

# Morality Forum Update

*Standing up for family values in society*

Issue 25

Summer 2006

## Tell me what happiness is?

By Diana Van der Stok

Scientists are increasingly discovering that the neural pathways in the brain for desire are separate from those for happiness. In other words, we might desire things that don't make us happy...

If that really is the case then what a hell of a labyrinth life can be...

I leave to you the difficult questions as to why is it like that and since when have we got this brain malfunction...

As we know, before science religions already speak about two kinds of desires and that depending on which type you choose to fulfil you get lasting happiness or head for misfortune. They also offer guidelines about what you can still do in both cases.

Equally intriguing was a recent UK research from Saga magazine, conducted by the Future Foundation, according to which on average happiness levels increase with age. Contentment is on the rise most sharply during our fifties and continue to grow throughout our sixties. This was based on the response of around 9,000 individuals of all ages about 7 areas of life, as the most important indicators for happiness (social life, amount of leisure time, and use of that time, household income, spouse or partner, job and health).

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Hamdy Shahein p.4



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Stringfellows closes p.2

## The Dangers of the Discriminatory Equality Act

By John O'Neill

There is growing grave concern amongst religious people at the government's plans to introduce the Equality Act, which would make it illegal to refuse to provide goods or services to anyone on the grounds of sexual orientation. The aim of the Act if it goes ahead in its present form will put the rights of sexual minorities above the rights of religious believers.

In a statement issued by the Lawyers' Christian Fellowship, Lord Mackay said: "For people of religious faith who believe that the practice of homosexuality is wrong, these proposals seem to me to carry a serious threat to their freedom in their voluntary and charitable work and in relation to earning their livelihood in a number of occupations." For example, teachers could possibly lose their jobs if they failed to promote events such as gay and lesbian month, or did not give homosexuality equal prominence in lessons to heterosexuality.

Recently 170 black Christian ministers demonstrated outside the Houses of Parliament concerning this issue: "If the government thinks

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## Letters and Testimonies

**>>>We got the job done!**

*from Tom Molloy, Ireland*

Dear John,

Democratic Alliance is the political party I set up to make family values the main area of political concern in Ireland.

Opposition politicians normally outraged at any inaction by government on matters relevant to the wellbeing of Irish society, are ignoring the inability of this state to prevent the opening of Stringfellow's lap dancing business, and the growing trade in pornography that objectifies women as mere sex providers.

## Showing immoral influences the sign

*continued from page 1...We got the job done!*

The emotional environment deserves the same attention as the physical environment. What's the point in having nice fresh air and lush green grass in our parks and countryside if women and children are afraid to enjoy them for fear of being assaulted?

Millions of euros have been spent researching factors that corrode our physical wellbeing, concluding that the greater good is served by censoring corporate and individual behaviour e.g. the tobacco industry and smoking. But what about applying the same seriousness to the psychological and emotional wellbeing of our society?

It is interesting to note that the perversion industry is in denial about the unhealthy side effects of the exposure of people to pornography, violence and perverted story lines just as the tobacco industry was about smoking having health threatening side effects. Tom

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### Stringfellows Closes!

Stringfellows lapdancing club in Dublin has been forced to close down. Around 15 people were protesting for a number of months, 3 nights a week after the club opened on Parnell Street on February 1st. The closure received large coverage in the Irish press.

Vera Brady, one of the protesters said, "I didn't want a glorified strip club in my area. There is no need for girls to be lowering and demoralising themselves."

Mr. Sullivan, for Sabley Taverns insisted the continuing protest had persuaded the corporate sector not to embrace the club and this had been a major deterrent to its success.

Morality Forum activist Tom Molloy and his family were particularly prominent in the protests. "My wife Muriel and daughter Elissa helped on the picket line and distributing a leaflet promoting the protest. We got the job done and we are now going to concentrate on educating people about the evil of pornography." Said Tom.

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### Local opposition stops new lap-dancing club

A lap-dancing club at London Bridge is not going to open after facing strong opposition from local businesses and residents including the Bishop of Southwark and the Mayor of London. Southwark Council gave a license to the club, planned for Tooley Street in SE1, very close to such attractions as the London Dungeons and the Unicorn Theatre for Children, before ascertaining whether or not the owners will allow it in the terms of the lease. But Network Rail, the owner of the property said, "The leaseholder will not be permitted to use the premises for this purpose and would be in breach of the lease if the use is carried out on the premises."

Mayor Livingstone replied by saying: 'I welcome Network Rail's decision. They are to be congratulated on taking their

responsibilities to the local area seriously.

Local residents and businesses have made clear that they are totally opposed to a lap-dancing club in this area. It is a shame that Southwark Council pressed ahead with licensing this strip club without ascertaining whether or not the owners of the premises would allow such a change in the terms of the lease. Throughout this process Southwark have demonstrated a woeful lack of resolve.'




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**Chicken Spot** has opened on Vicarage Rd, Watford, Hertfordshire, replacing 'the sleasiest sauna in town'. The owner of the premises decided earlier on he didn't want a sauna anymore and opted for a food take-away. Come and support his decision by buying a few tasty bits!

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The flagship Birmingham Hustler Sex Superstore is closing due to poor business. (*MediaWatch*)



### MediaMarch 9

Saturday 14 October 2006 in London

**Take a stand for more moral and family centred media**

Trafalgar Square Rally with speakers: Andrea Minichiello Williams (Lawyers' Christain Fellowship) Ted Williams (former Director of Public Health and author on sex education), Bankole Akindale (Trinity Chapel) Dr. A Majid Katme (Muslim Council of Britain)

**Meet at 1.30pm, Tothill St, SW1**

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### On Letter Writing ...

**The Society for the Protection of Unborn Children** reports of a **dramatic victory** as the *Assisted Dying for the Terminally Ill Bill* was defeated in the House of Lords, 148 to 100, on May 12th. The Society issued nearly a million pieces of literature asking people to write letters. Indeed, letters poured into the House of Lords by the thousands contributing to a great extent for this success.

## WAIT UK Dances On!

By Nancy Jubb, Co-Youth Coordinator

*(WAIT UK is a pro-active youth project aimed at preventing the spread of HIV/AIDS through abstinence and inspiring young people to live a healthy lifestyle by developing their talents and creativity)*

WAIT-UK (Washington AIDS International Teens) concluded its first school-year with some major accomplishments under its belt. With their message of abstinence before marriage or life-time partnership as the best means of preventing the spread of HIV and AIDS through the performing arts, enthusiasm and support for the charitable organization seems to be spreading rapidly.

WAIT team members performed for clubs, several groups,

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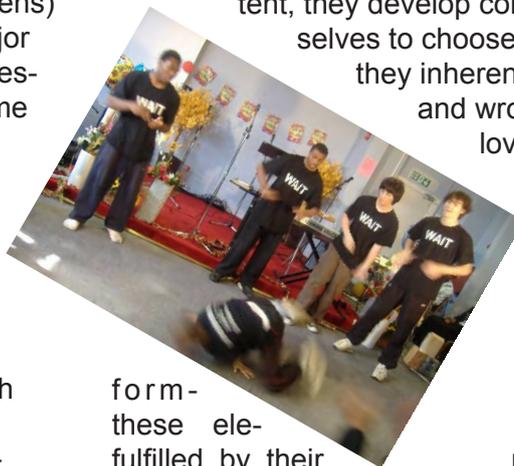
greater With new performance incredible and requests to other venues.



have already schools, youth church and 3 performances at various YMCA's around London. Each performance comes with support perform at

on education, WAIT allows youth to channel their creativity and develop talents that they never knew they had. This is crucial for young people because as their self-confidence increases, as well as awareness of correct sexual education content, they develop confidence in themselves to choose between what they inherently know is right and wrong. Their need for love and acceptance through sexual relationships diminishes through WAIT (skills) training and public performances because mental needs are peers' trust and teamwork.

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Fuelled by the support and encouragement that we have received, WAIT has some ambitious plans for the new school-year. WAIT intends to develop its education content to empower others with abstinence education, as well as developing their abilities and talents through workshops and more public performances. We will launch into these endeavours with a kick-off workshop. (The date of which is still TBA.)

If you would like to support WAIT by donating either time or money, or if you would simply like more information, please email Marshall de Souza, Director of WAIT-UK at wait-

uk@waitteam.org or at 07799 450 703.



In June, WAIT was invited to perform at the King of Kings Tabernacle Church in Dagenham for their 5th anniversary celebration. "Afterwards, I met a lady called Carol, who is one of their youth pastors. ... She expressed that it was God's Will that we came there, because their young people were having a chastity pledge the following week, but some of them weren't so sure. She felt convinced that we empowered those who were doubtful to make the right choice!" stated Nicole German, Co-Youth Coordinator for WAIT-UK. This is only one of the dozens of positive feedback that WAIT has received.

Why is WAIT so successful? The answer lies in that it empowers youth with a chance to get involved. While other programs focus too much

## Pornfree Newsagent Hamdy Shahein - more awards, supporters and plans

Pornfree newsagent Hamdy Shahein has been battling for 17 years against his supplier WHS who persisted in sending sexually explicit titles to him. Up to this day he hasn't received a proper compensation nor a guarantee that it will not happen again in the future. In 2005 Mr. Shahein decided to raise the issue in Parliament and to lobby MPs to introduce appropriate legislation about sales of adult magazines to under 18's. Unlike alcohol, cigarettes, and even glue, at present it is not illegal to sell adult magazines (i.e. lads mags) to children. (*for more detailed story read our spring issue*).

- In July Hamdy Shahein was named as the best neighbourhood newsagent in the Living London Awards by readers of the Independent and Listeners of the radio station LBC 97.3.
- Later in the same month he was given an Ambassador of Peace award by the International Interreligious Federation for World Peace.
- Ms. Diane Abbott, Labour MP for Hackney North and Stoke Newington, has been working tirelessly in support of Mr. Shahein's cause. In March she put down a motion in Parliament asking WHSmith to recognise certain titles as pornography, and calling for legislation to ensure that offensive material is kept out of the reach and sight of children, and that it be an offence to sell adult magazines (i.e. lad mags, etc.) to under 18's. So far 155 MPs have signed it.
- Earlier in spring the women's group Object sent a copy of *the Sport* to all MPs, asking them the question whether they think it is a newspaper.
- Among many others, the Maranatha Community urges its followers to protect children from pornography by approaching their local newsagent concerning top-shelf material, *Daily Sport*, etc. Another step they suggest is writing to Mr. Robert Walker - Chairman of W.H. Smith Plc, 180 Wardour Street, London, W1F 8FY - about stopping selling degrading material or protecting children from seeing it.
- MP Diane Abbott has invited Mr. Shahein to a meeting in the House of Commons in October. At the meeting MPs, WHSmith, other wholesalers, independent newsagents and other people of the trade will be debating about a possible law giving more clear guidelines concerning displaying items like lads' mags, *Daily/Sunday Sport*, *Daily Star*, etc. A proper law would be much more effective than the voluntary code issued by the National Federation of Retail Newsagents in April. Please check with your MP whether they have already supported the proposed measure. (House of Commons, Westminster, London, SW1A 0AA). Contact Hamdy at 167 Stoke Newington High Street. Tel.07762147454/ email: hamdypornfree@yahoo.co.uk. ☐

## *continued from page 1... The Discriminatory Equality Act*

that we will accept this law lying down, they are mistaken. This sort of Christianophobia from the government is no longer acceptable", stated the Ministers.

It is good to know that there is some strong resistance to this Act, which will discriminate against the deeply held religious beliefs of numerous people. The belief that homosexual behaviour is wrong is clearly stated in the Jewish, Christian and Muslim scriptures.

It is not a case of being homophobic. It is a case of the fact that we have a living creator, who has given us moral and spiritual laws, to protect us from damaging ourselves and others by improper conduct. It is well known that homosexuals are influencing government policy on sexual matters. It goes to show how a small minority of people can impose their views via government policies onto the rest of society.

A study by Blackwell Scientific Publication shows the proportion of male homosexuals as being about 1.3% and the proportion of female homosexuals was about 0.6%, which together make about one in one hundred who are homosexual - not one in ten as the homosexuals usually state.

Already there have been a number of cases reported in the media, concerning people being warned by the police for making honest comments in line with their religious beliefs about homosexuals. Lynette Burrows, the well known family and moral campaigner, stated on national radio that she did not agree with two men adopting children. She was visited by the police after somebody complained about her "homophobic" comments. In his book, "The Sexual Dead End" Steven Green states: "homosexuals are on average 23 times more likely to commit acts of paedophilia on under-16's than heterosexuals." "On average a homosexual relationship lasts 21 months" - Anne Widdicombe M.P. All the evidence shows that children need a father and a mother for a balanced secure upbringing. Especially the mother's role is very important.

A study in the 1940's by Professor J.D. Unwin of Cambridge University of 88 civilisations showed that whenever strong families and marital fidelity was prevalent, the civilisation prospered. On the other hand, whenever there was widespread promiscuity, premarital sex, infidelity and same-sex relationships the civilisation was dead within three generations - with no exceptions!

Our homosexual brothers and sisters should be given the respect, courtesy and basic fundamental rights due to any fellow human being. However giving them their "rights" which contradict the moral and spiritual laws is totally wrong, as such "rights" will only damage them in the long run.

Especially religious people should be making their views known about this discriminatory Act which could have serious consequences for religious freedom. The proposals are now being considered by the Women and Equality Unit in the Dept. of Trade and Industry. Please write to Meg Munn the Deputy Minister for Women and Equality at the Women and Equality Unit, 1 Victoria Street, London, SW1H 0ET. Please pass on this information to others. Thank You. ☐

## America's stand on gay marriage

In 2004 voters in 13 states approved constitutional amendments limiting marriage to one man and one woman. Missouri and Louisiana were the first two. Their voters approved of gay-marriage-ban amendments by more than 70% in both states. In November 11 more followed.

While in 5 of the states - Georgia, Kentucky, Mississippi, Oklahoma and Utah, legislators placed the proposed amendments on the ballots, in the 6 others - Arkansas, Michigan, Montana, N.Dakota, Ohio and Oregon - the measures were advanced by conservative, church-backed citizens groups that collected signatures on petitions. The amendments won often by huge margins leaving gay-rights activists no hope to prevail.

At present the vast majority of states have law or constitutional amendment barring gay marriage. Massachusetts is the only state to issue marriage licences for gay couples since May 2004. Vermont and Connecticut ban gay marriage while allowing civil partnerships that confer many but not all of the same rights.

In June 2006 a federal constitutional amendment to ban same-sex marriage, backed by Pres. Bush and conservative groups was defeated in Senate, falling short 49 to 48.

A similar amendment failed 48 to 50 in 2004. "We're making progress, and we're not going to stop until marriage between a man and a woman is protected...protected in the courts, protected in the Constitution, but most of all, protected for the people and for the future of our children in this society", said Senator Sam Brownback (R-Kan) after the vote. Senator Wayne Allard (R-Colo), the measure's chief sponsor, said it was gaining momentum and, "if it's up to me, we'll have a vote on this issue every year."

Even though most states define traditional marriage in a way that bars same-sex marriage, conservatives say they will continue to press for a federal constitutional amendment on the premise that even toughly worded bans in state constitution could be overturned by the U.S. Supreme Court. "During the course of the debate on this amendment, a lot of the opponents...continue to repeat the mantra that 'this is not something the American people care about,'" - Senator John Thune (S.D.) "The American people have their own way of deciding what's important to them and what they care about." This autumn South Dakota is one of 7 states that will have a measure to ban same-sex marriage on the ballot, "and I predict that it will pass by a very large margin." he added. □

*continued from page 1... **Tell me what happiness is...***

It can't be that life is kinder and fairer on the older folks than to the youth. Then does this mean that 50+-year-olds on the average are more realistic about what to expect? Is it that, generally speaking, wisdom grows with age when it comes to distinguishing what will really make one happy, thus abridging more successfully the gap between the happiness- and desire centres in the brain?

Maybe that is why most of modern commercials target the young trying to persuade them that buying this car, that

outfit, or that vodka really will make you feel high. And, that whatever feels good [now & here] does make you feel happier. That is exactly where the case for morality starts to crumble dramatically. And blame it all on the brain...(Was it about Robbie Williams they said that he can't sustain a relationship for more than 5 min?)

On the other hand, we can encounter the other problem - we know that something would bring us happiness or sense of fulfilment in the long term but short term suffering as well- and we don't do it. While we can deduce from the Saga findings, that if that would happen to a typical 50 year old, they are most likely to think "Oh if I do this (think of defending family values in society for example), it will bring me lots of satisfaction when I am 60. Wonderful. I'll go for it."

So probably best when facing choices [especially if you are younger than 50] is to look up scriptures [which is a good idea after 50 too] or talk to someone older that you trust. And if neither of these works for you then try pretending for a minute that you are in your 50s (or 60s) and the right answer is most likely to pop out right there and then! □

### True Family Values

*(compiled by Frank Van der Stok, continued from previous issue)*



Before we say what True Family is, we need to define True Love.

#### True Love: What is it?

##### 1. Spontaneous and irrepresible.

-Based upon the irresistible desire of the heart.

- Where something is held back, love is strangled.
- Love cannot be coerced or demanded of the other. Love and freedom exist together or not at all.

-Pure.

- Love is the root motivation. It cannot be employed in the service of other motives. This means true love is pure, unadulterated by other motives.
- Therefore, first love is the strongest. We all desire eternal love, because purity is eternal.
- After experiencing betrayal, we tend to hold back; we can neither be free nor honest again.
- Only total repentance and confession to the other can overcome the terrible prison that is created in a relationship when one partner violates love. Such honesty and repentance rarely happens; divorce is far more likely.

-Love finds and follows the shortest route. It jumps instantaneously from person to person, faster than the speed of light.

-Love flows through the relationship of two entities, like the circuit created by plus and minus electricity. When there is no connection, love cannot flow.

##### 2. A partner is required for love to be fulfilled.

-Therefore we are unhappy when we are alone. Everyone is looking for a partner to whom they can express their love. When someone receives our love and responds with happiness, then we are most happy.

-Many people love their pets, because their pets respond to them more reliably than do other people.

-The greatest partners for our love are members of our own family: our parents, brothers and sisters, spouse, and children. These partners are provided for us by God through the natural course of life. They are lifetime partners upon whom we can always rely, and in whom we want to invest ourselves.

-God also needs a partner of love. For this He invested Himself totally in the creation. His love is the root and model of true love.

### **3. Total investment.**

-Unconditional, as God invested Himself in the creation, we invest in others and the world around us.

-It never ends, even when the beloved does not respond.

-To give, forget what you have given, and give again, is the way of true love.

-Love can never force itself, but always waits for the response of the beloved (1 Cor.13).

-Without a relationship with the living God, true love is too hard; we can't keep going on our power.

-Go to the point beyond your own power, giving more than you have to give, and God can be found there.

- True love is like water and air: it automatically flows from high to low, from the place of high pressure to low pressure.

- By sacrificing oneself, one becomes empty, and the true love of God naturally flows in.

### **4. True love seeks the welfare of the beloved. The true loving person wants his or her partner to be 1000% better, happier and more fulfilled than him or herself.**

-The true lover looks at the beloved from God's viewpoint.

-True love never seeks its own way; it never seeks to use others.

### **5. God's love is the source, model and goal of true love.**

-Love was the motive and purpose for God's creation of the universe and humankind.

-God designed the universe so that love would be the most precious existence.

-Love is the source of life, joy and happiness, even for God.

-God created love to be the strongest force.

-We are born from God and the love of our parents.

-We grow to perfect the dwelling of God in us and our love for our spouse and children.

-We return to God, to heaven, where love is the reigning Principle, after making ourselves fit for heaven in this life by the practice of true love.

### **6. A True love relationship is my responsibility, not the other person.**

-To begin with myself means that I am the one to initiate true love.

-To begin with myself means that if there are problems, first look to myself.

- In the case of marriage, to think that the problem is my spouse or that finding just the right spouse will lead to true love is an illusion.

- Is my love pure? Do I unconditionally love my spouse? Or do I just expect my spouse to love me?

-Mind-body unity is the precondition for true love.

- In fallen man the body dominates the mind so completely that we do not follow our

conscience.

- Hence, false, artificial love may mask desires to use the other to satisfy one's self. This sort of love is not true; it always fails.

- True love is in harmony with the desire of the conscience to do good.

-Take care of your body for the sake of serving others.

### **7. True love has no enemies.**

-In contrast to animals, who care only for their own offspring for a short time, human beings love not only their children, but also their parents, neighbours and even humanity as a whole eternally.

-Thus, true love embraces all people.

-Jesus said to love your enemy.

-Avoid creating resentment through exercising favouritism.

-We should love our enemies more than we love our own children.

- True love never wishes harm to one's enemies.

- Sacrificial love for the enemy is the only way to end hatred, resentment, alienation and violence. Sacrificial love induces the voluntary surrender of the enemy.

### **8. True love begins from God, is manifested in the family, and expands to the world.**

-Confucius taught that love begins in the family.

-Mencius taught that we should develop jen which is the heart that goes out to help all people.

-Jesus taught that we should love our neighbour, whom we can see, before claiming that we love God, whom we cannot see. He taught, in the Parable of the Good Samaritan, that everyone in the world is our neighbour.

-We can see that love develops through eight stages, in which we each participate.

1. The body lives for the mind.

2. The individual lives for the family.

3. The family lives for the society.

4. The society lives for the nation.

5. The nation lives for the world.

6. The world lives for the cosmos.

7. The cosmos lives for God.

8. Finally, even God has His subject - True Love, so He lives for us.

-True love is like the light, the family is like a lens, and the

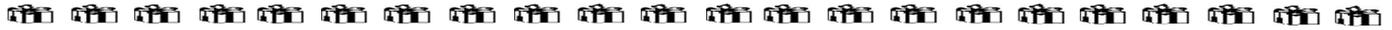
full spectrum of the light is cast upon the screen of the world. This means that each member of the family represents the love within the family out in the larger society, and it is in the larger society that love attains its greatest value: in bringing joy and blessings to others.

-From the give and take of true love of husband and wife comes true life.

- Love is the root of life.
- Life does not create love; love creates life.
- Therefore Jesus said if you seek your life,

you will lose it, but if you lose your life for his sake, then you will gain it.

(from the book "True Family Values" by Wilson and Pak)  
(To be continued....)



## Betsy Jones: Guidance for Couples Old and Young

I want to say to you that besides a Father's heart - moving and directing things, God has a mother's heart. God has a big heart. He loves every one of you. No matter what your situation is, there's a way for you, a unique path. I feel that way about marriage. God has given me little messages along the way - when the way wasn't so easy - to encourage my husband and me. We're here thirty-four years later; and we're now grandparents. It's been a wonderful, amazing course.

In trying to create a lasting love, the worldly viewpoint is to try to go out there so you can grab what is going to make you happy. "There's somebody. They have a nice smile. Maybe I'll pull that one in. That one could make me happier. Oh, that one's kind of tall, I'd be proud to stand next to him." The reality is, when it's all said and done, the challenges you pose to each other where you have to invest more than you'd bargained for are what you are grateful for later. Marriage isn't about just finding someone to make you happy; it's a lot about serving the other person to make them happy. It's the opposite.

### **Resilient love**

I'm going to cover some core beliefs that I think are helpful for creating lasting love and just a few insights and a few skills. I'll have my son and daughter-in-law, Harvet and Kori, help me with part of it.

I'm going to cover this first part briefly, because you know all these things, but I'm going to emphasize the fact that you should think about marriage as an opportunity to grow rather than to receive. We need to envision marriage as an opportunity to practice virtues of friendship, loyalty and generosity.

In the Hebrew, the word for "man" is translated as "fire" and the word for "woman" is translated as "fire", so the two, man and woman, without God can consume each other. That's the idea. We really do need to be cultivating our relationship

with God all through our life courses, especially to handle the challenge of a marriage relationship. To become like God, we have to become like God in our essence, which is to be giving toward each other, to be sharing.

### **Sacred intimacy**

Another point that is very important is the sacredness of sex. It has been highlighted throughout this workshop that the only way you can have intimacy - and everyone wants to be intimate with their spouse - is by being faithful. They go hand in hand. The more you can trust the other person, the more you can let your guard down and let your needs be met by that person. This takes a log of vigilance and a lot of humility.

### **Ideas differ on what love is.**

Most couples come from different backgrounds, so their definition of what love is is very different. You can't expect your spouse to have the same idea of what love is and to view love in the same way. This was a stumbling block for my husband and me. I kept thinking that in my family, we did things a certain way. Like my mother liked to take her two children shopping for shoes. She liked to notice if our clothes were worn out. I got married and kept thinking my husband should love me, which means, if my shoe has a hole in it, he takes me shopping. I remember saying to him, "I have a hole in my shoe," and he said, "Yeah?" And I said, "Well, do you think... Could we do something about it together?" I'm thinking,... "like my mother used to do." And he said, "Well, if you need a new pair of shoes, go get them." I felt so hurt.

Another difference we had was that I like to be physically close, because I grew up in a family that sat around the kitchen table talking for hours. In my husband's family, they didn't see the parents so much. The children would sit around having TV dinners in front of the TV. They didn't connect so much.

So, when we were first married, he liked to be by himself and I was trying to get close - different, totally different, ideas. He felt love means "Give me some space!" I thought love means "Give me some closeness!" It took us a while to figure this out. I share this with you because you're both right in

**Betsy's son Matthew about his mother:**  
When it comes to marriage my mother is my best teacher. She's lived it. I'm very proud of the marriage my parents have, and feel extremely fortunate to have grown up in it. My parents share the intimacy they do because, at least in part, they have been proactive about developing their marriage. They've attended seminars together, read books and practice in their daily life the insights and skills they touch on in this article. For those of you who know my mother, you'll know that the words you see printed in this article were delivered with big laughs, frequent tears and a heart that truly cares.

what your definition of love is. You need to understand your spouse's definition.

### **Languages of Love**

This next point is from a very good book "Language of Love" by Dr. Gary Chapman. I won't go into details of it, but I'll just say that we need to be willing to learn our spouse's primary language of love.

Our little granddaughter wanted my husband to read a book. She has an English-speaking Father and a Korean-speaking, English-speaking mum. She has books in both languages. She ran upstairs and grabbed an English book and ran to my husband. She wanted him to read in his language. She thought "grandfather speaks English. I'll get him an English book." It's as simple as that.

I'm trying to understand even what my children's language of love is, so I can speak it. I'm trying to understand what my spouse's language of love is, because I may be thinking I'm loving this man, but he's not responding; I may not be speaking his language.

So this is just a framework to go over very, very briefly:

**Words of Affirmation** - some people like it when you say, "You did a nice job." They really appreciate that.

**Quality Time** - I'm one of these people who if you just give me twenty minutes of quality time can fix a lot. So, when my husband sits down and gives me a little quality time, I feel so good. He now knows that's my language, but in the beginning of our relationship, I'd start to talk and he'd have his hand on the doorknob. He'd say, "Are you finished?" We'd get into these big fights, "Am I finished!" What do you mean?" He didn't know that I just need a little time, you know?

**Receiving Gifts** - I gave him a gift for our first anniversary and he didn't like it. He didn't like gifts. His family had a lot of material things, but there was nothing behind it. He didn't like gifts. I thought, "Whoa, this is different!"

**Acts of Service** - Some wives really appreciate if the husband goes out and warms up the car, scrapes the windshield, helps with the dishes. The wife makes him a cup of tea. Some people really respond to that, most people do.

**Physical Touch** - My husband would definitely say, "I feel loved when you put your arm in my arm when we walk across the street."

It is very important to understand what your spouse's language of love is.

### **Real Giving**

Okay, great! For the next point, I want to say something similar. Besides speaking your spouse's or your children's language, we also want to compose a concept called "real giving".

Having a good marriage isn't a matter of having the same definition of love. It involves understanding your partner's definition and showing love based on that definition rather than your definition. We're going to give to our spouse what's important to them whether we understand it, agree with it or not. That's "real giving".

My husband's eyes twinkle when we talk about going up to the mountains. I'm here to say I climbed Mt. Marcy in New York, the highest point in New York State, and I don't like mountain climbing. Somehow, I got to the top.

I have a picture of my husband taking a horseback ride with

a mask on, because he's allergic to horses. He knew I wanted him to share that kind of activity with me one time. This is in the last year. He did it for my sake, not for his.

Particularly between cultures we see things differently, but differences don't have to be major stumbling blocks; how we handle them makes all the difference.

I'm just saying that even if that's not in your nature and not your way, be willing to extend yourself.

### **Handling Conflict**

At this point, we're going to practice a couple of skills.

I'm going to just quickly run through some points about making marriage last. We need to have certain strategies, because there are things that happen in a marriage.

I am going to ask Harvet and Kori to demonstrate how it's easy for disagreement to boil over. It's called escalation.

Or when you have different opinions about things it's very easy of one person to withdraw.

Or if you're mad at your wife and you come home when she's cleaning the garage. You come in and you're just angry so you say, "You didn't clean the dishes." She's waiting for you to notice that she's cleaned the garage, but you talk about her not cleaning the dishes. That's invalidation. These things are very easy for us to do. Just to get a sample of what it's like, we'll have Harvet and Kori demonstrate escalation.

Harvet: We'll do a real-life one. Hmm...interesting. I haven't seen this bag here before. Is this new?

Kori: Yes

Harvet: When did you get it? I mean, I thought you had a pretty substantial collection of bags already and didn't have to add to it. I think we talked about that before.

Kori: No, this one's different!

Harvet: It looks the same. Don't you have a black one with white stripes? It looks pretty much the same as the one I saw before. You always do this without telling me!

Kori: Stop acting like you're dad. I can't believe you!

Harvet: I mean, do you think I want to act like your dad? But if you can't control it, somebody's got to put his foot down. Money doesn't grow on the tree in the backyard! I don't want to be bossy, but you just make me. You're so irresponsible that I've got to lay down the law.

Kori: Oh! I've had enough of this. I'm walking out.

Harvet: Geez! I try to talk about it, and she walks out. How mature is that?

Betsy: Thank you. So there you have it. It could start simply, a simple difference about a view of money. Maybe in Kori's family she could buy things. I know that when I visited her in Korea, she had jobs and earned money. She could buy things. Now, she's married to Harvet, who thinks, "Whoa! You don't do that without talking to me" - different ideas about control and about how to use money. Right there you've got conflict.

*(Expect a happy ending in the next issue...edited from Today's World)*