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Happy New Year Everyone,

Wow! Is **2000** really here and without a hitch or Y2K glitch? Amazing with all the hype and media coverage to the contrary, **we did it!** The world pulled together to accomplish a major goal. Think what else we could do if we all came together to address other concerns in our “worlds.” I believe a lot.

This is a new year, a new century and millennium, filled with so much hope and potential — **a new beginning for all of us.**

I hope we each take stock of what is important to us and work to achieve the changes that we’d like to make in our lives and world.

My best wishes to you.

Warmly,

Comments from Group Participants

“I feel very hopeful about finding a wonderful husband.”

“The group was very helpful and encouraging. I doubt I would have started, let alone be this far along.”

“The group helped me set realistic goals that are congruent with my current life situation.”

“I have recommended this group to several women because the principles are important to learn and try out, with support.”



Marriage Equals Growth

I remember distinctly the day I told my clinical supervisor that I had gotten engaged. **“Oh how wonderful,” she said, “marriage is such a growth process.”**

I was shocked and stunned. That was not exactly the response I was expecting, nor had I ever heard marriage described that way. **I was “in love” and “blissfully happy” imagining our wedding and life together.** Growth was not part of the equation, fantasy was.

Since that **“jolt”** with my supervisor it’s funny to me how right on her comment was, and how important it is to choose a partner who is willing to grow, to change, and work at having a good relationship.

In all the media of television, movies, and novels we read, the fantasy of being in love is “sold,” not the reality of living day to day life; how to communicate effectively, how to work through conflict and adversity, how to be real partners, how to have a fulfilling sexual life.

Most of us struggle with the fantasy we are overexposed to and the reality we are living in being so different.

Growing together and working together is the crux of a good and healthy marriage. Unfortunately, most of us want to live in the fantasy or don’t know how to effectively grow and live happily ever after together.

I believe my supervisor was right.



Ready for Love and Marriage

groups offered quarterly.

The New Year group is now forming!!



