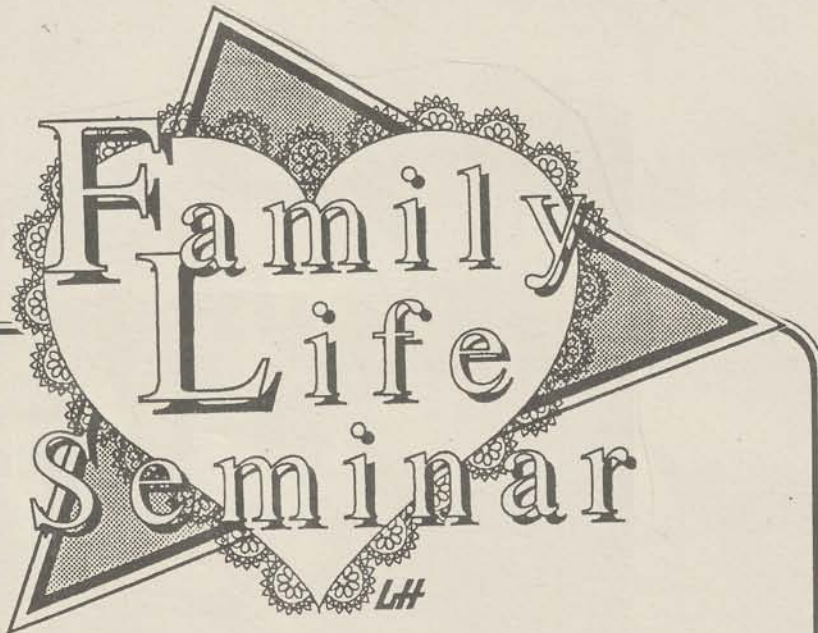


# Salubrity Seminars



The Nuclear Family  
Program 1  
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Salubrity  
Seminars



Lionel Hartley  
& Associates

**The Nuclear  
Family**

## **Seminar objectives**

**It is planned that each participant will:**

1. Benefit through becoming familiar with tools to improve family relationships;
2. Be challenged to apply the learned principles to his or her life situation;
3. Immediately enjoy the rewards of harmonious family living;
4. Be willing to and capable of sharing the learned principles with others and thereby replicate the benefits and rewards;
5. Move toward developing a personal relationship with Jesus Christ to enable change to be effected; and
6. Desire to grow through continued contact with God's family of believers.



## 12-part Family Life Seminar – Preamble, Page 2

### Seminar goals

**It is the expressed challenge of the presenter, through the seminar medium, to :**

1. Create a desire in each participant to learn principles which, when applied, will actively improve communication, co-operation, understanding, respect, and intimacy within the family.
2. Instil in each participant a constructive approach to resolving conflict and relating to others.
3. Present a Bible based message to elevate the self esteem and spiritual awareness of each participant.
4. Introduce participants to the habit of using Scripture to seek out answers to life's questions.
5. Assist participants from abusive family backgrounds and mixed race or religious family environments to develop coping strategies which foster unity and harmony.
6. Make relevant to the participants God's plan for family living, which promotes a Biblical standard on morality, and focuses upon each individual living to his or her full potential.
7. Bearing in mind the sequence of the seminar objectives, the presenter is challenged, through progressively less subtle means, to give each participant the opportunity to enter into a personal relationship with the Source of Power, Jesus Christ.

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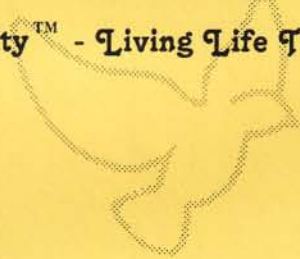
Lionel Hartley

Salubrity – Living Life To The Full.

12-part Family Life Seminar – Preamble, Page 3

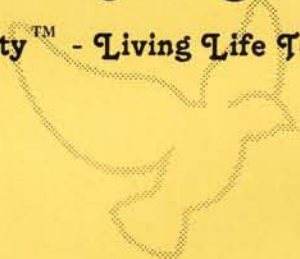
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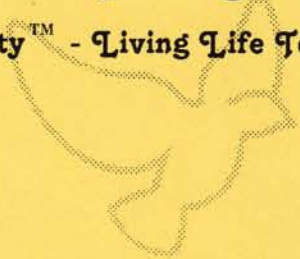
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## **Learning Outcomes**

**By the end of the series, each participant will be able to:**

1. Use the knowledge gained to improve his or her own interpersonal relationships;
2. Enjoy the rewards of living harmoniously with his or her family;
3. Apply the learned principles to his or her own personal life situation;
4. Effect a change in any inadequate methods of communication, dealing with conflict, and/or coping with anger and abuse;
5. Feel confident in the prospect of facing life in partnership with God; and
6. Choose to maintain contact (or fellowship) with members of God's Remnant Household, the church.

## Assessment of Learning Outcomes

The success of the seminar may be measured by:

### Outcome Subjective assessment:

- 1 - 4 <sup>(print)</sup> Observable improvements assessed through friendship contact during the series and continued contact with participants following the seminar series.
- 5 & 6 <sup>(print)</sup> Analysis of types of questions asked during seminar question time.

### Outcome Objective assessment:

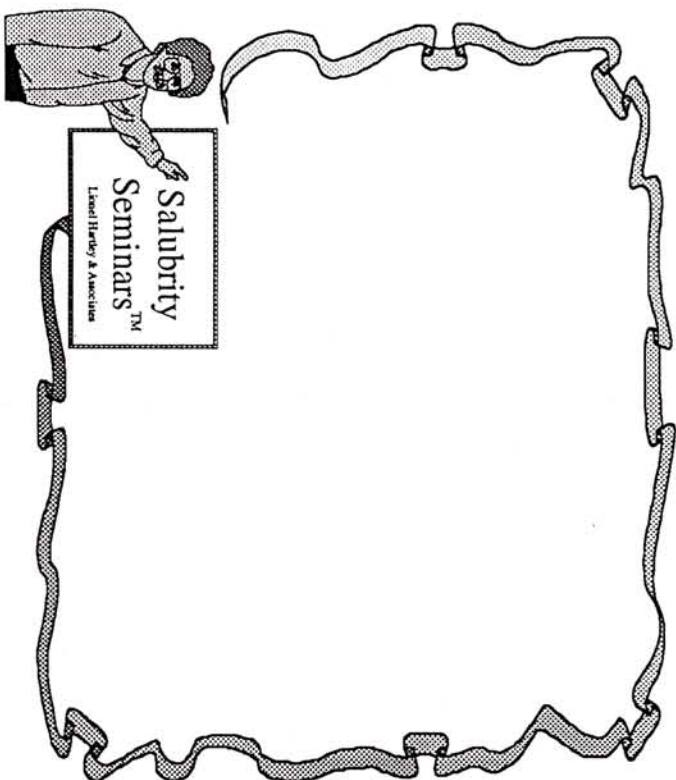
- 1 - 4 <sup>(print)</sup> Direct comment by participants.  
Requests for further programmes.
- 5 <sup>(print)</sup> Expressed desire for fellowship.  
Request for Bible studies/ baptismal class.
- 5 & 6 <sup>(print)</sup> Church/Sabbath School attendance.  
Attendance at future programmes.





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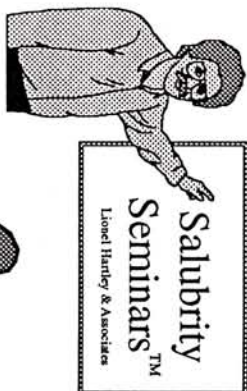
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Salubrity – Living Life To The Full.



The Nuclear

Family.

## *Introduction by Seminar Host*



**MUSIC: quiet, classical: 15 minutes before commencement.**



**Welcome**



**STOP MUSIC**

Hello, my name is [\_\_\_\_\_].

Welcome to The Family Life Seminar. Today we start our series by looking at **The Nuclear Family**. Our presenter for today's seminar, is

[\_\_\_\_\_].

Tonight's programme will be followed over the next few weeks by a series of eleven further seminars, delving into such interesting topics as family studies, communication in courtship & marriage, family bonds, anger, resolving conflict, sexuality, and living with difficulties such as abusive relationships.

If you have any questions during the course of this seminar, you will find a tear-off panel at the bottom of your programme sheet. We welcome your questions, and time will be allocated at the end of today's programme to discuss them.

Also is a panel to fill in if you wish to be included on our mailing list for future programmes.

Now it's over to [\_\_\_\_\_] for today's topic, *The Nuclear Family*.

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**Family Life Seminar Part 1 Introductory page.**

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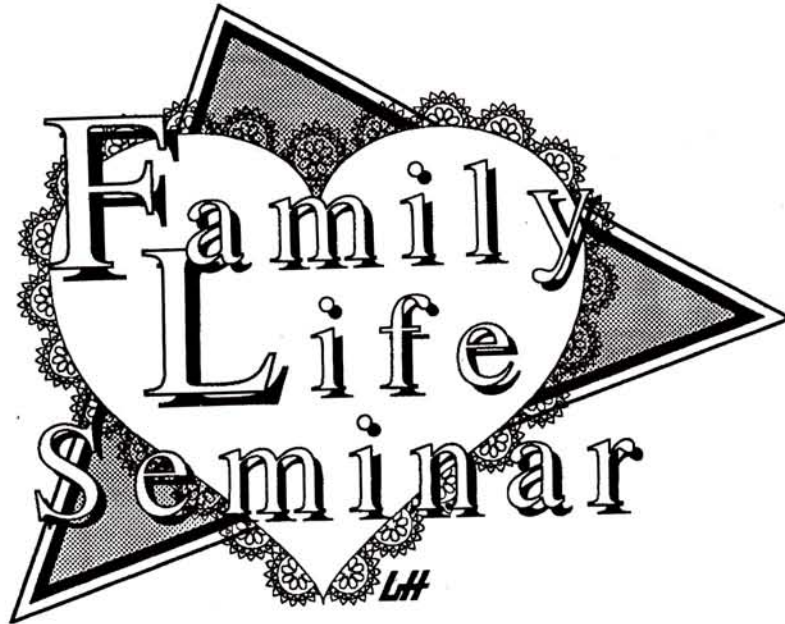
## 12-part Family Life Seminar

### *Additional Presenter's Instructions*

*Do not read the references in small type.*

*These are given with the text only to answer interruptions from an attendee querying the source of the quotation.*

# Welcome

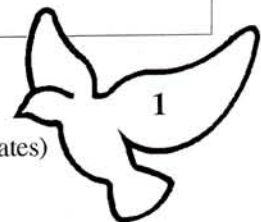


Today's programme:  
**The Nuclear Family.**



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Programme: The Nuclear Family - By Design.



**MUSIC: quiet, classical: 15 minutes before commencement.**



**Welcome**



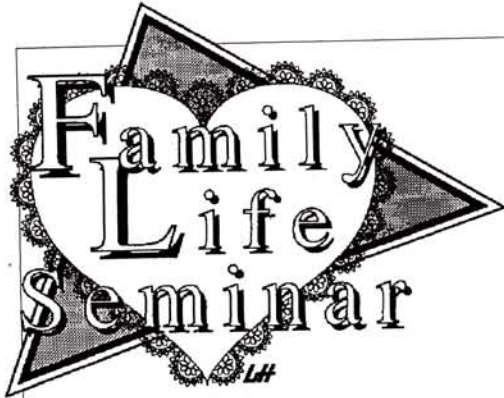
**STOP MUSIC**

**Introduction by Seminar Host:**

Hello, my name is [\_\_\_\_\_].

Welcome to The Family Life Seminar. Today we start our series by looking at The Nuclear Family. This will be followed over the next few weeks by a series of eleven further programmes, delving into such interesting topics as family studies, communication in courtship & marriage, family bonds, anger, resolving conflict, sexuality, and living with difficulties such as abusive relationships.

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## The Nuclear Family —

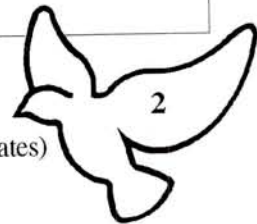


By design...



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Also is a panel to fill in if you wish to be included on our mailing list for future programmes.

Now let me introduce our presenter for today's seminar,  
[\_\_\_\_\_].

**Ice breaker:**

"4 Have ye not read, that he which made them at the beginning made them male and female,

"5 And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?

"6 Wherefore they are no more twain, but one flesh. What God hath joined together, let not man put asunder"



**The nuclear family – by design**

In the society in which we live here in [Australia], it is generally assumed that a married couple will choose each other, "fall in love", persue individual careers, and experience personal development and fulfilment in marriage. If these expectations are not forthcoming, swift divorce may be readily available, with re-marriage available to both parties.

It is a shuddering thought that in the so-called "developed" nations, one out of every two marriages ends in divorce. Far different is the practice in many so-called "developing" countries, which is more closely resembles what life was like in ancient times. In those days, most marriages were arranged by the parents of the bride and groom for what were most often economic, prestige, political, or National-Identity reasons. The rôles of husband and wife were molded into the stereotypes dictated by society – he was the bread-winner; she the minder of children.

Romance, as detailed in such ancient books of The Book of Proverbs and Song of Songs, appear (although not from the beginning) to heve been seen to be an occasional

bonus rather than a dynamic component of courtship and marriage.

So what should we expect from a marriage? What should we expect from a morally principled marriage? What should we expect from a Christian marriage?

For the answer to these questions, let's see what the greatest Teacher and Counsellor of all time would say in answer to this question. Back in the year AD33, a question was asked of this great Teacher.

Quote... "The Pharisees also came unto him, tempting him, and saying unto him, Is it lawful for a man to put away his wife for every cause? And he answered and said unto them, Have ye not read, that he which made them at the beginning made them male and female, And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What God hath joined together, let not man put asunder. Then say unto him, Why did Moses command to give a bill of divorcement, and to put her away?

He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives, but from the beginning it was not so." Unquote.

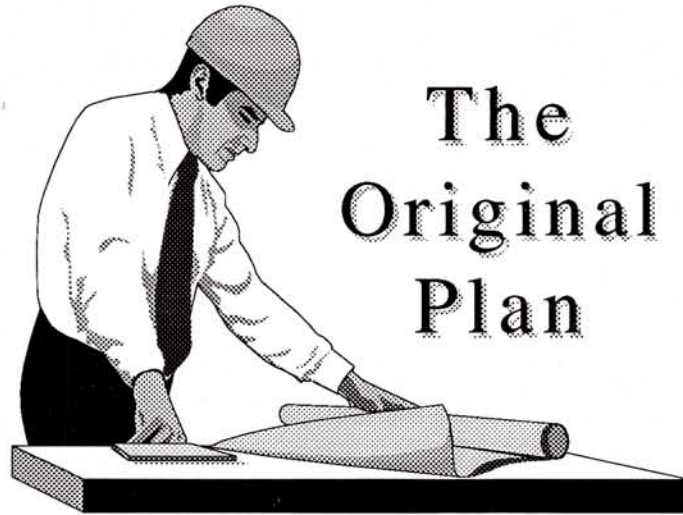
(Reference: Matt 19:3-8)

Moses seemed to be saying that it was OK for a husband to divorce and re-marry, but Jesus pointed out that it was not so from the beginning.

So, what was it like "at the beginning"?

In order to look back in time far enough, we will, by necessity I guess, have to use one of the oldest





## The Original Plan

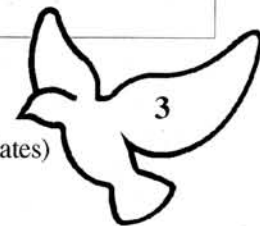
**“The increase of the Creator”**

**“The impact of the Creator”**



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recorded records of life in ancient times, The Bible. Actually, so helpful have I found the counsel throughout this Book, I shall probably make good use of it in our seminar today.



### **Mask: The original plan**

"God created man in his own image, in the image of God, created he him; male and female he created them."

(Reference: Genesis 1:27)

In spite of all the truth and wisdom often imparted in secular manuals on marriage, family relationships, parenting and sex, they do not list growing into the image of the Creator as a purpose for marriage.

Without going into too much detail yet, it is by beholding the Creator that we become impregnated with the attributes of the Creator's character and nature.

As it is outside the scope of this seminar, I will only mention a few references for those who may be interested in studying this further, for example you may wish to look at 1 Peter 1:3, 23; 2 Peter 1:4; and Romans 8:28,29.


Sufficient to say, it is by responding to the Grace of God that our families will develop into the Creator's image and marriage is an important class in the training school of life.

Other authorities on this subject, such as St Paul tell us that husbands, by sacrificial love, can cleanse their wives of wrong attitudes and motives so that they become radiant and unblemished (Reference: Eph 5:25-27). By the same token, St Peter tells us that wives can, by



gentle behaviour, win their husbands over without the use of words. (Reference: 1 Peter 3:1-6 cf 1 Cor 7:14,16).

So we see that marriage is an aspect of family life that **should** bring about beneficial changes in both partners. We will look at how this can be achieved a little later. But for now, let us continue investigating the original purposes of the family.


 **Un-Mask: "The increase of the Creator"**

"God blessed them and said unto them, 'be fruitful and multiply; fill the earth..." (Reference: Genesis 1:28)

The Scriptures tell us that "Children are a blessing of the Lord"

(Reference: Ps 127:3-5).

It is in the image of the Creator that they should be conceived, born, and reared within the family bond of marriage. How sad that, nowadays, it seems far more likely that this will occur through thoughtless adulterous passion or scientific "test-tube" technology.

 **Un-Mask: "The impact of the Creator"**

The quote of the screen continues "Fill the earth and subdue it and have dominion over the fish of the sea, and over the fowls of the air, and over every living thing that that moveth upon the face of the earth."

(Reference: Genesis 1:28)

The Six  
Fundamentals  
Of Family Life

Partner  
or  
Counterpart

Recognise  
the Creator's  
provision

Sever  
previous  
ties

Commit  
yourselves...

Consume  
your  
marriage

Maintain  
mutual  
openness





The world is chock-a-block with a myriad of creatures which may be likened to the pressures that seem to continually demand our every attention. No wonder St Peter exhorts husbands to treat their wives with respect! (Reference: 1 Peter 3:7)

The impact of the Creator has on us when we reform the right kind of relationship with Him is to convert marriage from the potential wedlock-deadlock into a glorious blissful union.

So then the three original purposes for the family were to live in the image of the Creator, hold sacred the increase of the Creator, and utilise the impact of the Creator in our families.

### **So where did we go wrong?**

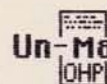
Looking again at one of the oldest recorded records of life in ancient times, let's look at the very first marriage in Eden. In the Book of Beginnings (the book of Genesis) chapter two and verses 18 to 25

In these verses we find the six fundamentals of family life.



### **Mask: The six fundamentals of family life**

It is nowhere recorded that God said that it was impossible for Adam to live without a wife.



### **Un-Mask: "Partner or counterpart Gen 2:18-20"**


After all, the Creator Himself walked and talked with Adam in "the cool of the day". He had the

companionship of a far greater number of animals than we could ever hope for as there was no such thing as "wild" animals in the Garden of Eden; and angels, too, could communicate with him to prevent loneliness. The record says that God believed:

"It is not good that the man should be alone; I will make him an help meet for him." (Reference: Genesis 2:18)

Using the superior intellect the Creator gave him, Adam set out to name every animal in the garden. This only made him more acutely aware of his own incompleteness. Every bull had his cow, every buck had his doe, and every cock had his hen, but the man had no human counterpart.

**From Adams side, the Creator removed a "part" and formed a "counterpart".**

 **Un-Mask: "Recognise the Creator's provision Gen 2:21-23"**

When Adam awoke he exclaimed, "Woopee! This is it! Bone of my bone, and flesh of my flesh!" (Reference: Editor's paraphrase)

"She shall be called Woman, because she was taken out of man." (Reference: Genesis 2:23)


The original Hebrew for "woman" is *'ish-ah'*, meaning "taken from *'ish'* (which means 'man'). So the name meant literally "taken out of man". No wonder the Man recognised the Creators provision!

Remember, we are looking at the six fundamentals of family life. We have so far looked at: regarding your




partner as a "counterpart", and recognising the Creator's provision.

Adam had formed close friendships with all of creation, and yet lacked the intimacy of a counterpart. Unlike us, he had no earthly family, but never-the-less he now had to devote himself solely to his wife.

 **Un-Mask: "Sever previous ties Gen 2:24a; Psalm 45:10"**

Every bridegroom since Adam must "leave his father and mother". The Creator gave the same instruction to brides: "Listen, O daughter, consider and give ear: Forget your people and your father's house"

 **Un-Mask: "Commit yourselves ... Gen 2:24b; Matt 19:6"**

"...and shall cleave to his wife" My dictionary tells me that "cleave" comes from the Old English word "*cleofian*" meaning "to adhere or cling to, to be faithful to". (Reference: Collins Australian Pocket Dictionary) When the Great Teacher quoted this text, He also added "What God has joined together, let no man rend asunder."


The modern approach to this seems to be to cleave to one another "until the telly, or the football, or disappointment doth us part".

This passage from the Creator's handbook somewhat puts the kibosh on the popular "marriage on approval" and other excuses for de-facto relationships.

Psychologically it is an unsound idea too.

Family life counsellors will tell you that, in order to maintain their de-facto relationship, most "live-in" couples actually hide their real feelings and rarely talk in depth about such important matters as friends, finance, functions, friction, faith and the future. They also are psychologically tuned inwards due to a fear to criticise, disagree, or show anger.

Too many couples have, after a few years of what they euphemistically call "living together", began immediately to argue about where to spend their honeymoon; what is his, hers or theirs; and etcetera. Recognising that security is a basic human need, "cleaving" also provides a secure framework of reliability and continuity which is of vital importance to all members of the family – spouses and children.


 **Un-Mask: "Consume your marriage Gen 2:24c"**

"They shall become one flesh"

(Reference: Genesis 2:24)

Such intimacy within the security of permanency, melts down the barriers we talked about earlier making it possible to share in depth about life's plans, struggles and joys.

Such intimacy also reinforces the unique maleness and femaleness of the individual, affirming their selfhood and personhood. When you expose your inner self to another, you reveal it to yourself (Reference 1 Cor 7:1-7) This will be discussed in greater detail in our programme number 11, "Created Sexual"

 **Un-Mask: "Maintain mutual openness Gen 2:24d"**



"The man and his wife were both naked and they felt no shame."

When sin entered (Reference Gen 3:7), they tried to shield their mutual distrust with fig leaf aprons. Pride causes us to shield behind the image of ourselves that we allow others to see. Intimate marriage must discard the shields and in order to feel no shame.

Note that the middle word in the phrase "Maintain mutual openness" is "mutual", or in other words, openness with each other only.

Now, you may be wondering where the question "Where did we go wrong?" fits into these six positive fundamentals of family life. Let's just review them again with the use of some practical, real-life, and yet hypothetical, examples.

Let me introduce our hypothetical couple, Egbert and Maggie. They will feature occasionally through-out this entire seminar, and in some of the companion seminars that we may conduct from time to time. The advantage of using Egbert and Maggie, is that, being hypothetical, they can be any age, race, or creed, and they are not specifically referring to you. Or are they?

Now let's review the six positive fundamentals of family life.

### **1. "Partner or counterpart"**

If Egbert prefers his own or others company to that of his wife, Maggie, he cannot enjoy a fulfilling marriage, and if Maggie regards her husband, Egbert, as a mere business partner, providing capital to maintain the home, she cannot be truly fulfilled.

We must treat our partner as our counterpart.

### **2. "Recognise the Creator's provision"**

If Maggie daydreams "if only I were married to another", she is a fool to her maker, and if her husband is a self-made man, he has a fool for a maker.

We must recognise the Creator's provision.

### **3. "Sever previous ties"**

If Egbert is tied to his mother's apron strings, he will allow her to criticise his wife, Maggie, and if Maggie clings to her mother instead of opening up to Egbert, then she deserves such criticism.

We must sever previous ties

### **4. "Commit yourselves permanently"**

"Till **distractions** do us part" is plying trouble; "till **disagreements** do us part" is flying trouble; "till **difficulties** do us part" is trying trouble; and "till **debt** do us part" is just buying trouble.

We must commit ourselves permanently.

### **5. "Consummate your marriage"**

Sexual inhibitions and adultery are gnawing cancers, consuming their hosts with feelings of inadequacy, anxiety, distrust, and jealousy.

We must consummate our marriage.

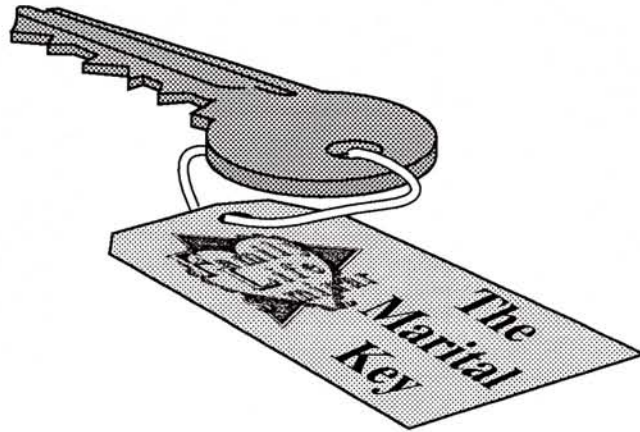
### **6. "Maintain mutual openness"**

Unresolved conflict, inadequate communication, and defensive behaviours will stunt the growth of your marriage and family life.

We must maintain mutual openness.

Now to summarise this section, lets look at





# The Marital Key

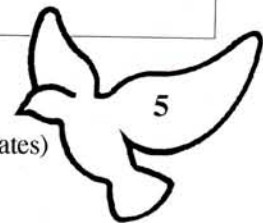
Not finding the right person,  
but being the right person

- Speaking the truth in love;
- Demonstrating affection;
- Fulfilling one another sexually; and
- Helping each other to grow.



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## The Marital Key

the marital key.

The key to fulfillment in marriage is not finding your right counterpart as a partner, but being the right counterpart to your partner. This is one who maintains the attitude of the Creator and exhibits loving behaviour.

This is fulfilled by:

- Always gently speaking the truth in love
- Continually demonstrating affection to each other
- Purposefully fulfilling one another sexually and
- encouraging, allowing and helping each other to grow to each's full potential as the Creator designed for your marriage.



## Mask: Tools for bonding #1

Now it is time to look at this crucial aspect of finding and using the correct tools for bonding. In future programmes in this Family Life Seminar series we will be delving into these aspects in quite a lot of detail.

In view of the high expectations we bring to the sacredness our family circle and, in particular, our marriage, we could sure do with understanding the basic tool kit.

Just as our study today began by looking at marriage in society from the beginning, so our first tool is to be found in



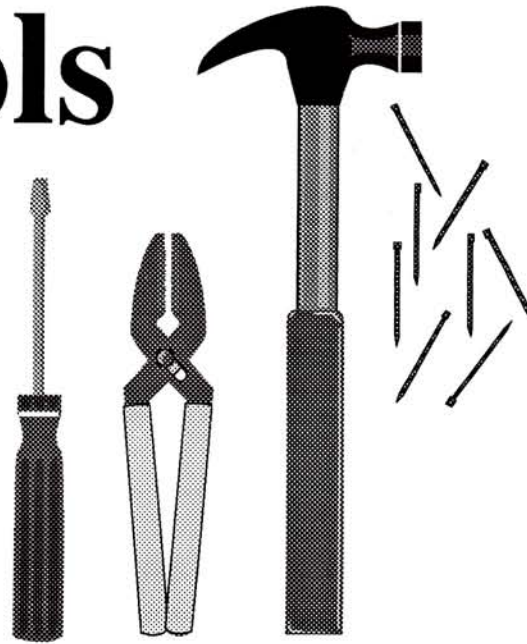
## Un-Mask: "Marriage expectations"

considering our expectations of marriage before we and our travelling companion embark upon this shared-life



# Tools

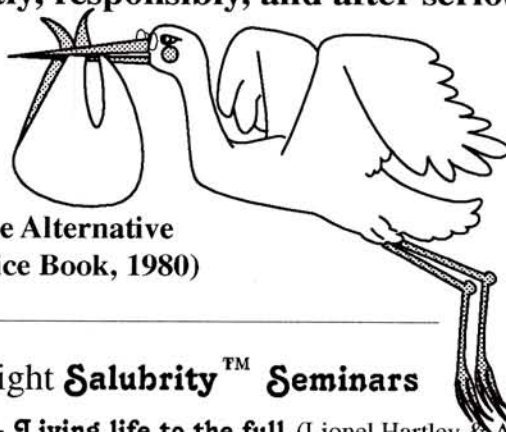
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# bonding

## #1 Marriage expectations

(“...must not be taken carelessly, lightly or selfishly,  
but reverently, responsibly, and after serious thought.”)\*

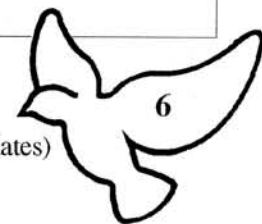


\*(Reference: The Alternative  
[Anglican] Service Book, 1980)



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journey. For those of you not yet married, marriage "...must not be taken carelessly, lightly or selfishly, but reverently, responsibly, and after serious thought."

It is during the courtship stage that Egbert and Maggie each must ask of themselves, "**Why do I want to get married?**"



### Mask: Tools for bonding #2

Here are some possible answers for you to think about for a few minutes:

- To prove to others and to myself that I am an adult;
- To seek revenge upon rival suitors by marrying him or her first;
- To improve my status or class in society;
- To escape from a difficult or abusive home environment;
- To avoid the society induced stigma of singleness, of spinsterhood or bachelorhood, to avoid being left "on the shelf";
- To find consolation after a broken engagement or previous marriage;
- To have another try after a previous unsuccessful marriage or to seek to "cure" impotence or frigidity in an earlier marriage,
- To improve my employment prospects or financial state of affairs; or, in other words, to "marry for money";
- To permit an avenue for legitimate sexual expression;
- To give me a cultural advantage in a new country by marrying a person from that country;
- To bolster my self esteem by asserting my masculinity or demonstrating my femininity
- To share my life with the Creator's choice for me.





## *Why do I want to get married?*

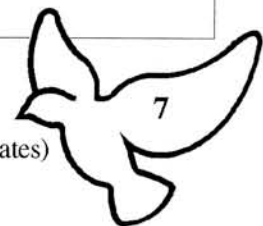
- **To prove that I am an adult**
- **To get revenge upon rival suitors**
- **To improve my social status**
- **To escape from a difficult home**
- **To avoid the stigma of singleness**
- **To find consolation after a broken relationship**
- **To try again after a previous unsuccessful marriage**
- **To improve my finances**
- **To permit legitimate sexual expression**
- **To give me a cultural advantage in a new country**
- **To bolster my self-esteem**
- **To share my life with the Creator's choice for me**

(Reference: modelled after Hugh & Rosemary Thompson,  
*Fulfilment In Marriage* ETL Bradford [UK] 1989)



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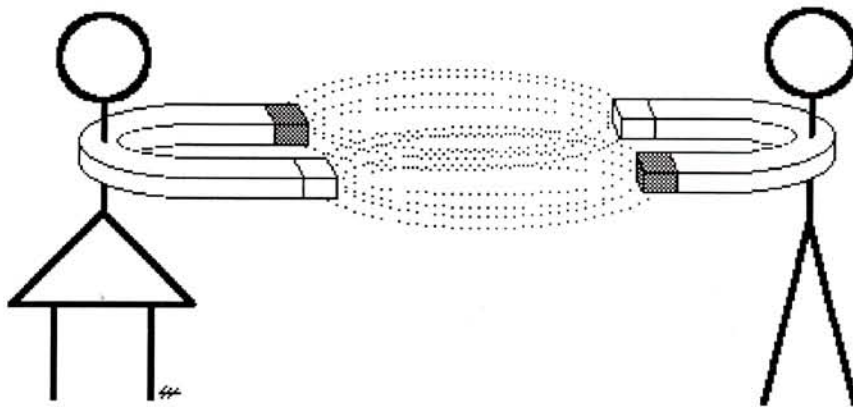
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# Tools for bonding

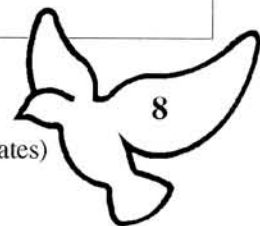


- #1 Marriage expectations
- #2 Controlled Courtship



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The last on the list is really the only legitimate reason if success is to be assured. To choose anyone without regard to eternal consequences is tempting fate.

I think that it may well be summed up in the old Celtic proverb "If you marry a child of the Devil, you will get a taste of hell from your father-in-law; but you can expect a taste of heaven from the father of a child of God."

Family planning is not just about contraception; it is choosing the right person before the wedding day and then, as we said before, being the right person afterwards.



**Mask: Tools for bonding #3.**



**Un-Mask: "Controlled Courtship"**

Reliable studies have revealed that a marriage is more likely to be unstable if the courtship was brief, explosive, disapproved of by parents, or the courting couple engaged in trial sex, especially if conception results.

Let us suppose, just for a moment, that I have here in my hand a set of two magnets. A [local school] science teacher would probably tell you that opposite poles attract and hold together. Can we liken this to our courtship or marriage? What attracts a particular man to a particular woman? Should the practical non-intellectual marry the absent-minded professor? Should the quiet private introvert marry the loud public extrovert? Should the beauty marry the beast? Should Maggie marry Egbert?

Can we marry our complete opposite and still have a long stable marriage?

You may be familiar with success stories where this appears to be the case, but for enrichment, fulfillment and growth in our marriage and family life, we can be opposites in temperament only.

Marriage is an intimate sharing relationship which demands that the couple hold in common a wide range of interests and convictions.

The enrichment and blossoming of any marriage, and hence the family, can be seriously impaired if the courting couple chose each other due to observable differences.

For example If Maggie is a self-rejecting wife, and Egbert is a critical husband, the marriage will denigrate to a master/slave relationship.

Or if Maggie is a competitive wife, and Egbert is a switched-off husband, the marriage will mould into a competitive bind that can stop both Maggie and Egbert from developing.

The wisdom of Godly parents (hard to find these days), the counsel of a trusted pastor, elder, Christian counsellor, priest or rabbi, can help prevent an unsuitable match and de-fuse potential marital time bombs.

**Pre-marital counselling is not for the sick, but the sensible.** Seek out a counsellor who is both a good listener and able to communicate easily. They should be able to help the courting couple talk about their strengths and weaknesses, how they see each other, and their hopes and doubts concerning marriage.

Our Family Life Seminar programme number 6 on communication in courtship and marriage will be of particular help here, as will our programmes on anger and conflict resolution.



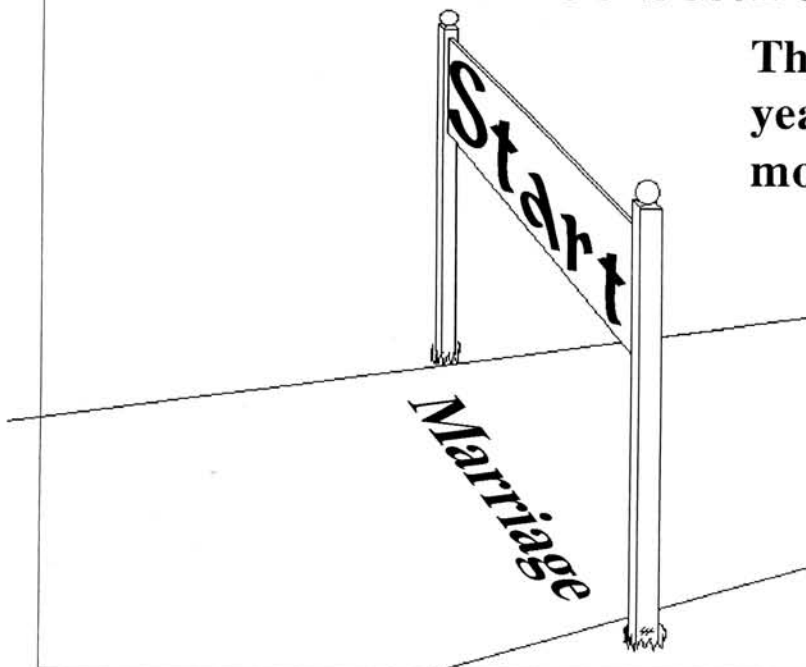
**Tools**  
**for**   
**bonding**

**#1 Marriage expectations**

**#2 Controlled Courtship**

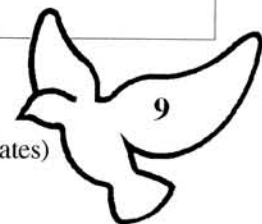
**#3 Sacrosanct starters**


**The first five  
years are the  
most crucial**



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
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 **Un-Mask: "Sacrosanct Starters"**

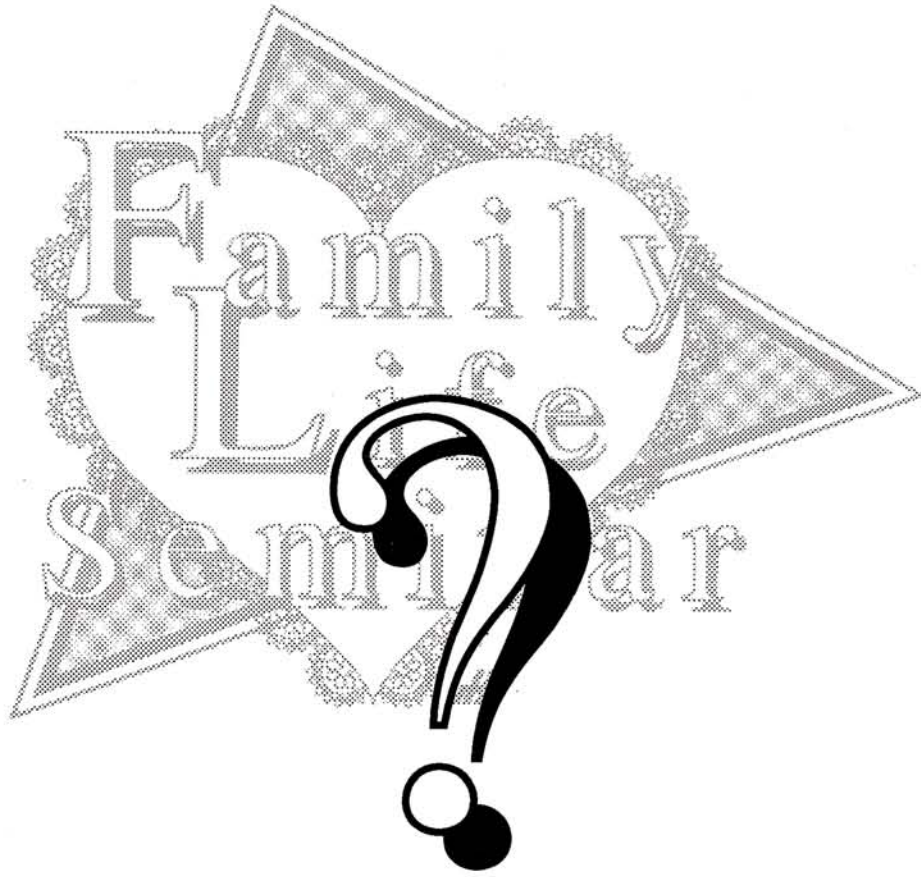
For our hypothetical couple, the first five years of their marriage (or until Maggie leaves her job for her first child) are the most crucial years. Many of the fundamental decisions they need to make during this time – where to, how to, what for, and why – may be aided with the on-going support of pastoral care or contact.

Inlaws, leisure hours, chores, work, mutual sexual satisfaction and growth – the building of trust and an understanding of each other's moods and emotions can take years. Most marriage breakdowns actually start in those early years, even if actual separation is delayed until the last of the grown-up children have left home.

 **Un-Mask: Remainder of OHP**

In the forthcoming programmes in this series, Maggie and Egbert will be subjected to quite a variety of situations as we learn to have an enriching, growing, fulfilling and salubrious Family Life.

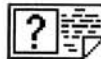




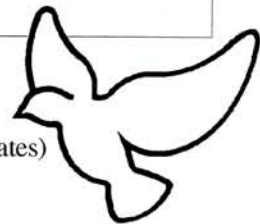
# Question Time



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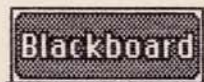
### Question time

Now we invite the ushers to collect in those question slips and we will spend the closing moments of our seminar today looking at any questions you may have.



### Collect question slips

While the ushers are bringing the slips to the lectern, let me remind you about our forthcoming programmes. Today's programme was the first in a series of twelve seminars. Our next time together will be on [ ] when we will ask "Who am I?"



**Use Blackboard for question time if required.**

**Question time.**

**Fin.**

**MUSIC: quiet, classical**