

# Morality Forum Update

*Standing up for family values in society*

Issue 26

Winter 2006-2007

## Making Goodness Fashionable

2007 - International Year of William Wilberforce

by Diana Van der Stok



William Wilberforce, the 28 year-old Member of Parliament, wrote in 1787 in his diary: "God Almighty has set before me two great objects, the suppression of the slave trade and the Reformation of Manners" by which he meant the reform of the morals of Britain.

He felt he might not be able to manage a lot about slave trade, but that he had a moral right to do something about it in Parliament. Days before his death, an elderly John Wesley wrote to the young Wilberforce: "Unless God has raised you up for very thing, you will be worn out by the opposition of men and devils. But if God be for you who can be against you."

William Wilberforce started his campaign, facing hostility from fellow MPs as well as those across the floor, from businessmen in the trade, satirists of the day, even from clergymen. **continued on page 3**

## The Sexual Orientation Regulations Headache

The government plans to legislate in favour of the Sexual Orientation Regulations in April. These regulations will have far-reaching consequences for all religious people, regarding their freedom to exercise their right of conscience when confronted with situations concerning homosexuals. The main Christian and Muslim leaders have all spoken out against these discriminatory proposals. Protests, court cases, lobbying of MPs are all part of the fight back campaign. Morality Forum fully supports this campaign and encourages all righteous thinking people to join...

Mr Michael Stout, a father of five who lives in NW London, recently had correspondence with the headmaster of the school where one of his daughters attends. Mr Stout's daughter had been expected to attend a Personal, Social and Health Education lesson which would have covered the topic of homosexuality. Mr Stout was strongly against his daughter attending such a lesson. The following letter was sent by Mr. Stout to his daughter's school.

**Dear Sir,**

The only educated people likely to be offended by my remarks, phrased to a point, are homosexuals: not due to my lack of tolerance, but because of my refusal to accept their ludicrous claims that they are offering an acceptable alternative to heterosexuality as a means to a strong and stable society.

**continued on next page**



W  
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I  
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U  
K  
  
p.4

### Inside this issue:

William Wilberforce	1
Sexual Orientation Reg	1
Channel 4's License	1
Testimonies	2
WAIT UK	4
True Family Values	6
Guidance for Couples	7

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## Television: Channel 4's License To Deprave!

By John O'Neill

On December 31st at approximately 9am on a programme entitled "Popworld", the male co-presenter was shown giving a blackboard lesson to a young boy (13?) about seduction! The boy was then filmed making lewd suggestions to young women! I am sure that all you good people reading this article will be as appalled and horrified as I was, to see such a feature on this particular programme, and especially at a time of day when many young children would be viewing.

It just beggars belief that Channel 4 would broadcast such a shameful degrading feature, particularly as it is common knowledge that Britain has the highest rates of teenage pregnancies in Europe. STD's amongst our young people are at epidemic levels - 35% incurable! The irresponsibility of the people who produced such a feature can only be put down to sick mindedness.

**continued on next page**

*The Headache...continued from p.1*

Any child that has ever claimed to make the positive poles of two magnets bond together will see the fallacy in their claims. Any biologist knows the impossibility of creating anything useful (let alone healthy) from such a relationship. Any historian can tell you what happens to societies that allow perversions in human nature. And any sociologist can confirm that a bond of true, deep love can only be achieved between a man and a woman.

I have no problem with tolerance, and teach my children such, to respect and love all creatures despite their behaviour; but to accept that behaviour as right and normal is a different matter. To tolerate weeds, and their right to exist, is one thing. To accept (and even nurture!) them in your garden is another. The precise point of my earlier letter, and the one which offence was most taken, was that if you allow a society to lower its standards, then it will not be long before another opportunist group assert their "right" to lower it further still, under the umbrella of "tolerance". This will include practices that, while not legal now, will, by necessity, become so as a result of enforcing toleration. Then you will be compelled, once again, to teach this to the children in your care; many of whom will not accept this form of indoctrination; and rebel against the teachers who try to foist it upon them.

The gay "rights" movement can shout as loudly, and as vehemently, as it wants. It may confuse many people through its carefully worded, but essentially incomplete, logic. However, it won't fool children, whose still-untainted perception can cut through adult sham and posturing like a knife through butter. It took a generation to hijack the once innocent word "gay" into one more disparaging, but contemporaneously meaningful, as something "distasteful, but beneath contempt."

I realise that you, and other hard working teachers, are doing your best to promote an ailing government's "fawning popularity" curriculum; but sometimes you just have to be honest to your pupils, and to yourself; because everyone, including grown ups, expects teachers, above all others, to be sensible; for if you are not, then may God help us all...

With respect, Michael Stout

## Supporting MediaMarch 9

By John O'Neill

Morality Forum supporters from Luton, Birmingham,



Milton Keynes and London attended MediaMarch 9 on Saturday, 14 October at Trafalgar Square.

I was particularly inspired by the talk given by Dr. Ted Williams about sex education. He really highlighted

the insidious effects value-free amoral sex education is having upon innocent children. Dr. Majid Katme gave his usual very powerful rousing speech, in which he strongly condemned the negative influences the media is having upon society: ever increasing levels of sex, violence and bad lan-

guage. All of the speakers made very relevant points. I felt very encouraged by the excellent speeches in Trafalgar Square.

MediaMarch send out regular emails highlighting key moral issues. This enables people to write letters etc. about these crucial issues.

Contact MediaMarch at [mmadmin@orego.com](mailto:mmadmin@orego.com)

*continued from p1 - Channel 4's...*

The question is: who decides what is permissible and what is not? The various moral regulatory bodies usually base their decisions on, "will this issue cause widespread and serious offence?" What should happen is that the regulatory bodies should make their decision in accordance with our creator's moral and spiritual laws. Those laws have stood the test of time and are the basis for harmony, prosperity, and stability in societies. The government passes sole responsibility for media issues with OFCOM. That is why it is so important for all decent minded people to make their views known to the various regulatory bodies. Our young people receive all the wrong messages from the media etc. with the ever increasing levels of sex, violence and bad language.

Because so few people do write in about key issues, the regulatory bodies use this fact to allow all kinds of degrading materials to go uncensored or reprimanded.

I am certain that there must be millions of people who share my feelings of utter revulsion at what Channel 4 did, in showing a young boy receiving a lesson about seduction. Channel 4 should have their broadcasting licence revoked.

It would surely make a huge difference to the moral climate of our nation, if many more people joined one of the various moral groups who do sterling work in trying to protect our society from harmful negative media influences. Some of these groups send out regular information lists, via email and post. People can then write letters, make phone calls etc. The moral groups need and deserve to have many more members.

For information about the various moral groups please contact Morality Forum - details below.

The following statement was issued when the BBC first started broadcasting:

*"This Temple of the Arts and Muses is dedicated to Almighty God by the first Governors of Broadcasting in the year 1931, Sir John Reith being Director-General. It is their prayer that good seed sown may bring forth a good harvest, that all things hostile to peace and purity may be banished from this house and that the people, inclining their ear to whatsoever things are beautiful, and honest and of good report, may tread the path of wisdom and uprightness."*

Let us all take heart from the noble aims and ideals aspired to in this statement, and do our best to see them implemented. ☐

### John's petition know-how

Some time ago John O'Neill organized a petition against a sex shop that had opened in Kenton near where he lives. The petition was not taken into account by the council, nevertheless, recently the shop closed down by itself. John believes his small petition has played a part in this and that 'the efforts we make will never be lost but our sincerity will surely be used in one way or another for the purpose of goodness'.

### Library stocks porn magazines

by Frank van der Stok

I was shocked when I went to my local library to find they are now lending out the magazines "Maxim" and "FHM", which are clearly pornographic, and displaying it on a table easily accessible to young children.

I wrote a letter to them about my concerns regarding the display and lending of these magazines. Their reply was based on the fact that these magazines were tested out in St. Albans and Woodhall Library and found to be successful. When I went back to the library I found they had, at least,

moved the material to a higher shelf behind others

### Theresa's letters

*Morality forum member Theresa Quarmby regularly has her inspiring letters published in the local Huddersfield Examiner. Here are two recent letters on the topics of euthanasia and religious cooperation.*

### So Hard To Know

While I am compassionate to the fact that Lisa Cook has a terminal illness (Letters, October 23), I do not believe that individuals should have the right to decide when their life is not worth living.

How could society ensure that the person was in a position genuinely to exercise their right to choose and was not depressed - with a false sense of worthlessness; confused, actually, through physical illness; demented, in which case they could not choose; suffering, because of easily beatable symptoms; under pressure from family

**continued on page 5**

### from p1 - William Wilberforce

To attempt to detach the British economy from slavery seemed in 1787 a perfect way to commit political suicide.

Wilberforce persisted through vicious insults and physical assaults, and in 1807, 20 years later, with a huge majority in the House of Commons (backed by the House of Lords), it became illegal to transport slaves. Later on in 1833 an Act was passed making slavery illegal throughout the British Empire.

Concerning Wilberforce's second objective, he noticed the multitude of hangings which was taking place for serious crimes in Britain. He believed the reason was the lack of enforcement of laws dealing with lesser offences. And so potential offenders would go toward ever grosser criminality. Wilberforce concluded that laws against drunkenness, lewdness, swearing, indecent publications, etc. would help bring back the good manners and public decency and may curb capital offences.

Wilberforce conceived the idea of setting up a society for reformation of manners similar to the ones in the previous century that (ordained by the monarch) sought to create a new moral tone in the land.

Wilberforce approached the King, George III, and so a Royal Proclamation was published in the national press. The King declared his commitment to combat public debauchery through setting up such societies which were to act as law-enforcement agencies.

Wilberforce launched his Society soon afterwards. His view was that although such measures could not change the human heart, nor enforce virtue, it is good to seek to encourage it.

Ten years later Wilberforce wrote his book *A Practical View of the Prevailing Religious System of Professed Christians in the Higher and Middle Classes in the Country Contrasted with Real Christianity*.

The book starts with exposing the inadequacy of the Christianity of the day. A life of what it calls 'decent selfishness' is taken for genuine Christian commitment. The

vanities of this world are regarded as supreme priority and source of happiness.

Wilberforce shared his testimony about the profound spiritual change which had taken place in his own life. He called his contemporaries of his own class into vital faith hoping to do for the higher strata of 18th century what John Wesley's ministry had done for the lower.

Indeed, as the book appeared at a time of national emergency, it was an immediate sell-out. The war with France was not going well and the French Revolution had brought uncertainty and spiritual hunger which made people willing to read it.

Wilberforce's life-long effort 'to make goodness fashionable' was certainly successful, especially because of *A Practical View* being so widely read. In his book, Wilberforce had warned of a coming day when Christianity would be openly disavowed, and unbelief would be seen as a social necessity. Thanks to Wilberforce this could never be said of the Victorian age of 19th century. The early Victorian period is commonly seen as an age of moral earnestness. Politics was injected with moral passion and English merchants gained the reputation of being the most honest in the world. High ethic was acknowledged in common by all classes. At the core of this moral society was religion. Otherworldliness was an everyday conviction; and the sense of being accountable to God pervaded all levels of society.

Apart from Wilberforce's personal brilliance, the key to his success was in no doubt the support of a loving family and the so-called Clapham Fellowship with which he lived in a close community. Many of its members involved in political life themselves, they embodied exemplary personal belief as well as a relentless focus on building relationships beyond denomination or political inclination. Their solid backing for both Wilberforce's campaigns was rooted in the conviction that their blessings as a community can only bear fruits in an intentional effort to engage and impact society, and thus witness about a God of love and concern. □

# WAIT UK Well into

*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 Kicks Off 2nd Year in the UK

By Nancy Jubb

London - Friday 6th Oct 2006 heralded the kick-off for WAIT's 2nd year in the UK. A workshop for the weekend was designed in mind to introduce some fresh faces to the group as well as a chance to renew the spirit and purpose behind the WAIT team through educational presentations, trainings, testimonies, discussions, and a few surprises.

Friday night started off with a brief orientation as well as a few presentations. We heard a surprise speech from Dr Nancy Tokola who works to challenge youth to question sexual education as it's presented in schools and the complacent attitudes about sexuality in today's culture. Following that, David Musendo from the London Ecumenical AIDS Trust gave a very enlightening and interactive presentation on the facts about HIV and AIDS. To conclude the night, there was a video presentation of the Emmy-nominated program on abstinence entitled 'The Naked Truth About Sex' presented by famous abstinence advocate, Lakita Garth.

Samuel Read, 18, commented on the video by saying "It was great to hear someone speak about abstinence in a way that's cool. She didn't use any scare tactics. I realized that abstinence is more about building better relationships first." Saturday was spent in sessions of training focusing on singing, dancing, and learning the skit. As the training drew to a conclusion, a surprise performance at Covent Garden was sprung on the work-

shop participants. As we made our way via the Underground, excitement and nervousness was seen on everyone's faces. The program was well received as the acts drew large crowds. First-time performers blossomed on stage as they performed side-by-side with our more experienced members.

After our surprise performance and a hearty dinner, Haydn Forde of the UK Coalition of People Living with HIV/AIDS shared with us his testi-

mony of what is was like to discover that he had been tested positive for HIV and the journey that it was for him as he confronted with

From his testimony and very open question-and-answer session, WAIT members could learn of the

emotional struggles that Haydn faced as well as the life-style changes that he underwent in order to cope.

On the next and last day of the workshop, we went to the famous Speakers Corner.

Each member of WAIT

took turn using our megaphone to confidently make our proclamations to the passers-by on this beautiful Sunday morning. With more and more of a crowd gathering we sang Hero for them followed by an impromptu break-dance initiated by the boys to the simple sound of clapping hands.

After sharing with a few people from the audience, we made our way back for our final lunch together.

If as a parent or just as someone who is interested, you would like to assist in WAIT in any way, we would be extremely grateful for your help. We need people to help in developing new mate-

rial such as songs, dance, skits, etc. We also need help from adults who may have new ideas for fund-raising, or help with transport. Maybe you would like to help teach our mem-

*"Parents are the key to the success of WAIT. Parents see longer, deeper, and broader than any young person, because they have lived longer and have more experience. It sometimes takes courage, but by choosing to really invest in our own and others' children, we can realize the absolute nature of parental love in our own beings. It's such a joy."*  
 Kate Tsubata, founder.

- Performances In Brief:**
- 23 Sep - at 100th anniversary of Romford YMCA
  - Oct 6-8 - WAIT UK workshop, performance at Covent Garden, going to Speakers corner
  - 24 Oct - at Young Carers Project in Battersea - perform+workshop
  - 27 Oct - at Beehive Community centre in Grays, Essex
  - 28 Oct - perform+workshop at Rev.Suma's Perivale
  - 11th Nov - at Mac project launch in N.London
  - 3 Dec - morning church service + FR for Mildmay Hospital on world AIDS day
  - Dec - in Sutton at an Amb for Peace event
  - 21 Dec - at Youth ambassador for peace award at Lancaster Gate.
  - 24 Dec - at Rev. Theo's church, Lee Green
  - 20 Jan - planning meeting & training
  - 10 Feb - meeting to prepare for Ireland (going 21-24 Feb)

was this news.

# Their Second Year!

bers how to give a proper presentation. We have many roles that need filling as the key aspect of WAIT is that parents get involved too! Psychological studies have shown that without a good relationship with parents, children are more likely to seek out intimacy through engaging in sexual activities. If you are interested or concerned in any way, please get in touch with Marshall de Souza (077 9945 0703), Nancy Jubb (0789 432 5393) or Nicole German (0789 602 1749).

## WAIT UK support Mildmay Hospital on World AIDS Day by Marshall de Souza

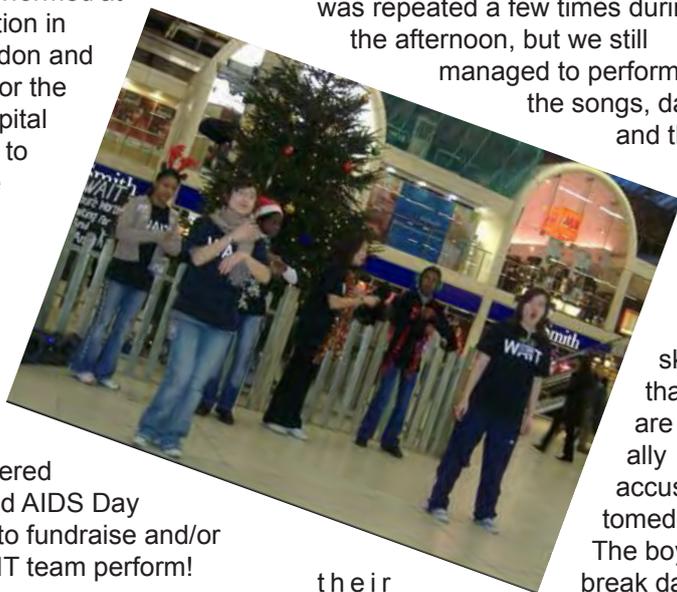
On Sunday, 3rd December 2006, WAIT UK performed at Victoria Station in Central London and fundraised for the London hospital that attends to HIV positive patients.

There must have been at least forty enthusiastic people gathered for this World AIDS Day event keen to fundraise and/or see the WAIT team perform!

Six volunteers were given Mildmay buckets to collect money. We quickly broke into song, singing traditional Christmas carols as

people looked on or stopped to join in.

At the beginning, the WAIT team performed at one corner of the station. But soon, we were encouraged to move to a more central point, by the Christmas tree! During the time we were at Victoria Station, WAIT was able to complete a full performance, as well as two lively carol-singing sessions! As a matter of fact, the Break Dance was repeated a few times during the afternoon, but we still managed to perform all the songs, dances and the



their while many travellers watched; the girls, too, enjoyed tremendous support when they performed the Rose Dance and sang



“Respect”.

Before the final burst of carol-singing, a number of WAIT members bravely went to “the front” to share their reason for being in WAIT, and proclaimed their message of

abstinence as their lifestyle choice in order to stop the spread of HIV/AIDS, but also to prepare for their future spouse and marriage. We noticed a number of adults present acknowledging the commitment of these youth, especially after the nation had heard the news that the United Kingdom has been declared as having “the worst teenagers in Europe!” Many parents and youth in this country agree that something has to be done...

Today was a very special day for all of us! We commemorated World AIDS Day in a beautiful way and ended in the wonderful setting of Victoria Station in “the Christmas spirit of goodwill and peace to all men!”

The fundraising manager of Mildmay Hospital commented that he was truly impressed by the enthusiasm and vitality of the WAIT members, and he was very grateful that we collected money (nearly £300) for his organisation.

sketch that we are usually accustomed to!

The boys did break dance

travellers while many travellers watched; the girls, too, enjoyed tremendous support when they performed the Rose Dance and sang

I will try to.

### Way Forward

It was good that Muslim leaders stood alongside with Christians regarding those who would remove religion from Christmas! If only we could co-operate beyond ethnic, religious and national boundaries, I am sure we could begin to build lasting peace.

The highest qualities of human beings are spiritual and moral in nature and I believe the way to reconcile the divided human family is to live for the sake of others.

### Theresa's Letters...continued from p.3

and friends, under pressure from a community short of resources.

Hospices have made great advances in helping patients and their families deal with the problems of terminal illness. Any form of legalising euthanasia would remove some of the incentive to be creative in caring when cure is not possible - it seems no coincidence that there are few hospices in Holland.

I wish you well Lisa, and if I can do anything to help you



## True Family Values

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

### The Family is the Cornerstone

#### A. True families naturally give of themselves for the welfare of the wider world.

Through commitment to work through our family for the benefit of our hometown, we take responsibility in relation to God, and in relation to our fellows.

##### 1. Taking responsibility before God.

- This means that we are answerable first to God for what we do, and we are willing to be answerable for what others do around us.

- In this sense we can be called a representative family, because we represent the world to God and God to the world.
- In the Bible, God relied upon representative families to fulfil historical responsibilities. We should realize that this is the value of our family in front of God.
- What we represent.

- We represent God and God's true love.
- Isaiah called us to be "a light to the nations" (Isa 42:6). Jesus spoke about letting your light shining forth before men, so that they might glorify God (Matt. 5:16). The Puritans were called to create a "city on a hill", a Christian commonwealth for all the world to see.
- We represent humankind.
- Bringing with us all human frailties, and yet giving everything and humbly offering ourselves.

##### 2. Taking responsibility before others.

- Taking responsibility for other's around us, and serving them, naturally draws people to us. This makes one's family a central family.
- A president is a central family of his nation, a governor of his state.
- We can be central to:
  - Our own extended family.
  - Our church, temple or mosque.
  - Our field or profession. Our hometown.
  - Some find ways to serve even larger wholes, such as a religious institution, a nation, or even the global arena.
- A central family leads a public life.
  - My time is for others. Whatever the needs of my community, I will put them first, even when it impinges on my privacy.
  - As a family, when one takes a public position, others in the family also become public. A politician campaigns with his wife and children. A spouse and children who support a public person may have to make many sacrifices; they do it and thereby



participate in his public mission.

- A central family protects and nourishes others, educates others, and becomes the natural leader in the community.

##### 3. This is the ethic of a true family.

#### B. The arena of action for true love is one's hometown.

##### 1. We take the welfare of our community as our own.

- We should not depend upon supernatural intervention, whether from God, outer space, or from a wonderful beneficent government.
- Goodness must grow, step by step, from the actions of committed people.

##### 2. The task of building a good society begins in our home and neighborhood.

- Evils of selfish family-centeredness, of the attitude that my home is my castle, which is the root of dictatorship and favoritism.
- Crime goes down when neighbors act together to care for the neighborhood.
- All great leaders began on the local level and worked their way up.

##### 3. What is a hometown?

- It is where I was born and/or where my children were born.
- It is where my ancestors lived and died.
- It is like the Garden of Eden for Adam and Eve; it is anywhere and everywhere on earth.
- It includes the ownership of property, economic enterprises, institutions of spiritual life and family tradition.
- These are the arenas in which families interact, based upon their mutual commitment to the greater good, practicing, inculcating and celebrating

true family values.

- This creates a "culture of heart" in the hometown, which is the kingdom of heaven on earth.
- An example is the motion picture, "It's a Wonderful Life". The hero sacrifices himself for the sake of his hometown, through the institution of the savings and loan, and through his marriage. His doubts concerning the value of his life are expelled when an angel reveals to him that his sacrifice had saved his town from becoming a hell-on-earth. "Mr. Holland's Opus" has a similar theme.
- All people are moved in their consciences by these kind of stories, because they reflect true family values.

##### 4. From our hometown the kingdom connects with other hometowns and expands to cover the world.

**C. Restoration of past failures is necessary to create harmonious relationships of mutual respect and common purpose.**

1. *This work is not easy. There are debts of sin to be paid, much pain to be resolved and overcome. Much love will be required.*

2. *Our families and communities are riddled by resentment, failure, hatred, frustration and broken hearts.*

3. *Before we build true peace, these must be healed and resolved.*

4. *Thus, the work of restoration comes before the new creation.*

- Restoration is painful and it engenders opposition.  
 - This is because it confronts the sins of the past.  
 - Individuals may oppose our efforts and persecute us, yet this is not just their personal problem. They represent larger problems which have come down to them.

- For example, hostility between religious groups is rooted in the experience of hundreds of years of conflict, warfare, oppression, etc.
- Racism and nationalism also express unresolved resentments and bitterness from centuries of violent domination.
- Just as serious are individual and family problems, such as alcoholism, infidelity, homosexuality and mental disorders, which pass on distortions of love received from parents and grandparents.
- Dealing with those requires facing and resolving the past within the present-day relationships.

#### **D. Our responsibility also includes perfecting the environment.**

All of nature depends on the people who have the power to abuse it or beautify it, according to their quality of love and purpose.

1. *The environment begins with my own home and neighborhood, and the value of all homes and neighborhoods.*

2. *My personal habits should not be wasteful of the earth's gifts.*

3. *Maintain a sense of gratitude to nature for what it offers to us: food, housing, clothing, energy - even air and sunlight should be appreciated sincerely.*

4. *When all families practice this, the earth will rejoice.*

#### **E. Basic lessons to begin true love in one's family and hometown.**

- The family as a whole makes the commitment for the real down-to-earth environment of the hometown.  
 - The family is a rich organism with many dimensions, both spiritual and physical, which are bound together through true love.  
 - True love begins from God, is manifested in the family, and expands to the world.  
 - A free society can succeed only when grounded in true families who are living this way.

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



### **Guidance for Couples Old and Young**

by Betsy Jones (continued from previous issue)

#### **♥ Strategies to manage conflict**

Rules are sometimes good. My husband and I did not understand that it's good to have some rules about handling conflict.

One strategy point is to detour around dangerous places. What they (*Betsy's son and daughter-in-law*) were going through was a dangerous place. Kori's walking out; she feels frustrated. She is withdrawing. They're just not handling it well.

#### **♥ Speaker-listener technique**

Ground rule number one: when conflict is escalating, we will call a time out or pause. We will try talking using the speaker-listener technique or agree to talk about an issue later at a specific time.

Have you chosen a signal to give each other when you want to stop that kind of negative cycle? What I'm suggesting is that each couple - and it can be between parents and children too - have a signal that you actually use that means "We're going to stop." We're going to try to stop when these danger signs arise in our relationship, because they become like termites. If unchecked, they eat and eat away at all the good things - the spiritual foundation you've all invested in, your parents have invested in. The emotional investment can be

eaten away by what these danger signs indicate.

I remember Taj Hamad once said that when he saw something brewing with his wife, he would say, "They are coming!" That was his signal to take a timeout. It's important to decide on some signal.

You want to not sweep conflicts under the rug. You want to respect the fact that there is a conflict and you're going to try again, this time using a speaker-listener technique or talk about it at a specific later time. "Let's agree to talk about it at eight o'clock, okay?"

When my mother asked, "Do your husband and you disagree about anything?" I couldn't think of anything in the beginning that we disagreed about, but within a fairly short time it was almost as if he wanted to go one way and I wanted to go the other. Even at a wedding reception my parents had for us, my husband said, "We'll sit right here at the table," and I said, "No, we're supposed to go around and greet all the guests at the tables." We had different ideas right off the bat. We approached things very differently.

When you disagree, postpone it by a signal and then always speak about these kinds of disagreements with structure, so there can be safety.

A commitment to keep communication safe is very important even with parents and children. I find that if my children feel

that I'm going to blow up or overreact, they shut down. Even more importantly in a marriage, when you have disagreements, it's hard to keep it so that you can say something and not expect that you're going to get a big reaction.

Now we'll have Harvet and Kori demonstrate actually using the speaker-listener technique, okay?

Harvet: Is there a prop for the speaker to hold? Oh, thank you. We'll use my favourite example again - the bags...Kori, what's this thing? I haven't seen this one before. I've lost track of the vast collection at this point, but I haven't seen this one.

Kori: I just bought it, because I liked it.

Harvet: Well, actually-They're coming! Time out!... Well, Kori, I'm just going to speak my mind first, okay? I've got the floor. I used the time-out signal...I feel a little bit frustrated that you don't seem to understand that I think buying extra bags is not something we should be doing right now, given our financial situation. I think it's better to be more reserved with our spending.

Kori: Okay. Are you through? Are you finished saying what you want to say? Is there anything more about that? No? So, you're frustrated that I spend money when we can't afford it.

Harvet: Yes. And...I wish you would take our speaker-listener technique more seriously.

Kori: Okay, so you feel it's important to take the speaker-listener technique seriously. Is there anything more about that?

Harvet: No, nothing more about that. I'm done. I've expressed my feelings. Would you like to say something?

Kori: Well, I feel that when you yell at me for buying things, you're being really controlling, and it doesn't feel good.

Harvet: You feel that when I yell at you, I'm being controlling, and it doesn't feel good to you. Is there anything more about that? No? Are you done?

Kori: Yes.

Mrs. Jones: Okay. Very good. There's a type of teamwork here, where they're agreed that the person that's expressing the conflict isn't going to hit the other person emotionally. And the person that is receiving and listening is going to not react and boil over or blow up. Once safety is established by the structure, a lot more intimate things can come out. We're talking about two related things here.

You all have each other. But it's very important that you feel that when you run into these disagreements, that you're not alone. Number one: It's normal. And number two: there are constructive, healthy ways to manage differences and to talk to each other about differences. People often criticize each other, and that builds up a kind of resistance.

### ♥ **Cheerleading**

Actually, my husband's goal is to try to conserve our finances, so he can tithe and do other things, for the family. He has that mentality. That's really the goal for him, and if I understand what his goal is, when I actually do something to respect that goal, what's very nice is a technique called "cheerleading" - for him to say, "Betsy, I feel that you respect what I'm trying to do here, and I really appreciate it."

If I make effort and he says something to me like "Thanks for your support," that's cheerleading. That's going to encourage me to keep going - right? - to keep moving in that direction.

Another point I want to make is that you ought to know what you want. When a wife has a certain goal - perhaps she wants her husband to give her a little more freedom so she can buy a

pocket-book or do some little thing that she would like to do - if he shows her some respect sometimes, but she ignores it, it's less likely to be repeated.

In other words, if she knows what she wants, rather than haranguing the other person with criticism - "Come over here; come see things from my point of view." No, the more that he steps over to her side - and she really cheers him on for doing that - the more he's going to step even farther over to her side.

### ♥ **Taking a deep breath...**

These are strategies for creating lasting love. And, of course, there's always the famous technique of taking a deep breath and counting to ten. It's a self-soothing technique, because sometimes, you don't know why you're upset. You have no idea.

### ♥ **Prayer**

Certainly prayer is the number one thing to do. I can remember in the early stages of our marriage, we even stopped the car one time when we were tense and both prayed out loud. Sometimes hearing the other person pray is just a helpful thing.

### ♥ **Great Things**

The last rule says, "Besides protecting the conflict areas, we will make time for great things. Okay? That's what we're doing. We're trying to minimize the time we spend on conflict so we make time for great things.

You can actually make a list where you each independently write down things you enjoy doing. Between my husband and me, I'm going to go to the mountains this summer. He's going to come to the beach.

We've made some plans based on doing some things for some friendship and for some sensuality. We're going to make time for some closeness, physical closeness and emotional closeness, like just sitting down, sitting on a rock together in the ocean.

### ♥ **Sorry...**

The final point is to please try, when somebody does something to hurt you, to be the first one in your relationship to apologize. You know, "I'm sorry." My husband, I have to say, is a wonderful master of taking responsibility when we have a disagreement. He's the first one to say, "I'm sorry." And he always owns what it is he did. It's very hard not to forgive that.

But we can hold on to grudges. We're all very good at that. If we hold people down, thinking, "I'm not going to forgive you" they're like a prisoner in a pit they can't get out of. Believe me, if you do that to your spouse, once they do get out, they'll run the other way. I think as a church community we have to forgive each other. We have to have the spirit of love and forgiveness for everybody in our church community, which represents the heart of God.

If we've created problems, if we've sinned, however we did it...I can say I've done many wrong things in my heart and have had many thoughts I'm not proud of, but I felt like I kept coming back to God and asking God to forgive me. I've felt God's forgiveness. I've felt forgiveness from my brothers and sisters. It's very important to give that to each other and not to judge another person in the community, because you don't know what other people are daring and what they're restoring. We should be lifting each other up, raising each other up and investing in each other. □