn the art of making love. Good battle is objective and honest - never vicious or cruel. Good battle is healthy and constructive, and brings to a marriage the principle of equal partnership.

Ann Landers (1918 - 2002)

A simple enough pleasure, surely, to have breakfast alone with one's husband, but how seldom married people in the midst of life achieve it.

Anne Morrow Lindbergh

All marriages are mixed marriages.

Chantal Saperstein

A great marriage is not when the 'perfect couple' comes together. It is when an imperfect couple learns to enjoy their differences.

Dave Meurer, "Daze of Our Wives"

Criticism is an indirect form of self-boasting.

Dr. Emmitt Fox

## Keep Your Sense of Humor Tuned Up

If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

Edgar Watson Howe (1853 - 1937)

## HAVE FAITH and A POSITIVE ATTITUDE

As you prepare to return to your family, it is important that you trust that things will work out well. A positive attitude is crucial. One thing that many folks do not realize is that there are, in every relationship, issues that are perpetual. What I mean by that is...there are issues that never seem to go away, such as financial issues, child-raising issues, work issues. As mentioned in a previous newsletter, these issues are not SOLVED, only managed.

Dr. John Gottman, of the *Gottman Institute*, tells of couples that become discouraged because they can't seem to be able to SOLVE problems. They feel like failures. In marriage, it takes faith and trust that couples can manage issues together. The joy of marriage is in the journey, not some magical, mystical destination. It takes a certain amount of faith to believe that the relationship will withstand hardships and struggles and not crumble.



*The worst loneliness is not to be comfortable with yourself.*

Mark Twain (1835 - 1910)

# REUNION TIMES



ISSUE FOUR

USAREUR MINISTRY TEAM

OEF/OIF

## REKINDLING RELATIONSHIPS

### **Successful Reunion begins now!**

The Reunion Times is a series of eight newsletters designed to help deployed personnel prepare for redeployment. The Army core values of *Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage* are matched in these newsletters by some important family values of *Listening, Demonstrating Care, Rekindling Relationships, Sensitivity, Honesty, Intimacy, and Patience.*

### **REKINDLING RELATIONSHIPS**

This issue addresses re-establishing and reconnecting with family and friends after a lengthy absence. Somebody once said, "Just because you have stepped out of the stream does not mean the stream stopped flowing." And it is true. Spouses and children must cope, struggle, adjust, adapt, and grow while you are deployed. You have also. There needs to be a strategy for re-entry back into family life. Things HAVE changed.

In order to begin the rebuilding, reconnecting, and rekindling process it is important to: **First**, identify the tools and resources that you have available. **Second**, plan the process intentionally. Don't shoot from the hip and hope it all works out. **Third**, be willing to seek guidance and help. For many, the stresses and strains of reunion can be eased by calling on outside supports.

#### **INSIDE THIS ISSUE:**

1. Rekindling
2. Keep the faith

#### **NEXT ISSUE:**

Sensitivity

### **RECONNECTING STRATEGIES**

First of all, I feel it is important to believe that marriage is WORTH fighting for. For some reason, many believe that marriage should be easy, or at least not require much effort. In her book entitled, *How to Stay Married Without Going Crazy*, Rebecca Fuller says, "Water is wet, heat is hot, and marriage is hard. Think about it. Why wouldn't it be? Sharing a life together is an awesome assumption to begin with. I mean, we get tired of people in an elevator and here we are expecting to share all of our most precious resources with another person for 50 or 60 years, preferably in peace and harmony, and absolutely be happy while we're doing it"

Secondly, change is inevitable. It happens every day all around us. When things change in our lives, it can upset us, needlessly. If we expect change, we are less surprised by it. Marriages and families change over time. They are very dynamic. Woody Guthrie once said, "Life has got a habit of not standing hitched. You got to ride it like you find it. You got to change with it. If a day goes by that you don't change some of your old notions for new ones, that is just about like trying to milk a dead cow."

#### **STRATEGY FOR RECONNECTING**

- Set Goals for your relationship (ex: improve communication, more "together time", date night, more family meals uninterrupted, less TV)
- Share goals and dreams with spouse/family
- Map out strategy to meet these goals
- Add to your resources and tools to build healthy family relationships

#### **CHECK THIS**

<http://www.lovegevity.com/index.html>