

2-2009

2009 February-Newsletter

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Life Renewal Institute Newsletter

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February 2009

"Our greatest glory is not in never failing, but in rising up every time we fail" ~Ralph Waldo Emerson



Editor's Corner

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Visit Ron and Nancy's



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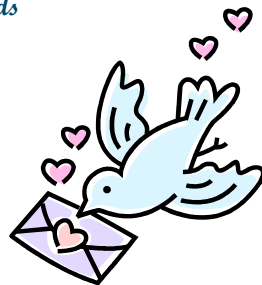
"There is more hunger for love and appreciation in this world than for bread" —Mother Teresa

According to history, Emperor Claudius II decided men made better soldiers if they weren't married, so he outlawed marriage for young men who could become soldiers. A priest of the Catholic Church, Valentine, performed marriages despite the law. When Claudius found out, he ordered Valentine put to death. Some historians state that while Valentine was in jail awaiting his execution, he fell in love with the jailer's daughter and wrote her a letter signed, "From your Valentine".

What is Valentines day all about? I had to ask myself that question when I found myself no longer in a relationship. How does one deal with Valentines if they don't have a significant other? For myself, I decided, instead of sitting around and feeling sorry for myself, Valentines day was my opportunity to remember to reach out to those close to me, (kids, friends, etc.) and let them know I love them. I may give them a little something as a token of my love, or I may just plan to spend some quality time with them. I don't do either enough..

As I was reading and doing research on Valentines Day for this months newsletter I was surprised to find how many people hate Valentines Day. If you are struggling this year because you don't have a significant other, take some time to think of those close to you that you do care about and focus on how you can let them know. It's all about connecting with others as we were designed to do. You may find you begin to enjoy the holiday again.

Audrey Woods



Contact me at audrey@yourLRI.com with new stories, testimonies, comments and suggestions. I look forward to hearing from you.



Arrows and Bandages



By Ron and Nancy Rockey

Valentines Day rolls around again this month. It's a day when men purchase tokens of their love for their special women; women do likewise. Cupid shoots his arrows and many land into two hearts who'll choose this month to connect in marriage. Cathedrals and Las Vegas chapels ring the wedding bells, retailers sell cards, candy and roses at exorbitant prices, so that someone will buy to make others know that they are cared for - to connect.



Human beings are designed by God to connect - with self, with one another and with Him. This design is pre-programmed in our computer-like brains and in our hearts. We know that this is true because our Creator wants to connect with us and gave us the capacity to do so with Him. Unfortunately, years of sin have somehow deteriorated that human longing to be connected to God. We think that we are just fine the way we are, but in most cases, the longing to be connected with at least one other human being, primarily one of the opposite sex, has not faded. Granted we seem to do so differently than we did generations ago, but nevertheless, we still long to be one in heart and mind with another human being.

Being Christians and followers of God, we believe that all people have a God-shaped hole in our minds and hearts that we attempt to fill with everything but the Person who will occupy it completely. We have become, as human beings, more attached; more needy of things (inanimate objects) than we have of each other. What a shame! God didn't tell us that the way we treat our computers, our televisions, our cars, homes and tools, is the way we treat Him. He told us that whatever we have done to one of the "least of these" is what we have done to Him.

It has become easy to pass by a scruffy-looking homeless person on the street who brandishes a cardboard sign asking for help, because we aren't sure that we trust what he'll do with the money we give him, or because we think that, like us, he should get a job! Many refuse to connect with him for a brief minute, even as we hand him a dollar bill or a sandwich, but those same ones will go to "physically connect" with someone they don't know, and slip them a hundred dollar bill for a connection. We seem to have lost true and permanent heart to heart connection.

The truth is, we long to connect! The truth also is that, to a greater or lesser extent, we fear that connection. We aren't sure that we should trust enough to actually commit to that person for a lifetime. What has sent us down this path? Why is there a profound longing to be intimate with one other person, but we choose things instead? Is it possible for that to change inside of us? And if it can, how do we go about it?

We think our thoughts and base our decisions on what has transpired in our lives - primarily in those first seven character-forming years. What did you learn during those years about connections? As you observed the interactions between your parents, what did you see? Was their trust between them? Did they seem to enjoy each other's company? Were there negative putdowns exchanged between them? Did you observe violence in the home or was it more like the cold/silent-treatment? (Little conversation or warmth) Did your parents fight a lot or was there a cohesiveness that made you feel secure? What you observed during those years created your view of the opposite sex and feelings of security or safety in marriage or the fear of getting into a messy situation like you endured then.

Remember, the mind is designed for survival. So ask yourself, did you feel that you could survive in a marriage like that of your parents or did you decide that it was safer to go it alone?



Men and women connect somewhat differently, but they both long for connection. Men express their desires sexually, while women tend to express theirs through verbal communication - talking. Women want to share, to debrief before being sexual (their style of foreplay) while men want the physical touch and the connection of body with body. Is this OK?

Yes it is. A wise man listens to his wife as she shares her day and her thoughts and feelings, and a man is wise to take part by sharing his. This satisfies her emotional longings for connection. When this has been accomplished, the woman is much more willing and enthusiastic about sharing her body with him, which satisfies his physical/sexual longings for connection with her.

I think it's quite interesting how we form our view of the perfect mate. We compare and contrast those we meet with our view of the opposite sex parent we had. Is he like my Dad or way different from him. Does she behave like my mother? Can she cook and take care of a household. Is she willing to share in the financial responsibilities of a home by working outside the home? Is he gentle and caring or a macho like my Dad? Or is he emotionally absent - living in the "ozone", like my Dad did. Is he willing to help around the home if I work outside the home? Or is he going to expect me to raise the children, cook, clean and put in a forty hour work week in an office? Of course, the days in which we are living have changed the old-fashioned "Father Knows Best" model from the perfectly groomed, efficient housewife who has a hot, well-rounded meal ready for her man when he walks in the door after work. Now she walks in the door moments before or after him, and supper has to then be started.

I spent an hour listening to an acquaintance recently - a woman in her early twenties. She has a boyfriend with whom she is in and out of relationship. He expects her to be everything! Work outside the home, have a hot meal ready when he comes home, fill the giant hole left in his heart by his dysfunctional parents (Dad was a macho, just like he is). And he expects her to be sexual with him whenever he snaps his fingers. Go over

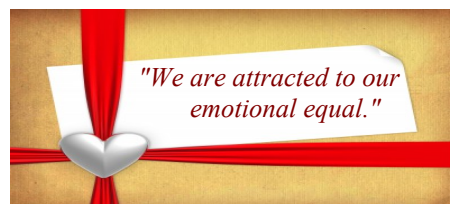
Upcoming Live Events

2009

Date	Place	Seminar
Jan. 31 – Feb. 2	Maine	Clergy Marriage Retreat
Feb. 13 - 15	Czech Republic	Marriage Healing
Feb. 20 - 22	S. New England	Marriage Retreat
Feb. 27 – March 1	Cape May, NJ	Couples Retreat
March 20 – 22	Columbus, OH	Evangelism Retreat
April 4 – 5	Portland, OR	Why?
Sept 18 – 19	Vancouver, BC	Why?

to his apartment twice a week and clean it - with days worth of dirty dishes piled in the sink. Hold his hand when he doesn't feel well (drank too much the day before). And what does he offer her? Just grief and verbal put-downs! Would you marry him? Will she? I hope not, because his negative behavior will escalate after the wedding, count on that!

So, how can she, how can anyone be confident about choosing the right partner? There's only one way. Become the partner that you would like to live with and love. Choose your own emotional health ([see January 2009 newsletter](#)). You see,



Bet you look at your partner and you say, "there's no way that we are emotional equals!" What you don't understand is that just because your behaviors are not like your partner's, it doesn't mean that your behaviors are right or acceptable and his or hers are not. It simply means that they are different. You are attracted to each other because "the rocks in your head fit the holes in your partner's!"

So what shall we do about this relationship?



Someone has to make a decision to work on their own issues - and yes, we all have them.

Some issues are more observable than others, but eventually, you'll tire of the performing, the perfect behavior designed for acceptance, and the real you will emerge, slowly or in a blast. The blast is from the past, from the experiences you've had, the attachment you made (or didn't) to parents, the rejection you

felt, the abuses you endured. You can only sit on the resulting behaviors from those wounds for so long. One day, those negative behaviors will raise their ugly heads and you'll find yourself in conflict and confusion.



Be determined to work through your life experiences

regardless of the reaction of your most significant other. Your emerging emotional health will do one of two things. It'll draw him/her to you or it will drive them away. Truth is, if your health drives away your partner, you never really had him/her in the first place.



Find a purpose outside of yourself that will benefit others.

This takes you out of the center stage position and puts you in the servant mode - it accentuates the altruism that comes with and promotes healing.



Promise yourself to not sit in judgment or criticism of your partner.

Even if you do so internally, those thoughts fester and grow and become a relationship-threatening infection.



Be willing to spend time with your partner.

Apologize for the ways that you recognize that you have hurt him/her. Assure your partner that in this recovery process you are in, your plan is to become the best possible partner.



Refuse to remain in harm's way.

If your partner is physically or sexually abuse or if the verbal abuse is beyond tolerable, separate for a period of time until, as you continue recovery, you become strong enough to challenge your partner to do the same. This is separation for the purpose of reconciliation - not divorce. Remember, not all people are teachable or willing to acknowledge their own issues. Some separations end with beautiful reconciliation. Others do not.



Pray for God's guidance all along the way!

God is ALWAYS the power for recovery, whether or not we recognize Him to be. He longs for your relationship, your marriage to be whole and healthy. He designed marriage to be an earthly symbol of His (the bridegroom's) relationship with the church(the bride). Of course He wants it to be intimately connected!



Get in a group for recovery (The Journey) or consider doing LRI's program entitled Created for Success- God's Formula for Happiness in Marriage.

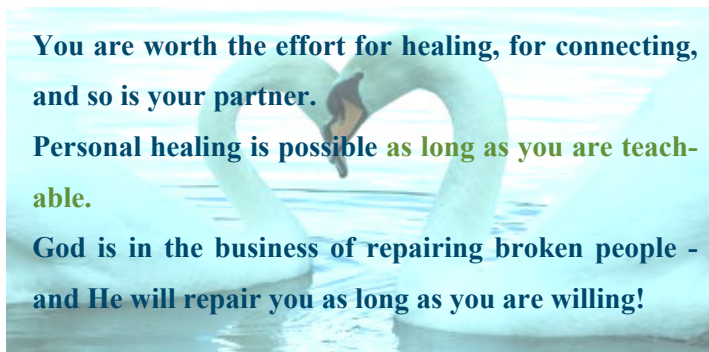
This can be done at home with your partner.



Consider meeting with a Counselor.

You may need individual work as well as a group. Find a Christian counselor in your area who can listen and guide you if you feel the need.

Above all, REMEMBER:



Maybe you are in that place where you have come through recovery and your partner has also, but you want to put a bit of a sparkle in your marriage. Well then:



Make sure that you are both getting wholesome nutrients and that you do some amount of **exercise regularly**. When you first start exercising you may feel a bit tired for awhile, but that passes and finally increased stamina appears.



Spend time with each other each day. There is nothing that nurtures nearness like time just for the two of you. Occasionally Ron and I will sneak to some early morning restaurant or bake shop for a muffin. We'll sit there and enjoy each other as the day begins and we are also enjoying a tasty treat.



Have a special hide-a-way. A place that the two of you love to go just to be alone - together. Go there often, take a snack and drink in what you like about each other as well as the enjoyment of the place - wherever it is. We do!



Touch each other often. The physical touch of someone you love is life-giving, and needed!





Dialogue. What's that? It's a sharing of mind with mind and heart with heart. M.m.m.m! In dialogue there is no accusing, blaming, preaching, condemning, or escalating of volume. It's not about arguing so that one comes out on top. It **IS** about the sharing of feelings. "I feel . ." and then an adjective follows - not the word that. Ex. "I feel sad." No YOU messages - especially "you always" or "you never."


One couple we knew, parents of three children, were on the verge of divorce. They came for counsel. We listened to their discourse - their complaints about each other, and then we taught them how to speak to each other. They were given the assignment to sit cross-legged on their bed, facing each other, and dialogue for ½ to one full hour each evening. Several weeks later when they returned for another appointment, they were hand in hand, and said that they would never be without dialogue again. They said that each night they were anxious to get the children to bed so that they could enjoy their dialogue time - and yes, they are still happily married today!

Are you on Facebook? Join our group, **"Quality Tools for a Quality Life"**.

<http://www.facebook.com/home.php?#/group.php?gid=99684195580>

 **Find a purpose outside of yourselves** – something you can link arms to do that will benefit others. You'll have less time for petty disagreements!

 **Pray together.** Often this is a difficult thing to do. For some reason, one or both in the marriage may resist this amount of intimacy. Don't force each other, so that when you do pray together it will be heart-felt and meaningful.

 **Stay committed and determined that your marriage will be a success** - not a "put-up and shut-up" relationship. Your determination will make you more willing to apply the tools for success and work at it. Never let the thought of divorce enter your mind or come out your mouth. Make your marriage a life-long joyful partnership, rather than a ball and chain hook-up.

Now enjoy your special Valentine on the 14th - celebrate your love that day and every other day too.



Concerned about enhancing your marriage? Getting married soon? Do you want your relationship to be as beautiful as your wedding? **"Created for Success"** was designed to give you the tools and knowledge you need to keep your relationship fresh and vibrant. If you desire true oneness with your partner, this seminar on six DVD's will help you to understand and resolve the issues facing couples today. Perhaps the honeymoon need not end after all. This six DVD tool comes with two workbooks and is designed for couples. This package helps partners work together to understand and resolve the issues facing many couples today. It can also be used very effectively as a pre-marital preparation.

\$199 + S&H [Order online here](#) or call 1-888-800-0574



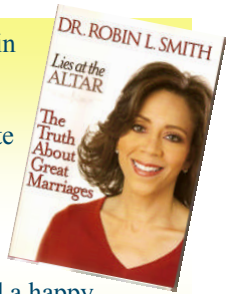
Just Beneath the Surface

By Dean B.

Just beneath the surface of her pleasant, winning smile,
Pompous and indignant, it's been there quit a while,
Comforting, reliable, it keeps her in the dark,
At least a million reasons and subtle quirks remark:

"Sure it makes a lot of sense!" she'll deal with it tomorrow,
Sadly now the curtain falls, why does this seem to sorrow,
A chapter ends, a twist of fate, what could be the purpose,
For most of us the painful truth, lies just beneath the surface

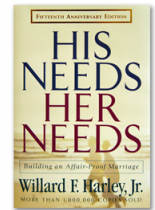
Whether people are heading to the altar, suffering in an unhappy marriage, divorced, or simply want to bring more satisfaction and intimacy into their relationship, Dr. Smith shows couples how to create Truth-the secret ingredient of great marriages.



"Lies at the Altar" shows every couple how to take the wedding vows they made in earnest and in innocence, and turn them into a promise to build a happy, healthy, satisfying, and long-lasting marriage. With moving stories and personal journeys, Dr. Smith reveals why it's important to have one's "eyes wide open" in a marriage; how to write true vows to live by; and why its never too late to rewrite your vows.
\$24.95 + S&H [Order online here](#) or call 1-888-800-0574

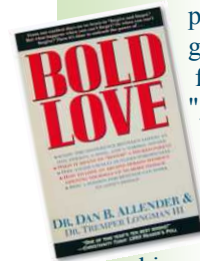


"Sheet Music" - Uncovering the secrets of sexual intimacy in marriage. **\$12.99 + S&H**.
[Order online here](#) or call 1-888-800-0574

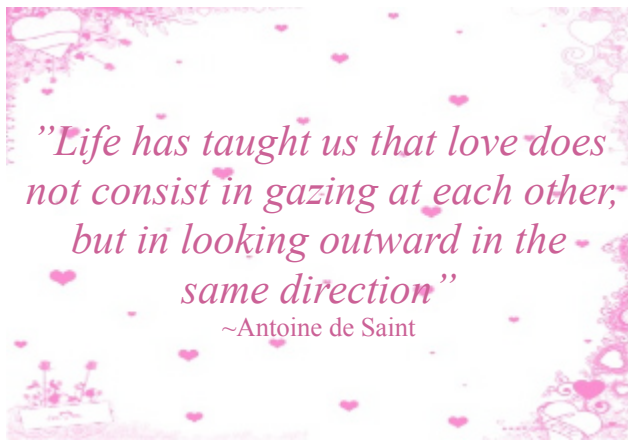


This book was written to educate you in the care of your spouse. Why do people look outside of their marriage to get their needs met? How can you insure that you are meeting your spouse's needs within your marriage? How can you tactfully get your spouse to meet your own needs? Whether you have just started your life together, have had a mediocre marriage for a number of years, or have had a horrible marriage, you can have a happy marriage if you learn to become aware of each others emotional needs and learn to meet them. **\$13.99 + S&H**
[Order online here](#) or call 1-888-800-0574

Also available on CD audio book [here](#).
\$39 + S&H



In **"Bold Love"**, Drs. Allender and Longman III draw out the aggressive, unrelenting, passionate power of genuine love. Far from helping you "get along" with others, **"Bold Love"** introduces the outlandish possibility of making a significant, life changing impact on family, friends, co-workers, and even your enemies! If it feels like you've turned the other cheek so many times that your head is spinning, it's probably time to take a second look at your practice of love. **\$13.99 + S&H**
[Order online here](#) or call 1-888-800-0574



188 million Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion. (This total excludes packaged kids valentines for classroom exchanges.)

2.2 million marriages take place in the United States annually. That breaks down to more than 6,000 a day.

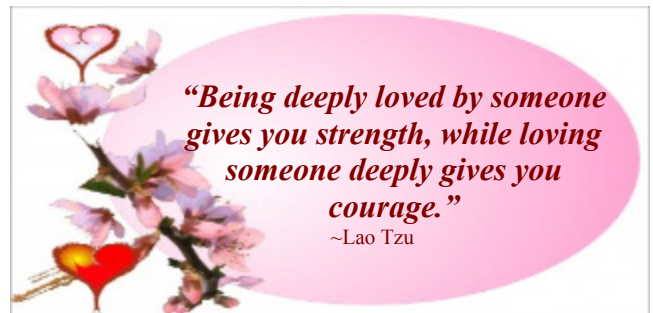
57% and 60% of American women and men, respectively, are 15 or older and currently married (includes those who are separated).

Excerpted from: <http://www.history.com/content/valentine/did-you-know>
<http://media.www.kaleo.org/media/storage/paper872/news/2002/02/14/Editorials/Marriage.Outlaw.Inspires.Valentine-2806762.shtml>

Did You Know?

In Saudi Arabia, Valentine's Day has been outlawed because of its Christian foundations, according to Saudi authorities. They went even further: on Feb. 14, it is prohibited to sell anything in red, including roses.

Brazilians do not celebrate Valentine's Day on Feb. 14. Brazilians have celebrated Valentine's Day on June 12 since 1950 because in June, it was usually a slow period without many celebrations and consequently poor sales.



Available Live Seminars

Attachment:



Your emotions do not come to you from "out of the blue" but each has an origin, an instigating experience that produces within you thoughts and feelings about yourself and others. Your "software" was programmed by responses to your mother while developing in her womb and early interactions with your birth parents and primary caregivers. It is from these early experiences of abandonment, abuse, neglect, security or love that you developed your personal attachment style.

Acceptance

Understanding rejection and being released from it's grip. All of us have experienced rejection in many different forms which drives today's behaviors.



Affirmation



Seeking to identify the various forms of abuse and their affect on our lives today. Abuses discussed include verbal, emotional, physical, and sexual. Tools will be provided to allow you to recover from the negative emotions connected to the abuse you have received.

Why?

This seminar gives an overview of the 4 segments of the Journey, using the Y factor. Internal assurance, peace, and love in relationships with God, family and friends will be better every day. Answers questions like, "Why do I do what I do? Why does no one love me? Why can't I get along with others? Etc.

If you would like a live seminar in your area, please contact Audrey, audrey@yourlri.com for details and scheduling.



*"There is a way that seemeth right unto a man, but
the end thereof is the way of death."*

The Broad Road

The Narrow Road

My Way

God's Way

Self Survival

Dependence on God

Selfishness

Altruism

WHY?

Are we so driven to self-survival & selfishness?

Is it difficult to get on the Narrow Way?

Is it Possible?

GET YOUR QUESTIONS ANSWERED!



Drs. Ron & Nancy
Rocky

April 4-5

9 am—4 pm.

**The Evangelical
Center**

18121 SE River Rd.
Milwaukie, OR 97267



Life Renewal
Institute

\$76

Includes lunch both days

To Register:

<http://www.yourlri.com>

1-888-8000LRI (0574)

Local Contact:

Audrey: 503-252-2112

New Jersey Conference Family Ministries Couple's Retreat

February 27- March 1, 2009



1045 Beach Ave.
Cape May, NJ 08204

Special Guest Speakers
Drs. Nancy & Ron Rockey
<http://www.yourlri.com>

- * \$25.00 Early Registration Fee (Before December 15)
- * \$35.00 Regular Registration Fee (Before February 2.)
- * \$50.00 Late Registration Fee (After February 3)
- * \$362.00 Hotel and Meals:
 - 2 Nights - 3 Days
 - Three Buffet Meals on Saturday
 - Breakfast on Sunday
 - Rewarding Seminars



Nancy & Ron Rockey

For more information please contact:
Ruth Covell - FM secretary at 609-392-7131 or rcovell@njcsda.org

Registration Deadline February 12, 2008

Name _____

Address _____

Phone _____ Email _____

[] Visa/Mastercard # _____ Expiration Date _____

[] Check Attached # _____

Orders over \$100 = free shipping - or - add \$6 for first item and \$2 for ea. Additional item

Title	Qty.	Price ea.	Total	B/O
BOOKS				
Belonging		\$12.99		
Bold Love		\$13.99		
Boy Who Was Raised as a Dog		\$15.95		
Breaking the Cycle of Divorce		\$19.99		
Changes That Heal		\$12.99		
Changes that Heal – Workbook		\$12.99		
Chosen		\$12.99		
En Casa – Belonging (Spanish edition)		\$12.99		
For Men Only		\$14.99		
For Women Only		\$14.99		
For Young Women Only		\$13.99		
For Parents Only		\$14.99		
Freedom from the Grip of Fear		\$12.99		
Gift of Forgiveness		\$12.99		
Healing the Scars of Emotional Abuse		\$12.99		
Heart Speaks		\$14.00		
Hearts Code		\$14.95		
His Needs – Her Needs		\$19.99		
His Needs – Her Needs (audio book)		\$39.99		
Inside Story		\$5.95		
Invisible Bond		\$12.99		
Lies at the Alter		\$24.95		
Living Successfully with Screwed-Up People		\$12.99		
Loving Your Child too Much		\$21.99		
Magical Child		\$15.00		
Magical Parent – Magical Child		\$17.96		
Managing Emotions		\$9.95		
New Brain		\$14.95		
Nurturing the Unborn Child		\$15.95		
Parenting the Heart of Your Child		\$13.95		
Pre-Parenting – Nurturing your Child from Conception		\$14.00		
Sheet Music		\$12.99		
To Be Told		\$13.99		
To Be Told – Workbook		\$11.99		
Unbreakable Bonds		\$16.99		
Why You Do the Things You Do		\$13.99		
Wounded Heart		\$14.99		
Wounded Heart - Workbook		\$15.99		
Subtotal of Books (enter on reverse side)				

