

2-2014

## 2014 February Newsletter

Nancy Rockey

Follow this and additional works at: <https://digitalcommons.andrews.edu/hrsa>

 Part of the [Counseling Commons](#)

---

# Hearts

# Hearts

# Hearts

Hearts, flowers and chocolate, expensive jewelry, marriage proposals and fancy dinners at elegant restaurants – these are the things that Valentine’s Days are made of. Are they however, the secrets to success in a marriage.

I remember when I was a child and Valentine’s Day rolled around. Most of my friends could talk about receiving something new and pretty, like a new blouse or pair of pj’s, or maybe a small box of chocolates or a teddy bear to celebrate the “Day of Love.” I can recall hoping every year that there would be some small token of my parent’s affection coming my way on that day, but alas, no such luck. Even my mother didn’t get a card, roses, chocolates or a nice dinner at a restaurant. Somehow, my father just didn’t believe in such a display. “Just another pagan holiday,” he would say. Maybe he was right, but I felt left out, and felt sad for my Mother.

When we first got married, Ron would grumble about all of the holidays. “Just ways for retailers to make money,” he would say. Again, that might be true, but when all my married friends would get a rose or a dinner at a restaurant, I felt unloved – not cared for.



Knowing what I know now, I now realize that my childhood feelings of sadness amplified my adult feelings in my marriage.

I do remember however, our first official date. It was in Milwaukee at the home of one of the church members – a Valentine’s party. During the event, Ron disappeared. I couldn’t imagine what happened to him, except I recall thinking that I must be so boring that he left me there and went home. But, after

about a half hour’s absence, he returned with a long-stemmed red rose – for me! I was ecstatic, and couldn’t help but wonder if he knew what red roses mean.



Often however, Ron would surprise me with a little, or not so little gift. It wouldn’t come on the holiday, ‘cuz after all, one can’t contribute to the holiday greed of retailers, but inevitably, a gift would come. This has been going on for 49 years! And just the other day, Ron presented me with a gift he had ordered on the internet, and said – Happy Valentine’s Day. It was February 1st!

 Funny how time changes attitudes. It’s a few days before the “Day of Love” as I write, and I find myself no longer devastated like I was in childhood or in our early marriage, that the man in my life didn’t care enough to offer a token of his love. Know why? Because every day when we sit across from each other at the breakfast table and I look into his eyes, I see his love for me. Many times a day, when we pass in the hall or I walk by his chair, he blows me a kiss. At night, he turns down our bed. Before bed, he gets our cups ready for our morning hot drink. Little things every day, sometimes every hour, send me messages of his incredible love. I notice them and I am grateful to say the least!

Once in a while, we even go out to a nice restaurant for a meal – not too often living on Social Security, but when we do it’s always a special occasion – another celebration of our love and our desire for

“time just for the two of us.”

With both of our daughters now living in our neighborhood, it is such a joy to see how much love exists between their husbands and them. Both girls do kind things for their men, and the men do the same for them. I could hope that they learned some of these kindnesses to their mates from watching their Dad and I after our marital turn-around. I hope so.

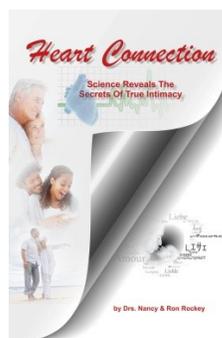
There are a few things that Ron and I have always done to keep our love fresh:

- ♥ Frequent dates – Time just for the two of us.
- ♥ Tender conversations.
- ♥ Long hugs and generous kisses.
- ♥ Working together – we’ve done this for years, and still love it.
- ♥ Praying as we lay in each other’s arms.

What are you doing for your mate? What are you doing to nurture your nearness? We’d love to hear from you, and will publish your suggestions!



## Valentine’s Suggestion



Have you bought the book and Workbook entitled “Heart Connection” yet? Why not consider this a great gift for your “Beloved?” It would be a fun thing to do together for “Time Just for Each Other!”



Consider Rockey’s newest book and workbook – Free At Last - for someone you know who could use some emotional help. This book tells stories and offers answers for those who lives have been plagued with troubles. It is valuable for those who are in prison or have had run-ins with the law!



Order @ [fixablelife.com](http://fixablelife.com) or call 575-336-8095

### Testimonies

“How can I ever thank you two for the valuable information you offer and for the personal time you spent with me after the seminar? I am learning every day as I read your materials, and my life is finally improving.”

Physician from France

“When I started The Journey I was afraid that there would be too much stuff in it about God. I have resented Him and really wasn’t sure He existed. But because you didn’t preach, and no one in the group did either, I relaxed. Now I have come to realize that indeed something has been missing in my life, and am beginning to work on accepting God.”

Nurse in New Mexico

“I am beginning to realize that I will continue to learn for the rest of my life. Even though the class is finished, I keep having ah-ha’s – and what a joy to continue understanding who I am, and how I got to who I am.” Thank you!

Peggy



## Recovery Groups in Progress

**El Paso, Texas** – Anglican Church

**Nanaimo, Vancouver**

- **Where:** Prison

**Denver Area, Colorado**

**Longmont, Colorado** (30 miles N of Denver)

- **Leaders:** Matt & Amy Miller
- **Class:** The Mode, The Route, The Destination
- **Contact:** [mattman@integrity.com](mailto:mattman@integrity.com)  
[amymiller@integrity.com](mailto:amymiller@integrity.com)

**Ruidoso, New Mexico**

**Cheyenne, Wyoming**

**Portland, Oregon**

- **Leaders:** Audrey Woods, Paul Luchsinger
- **Class:** The Mode
- **Contact:** [Audrey@yourlri.com](mailto:Audrey@yourlri.com)
- **Where:** Healing Hope Seventh-day Adventist Fellowship

**Newberg, Oregon**

- **Leaders:** Sherri Mahurin
- **Class:** Binding the Wounds
- **Contact:** [gracerecvd@gmail.com](mailto:gracerecvd@gmail.com)

**El Paso, TX**

- **Class:** Binding the Wounds
- **Where:** St. Clements Church

**Fairbanks, Alaska**

- **Leaders:** Adrienne Lee
- **Class:** The Journey

## **FACILITATORS!!!**

PLEASE . . . If you have a group of *Binding the Wounds*, *The Journey*, *Journey to Nai*, *Heart Connection* or *Created for Success* in progress, please e-mail us with your name, place of classes, and when you started. If we have the information, we can post it on the website and in our newsletters.