



# GATEWAY HEARTBEAT

[WWW.BETTERMARRIAGESSTL.ORG](http://WWW.BETTERMARRIAGESSTL.ORG)



Happy  
Valentines  
Day

## FROM THE EDITOR

by; Diane Weber, Newsletter Editor  
[dbweber2020@gmail.com](mailto:dbweber2020@gmail.com)

- \* pay your chapter dues
- \* join us at Valentines Day Sweetheart Game Night
- \* register for the Better Marriages National Conference July 9 - 12
- \* Please donate \$ or item to the National Conference Auction
- \* Attend Your MEG regularly
- \* Join us for movie nights
- \* Strive to be fully known & deeply loved within your relationship
- \* help with chapter events
- \* submit KNEE to KNEE exercises

[www.facebook.com/saintlouisgatewaybettermarriages](http://www.facebook.com/saintlouisgatewaybettermarriages)

<https://twitter.com/BetterMarriage2>

## FAMILY RULES

MAKE LOVING CHOICES. DO NOT SPEAK IN WHINE.  
 HANDS ARE NOT FOR HITTING. ARMS ARE FOR HUGGING.  
 SAY PLEASE, THANK YOU, NO THANKS & I'M SORRY.  
 CLEAN UP. SLOW DOWN. MAKE WISHES. WORK HARD.  
 BE PATIENT. SHARE EVERYTHING (EXCEPT BAD IDEAS).  
 EAT WELL. BRUSH YOUR TEETH. DO YOUR BEST.  
 KEEP PROMISES. LEARN FROM MISTAKES. BE SILLY.  
 HELP EACH OTHER. BE GRATEFUL. KNOW YOU'RE LOVED.



NOTSALMON.COM

## IN THIS ISSUE

From the Editor..... cover  
 Sweetheart Game Night Invite..... p.2  
 Recent Past Events..... p.3&4  
 Resolutions in Relationships..... p. 5  
 Pearls Of Wisdom..... p.6  
 What Is New In Marriage Research.....p.7  
 Knee to Knee (Gratitude).....p.7  
 Auction Information form.....p.8  
 "The Second Half Of Marriage".....p.9  
 Chapter Membership Form.....p.10  
 Retreats to Attend..... p.11  
 Movie Nights 2015.....p.11



This **VALENTINES DAY** join in the StL Gateway Chapter of Better Marriages:  
**SWEETHEART GAME NIGHT** fun, laugh,

a playful night for couples  
prizes for the winning couples!!!

love out loud, be silly  
\* hosted by: Partners In Dialogue MEG



guest couples are welcome



**date:** Feb. 14, 2015, **time:** 5:30 p.m.

alternate bad weather date: Feb. 21, 2015

**where:** The Meadows Clubhouse  
111 Meadows of Wildwood Blvd.  
Wildwood, (Grover) MO. 63040 (directions sent after registration)

**cost:** \$40.00 per couple / \$50.00 at door registration deadline: Feb. 2, 2015 **B.Y.O. Booze**  
Bring a hearty appetizer to serve 10. Set ups, coffee, tea, soda and desserts provided

---

**REGISTRATION FORM:** write check to: **StL Gateway Chapter - (game night) in memo area** — cut off and send check and form to: **Broyles/Rinderknecht, 161 Meadows of Wildwood Blvd., Wildwood, MO. 63040 - no refunds.**

**Names:** \_\_\_\_\_

**email address:** \_\_\_\_\_

**phone #:** \_\_\_\_\_

**check #:** \_\_\_\_\_

## 2014 MEG MIXER...WE MOVED AND GROOVED

Looking back on August 24th, 2014, we celebrated our **Meg Mixer**. All MEG members and guests were welcome. 32 people were in attendance and brought a variety of salads to the pot luck on that hot August evening. After Root Beer Floats and cookies, Reneigh DeBoer, a NIA master lead us in some body awareness moves which left us in smiles and more flexible than when we started. It was a fun and playful evening.



Better Marriages   
**Conference 2015**  
Educating Couples - Building Relationships  
St. Louis, MO • July 9-12, 2015

## HAPPILY EVER AFTER—ARE WE THERE YET?

Nora Ryan and Ned Golterman, Education Director Couple, led an educational enrichment event for members of the StL Gateway Chapter of Better Marriages. During this 4 hour event held on September 13th, 2014, each couple dialogued in two different groups and the emphasis was on the positives in our relationships. It was a marriage affirming afternoon. Seven couples were in attendance. Thank you Nora and Ned for your steady and capable facilitation of this chapter event.

should contain this updated roster. **If your MEG was not represented at the meeting/potluck, contact us for a copy. Each MEG is responsible for itself. We appreciate the couples who attended the MEG Support event. More MEGs need to step up and show up in the future for us to serve you well.**



*happy couples enjoyed the Educational Workshop*

## CONTACT COUPLES GATHERING an important article for your MEG

by: Tom & Linda Joy Moore

We have lost several MEGs in recent years, and some of the continuing MEGs are smaller than they would like to be. Our chapter now has eight Marriage Enrichment Groups. We have a list of couples who may be interested in joining your MEG. If your MEG is looking for new members, you might want to contact some of the couples on this list or us to get the names.

Also, a 2014-15 **updated MEG roster** of all existing MEG members is now available. It's a spreadsheet, listing individuals linked with their spouses. But we still need data! We would like to have everyone's cell phone numbers, and need to be sure the information we have is accurate. Sometimes we must reach you and those cell phone #s are the best way in most cases. Then we can 'text' you messages.

Please contact Tom Moore, at [voicleigh@yahoo.com](mailto:voicleigh@yahoo.com) to get a personal copy of the membership roster and/or to check your personal data. **Note:** Every MEG manual



“Thank You” to Contact Couples who represented their MEGs at the yearly gathering.

## REBECCA WIEDEKEHR SHARES AT OUR OCTOBER COUPLE GROWTH EVENT

On October 11th, 2014 our own Rebecca Wiedekehr, LCSW, introduced us to ways couples can control conflict issues in their relationships. One way is to NOT bring up ‘prickly’ issues when you or your loved one is in a low energy space. Words and deeds can loom greater than they really are if we ‘attack’ when our partner is down for whatever reason. Be sensitive to the energy and mood of our significant other and yourself. Your goal is to keep you both affirmed and strong.



# “Resolutions” Within Relationship Have Highest Chances of Success

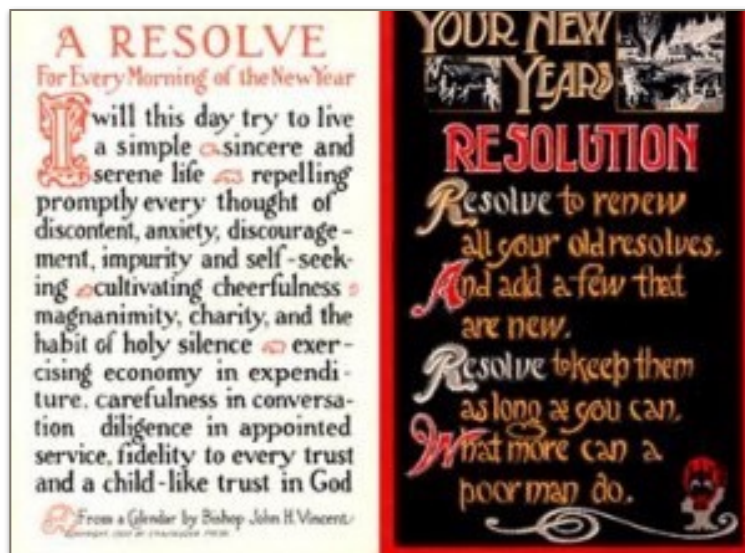
BY SUSAN DUTTON ON JANUARY 25, 2012 smart [relationships.org](http://relationships.org)

**What is it about January?** A month of fresh starts and new beginnings, January is the only month of the year that gets ushered in with its own kick-ass global party. And if that wasn't enough, it comes with its own Top 10 list, to boot!

## TOP 10 NEW YEAR'S RESOLUTIONS FOR 2012

1. Become more physically fit
2. Improve financial condition
3. Improve health
4. Lose weight
5. Read more
6. Change overall attitude: be more positive
7. Improve family relationships
8. Travel more
9. Do more volunteer work
10. Improve other relationships (friends, co-workers, neighbors)

Source: *FranklinCovey Co.*



So with all these lofty aspirations, the question remains: “Why aren't we all going to end up at the top of our game come March?”

For starters, the statistics are clearly against us. A study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those who set New Year resolutions fail. ([http://www.quirkology.com/UK/Experiment\\_resolution.shtml](http://www.quirkology.com/UK/Experiment_resolution.shtml))

There are various reasons of course, but one factor may just be the fact that most New Year's Resolutions tend to be all about *me*, and not so much about *we*. True, “relationships” made the Top 10 list, but according to most surveys they rank well below the weightiness of getting our own house in order. Compare our 21<sup>st</sup> century resolutions to those from this 1909 New Year's greeting card:

**So how does one beat the odds? It appears that those who integrate resolutions with relationships have the highest chances of success.**

New research suggests that **resolutions are best kept and strengthened if shared with friends, family, or colleagues.** The study by the Economic and Social Research Council (ESRC) in the UK shows that partnering up or planning with someone can really boost the likelihood of sticking to your resolutions.

In an article on the study posted on the PsychCentral website, University of Leeds Institute of Psychological Science expert Mark Conner, PhD is quoted as saying:

“The involvement of a partner in planning had a sustained effect that was still noticeable after six months. It was quite clear that working together and joint planning really helped.

“Individual change can, of course, happen, but it is even better to have a friend on your side.”

*Imagine that...*

## Sources:

The Economic and Social Research Council: <http://www.esrc.ac.uk/>

Psychcentral.com <http://psychcentral.com/news/2012/01/06/buddy-system-boosts-chances-of-sticking-to-resolutions/33343.html>

# PEARLS

# OF

# WISDOM

Love is not simply a feeling; it is a decision. (Marriage Encounter principle) When the feeling fades – and it will at times – recommit to building your relationship. DO something loving for your spouse. Feelings are transient; love goes beyond feelings.

by Susan Vogt, Certified Better Marriages Leader, [www.SusanVogt.net](http://www.SusanVogt.net)

## about relationships

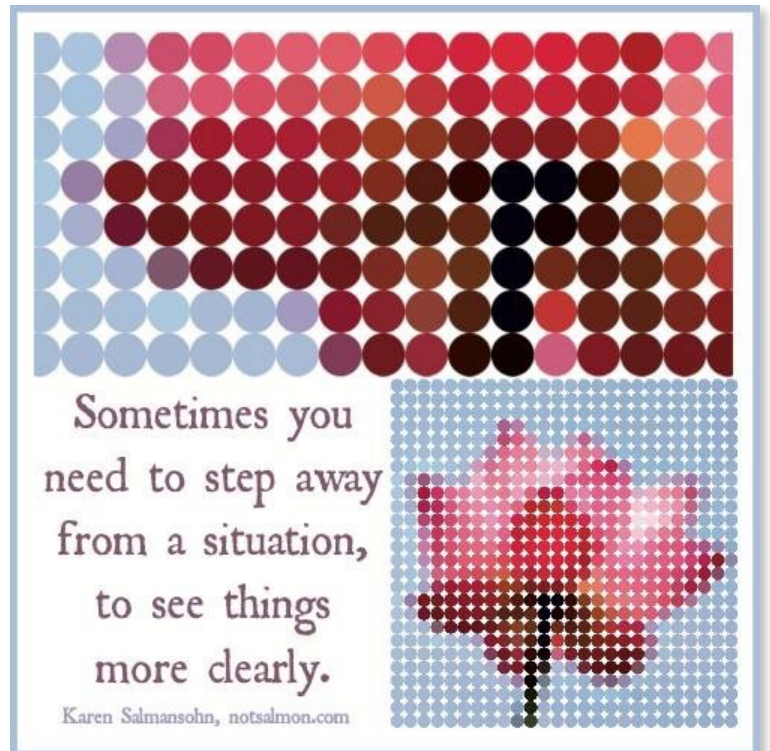
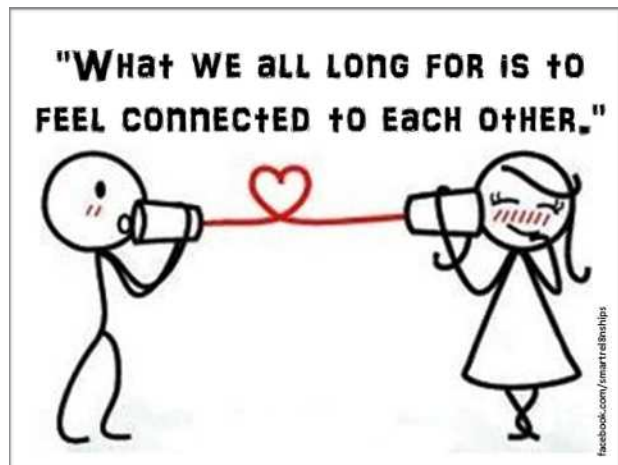
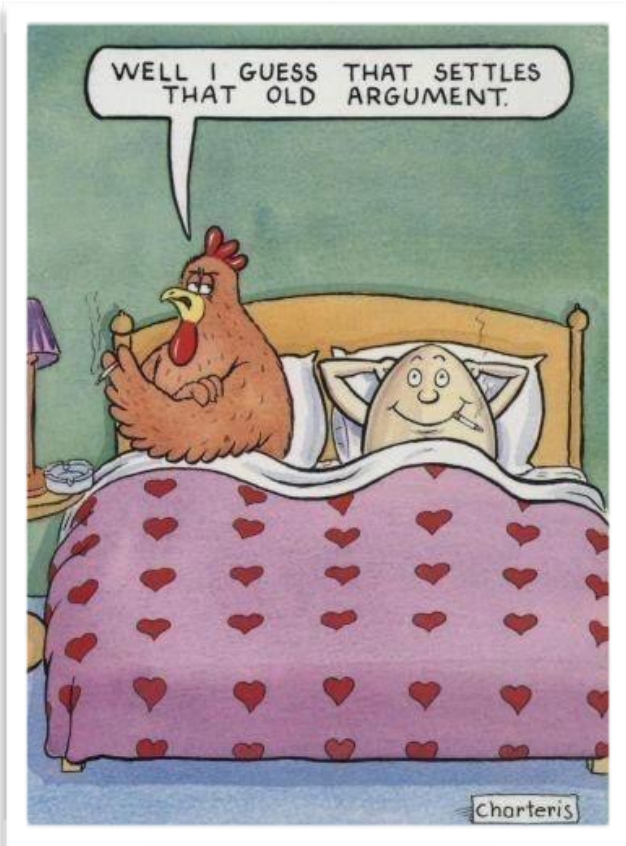
There's you and your partner and then there's YOUR RELATIONSHIP. It's an entity. It exists. It's different and separate from you and your partner. It needs special care and feeding. Usually people ignore the relationship and just take from it. Give to it. Talk to each other, ask about hopes, dreams, wishes. Read about relationships.

Tonight, intentionally specify that you'll put all teasing and put-downs aside. Ask this question for a positive, warm and loving experience. What would you like your relationship to look like? A jewel? Like two people knee to knee dialoging? Two people hugging.

YOUR RELATIONSHIP needs care and feeding. Affection--hugs and kisses, affirmation--"I'm so glad you are mine!", appreciation--"Thank you for cooking with me." All these nurture your relationship.

Hurtful teasing, those funny derogatory comments, name calling--may not kill you but they can kill a relationship. It's tender and sensitive. Be kind to it.

Bea Strickland -writes a column about her insights and observations on love, relationships & living together. [beastrickland@aol.com](mailto:beastrickland@aol.com)



# LOOK WHAT IS IN THE NEWS FOR MARRIAGE AND RELATIONSHIPS??

## KNEE TO KNEE



### IT'S ALL ABOUT GRATITUDE

If you are in a Marriage Enrichment Group the editor suggests you review some of the recent findings on GRATITUDE and use one for your MEG topic.

That is the KNEE to KNEE suggestion for this newsletter edition.

(no MEGs submitted ideas)

#### Gratitude . . . don't take it for granted!

Everyday gratitude boosts romantic relationships and binds couples together. [Check out these resources to learn more: Why Does Gratitude Matter?](#) Robert Emmons, the author of *Thanks!*, introduces the science of gratitude at the Greater Good Gratitude Summit\* in June 2014. ([Video](#))

#### ***It's the Little Things: Everyday Gratitude as a Booster Shot for Romantic Relationships.***

Higher levels of gratitude after receiving thoughtful benefits (e.g., gifts, favors, etc.) predicted higher relationship connection and satisfaction. ([Journal Article](#))

***To Have and to Hold: Gratitude Promotes Relationship Maintenance in Intimate Bond.*** Couples who had ongoing reciprocal appreciation were less likely to break up within the next nine months and even reported being more committed at the end of that time. The researchers concluded that a nourishing cycle of encouragement and appreciation provides extra incentive to maintain our relationships. In other words, when we appreciate our partners, we develop trust and respect. When we feel appreciated, we also feel needed and encouraged. ([Journal Article](#))

***How Does Gratitude Affect Romantic Relationships?*** At the 2014 Greater Good Gratitude Summit, Dr. Sara B. Algoe describes her research into how gratitude affects romantic partners' feelings for one another, as well as their style of relating to each other. ([Video](#))

***Love, Honor, and Thank*** Researchers Jess Alberts and Angela Trethewey have found that a successful relationship doesn't just depend on how partners divide their household chores, but on how they each express gratitude for the work the other one puts in. ([Essay](#))

***Gratitude*** A group exercise from our popular [Facilitator Toolkit](#). (Group Ice Breaker)

Based at the University of California, Berkeley, the Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being and teaches skills that foster a thriving, resilient, and compassionate society.





# Let's do St. Louis proud!

Members & Friends of Better Marriages—St. Louis Gateway Chapter—  
Our local Chapter is in charge of the Live & Silent Auction. Let's all pitch in  
to assemble a collection of fantastic auction and raffle items!

**Starting now**, we are asking you to help us request and collect quality items or services from businesses, companies and individuals.

- Conference attendees will come from all over the U.S. as well as abroad, so as much universal appeal of items is appreciated!
- We are seeking 40 to 50 items and services for this event.
- Donated vacation places are excellent for the LIVE auction.
- Donated items are tax deductible.
- Each contributor will receive a thank you from National with our nonprofit 501c3 Tax ID Number.

**Currently** we have the following pledged donations:

- Wildlife photography art
- Massage Envy Gift Certificates (940 U.S. locations)
- St. Louis Cardinals memorabilia
- Jewelry from local chapter member artist
- Cooperstown, NY print
- Gift certificates for 6 Baileys' restaurants in St. Louis
- Original art & cards from a local artist
- Books and materials from conference presenters.

**Please help us add items!**

Questions, donations or referral ideas, contact:

Elizabeth Ann Broyles or Barry Rinderknecht, Auction Coordinators

**eabroyles@prodigy.net**  
**314.602.3346**

To avoid duplicates, please check with us before accepting a donation.

We will store the items.

We will email updates to show our progress. Thank you in advance for your assistance.

Photos are suggestions for donated items, not actual donated items—yet!





“ LIKE US ”

[www.facebook.com/saintlouisgatewaybettermarriages](http://www.facebook.com/saintlouisgatewaybettermarriages)

“ FOLLOW US ”

<https://twitter.com/BetterMarriage2>

***MORE RESOURCES FROM THE BETTER MARRIAGES LIBRARY***

by: Donna Bossow & Don Lueders Resource Materials Couple

**The Second Half of Marriage**

David and Claudia Arp are the authors of this guide for couples who have completed the first half of marriage. The “1<sup>st</sup> half” is typically a “response to circumstances, children, jobs, homes, families” . . . etc. The 2<sup>nd</sup> half offers a new “freedom to choose, to seek fulfillment for hopes and dreams.” Although the 2<sup>nd</sup> half presents an opportunity to reinvent our marriages and reconnect with one another in a more meaningful way, it is also a time of crisis for many couples.

The Arps provide a comprehensive self-survey for assessing marital satisfaction and then explore the “eight challenges of the 2<sup>nd</sup> half of marriage.” These include:

- \*\*Letting go of past marital disappointments
- \*\*Creating a partner-centered focused marriage
- \*\*Expressing deepest joys and concerns through effective communication
- \*\*Using conflict to build relationships
- \*\*Building a deeper friendship and enjoying one’s spouse
- \*\*Renewing romance
- \*\*Adjusting to changing roles with aging parents and adult children
- \*\*Evaluating spiritual pilgrimage

This book explores the following question:

***Are we willing to take the risk to grow together in our marriages so that the 2<sup>nd</sup> half is far better than the first?***

I recommend this book for couples who are making this important transition in their marriage relationships.

*contact Donna and Don to borrow this and other library materials.*  
[donna\\_bossow@msn.com](mailto:donna_bossow@msn.com)





## StL Chapter Better Marriages MEMBERSHIP FORM

***Because we are non-profit and self supporting, your membership and gifts of honor, celebration and memory keep this chapter vibrant, building better marriages.***

**COPY** this form and mail your check payable to; **ACME Gateway Chapter**. Send to:

***Jerry and Cathie Wille, Treasurer Couple***  
***22 St. Alfred Rd.***  
***St. Louis, MO. 63132***

Enclosed are membership dues of **\$40.00** \$\_\_\_\_\_ We are also enclosing a "gift" in addition to dues.

\$\_\_\_\_\_ reason:\_\_\_\_\_ **Our total check is for \$\_\_\_\_\_.**  
*your copied or cancelled check is your tax deductible receipt if your annual gifts are under \$250.00  
 per federal law gifts of \$250.00 and above will receive a written receipt*

We are new members: yes\_\_\_ no\_\_\_ We want to join a MEG\_\_\_\_\_

For our records please **PRINT** the following information---indicate if there is a change in information from last year. change\_\_\_no change\_\_\_

Spouse A \_\_\_\_\_ Spouse B \_\_\_\_\_

A's e-mail \_\_\_\_\_ B's e-mail \_\_\_\_\_

A's cell phone \_\_\_\_\_ B's cell phone \_\_\_\_\_

Address: \_\_\_\_\_ zip \_\_\_\_\_

Phone # home ( ) \_\_\_\_\_ Anniversary date \_\_\_\_\_

We are members of a Marriage Enrichment Group (MEG) yes\_\_\_ no\_\_\_ If yes, which one?

Comments and questions are welcome. \_\_\_\_\_

*Thank you for your support of St. Louis, Better Marriages. We look forward to seeing you at the educational and social events we sponsor throughout the year. They will be posted on this website and in the newsletter. Bring friends.*

for office use only

**[bettermarriagesstl@gmail.com](mailto:bettermarriagesstl@gmail.com)**

Check # \_\_\_\_\_

Date received \_\_\_\_\_

Date Deposited \_\_\_\_\_

**STEERING COUNCIL EXECUTIVE BOARD  
2015****CHAIR COUPLE ELECT:** Vacancy**PAST CHAIR COUPLE:** Barry  
Rinderknecht & Ann Broyles**TREASURER:** Jerry & Cathie Wille**SECRETARY:** Vacancy**ENDOWMENT:** Lary & Mary Mohl, Joe  
Goodenough & Edith James, Ned  
Golterman**COMMITTEE DIRECTORS & MEG REPS****COUPLE COMMUNICATION****WORKSHOP:** Barry Rinderknecht & Ann  
Broyles**EDUCATION:** Nora Ryan & Ned  
Golterman**MEG SUPPORT:** Tom & Linda Joy Moore**MEMBERSHIP/RECRUITING:**  
Vacancy**PROGRAM:** Diane Weber  
Helene Frankel & George Boniface**PUBLIC RELATIONS**

Pat Ciapciak, Joy Marcus, Laura Whitfield

**database:** John Robinson,**newsletter:** Diane Weber**website coord:** D. Weber, Richard Scott**website manager:** Richard Gavetin, IMG**social media:** Pat Ciapciak**RESOURCE MATERIALS:**

Donna Bossow &amp; Don Lueders

**CONTACT COUPLES:**All Marriage Enrichment Group Contact  
Couples are voting members of the Steering  
Council & attend Board meetings.*CHAPTER MISSION: To promote better  
marriages by providing enrichment  
opportunities and resources to strengthen  
couple relationships, increase intimacy and  
enhance personal growth, mutual  
fulfillment and family wellness.**CHAPTER VISION: To create a network  
of couples building healthy marriages by  
providing marriage education and  
enrichment opportunities in partnership  
with public, private and faith based  
organizations. Better Marriages is;**non sectarian & non profit***" LIKE US "**[www.facebook.com/  
saintlouisgatewaybettermarriages](http://www.facebook.com/saintlouisgatewaybettermarriages)**" FOLLOW US "**<https://twitter.com/BetterMarriage2>**BETTER MARRIAGES RETREAT  
AUGUSTA, GEORGIA**

February 13-15, 2015, Better Marriages of Georgia Getaway

**AUGUSTA MARRIOTT AT THE RIVERWALK**<http://bettermarriagesga.org/getaway.php>***Better Marriages Enrichment Retreat  
January 9-11, 2015, Carmel, California***After our great success in January 2013 & 14, Silicon Valley Better  
Marriages has planned the same kind of retreat for 2015. It's open  
to any couple with experience dialoging in a Marriage Enrichment  
Group (MEG).We will be staying at the lovely and charming [Carmel Valley Lodge](#).  
\$119 each night per couple, plus 10.5% room tax. Breakfast  
is included.Our schedule will be relaxed with 7 sessions. Each session will be  
led by a different couple -- just dialog or an exercise and dialog.  
Attendance optional.Please call the motel to make a reservation for the room type you  
want. [1-800-641-4646](tel:1-800-641-4646). Say, "Marriage Enrichment," Jan 9-11,  
2015. Give them your credit card number.The motel has 30 rooms but they are not saved for our retreat so  
reserve as soon as possible. Call or email the hotel to be sure  
there's room for you.Also, email us to let us know you're coming so that we plan enough  
supplies for the retreat.

Bea and Jim Strickland email or 408- 268- 3956

[BeaStrickland@aol.com](mailto:BeaStrickland@aol.com) or [JLStrick@aol.com](mailto:JLStrick@aol.com)

Bea &amp; Jim will gladly answer your questions.

**YES there will be **3** MOVIE NIGHTS in 2015*****We did not have the dates when this newsletter was published so  
check the website for them throughout 2015 at:******[bettermarriagesstl.org/events](http://bettermarriagesstl.org/events)***

all at; Schlafly's Bottleworks, in Maplewood, 7 p.m. Sundays

<http://schlafly.com/bottleworks/>questions? contact George Boniface [milestonejewelry@sbcglobal.net](mailto:milestonejewelry@sbcglobal.net)