The Great Date Night

A program authored, presented and illustrated by Lionel Hartley, PhD

An educational fun evening that includes a Marriage Vows Renewal and presention also teaches Hartley's Ten Key Elements of a Health Marriage "Marriage: Love is the reason. Lifelong friendship is the gift. Kindness is the cause. Til' death do us part is the length." — Fawn Weaver

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The Great Aussie Date Night Transcript

Slide 1 – Title

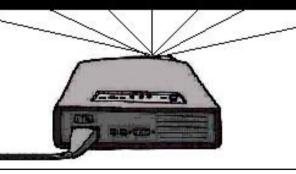
Welcome to the Great Aussie Date Night.

Why a date night?

 An archaeologist is the best husband any woman can have — the older she gets, the more interested he is in her.

Agatha Christie





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Slide 2 – Why have a date night? Why have a date night? There is a story about a man and wife who were celebrating their golden wedding anniversary-fifty years of married life. Having spent most of the day with relatives and friends at a big party given in their honour, they were back home again. They decided, before retiring, to have a little snack of tea with bread and butter. They went into the kitchen, where the husband opened up a new loaf of bread and handed the end piece (the heel or crust end) to his wife. Whereupon she exploded! She said, "For fifty years you have been dumping the

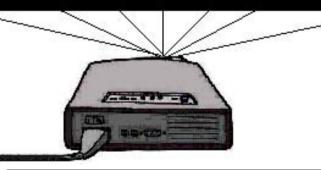
Why a date night?

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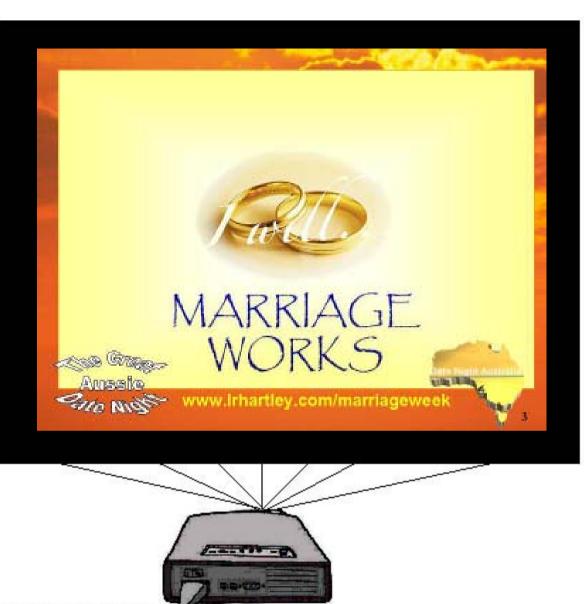


www.lrhartley.com/marriageweek



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 4 ©Lionel Hartley, PhD heel of the bread on me. I will not take it anymore; this lack of concern for me and what I like." On and on she went in the bitterest of terms, for offering her the heel of the bread. The husband was absolutely astonished at her tirade. When she had finished he said to her quietly, "But it's my favourite piece."

A date night is the ideal time to touch base, to take stock, to talk and to touch.



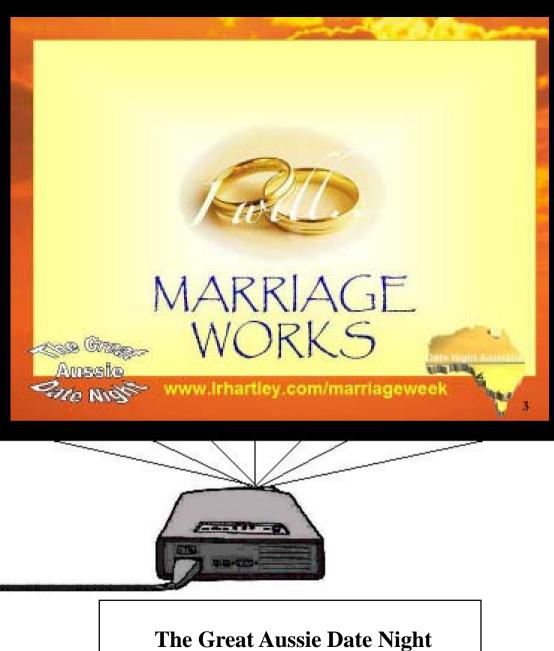
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Slide 3 – Marriage works.

I have been married to Rosemary since 1979, which now-a-days is a long time to be married to one person. But let me tell you that it would have seemed a lot longer without her.

There would be fewer divorces if the husband tried as hard to keep his wife as he did to get her.

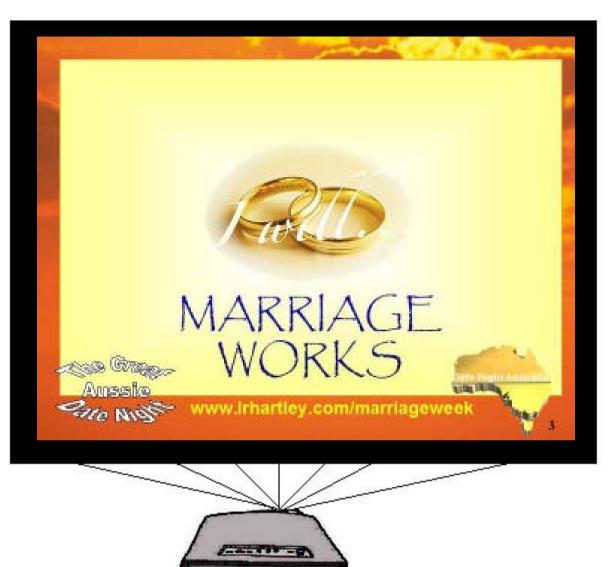
A successful marriage is the result of falling in love often—with the same person. If a man has enough horse sense to treat his wife like a thoroughbred, she'll never grow into an old nag. Troubles in



Transcript and PowerPoint[®] Slides Page 6 ©Lionel Hartley, PhD marriage often start when a man is so busy earning his salt that he forgets his sugar.

A golden anniversary party was thrown for an elderly couple. The husband was moved by the occasion and wanted to tell his wife just how he felt about her. She was very hard of hearing, however, and often misunderstood what he said.

With many family members and friends gathered around, he toasted her: "My dear wife, after fifty years I've found you tried and true!" Everyone smiled approval, but his wife said, "Eh?" He



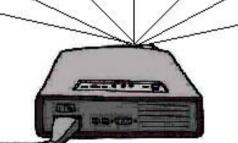
repeated louder, "AFTER FIFTY YEARS I'VE FOUND YOU TRIED AND TRUE!" His wife harumped and shot back, "Well, let me tell you something — after fifty years I'm tired of you, too!"

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Slide 4 – Date Night TV

Here we are back to this issue of communication. Watch this for a few minutes...



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Slide 5 – Video clip (Change Your Words)

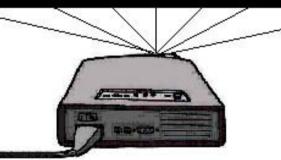


The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 9 © Lionel Hartley, PhD Listening intently with one's mouth shut is a basic communication skill needed in marriages.

- H. Norman Wright, Communication: Key to Your Marriage.

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www.Irhartley.com/marriageweek

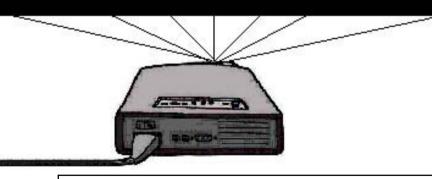


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Slide 6 – Quote by H Norman Wright

Something old, something new, something borrowed, something blue





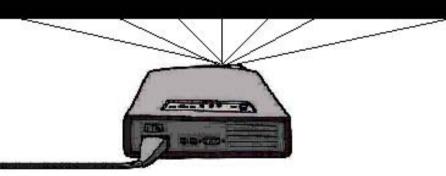
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Slide 7 – Wedding Customs

Wedding customs – "Something old, something new, something borrowed, something blue ... and a silver sixpence in your shoe." It's a Victorian rhyme listing popular wedding traditions that were thought to bring a bride good luck — and each piece of the rhyme has roots in its own superstition. For instance, something old ties the bride to her family and her past, while something new is supposed to give the new couple a happy future. The bride should borrow something from a happily married

Something old, something new, something borrowed, something blue

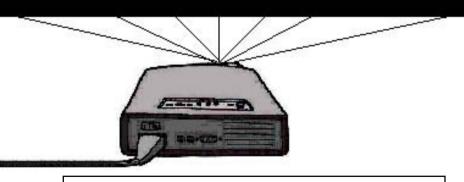




wife to bring happiness, health and longevity to the newlyweds. The something blue is supposed to represent love and fidelity. And a silver sixpence in my shoe? Sure, it's cold hard cash, but superstition suggests fortune will smile upon a bride with some small change in her slipper. A coin in the bride's shoe may be intended to bring good fortune, but it may also lead to a sore foot.

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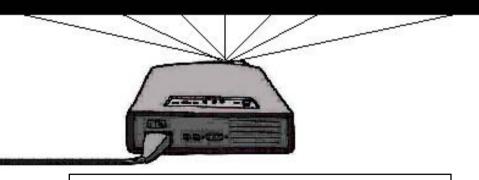
Slide 8 – Wedding Customs

Wedding customs – Limousines, shivaree & tin cans

OK, so you've thrown a wedding and invited the whole neighbourhood, and you're tired. An hour or so after you go to sleep, all your friends turn out and bang pots and pans under your windowsill, and you're expected to reappear in full wedding attire and feed the rowdies so they'll go away.

Sound like fun? Probably not. But this was the shivaree, which was



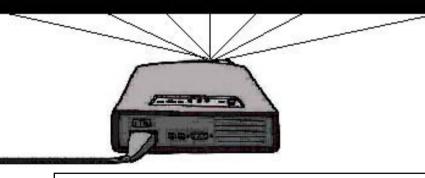


The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 14 ©Lionel Hartley, PhD practiced on the American frontier into the early 20th century.

The American version originated in France, where communities would conduct a charivari for widowers or grooms from out of town. These grooms, outsiders who had effectively snatched a local girl out of the clutches of the local boys, were to pay a toll to the offended locals by offering a midnight meal.

Early French settlers brought the practice to the Mississippi Valley in the 1600s, and other settlers caught on. The midnight parties became an event that grooms





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worked to deflect; historians cite cases where prosperous ranchers would throw enormous barbecues for the community just to avoid getting "shivaree'd."

Tying the tin cans on the bumper of the limousine may serve as a poor substitution for an all-night party, but it's interesting to note that the decorating of the car is generally done by the groom's male friends – men who effectively have lost their chances with the bride who's being whisked away.

Wedding Customs Bride wearing white www.irhartley.com/marriagewee

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Slide 9 – Wedding Customs

Wedding customs – They say that the Bride wears white for purity and the Groom wears black. No wonder I chose to be married in a blue suit.

When Queen Victoria wore a white wedding gown, it was considered stylish but a rather conservative fashion choice. (And at the time that she married her cousin Albert in 1840, it was also a colour you'd wear while in mourning.)

Trends at the time were toward colourful dresses, or, for many



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 17 © Lionel Hartley, PhD women, wearing their best dress along with all their best accessories. Victoria's white dress adorned with orange blossoms, however, was an immediate fashion hit, inspiring women to wear white; the colour quickly became a symbol of purity, innocence and chastity.

The picture on the screen is Queen Victoria's wedding dress on display in Kensington Palace in March 2012.



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Slide 10 – Wedding Customs

Wedding customs – Flowers (**Picture in slide overlay**)

They're not just beautiful accessories: The wedding bouquet and veil both originated as ways for the bride to ward off evil.

Did you ever consider walking down the aisle clutching a bundle of garlic and dill? Well, if you're a stickler for tradition, you might want to think about it. Until modern times, brides did carry garlic and dill. The practice probably originated from



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 19 ©Lionel Hartley, PhD the time of the Great London Plague, when people clutched the herbs over their noses and mouths or carried rose petals in a pocket in a desperate effort to survive.

Another fanciful theory comes from the 1500s. Most people got married in June because they took their yearly bath in May and were still smelling pretty good by June.

However, they were starting to smell, so brides carried a bouquet of flowers to hide any body odour.



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Slide 11 – Wedding Customs

Wedding customs – Unity candle

A young bachelor was at a wedding of a previous girlfriend and appeared unaffected by the ceremony until the bride and groom lighted a single candle with their candles and then blew out their own.

With that he brightened and whispered, "I've never seen that done before."

His companion whispered back,

"You know what it means, don't you?"

His response: "No more old



flames?"

Someone has dryly said, "During the marriage ceremony two become one — on the honeymoon they discover which one."

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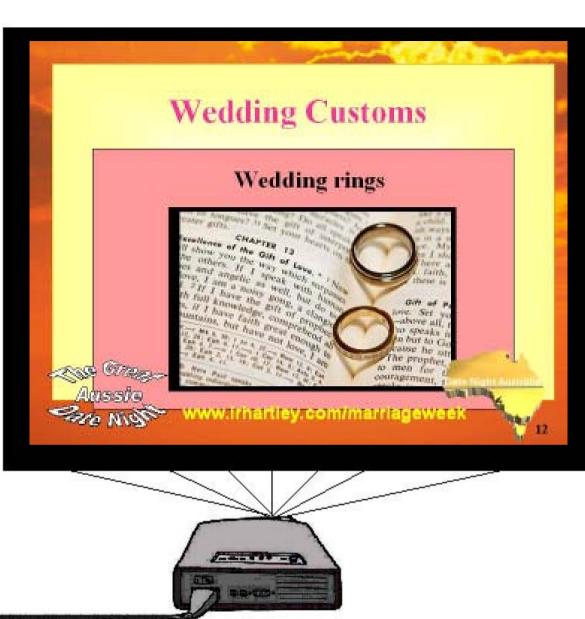


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Slide 12 – Wedding Customs

Wedding customs – Wedding rings A teenage girl was examining her grandmother's wedding ring. The girl said, "Wow, what heavy and cumbersome rings those were fifty years ago." The grandmother replied, "That's true, but don't forget that in my day they were made to last a lifetime."

n Thornton Wilder's play *The Skin* of Our Teeth the character Mrs. Antrobus says to her husband, "I didn't marry you because you were perfect. I married you because you gave me a promise." She takes off



her ring and looks at it. "That promise made up for your faults and the promise I gave you made up for mine. Two imperfect people got married, and it was the promise that made the marriage."

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Slide 13 – Wedding Customs

Wedding customs – Kissing the bride Philematology is the science of kissing.

George Meredith in his novel 'The ordeal of Richard Deverel' wrote, "Kissing don't last; cooking do".

Author Steven Poole writes, "A Japanese couple, recent arrivals in the States, were getting married. Despite their limited exposure to western customs, the Americanstyle wedding went well. But when the minister invited the couple to



kiss, nothing happened. Surprised, the minister turned to the bride and said, "How about a little kiss?" Not wanting to offend, she shyly leaned forward and kissed him!

Many years ago I could hear a TV blaring in another room and I overheard the announcer saying that "Kissing is just a matter of putting your lips to the sweet end of 66 feet of intestines"

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Slide 14 – Wedding Customs

Wedding customs – Cutting the cake

A doctor was addressing a large audience in Tampa. "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all, and we all have,



or will, eat it.

Would anyone care to guess what food causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a small 75-year-old man in the front row, raised his hand and said, "Wedding Cake?"





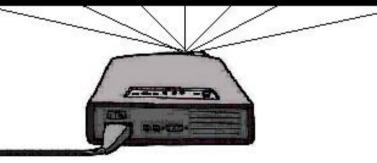
Slide 15 – Wedding Customs

Wedding customs – Tossing the bouquet

My wife does this in the general direction of the compost bin a week after I buy her roses or two weeks after I buy other flowers.

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Slide 16 – Wedding Customs

Wedding customs – Wearing & Tossing the garter

This practice, as it turned out, was devised as a way to actually physically protect the bride from the wedding guests.

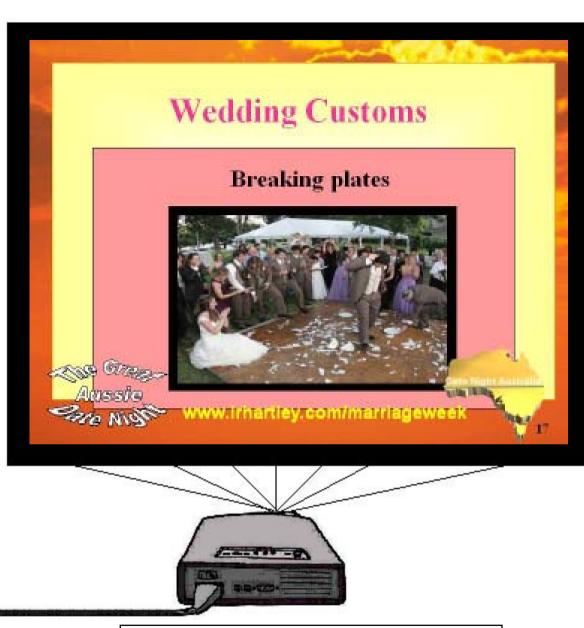
It derives from a tradition in medieval England and France called "fingering the stocking." Guests would actually go into the wedding chamber and check the bride's stockings for signs that the marriage had been consummated. Further, in France, the bride would



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 30 ©Lionel Hartley, PhD shudder with terror at the end of the wedding ceremony because guests would actually rush her at the altar to snag a piece of her dress, which was considered a piece of good luck.

A wedding would sometimes end with a battered bride sobbing at the altar in a snarl of tattered rags.

Apparently, these practices were so intrusive and invasive that someone, somewhere, decided to pacify the mob by the bride wearing & tossing a garter.



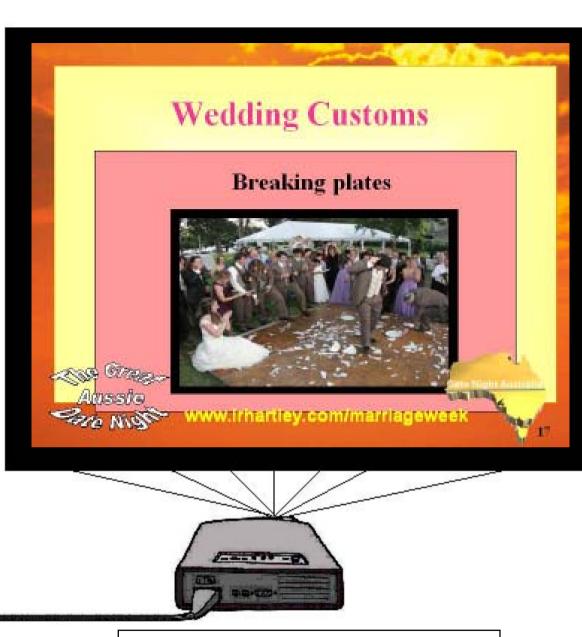
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Slide 17 – Wedding Customs

Wedding customs – Breaking plates

Greek newlyweds smash plates on the floor after the wedding celebration as guests join in choruses of "Oopah!" to wish them good luck in their new life ahead. The ritual also symbolizes abundance.

In earlier times, lovers used to break plates in half when they had to part ways. This was so they could recognize each other by matching the two halves upon



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 32 ©Lionel Hartley, PhD meeting again even after several years.

Today, in homage of this tradition, jewellers create small split versions using Phaistos disks so lovers can wear one half each.

(The Phaistos Disc (also spelled Phaistos Disk, Phaestos Disc) is a disk of fired clay from the Minoan palace of Phaistos on the Greek island of Crete, possibly dating to the middle or late Minoan Bronze Age (2nd millennium BC))

According to The Broken Plate Pendant Company, the tradition of breaking plates in praise of a



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 33 ©Lionel Hartley, PhD musician or dancer is deemed to be part of "kefi"— the irrepressible expression of emotion and joy. It is customary to break plates during artistic performances as a way to protect the artists from the malevolent spirits that may be present.

The conclusion of a Jewish wedding, with its layers of symbolic practices, often ends with the groom crushing a wine glass under his heel.

Like many traditions in Jewish weddings, such as standing under the Chuppah and the bride circling



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 34 ©Lionel Hartley, PhD the groom seven times, the breaking of the glass can symbolize many things. But the chief connotation is that the breaking of the glass serves as a reminder of the destruction of the Temple in Jerusalem, the most holy place in all of Jewish history.

Another connotation is that it reminds the couple of the fragility of the relationship and the need to preserve it. In some cases, modern couples may find the practice a somewhat oppressive burden in its reminder of thousands of years of history. But then, isn't that what tradition is for?



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Slide 18 – Wedding Customs

Wedding customs – The Toast

It's called a "toast" because the French used to place a piece of bread in the bottom of a wine goblet, to impart flavour. Each celebrant drank and passed the goblet to the next hardy soul. The person for whom the toast was given would drink the goblet dry while slurping up the toast.

Nowadays toasting with fruit juice or non-alcoholic wine has changed from being a novelty to becoming quite acceptable.



Slide 19 – Wedding Customs

Wedding customs – 1st dance Whenever I see dancing I am reminded of the French proverb which says, "Love teaches asses to dance".



Wedding Customs



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Slide 20 – Wedding Customs

Wedding customs – Carrying the bride over the threshold

In the 1500s in Europe, the house floor was dirt. Only the wealthy had something other than dirt, hence the expression "dirt poor."

The wealthy had slate floors which would get slippery in the winter when wet. So they spread thresh on the floor to help keep their footing. As the winter wore on they kept adding more thresh until when you opened the door it would all start slipping outside.



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A piece of wood was placed at the entry way, hence the word "thresh hold".

The tradition of carrying the bride over the threshold is thought to come from a few different roots. For example, let's begin our bridetoting origins tour in medieval Europe.

This story goes something like this; during the Middle Ages, it would have been improper for a bride to show any eagerness or desire to consummate her marriage — and therefore she needed to be carried over the threshold by her groom.



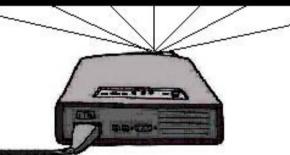
The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 39 ©Lionel Hartley, PhD Virginity aside, most other origins of this tradition come from superstition and belief in evil spirits.

Carrying the bride across the threshold in Western Europe, for example, was once thought to help keep away evil spirits.

You wouldn't want a clumsy bride to trip as she walked through the threshold and bring bad luck to the marriage, nor would you want the evil spirits hidden in the soles of her feet to curse the house as she walks through the doorway.



Today the tradition is considered a romantic gesture rather than a result of superstition or modesty.



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Slide 21 – Wedding Customs

Wedding customs – Jumping the broom

While trendy African-American couples sometimes incorporate this ritual into modern ceremonies, their great-great-grandparents might not have approved.

The practice of jumping the broom started in slave times, when it was actually illegal for slaves to marry. Nonetheless, the people on the plantations sought to form bonds that were acknowledged by the community, so they jumped the



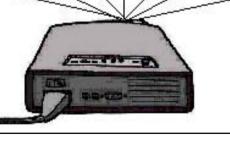
The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 42 ©Lionel Hartley, PhD broom together in lieu of a legal wedding. Historians note that freed slaves taught their children to disdain the practice, because to them, it was a symbol of bondage.

However, the poignant scene in Alex Haley's "Roots," in which Kunta Kinte jumped the broom on the plantation with his bride, led to a revival of the custom.

In that scene, the captive from Africa is not accepting his captivity, but he is acknowledging a powerful bond with another person despite being trapped in a life he didn't choose.



Despite their ancestors' distaste for the practice, some modern couples incorporate jumping the broom into their ceremonies as a connection to a painful but significant part of their heritage.



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Slide 22 – Wedding Customs – Jumping the Broom (2) One such couple was Herbert and Zelmyra Fisher of North Carolina.

As of February 2010, Zelmyra and Herbert held the world record of the longest marriage for a living couple as recorded by the Guinness Book of World Records.

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Slide 23 – Twitter

Although they said they have no secrets to their long term marriage success, they gave free marriage advice on Twitter on Valentine's Day 2010.

When asked to share the best marriage advice they've received, they said: Respect, support & communicate with each other. Be faithful, honest & true. Love each other with ALL of your heart."

Zelmyra says of the secret to a happy marriage: "[there are] no secrets. There isn't any secret. It was only God that kept us



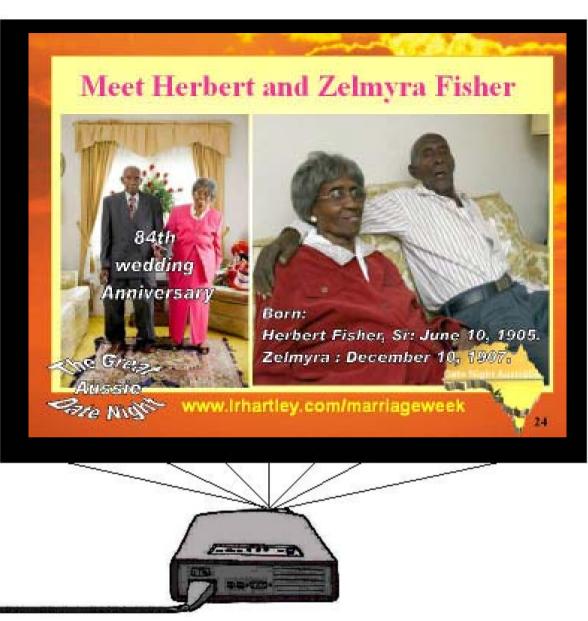
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together."

"We didn't get mad a lot," she recalls of the years past. "We got along alright together."

In a rare occasion that a falling-out did arise "he would always win," she said with a laugh."

Herbert responded, "No, no trouble at all. We never argued, but we might have disagreed."



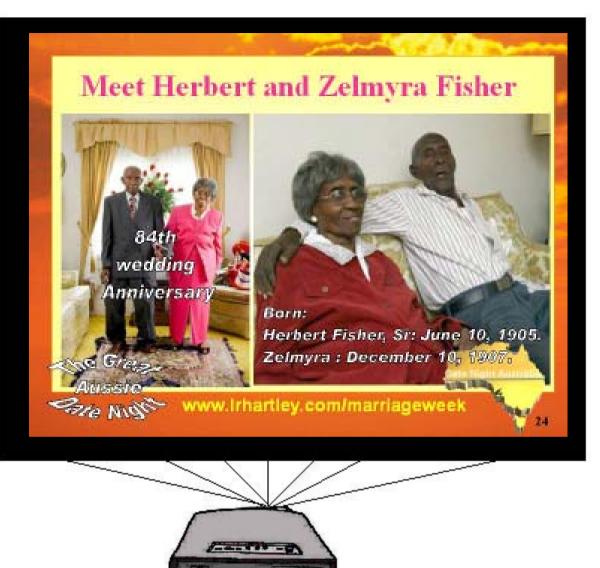
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Slide 24 – Herbert & Zelmyra

Norma Godette one of the Fisher's five children said: "If there was ever love, it's between my parents.

By example, they have taught us how to treat others as we would like to be treated and to live our lives according to the Ten Commandments. They taught us to love and respect everyone."

The Craven County Board of Commissioners said, "Their marriage success can give hope to other couples with separate



bedrooms and to couples in an interfaith marriage."

Herbert died in 2011 just before their 87th wedding anniversary and Zelmyra died in 2013.

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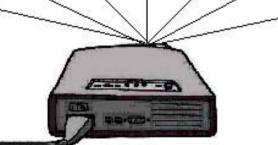
Slide 25 - Penguins

One couple that didn't make the record books was Peter and Cornelia Wilson. Peter, talking to Marriage Partnership Magazine about his wife of 80 years said, "Some days she wants to have cabbage, and I want greens. Those are the only kind of disagreements that we have."





Slide 26 – Date Night TV (Music)



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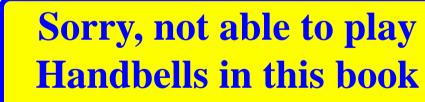
Slide 27 - Musical item: *extraordinaire instrument de musique*



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Slide 28 – Hartley Handbells



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 Aumatawhakatangihangakoauauotamate aturipukakapikimaungahoronukupokaiw henuakitanatahu.

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Slide 29 - Romance:

Aumatawhakatangihangakoauauotamatea turipukakapikimaungahoronukupokaiwhenuakitanatahu.

The longest place name in the world is

Aumata-whaka-tangi-hangakoauau-o-Tamatea-turipukakapiki-maunga-horo-nuku-pokaiwhenua-kitana-tahu

Yep, that's one word. It's the name of a hill on New Zealand's North Island.

The word is Maori for "the place where Tamatea, the man with the big knees who slid, climbed and

 Aumatawhakatangihangakoauauotamate aturipukakapikimaungahoronukupokaiw henuakitanatahu.

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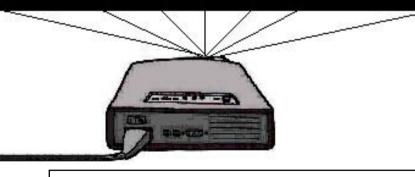
swallowed mountains, known as land-eater, played his flute to his loved one."

Isn't that just so romantic.

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 "The key to fulfilment in marriage consists of always speaking the truth in love, continually demonstrating affection to each other, purposefully fulfilling one another sexually and encouraging - allowing and helping each other grow to each's full potential as the Creator designed for your marriage."

- Lionel Hartley, Lionel's Listening Post Australian Singles Magazine 1/92 p3 Australian Singles Magazine 1/92 p3 Australian Singles Magazine 1/92 p3



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Slide 30 – Romance (read quote from screen)

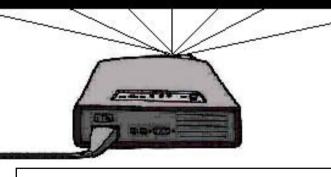
Some people just don't get it: Listen to this writer whose article appeared in the Arkansas Democrat: "Woman are very touchy about certain gifts, as I discovered years ago after buying my girlfriend a (baseball) catcher's mitt for her birthday.

It seemed to me to be a particularly thoughtful gift, especially since she claimed not to be getting enough physical exercise. But apparently she didn't see it that way.

The minute she unwrapped it, she

 "The key to fulfilment in marriage consists of always speaking the truth in love, continually demonstrating affection to each other, purposefully fulfilling one another sexually and encouraging - allowing and helping each other grow to each's full potential as the Creator designed for your marriage."

- Lionel Hartley, Lionel's Listening Post



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 56 ©Lionel Hartley, PhD ran sobbing from the room.

"At first, I thought those were tears of joy streaming down her face. I figured she was overwhelmed at being the first in her crowd to have a catcher's mitt, that sort of thing. Or I figured she was so excited she couldn't wait to get outside and work on her throws to second base. But when she didn't return after a few hours I got the hint.

"Here I'd spent all that time running around from one sporting goods store to the next trying to find the perfect gift. I mean, we're talking the Johnny Bench model

 "The key to fulfilment in marriage consists of always speaking the truth in love, continually demonstrating affection to each other, purposefully fulfilling one another sexually and encouraging - allowing and helping each other grow to each's full potential as the Creator designed for your marriage."

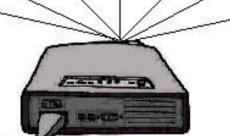
- Lionel Hartley, Lionel's Listening Post Se Grass Australian Singles Magazine 1/92 p3 Australian Www.lrhartley.com/marriageweek here; top of the line. And she calls me insensitive. I mean, you'd think I gave her a year's subscription to Field and Stream or a box of shotgun shells, which everybody knows should be saved for Christmas stocking stuffers. Personally, I think she just had a lot of anger in her and took it out on me. Not that I'm trying to play amateur psychologist or anything."





Slide 31 – Date Night TV (R U Bored?)

(Time to stretch legs?)



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Slide 32 – Video clip – R U Bored?



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 A love which depends solely on romance, on the combustion of two attracting chemistries, tends to fizzle out. ... A long-term marriage has to move beyond chemistry to compatibility, to friendship, to companionship. It is certainly not that passion disappears, but that it is conjoined with other ways of love.

- Madeleine L'Engle

Anneene

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with the life of

Slide 33 – Romance (read quote from screen)

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 Attention to our marriage is an act of obedience to God. It is one concrete way we can put the kingdom of God first in our lives. We are serving Christ when we are investing time and energy in the marriage relationship.

- Richard J. Foster

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Slide 34 – Romance (read quote from screen)



Slide 35 – Date Night TV (Puppy Fun)

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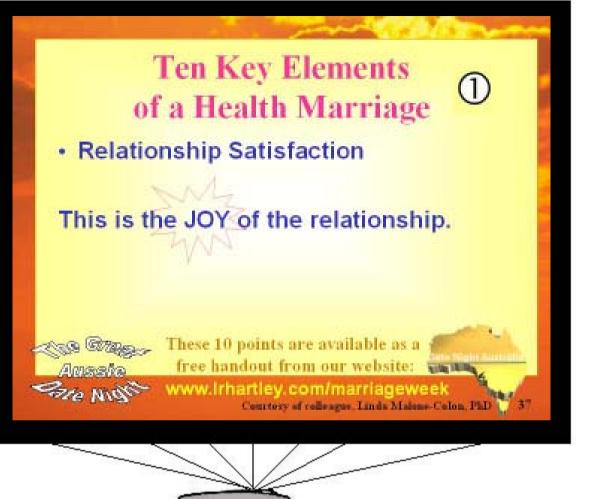
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Slide 36 – Video clip – Puppy Fun

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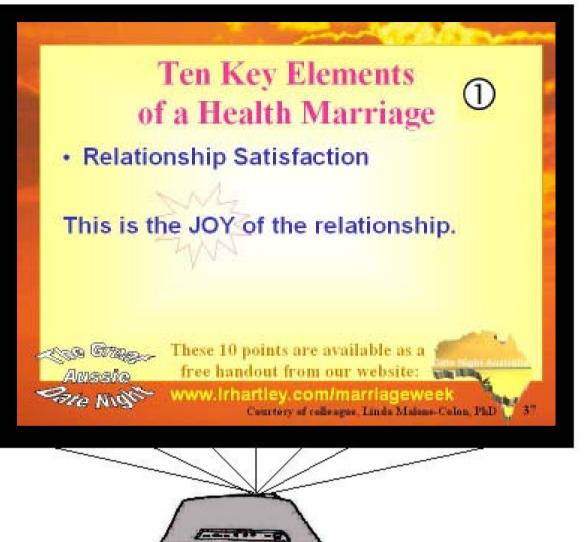


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Slide 37 – Ten Key Elements of a Health Marriage

1. Relationship SatisfactionThis is the JOY of the relationship.Relationship satisfaction simplyrefers to couples' mutual andoverall satisfaction with theirrelationship.

It is the sense or belief that the marriage/relationship adds to one's personal satisfaction, happiness, and joy in life. This does not mean that the relationship is challengefree or problem-free but is the



feeling that, overall, the relationship adds to, rather than subtracts from, the joy, happiness, and satisfaction in one's life.

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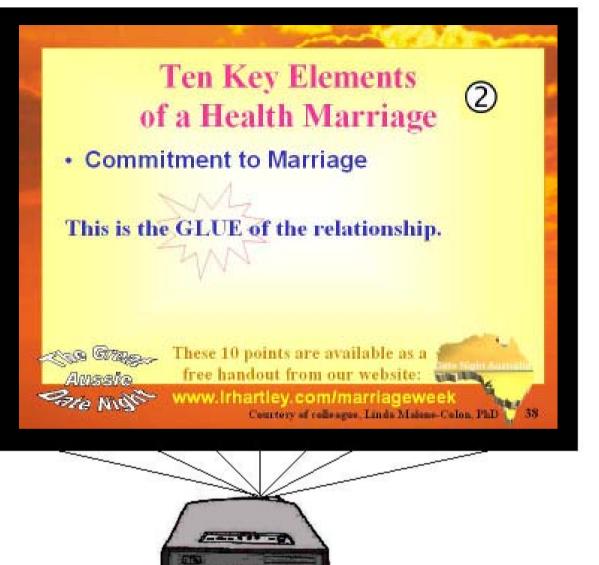
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Slide 38 – Ten Key Elements of a Health Marriage

2. Commitment to Marriage This is the GLUE of the relationship.

Spouses who are committed to their marriage have a long-term perspective or view for the relationship and a willingness to make sacrifices.

They are also able to compromise and change their behaviours for the long-term good of the relationship.



These spouses have made a decision to stay in the marriage, in sickness and in health, and trust that their partner will stay as well.

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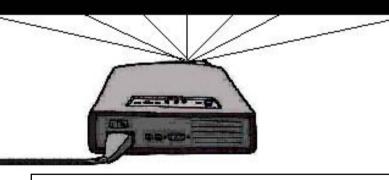
Ten Key Elements of a Health Marriage



 Friendship and Spending Time Together

This is the FOUNDATION of the relationship.

AMERICA These 10 points are available as a free handout from our website: WWW.Irhartley.com/marriageweek Country of releages, Luide Maine-Color, PaD 3



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Slide 39 – Ten Key Elements of a Health Marriage

3. Friendship and Spending Time Together

This is the FOUNDATION of the relationship. It is upon the rock of friendship that couples build a healthy marriage.

Spouses who are friends are accepting and respectful of one another and do not try to control or change each other. These

Ten Key Elements of a Health Marriage



 Friendship and Spending Time Together

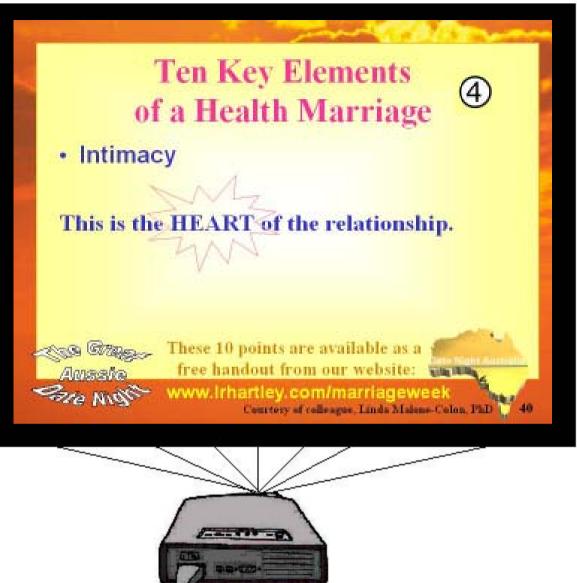
This is the FOUNDATION of the relationship.

Amaaha

These 10 points are available as a free handout from our website: www.irhartlev.com/marriadeweek TOTAL AND Courtery of colleague, Linda Malene-Colon, PhD friendship spouses genuinely like one another and enjoy spending time together.

They have shared interests, values, visions and goals. These couples also share power, decisions, responsibilities and tasks in the relationship. The time spent together is mutually sufficient and acceptable for each spouse.





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Slide 40 – Ten Key Elements of a Health Marriage

4. Intimacy

This is the HEART of the relationship.

Real spousal intimacy is a physical, emotional, intellectual and spiritual closeness that is mutually satisfying.

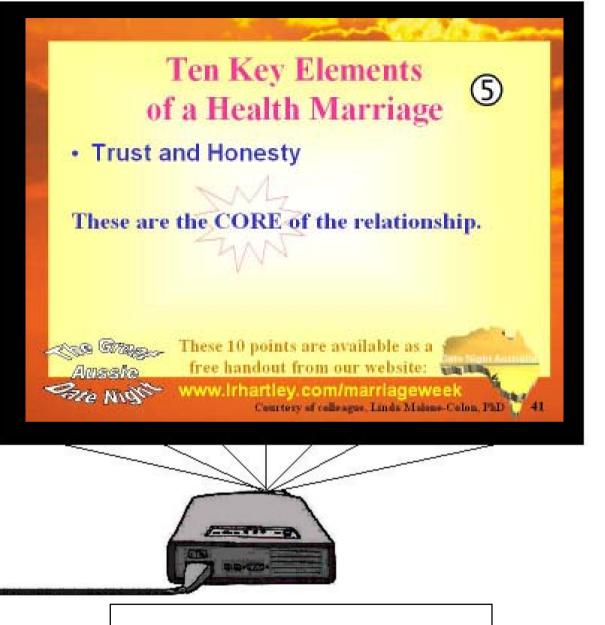
It's the place where two souls meet. It means that spouses are collectively expressing and

Ten Key Elements (4)of a Health Marriage Intimacy This is the HEART of the relationship. These 10 points are available as a free handout from our website: Anaaha www.Irhartlev.com/marriadeweek Courtery of collegene. Linds Malone-Colon PhD

experiencing the love, care and affection of one another.

There is a feeling of genuine warmth, closeness and connection between them.

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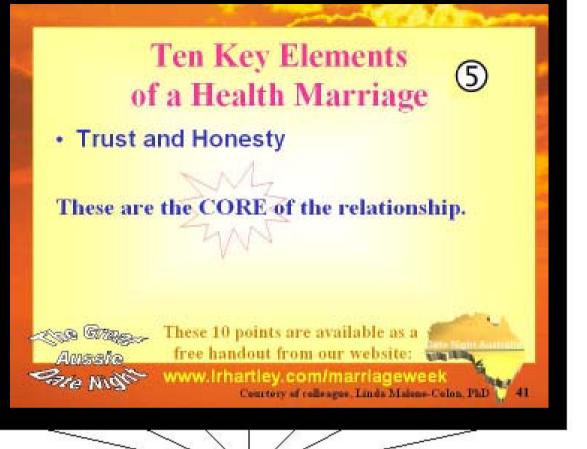
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Slide 41 – Ten Key Elements of a Health Marriage

5. Trust and Honesty These are the CORE of the relationship.

Husbands and wives who trust each other believe that their spouse is honest and can be trusted. They feel that their partner is treating them fairly and justly.

They know that their partner is dependable and that they can count on each other to be there as



promised and to help when needed. Spouses who are honest, share information that is truthful and do not withhold information that is essential for a healthy relationship.

They keep it real, are authentic, and do not pretend to know something that they do not know or to be someone who they are not.

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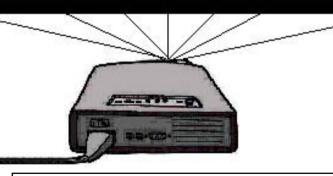
Fidelity

This is the PROMISE of the relationship.



These 10 points are available as a free handout from our website: www.lrhartley.com/marriageweek Centers of colleages. Linds Malene-Colos, PhD 42

(6)



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Slide 42 – Ten Key Elements of a Health Marriage

6. Fidelity This is the PROMISE of the relationship.

Spouses are faithful when they do not cross sexual or emotional boundaries with others outside the marriage. Sexual fidelity refers to having exclusive sexual relations with one's spouse.

However, many fail to recognize



Fidelity

This is the PROMISE of the relationship.



These 10 points are available as a free handout from our website:

that they can also be emotionally unfaithful.

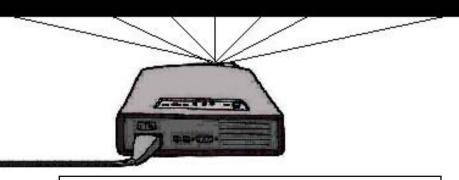
Emotional infidelity has three components:
1) emotional intimacy,
2) secrecy, and
3) sexual chemistry with someone outside the marriage.

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 Fidelity (the PROMISE of the relationship) Emotional infidelity:

- emotional intimacy
- secrecy
- sexual chemistry with someone outside the marriage

These 10 points are available as a free handout from our website:



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Slide 43 – Ten Key Elements of a Health Marriage

6. Fidelity (Continued)

Emotional intimacy is a deep and passionate connection with another person and may include confiding in that person information that is not shared with the spouse.

Secrecy involves withholding from a spouse aspects of a relationship with another outside the marriage that may jeopardize the relationship with the spouse.

6

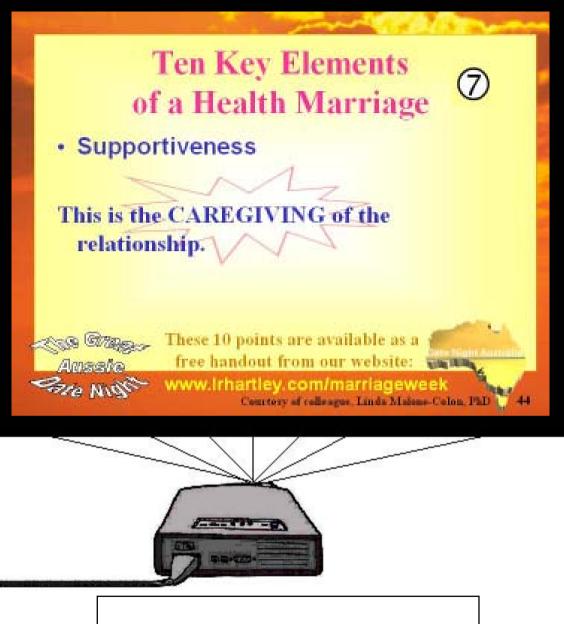
Fidelity (the PROMISE of the relationship)

Emotional infidelity:

- emotional intimacy
- secrecy
- sexual chemistry with someone outside the marriage

Anasio Anasio These 10 points are available as a free handout from our website:

The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 77 ©Lionel Hartley, PhD Sexual chemistry is having a sexual attraction to another person.



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Slide 44 – Ten Key Elements of a Health Marriage

7. Supportiveness This is the CAREGIVING of the relationship.

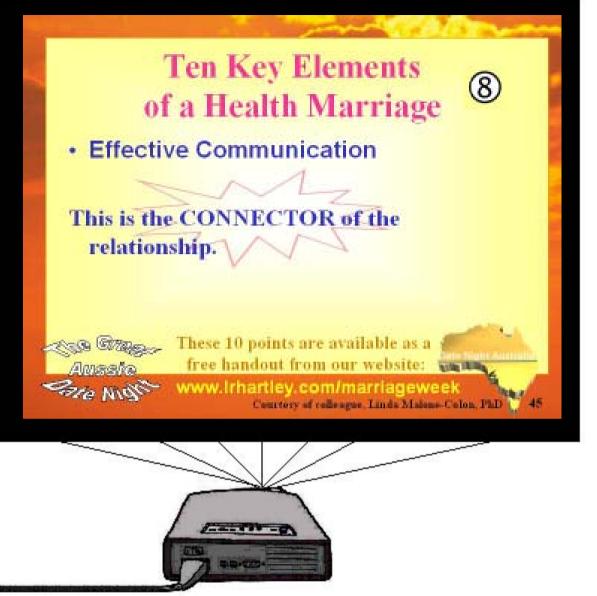
Supportiveness is the helping hand and heart that each partner offers the other as they live, learn life's lessons, and continue to grow.

When spouses are supportive of one another, they encourage and assist each other in countless ways.



Each believes their spouse is both aware of and supportive of his or her goals and aspirations in life. Supportive spouses also help each other with various tasks, problems, and challenges; and they take pride in each other's accomplishments.

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Slide 45 – Ten Key Elements of a Health Marriage

8. Effective Communication This is the CONNECTOR of the relationship.

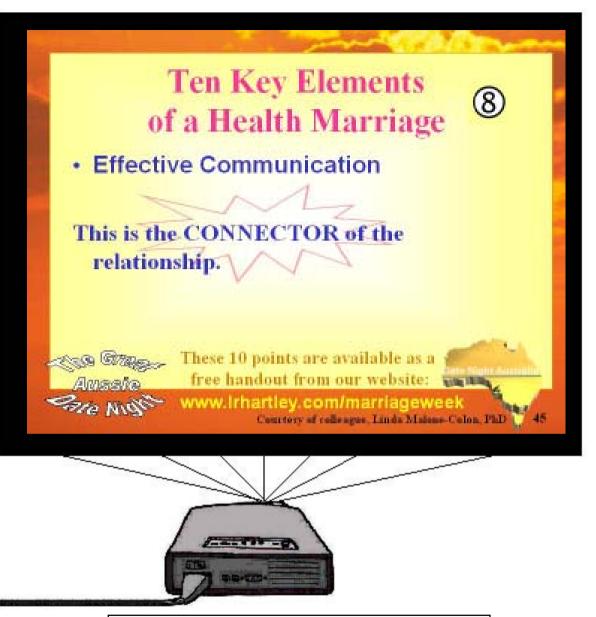
Effective communication connects the individual and shared thoughts, feelings, experiences, dreams, and challenges of partners in relationship through verbal and nonverbal messages.

Communication is effective when interactions between spouses are

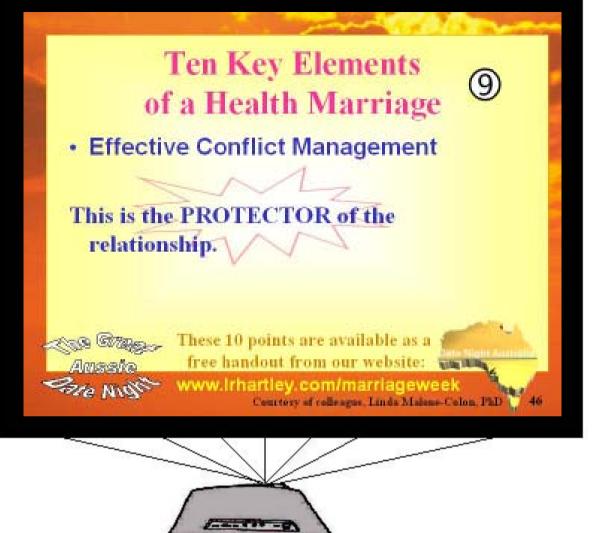


The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 81 ©Lionel Hartley, PhD open, honest and conscious and when what spouses express, both verbally and nonverbally, is in line with what they truly think and feel. It also requires that spouses truly listen to one another and feel that they are heard, understood, and respected by each other.

Effective communication requires that each spouse have good intentions. For example, good intentions in communication are expressed when one intends to understand, connect, encourage, empower, or explain. Bad intentions in communication are expressed when one intends to



The Great Aussie Date Night Transcript and PowerPoint[®] Slides Page 82 ©Lionel Hartley, PhD control, manipulate, win an argument, or insult.



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Slide 46 – Ten Key Elements of a Health Marriage

9. Effective Conflict Management

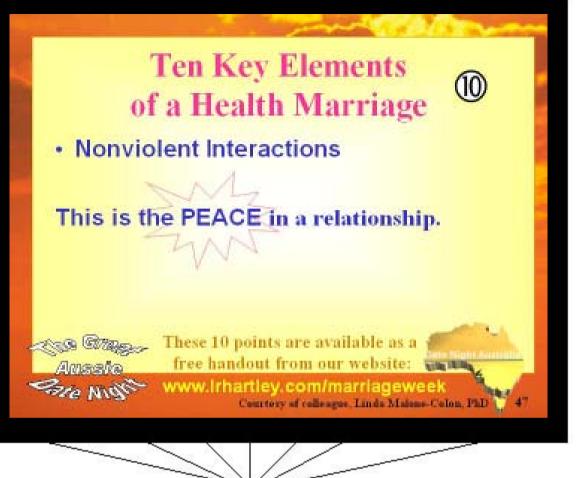
This is the PROTECTOR of the relationship.

Conflict in intimate relationships is inevitable and can be healthy. Yet, it must be managed well if that relationship is to thrive. Conflict is managed well when there is an overall tendency to resolve conflicts and solve problems in a



way that is mutually respectful and satisfying for both spouses. If conflict is not effectively managed, the relationship will decay and decompose over time as the filth of unresolved conflict continues to mount.

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Slide 47 – Ten Key Elements of a Health Marriage

10. Nonviolent Interactions This is the required minimal level of PEACE in a relationship.

There is NO Domestic Violence in a healthy marriage.

In marriage, both the husband and the wife can be a perpetrator of violence and abuse. When either spouse is violent toward the other, the marriage is not healthy.

Ten Key Elements (10)of a Health Marriage Nonviolent Interactions This is the PEACE in a relationship. These 10 points are available as a free handout from our website: www.lrhartlev.com/marriadeweek Courtery of colleague, Linda Malone-Colon, PhI

Violence and abuse can be physical, such as hitting; psychological, such as calling a partner dumb or ugly; or sexual, such as forcing non-consensual sex.

The violence can vary in severity from simply grabbing an arm to homicide.

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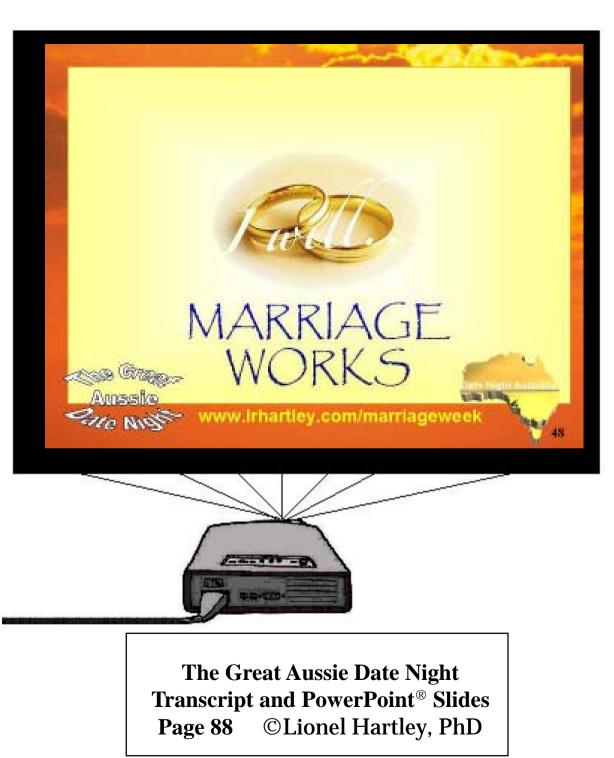
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Slide 48 – Marriage Works

One of the best ingredients on a happy marriage is **laughter**.

In his book 'On This Day' by Carl D. Windsor, the page for Valentine's Day includes this anecdote: "Even the most devoted couple will experience a 'stormy' bout once in a while.

A grandmother, celebrating her golden wedding anniversary, once told the secret of her long and happy marriage.



'On my wedding day, I decided to make a list of ten of my husband's faults which, for the sake of our marriage, I would overlook,' she said.

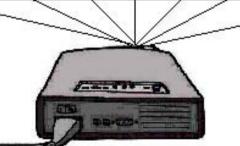
"A guest asked the woman what some of the faults she had chosen to overlook were.

The grandmother replied, 'To tell you the truth, my dear, I never did get around to listing them. But whenever my husband did something that made me hopping mad, I would say to myself, Lucky for him that's one of the ten!' "



Slide 49 – Date Night TV – an example of laughter Here is a practical joke from a US

Here is a practical joke from a US TV series, similar to "Candid Camera"



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Slide 50 – Video Clip – What is real? 1.



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Romance

 Mrs. Albert Einstein was once asked if she understood her husband's theory of relativity. "No," she said, "but I know how he likes his tea."



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Slide 51 - Romance

An ancient marriage prayer went something like this: May we two live our lives so happily together that God may enjoy our union of heart and spirit with each other. (Read screen)



Romance

 I like being married to you ... because when you hold me close and tell me that you love me, I feel there must be something to me after all!

- Songwriter, Gloria Gaither

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Slide 52 – Romance (Read from screen)

Song writer Gloria Gaither said about her husband Bill after 35 years of marriage ... (read from screen)

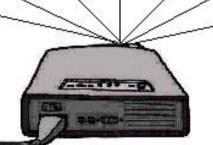
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Slide 53 – Date Night TV – another example of laughter

A man said his credit card was stolen but he decided not to report it since the thief was spending much less than his wife did.

Here on the screen is another practical joke:

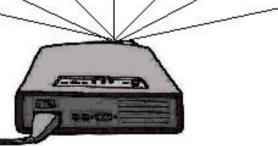


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Slide 54 – Video Clip – What is real? 2.



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Romance

- What Women Want: To be loved, to be listened to, to be desired, to be respected, to be needed, to be trusted, and sometimes, just to be held.
- What Men Want: Tickets for the World Series.
- Dave Barry, from Dave Barry's Guide to Marriage and/or Sex, published by Rodale Press, Emmaus, Pennsylvania.

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Slide 55 - Romance

A good wife always forgives her husband when she's wrong. (Read from screen)

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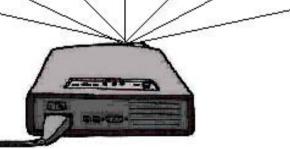
Slide 56 – Date Night TV – another example of laughter



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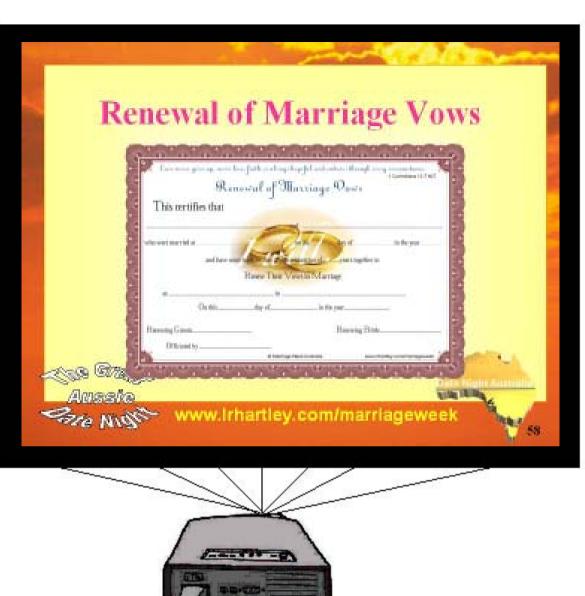


Slide 57 – Video Clip – What is real? 3



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Slide 58 – Marriage Vows

Lynda Lowe of California in the magazine Today's Christian Woman, wrote, "Recently I read my seven-year-old son, Grant, a story about a bride and groom exchanging vows.

Looking concerned, Grant asked whether they had to say all their vows. I assured him that it was necessary. He replied, "Really? Like A, E, I, O, U, etcetera?"

Have a "Vow Renewal Ceremony" here.



Form used by Dr Hartley and his wife Rosemary each anniversary.

"On this our anniversary, as a reaffirmation of our wedding vows, I commit myself again to you, to continue to retain and love you as my lawfully wedded spouse.

To have and to hold, from this day forward, for better, for worse, for richer, for poorer, in sickness or in health, to love and to cherish until death do us part. Again I pledge to you my faithfulness.

With the God who has blessed our union as witness, I unreservedly reaffirm my singular commitment to you and faithfully promise to remain devoted to you as God intends.

I love you and I promise to cherish and respect you, to care for and protect you, to comfort and encourage you, and stay with you, always.

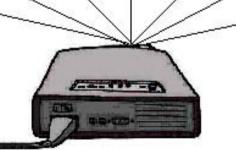
From the words of scripture: 'Entreat me not to leave you, or to return from following after you, For where you go I will go, and where you stay I will stay. Your people will be my people, and your God will be my God. And where you die, I will die and there I will be buried. May the Lord do with me and more if anything but death parts you from me.' (The Holy Bible, Ruth 1:16,17)"

E Love never gives up, never l	oses faith, is always hopeful, and endu	res through every circumstance. 3 1 Corinthians 13.7 NLT
Ster	rewal of Marriage (10.005
This certifies that		
	and	
vho were married at	on the	ay of in the year
and have con	ne together this day in celebration of	years together to
	Renew Their Vows in Marriag	e
at	in	
On this	day of in the ye	ar
Renewing Groom	F	Renewing Bride
Officiated by		
2	© Marriage Week Australia	www.lrhartley.com/marriageweek



Slide 59 – Date Night TV – Special Music – French Horns

I thought I knew what a French horn was until I saw the following video clip. Lets watch this together as we close our program for tonight.



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Slide 60 – Video clip – French horns (2)

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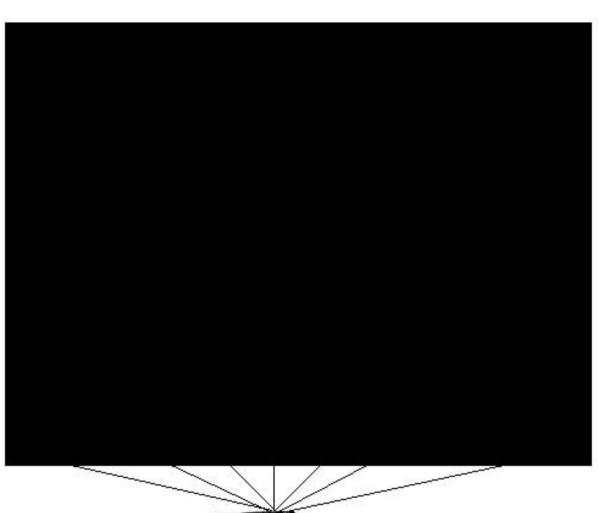
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Slide 61 "That's All Folks"



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Slide 62 – Blank Screen

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