

UPDATE ON

Haiti
RELIEF

Last week, one of the poorest nations in the world was shaken by a violent earthquake.

Reverend Sam Dixon, head of UMCOR, **United Methodist Committee on Relief** and Reverend Clinton Rabb, head of the Board of Global Ministries' Missions Volunteers along with Reverend James Gulley were in Haiti when the tragedy struck .

(from UMCOR trio keep faith in Haiti ruins)

There were times trapped beneath tons of concrete when the Reverend James Gulley thought help would never come. But Reverend Gulley, Reverend Sam Dixon and Reverend Clinton Rabb knew they were in the hands of God. When help did come 55 hours later, Gulley was pulled to safety, but both his friends died from their injuries.

The three men working with UMCOR were in Haiti to talk about ways to develop and improve the country and they had a meeting scheduled when the rumbling began. Gulley, said "I looked up and the hotel was shaking and in the third second, it fell on us. The first thing I heard was Sam saying his legs were broken. Then Clint said his legs were also broken." The group struggled to remain calm even though Dixon and Rabb were suffering terribly and afraid they would run out of oxygen. They talked about how ironic it was that they had come to Haiti to offer aid and now they were the recipients of relief aid. After night fell on the first day they knew no one was coming, but when another day and night came with no help they began to feel despair. When help finally came from some French firemen, they sang together *Praise God from Whom All Blessings Flow*.

"My first trip abroad in 1999 was with Sam," Gulley said through tears, "We began in Haiti and that's where we parted."

A catastrophe of this magnitude leaves people all over the world asking the same question, **What can I do?**

As a church body our best efforts are achieved through the work of UMCOR which is already on the ground in Haiti.

To date GBUMC has contributed over \$11, 200 to UMCOR for the relief of the Haitian people and 100% of the gifts will go to emergency and development efforts. If you would still like to **contribute**, you may make your check to GBUMC and mark it Haiti or give online directly to UMCOR. <http://secure.qbgm-umc.org/donations/umcor/donate.cfm?code=418325&id=3018760>

According to UMCOR, there will be a great need for volunteers to help rebuild once the initial crisis is past, but it is not safe or possible for volunteers to go to Haiti at the present as commercial airlines are not allowed in the country.

However, UMCOR's two relief supply warehouses are asking United Methodists to **provide health kits** that will be sent to Haiti. Instructions for assembling health kits are available online or at the front desk. We will be collecting assembled kits at the Fairpoint campus. <http://new.qbgm-umc.org/umcor/getconnected/supplies/health-kit/>

And most importantly we PRAY. We pray for the people there. We pray for the aid and relief efforts taking place and ones yet to come. We pray for those who are injured and for the families of those who are gone. **WE PRAY....**

Hospitality Hope Healing



WiINTER OLYMPICS

Sunday February 21, 2:00-5:00pm
Soundside Campus

Come play in the snow, chill out with a snow cone, and compete with your family in real relays and Wii winter games. Come one, come all! Bring your friends and neighbors for this community wide event that will include an international costume contest AND Winter Wii competition.

Run for the World

2010 is almost here!

Saturday, February, 20

If you haven't signed up yet, pick up a form TODAY

We have just a little over four weeks before the race. It takes lots of volunteers to make this annual 5K walk/run that benefits missions world-wide a success. If you would be willing to help get flyers out to the schools, help with the race results, hand-out packets on Friday and Saturday or help on race day please contact Biff at biff_wheeler@mediacombb.net.

A Women's Day Apart

Tapestry 2010 February 26-27

First United Methodist Church

Plan to attend the third annual Tapestry event, a time of worship, learning and drawing closer together as women. This year we will learn to weave the threads of Grace into our lives.

Registration will begin at 4:00 pm on Friday with dinner at 6:00 pm and the evening's program ending at 9:00 pm. Saturday registration will begin at 8:00 am with breakfast served and Saturday's activities will culminate at 3:00 pm. It is not necessary to attend both days as each session stands independently. For further information please call 932-3594.

Blood Drive

Sunday, January 31, 9:00 till noon

Fairpoint Campus

The need for blood is always great but the blood banks are truly in need of collecting at least 18 units of blood on Sunday.

Wednesday Night Supper

Wednesday, February 3, 5:00-6:00 pm

Fairpoint Campus, Fellowship Hall

We'll be cooking up a big dinner complete with good food, good times, and good friends. Open to everyone so come and bring your friends and neighbors.

First Steps Luncheon

Sunday, January 31, 11:45 am

Soundside Campus, Room 2224-2225.

First Steps is an informative experience for those who have recently joined Gulf Breeze United Methodist Church or those interested in becoming part of our church family. Find out about the unique ministry of Gulf Breeze UMC and how our church can provide the most fulfilling and effective experience for you and your family.

Do you have a loved one or special occasion this year that you would like to honor or remember with flowers?

The New Year offers a unique opportunity to place flowers on the altar at the Fairpoint Campus in memory of a loved one, in honor of a special occasion or to the glory of God. Contact Terrie Diamond if you would like to reserve a Sunday on this year's calendar. The flower arrangements are \$50.

upcoming events

THREE new services for the new year

“The Source”

Sunday mornings at 8:00 am

Soundside Campus

This “mini-service” is taught by Jim Bell and includes up-lifting music.

“The Table”

Wednesday evenings at 6:00 pm

Fairpoint Campus, Chapel.

“The Table” is a midweek service with teaching by Shane Stanford and music by Bo Parker. Holy Communion is offered each week along with prayers and support at the altar with lay ministers.

Coming after Easter “The Covenant”

Sunday mornings at 10:55 am

Fairpoint Campus, Youth Building

Celebrate Recovery

Returns Friday, Jan 22, 7:00—9:30 pm

Soundside Campus

Beginning at 7:00 PM with large group, women's and men's small groups will follow and each evening will end with a short time of fellowship with coffee and dessert.

The teachings will be:

Friday, Jan. 22 -teaching on 'Amends'.

Friday, Jan. 29 -video on 'Amends'.

Friday, Feb. 5th - teaching on 'Forgiveness'

Friday, Feb. 12 -video on 'Forgiveness'

Worship at the Water Returns to Flounder's on Sunday, March 7

2010 Kidz of Praise Children's Choirs

Monday, 3:30 - 4:45 pm for grades K-2nd

Wednesday, 3:30 - 5:00 pm for grades 3-5th

Fairpoint Campus

After school buses will drop off at the Children and Youth building at 3:00. Parents please make arrangements for this service through the school and their teacher. Registration forms for new children are available in the music suite.

The Kidz of Praise Tuesday choir is as follows:

The K-2 grade group will meet from 4:00-5:15.

The 3-5 grade group will meet from 4:45-6:00.

Soundside 1116 A/B

The overlapping time frame will be our movement portion as we have absorbed Motion Team and are trying to train our older group to help lead worship on Sunday mornings.

Tentative dates, times and places

for our Lenten and Easter activities:

A Service of Repentance and Reflection

Wednesday, February 17th:

Fairpoint Campus: 5:30pm

Soundside Campus: 7:00pm

Start of the Mosaic Prayer Ministry for Lent

The Deeper Walk: Bible Study for Growing Closer to God

Wednesdays during Lent at noon. Locations TBA

Palm Sunday Services

March 28

(all campuses)

A Service of Healing and Restoration

Wednesday, March 31, 6:00pm

Soundside Campus

Maunder Thursday Holy Communion Service

Thursday, April 1

Fairpoint Campus: 5:30pm

Soundside Campus: 7:00pm

Stations of the Cross: Walking the Footsteps of Jesus

Friday, April 2

Fairpoint Campus: Come and Go—All Day.

recognition

Melodie Galloway appointed as Musical Director at Lake Junaluska.

Lake Junaluska Conference and Retreat Center has announced Melodie as the new musical director for the Lake Junaluska Singers. Melodie led the music program here at Gulf Breeze United Methodist for several years. Melodie holds a master's degree in vocal performance from FSU and a doctor of musical arts degree in conducting from the University of Greensboro. She has performed as a soloist in Russia, Estonia, Ireland, England and Spain. We offer our congratulations to Melodie.

children

For information contact Jennifer Keenan at 932-3594 or jkeen@gbumc.org

WE Spotted You...Volunteer Training

Sunday, January 31, Noon
Fairpoint Campus, Fellowship Hall
Sunday, February 7, 11:45 am
Soundside Campus, Room 1116B



Plan to attend this luncheon in gratitude of how you have blessed the children of our church in 2009. Don't BUG OUT as we come together and prepare our hearts and minds for 2010. Please wear red and black, there's a SPOT for YOU!



MARK YOUR CALENDARS for these 2010 events

Jerusalem Marketplace

March 14 3:30-5:30 pm Fairpoint

Vacation Bible School "High Seas Adventure"

July 12-16 Soundside Campus

July 26-30 Fairpoint Campus

We are starting to collect: colorful parachutes, brass bells, plastic snakes, dolphin pool floats, white material, soccer nets, nets, ship steering wheels, anchors, rag mops, wooden buckets, sailor hats, round life preservers, trunks, burlap sacks, and old maps. AND WE'LL NEED 1000 toilet paper rolls and clear water bottles for crafts.

youth

For information contact Clint Jernigan at 916-1660 or cjernigan@gbumc.org

Encounters Worship Service (6th -12th)

Sundays 6:00-7:30 pm
Fairpoint Campus, Youth Room

This is a large group time of engaging worship and relevant teaching from scriptures. We incorporate the use of film clips, dramas, stories, interviews, music, art, games, and hands-on experiential elements to help students encounter the living God.

Meltdown 2010 January 29-31

In Panama City Beach, Florida.

FINAL deadline to register is THIS FRIDAY, JAN 22

Thousands of teenagers will gather this year for a week-end of worship led by Jeff Johnson and the teachings of Jared Herd. You will not want to miss out! Cost is \$200.

couples

recreation

Great Dates

Friday, February 5, 6:00-9:00 pm

Soundside Campus

Friday, February 19, 6:00-9:00pm

Fairpoint Campus

Our marriages never outgrow the need for a little attention now and then. We'll provide the childcare, you provide the date. At the beginning of the evening, we gather for 10 minutes for the "thought for the night" and each couple receives a handout to take with them on their date. The cost is \$10 per couple. Please make childcare reservations at 932-3594

RECREATION Director Needed

GBUMC is looking for a Director of Recreation. This is a 30 hour full time position that coordinates, manages and facilitates all recreational programming at both campuses. Anyone interested should submit their resumes to preid@gbumc.org by 2/6/10.

family ministries

adult studies

For more information, contact Kathy Norberg, 932-3594 or knorberg@gbumc.org

What Every Church Member Should Know About Poverty...bridge to poverty

February 10, 7:15 pm
Fairpoint Campus, Room 7

This 15-week study is for adults interested in reaching out to the under-resourced and is based on the book written by Dr. Ruby Payne in which he addresses some of the issues that churches face while helping individuals in poverty. This study will provide new insights about how each of us can be the hands and feet of Jesus when addressing the needs of the unemployed, homeless and those struggling with low incomes. Workbook \$25. Childcare available.

Beginner Pilates

Wednesday mornings 8:30-9:30am
Fairpoint Campus Fellowship Hall
Certified instructor, Ashley Keigley facilitates this class for women of all ages which includes a devotional and prayer. Dress comfortably and bring yoga mat. Pre-registration is required and a short medical history and exercise background forms are needed. Childcare is available. Contact Ashley at akeigley@gmail.com for more information.

Here and Now...There and Then

February 9, 6:30— 8:30 pm
Fairpoint Campus, Room 6

This Beth Moore lecture series is based on the book of Revelation. Beth presents many points of view, allowing women to decide for themselves when the interpretation varies among scholars. She teaches that God is as specific about what He does reveal as He is about what He does not reveal. The Listening Guide is for the weekly sessions and includes one homework assignment for each week. Vida Straley facilitates this 11 week study. Workbook \$10. Childcare available.

Thin Within A New YEAR... a FRESH Start Two NEW Classes

Mondays or Thursdays, 5:45-7:00 pm
Fairpoint Campus, Room 13

Finally a grace oriented approach to weight loss! Experience physical transformation as we renew ourselves from the inside out. The same workbook for both, the same curriculum, hoping to meet your scheduling needs. God's solution for permanent weight loss! Contact: Barbara Motherway (bmotherway@aol.com) or Gail Eggimann (geggimann@gbumc.org) 932-3594.

thank you

Dear Church Family,
My family wishes to thank my church family for all of the prayers, cards, food, flowers, and visits during my dad's (Herbert Lanier) lengthy illness. Special thanks goes to Reverend Ruth Knights, Dr. Herb Sadler, JR Ruth, The Messiah Sunday School Class, Reverend Jack Kale and ALL of my friends who come to church with me. You all mean so much to us and we love and bless you all!! Thank you all again! With God's Love, **Trish Davis**

I want to thank Herb, Jack and Gail for their visits and prayers while I was in the hospitals. Also my Pilgrim's Sunday School class and Ruth's Bible study class for their prayers. I love my church family.
Thank you. **Joan Benz**

The GBUMC Methodist meals program has made the lives of my wife and I a lot more comfortable...when I sent out my annual Christmas letter to friends and family, I made a point to brag about Methodist meals. To you and your staff of volunteers, we extend the same sincere wish that we gave our friends and family- May the Lord bless and keep you in His peace and love in the new decade. Cordially, **Art Lynch**

Dear Friends, Thank you for the food you sent to us. Your thoughts and prayers were so appreciated. The members of our church are so dear and special to me.
Sincerely, **Janis Strength**

missions

For information about any of these missions contact Olga at 932-3594 or obatov@gbumc.org

Mission trip to Henderson Settlement:

Pot Luck Chili / Stew Luncheon

January 24, 12:15 pm

Fairpoint Campus, Fellowship Hall

Our next trip is planned for October 16 -23, 2010 so if you think you would be interested in being a part of this mission that works on construction projects in Appalachia, please attend this luncheon where we will choose projects for next year. If you need further information call Lisa at 380-4870 or Brian at 501-8003.

ZOE Ministry trip to Maua, Kenya

June 22 - July 3, 2010

The trip activities will include, homebuilding for orphans, spending time with orphans who will be empowered through the shared ministry of GBUMC and ZOE Ministry and learning ZOE's unique Giving Hope Methodology so that you can effectively advocate for these orphans upon return. We will stay overnight in a game park with an afternoon and morning safari. The costs will include: approximately \$1,800 for airfare; \$100/night in Kenya (includes lodging, food, water, and the game park unless the fees increase. You will also need \$30 Visa fee, \$150 spending money, shots, passports, and anti-malaria meds. Please contact jkale@gbumc.org for further information.

Peru Medical trip April 10-17, 2010

Leave US Saturday, 10 April. Rest and sightsee, obtain supplies on Sunday, 11 April. Work in clinic Mon-Fri, (12-16 Apr). Leave for airport Fri night. Arrive back in US morning of Saturday, 17 April. Please get your \$100 deposit check in NOW. The balance (\$1900) will be needed from everyone no later than February 15, 2010.

Make the checks out to "Love For Peru Foundation".
Mail them to John Meade at PO Box 847, Gulf Breeze, FL 32562. Questions? Contact John Meade at jmeade@statdoc.com or Magali at soli4net@aol.com.

Habitat for Humanity Orientation

Tuesday, February 2 6:30-8:00 pm

Soundside Campus

If you or anyone you know would like to apply for housing through Habitat for Humanity, there will be a mandatory meeting for all prospective homeowners on Tuesday, February 2 at 6:30pm at the Soundside Campus.

Run for the World 2010 is almost here!

Saturday, February, 20, 8:00 am

Begins at Fairpoint Campus

Registration is going on now and the \$17 entry fee includes a newly designed T-shirt, pancake breakfast and a chance to win a weekend for two accommodations at the Hampton Inn in New Orleans among other door prizes. All proceeds from our sponsors and the race participants go to both local, national and international missions. For more information contact Biff at 934-1011 or biff_wheeler@mediacombb.net.

Relay for Life 2010

April 23-24

One church, three campuses – ONE FIGHT FOR A CURE. GBUMC has signed up for three teams, we need YOU to make a difference! Please go to www.Relayforlife.org/gbfl and find GBUMC TEAM to sign up at the campus of your choice. Any questions? Please call Olga Batova at 932-3594, ext.125

Angel Food Ministries

Pick up January 23 from 8– 10 am ONLY

Soundside Campus

Order for February delivery on January 23 and 24

Order forms at front desk of Fairpoint & Soundside

For information about Angel Food Ministries contact Tammy Veroneau at 916-1660.

Veteran's Services Organization Home for homeless vets needs furnishings

The first homeless veterans home already has two veterans in residence. There will be six homeless residents and a resident manager living in each of these homes along the Gulf coast this year. This first house is located in East Hill and the second will be in Navarre.

These homes are in need of: a total of (7) twin beds and bedding, (2) shower curtains, towel sets for baths and kitchen, cooking utensils, pots, pans, skillets, dishes and silverware.

Also needed are: sofas, chairs, dining tables, lamps, desks, dressers, chests, and computer tables.

If you would like to donate, please call Janis Wilson at 850-255-5570 or Johnny Turvin at 850-339-9028.

compassion ministries

senior ministries

For information contact Terry at 932-3594 or ttakacs@gbumc.org.

January Lunch Bunch Outings

January 20 Cactus Flower
January 27 Madison's

Be a part of the Lunch Bunch this week!
We gather every Wednesday at 11:00 a.m. behind the Sanctuary at the Fairpoint Campus and travel to a local area restaurant to enjoy fun, food and fellowship. Dutch treat—No reservation necessary!

We're Planning a Trip to Birmingham!

February 26 & 27
\$50 deposit due 1/25/10

If you're ready for a road trip, then mark your calendar for February 26 & 27 and we'll whisk you away to Birmingham. You'll enjoy the Alabama Ballet's production of Don Quixote, dine in some of the "100 places to eat in Alabama" and much more! Look for details to come or call 932-3594 for Terry to get all the info.

support ministries

Celebrate Recovery

Returns Friday, Jan 22, 7:00—9:30 pm
Soundside Campus

Beginning at 7:00 PM with large group, women's and men's small group will follow and each evening will end with a short time of fellowship with coffee and dessert.

SHARE Pregnancy and Infant Loss Support

Meets Second Tuesday of each month 6:00-8:00 pm
Soundside Campus, Room 2206

This is a group for parents who have lost babies through miscarriage, still birth, ectopic pregnancies, genetic abnormality or newborn death. SHARE support groups have been touching lives...healing hearts... and giving hope since 1977. Today there are nearly 100 chapters and we pray that this chapter at GBUMC will offer hope to hurting parents. Contact Lori at lori.farmer@uncp.edu for more information.

Alzheimer's Support Group for Caregivers

Meets Second Thursday of each month, 10:00 am
Fairpoint Campus, Room 7

A free support group for the loved ones of Alzheimer's patients. No reservations required. Please contact Courtney Cook at 478-7790 with questions.

Brave Hearts Love from Home to those deployed!

Collecting and Assembling Goodies for Troops

Sun. Feb. 7- PICK UP DONATION LIST
Fairpoint and Soundside Campus

Sun. Feb. 14 -Sun. Feb. 21-DROP OFF DONATIONS at Fairpoint Campus only
Sundays in Courtyard, Weekdays in office at Fairpoint

Sun. March 2—PACK UP BOXES

Fairpoint Campus, Fellowship Hall, 6:00 pm

All volunteers (that means you!) are welcome to join in. We are hoping cards, letters, gifts and donations will greet the soldiers for Easter! If you are not able to be involved physically, but want to help, please write a note of encouragement. For more info contact Sandra Smith (ssmith@wpslawyers.com) or Gail Eggimann (geggimann@gbumc.org) 932-3594.

OUR SHIPPING COSTS ARE EXTREME SO PLEASE CONSIDER A DONATION TO POSTAGE EXPENSES.

Divorce Recovery Class

Thursday Evenings beginning January 28, 6:00 pm
Fairpoint Campus, Room 8

This 12 week class is for those going thru separation, the divorce process or the aftermath of divorce.

The cost of the book is \$15 and for this course childcare will not be provided. If you have any questions, please call Paula Reid at 932-3594 ext 117.

NA-(Narcotic Anonymous) Fridays 8:00 pm
Fairpoint Campus, Fellowship Hall
AA-(Alcoholics Anonymous) Mon,Wed,Fri
5:30 pm Soundside Campus

Al-anon-Mondays 5:30 pm
Soundside Campus
Tuesdays 10:00 am
Fairpoint Campus Rm. 6

congregational care

prayer ministries

Prayer Requests Call 916-1554 or enter your request on the web at www.gbumc.org.

Prayer Shawl Ministry

First & Third Sundays, 5:00-6:30 pm

Fairpoint Campus, Room 12

Monday Nights, 6:00-7:30 pm

Soundside Campus,

Beginning Feb 1 will meet on the 2nd floor and

then May 1 will meet in Prayer Room

ALL are welcome as we find new ways to blanket others in prayer. If you'd like to learn to knit or crochet, or already know how, please come at any time. Contact Catherine at 384-4334 at Fairpoint, and Pamela at 939-8929 at Soundside.

The Women's Prayer and Praise Group

Second and Fourth Thursdays, 9:30-11:30 am

Soundside Campus

All women and their friends are invited to come raise praises and prayers to God on the 2nd and 4th Thursday of the month. No books are required. At this time we are unable to provide childcare. For more information please contact Beth at 934-2676

Prayer Beeper Ministry

Prayer Beeper for anyone in need of Prayer.

Are you or a loved one going through a crisis, medical treatments, feeling low and like there is little hope and just need to know someone cares?

Consider a prayer beeper. Your name (or you may remain anonymous) and prayer beeper number will be published in the bulletins and newsletters. Anyone led by God's Spirit to pray for you will call your beeper number....your beeper will vibrate letting you know someone has just prayed for you. Call Terrie Diamond at 932-3594 or stop by the church office to pick up your prayer beeper....You will be truly blessed!

Please pray for ...

Betty Tritschler 484-0173

Peter Bello 484-0172



PLEASE pray for the people of Haiti

Moms In Touch

Thursday mornings, 9:00-10:00 am

(following the school calendar-meet when school is in session)

Fairpoint Campus, Chapel

Mom's In Touch is an international organization designed to gather women to pray for our schools and children. Facilitated by Susan Hill.

Stephen Ministry

Stephen Ministry is our congregation's one-to-one care giving ministry. God works through Stephen Ministers to plant a seed of hope and healing in a person who is experiencing stress, grief, or other difficulty.

If you need someone to listen, encourage and offer support for whatever it is that is going on in YOUR life, contact 932-3594 and ask for a Stephen Minister.

Weekly Prayer Groups

Prayers for Support & Healing:

Sunday mornings, 10:40 am

Fairpoint Chapel

Communion is served.

Women's Weekly Prayer Group:

Monday mornings, 10:00 am

Fairpoint Campus-Book Place

Men's Weekly Prayer Group:

Tuesday mornings, 6:30 am

Gulf Breeze Hospital Cafeteria

Contact Ralph Gaither at 437-0966.

Women's Weekly Prayer Group:

Tuesday mornings, 6:30 am

Fairpoint Campus, Room 6

Contact Pat Potter at 932-2698.

Evening Prayer Group:

Tuesday evenings, 6:00 pm

Fairpoint Campus, Sanctuary

Contact Nancy Millay at 932-3752.

congregational care

Falling in Love – Again

Barbara Donnadieu
Christian Counseling Center

The New Year is a great time for determining to revive our most important relationships. If you are married, or in a committed relationship, I invite you to join me in looking at ways to improve and restore what you had when you were first drawn to each other, and fell in love.

When love was new, it seemed that everything about it came naturally. It was a thrill just to think of him; just to be near her. The chemistry is undeniable. You truly do see your Love through rose-colored glasses.

As much as we all want to believe that those feelings will never change, the reality is that things *do* change. Many changes are for the better, such as an increased sense of security, and knowing each other more intimately. But some changes, which are simply the natural evolution of relationships, can be disappointing ... especially when we interpret them negatively. And how can we not miss the excitement and energy that comes with new love?

There are many attitudes and behaviors that contribute to a stronger, richer, and more rewarding marriage. I will address just a few cornerstones that I have found, in counseling and research, to go a long way to building a stronger marriage.

Evidence of respect. This includes consideration and caring. Consider what is important to your spouse, even if it is not so important to you. Is it being punctual? Taking time to support an activity she/he loves? You don't have to do everything together, but there are times when you need to put your spouse's interests first.

Acceptance of imperfections. Our marriage constitutes our most intimate and powerful relationship. We go into it with high expectations that our partner will continue to offer all that we need, and support us in every way. It is much easier to accept the limitations of someone else in our lives. When others don't come through, we may feel disappointed, but we reduce our expectations and carry on. When our spouse disappoints us, it can feel like a betrayal of our trust and even a failure of the relationship. No one is perfect, not even you! But you may need to express your concerns ... respectfully.

Demonstrations of affection. When we first fell in love, we wanted to be as close as possible, and this was demonstrated with much touching, kissing, holding hands, and simply looking lovingly into each others' eyes. When we get preoccupied with work, maintaining a home, chasing children, these behaviors can be neglected. They just don't seem as important.

Please know that finding time for affection is a habit that is extremely valuable to nurture and maintain.

Clarity in communications. I saved this for last because it is generally the most complicated to improve ... yet it is critical. Breakdowns in communication are often the source for the problems addressed above. We suddenly find we have gone from believing everything our lover says is positive, to often *assuming* negative intent.

Much of the difficulty comes from over-interpreting the statements and behaviors of our partner. As just one simple example, if our partner is quiet or contemplative, we may fear their anger is the cause, or they are pulling away. Our fear tends to make us defensive, and our reaction is our own anger. And the anger escalates! I would urge you to fight back the tendency to be defensive, and take time to *check it out*. Easier said than done, I realize, because once we make an assumption, we tend to lock into it. Think in terms of assuming *good* intent, rather than *bad* intent.

A good solution is to develop an agreement with your partner that he/she will work with you as soon as possible after the first negative reaction occurs. Challenge yourselves as to who can be the first to interrupt the negativity. Think in terms of *de-escalating* the negativity vs. *escalating*. Ask for clarification of what your partner is saying, and calmly explain your own position further.

Equally important, is to make a concerted effort to speak respectfully and calmly. It is all too easy not to realize that we have an element of impatience or even disgust in our tone. I often hear one spouse say, "I only said, 'xyz'," and the other spouse will put a tone on the same quote so that it comes out as "*X!?!Y!?!Z!?!?*"

Finally, God's plan, and my prayer, is that your marriage be the very best in the way of satisfaction, stability, joy, and richness. If you are feeling disappointed in your marriage, or simply see yourselves as taking your relationship for granted, I encourage you to do whatever is necessary to make it better. Talk it over, and agree upon the best course for you. The crucial key is that you address problems sooner than later.

Christian Counseling Center 932-3594

Melody Fifer, Mental Health Counselor
Kathy Doman, Mental Health Counselor
Barbara Donnadieu, Marriage & Family Counselor

congregational care

WORSHIP ATTENDANCE

January 10 2370
January 17 2310

FAIRPOINT CAMPUS

75 Fairpoint Drive Gulf Breeze
932-3594

Sunday Services

8:00, 9:30 & 11:00 am

Sunday School & Worship Services

Join us in the Courtyard for
coffee and fellowship
following each service!

Wednesday Worship Service

"The Table" begins

January 13, 6:00 pm

Chapel

Emerge Student Ministry

Sundays 9:30 am & 11:00 am

"Encounter" Sunday Nights

6:00-7:30 p.m.

SOUNDSIDE CAMPUS

4115 Soundside Drive
Gulf Breeze
916-1660

Sunday Services

8:00, 9:00 & 10:30 am

Sunday School &
Children's Worship

Emerge Student Ministry

9:00 -10:00 am

Sunday Nights 6:00-7:30 pm

WORSHIP AT THE WATER

Starts March 7

Flounder's on Pensacola Beach

Sunday Mornings, 9:00 am

PRAYER REQUEST LINE

916-1554 or www.gbumc.org



RETURN SERVICE REQUESTED

THE BOOK PLACE

Open Sunday Morning 9:00-Noon
Fairpoint Campus

RECOMMENDED BOOKS

"**TODAY IS THE ONLY DAY!**" by Herb Sadler. When problems arise in our lives, we often put off positive action until tomorrow. Dr. Sadler points out that since tomorrow is always in the future, today is the only day we have. He shows how the Good News of Jesus Christ helps us deal with a variety of problems.

"**THE BERENSTAIN BEARS SAY THEIR PRAYERS**" By Stan Berenstain. *The Berenstain Bear* series helps children learn how God wants them to live every day.

"**QUIET STRENGTH: THE Principles, Practices, and Priorities of a Winning Life**" by Tony Dungy. In this inspiring and reflective memoir, Coach Dungy tells the story of a life lived for God and family – and challenges us all to redefine our ideas of what it means to succeed.

NEW BOOKS FOR ADULTS AND CHILDREN ARRIVING WEEKLY