



## GROWING TOGETHER AS A COUPLE

Following are suggestions from Father Gabriel Calvo on how a couple can grow together in unity and strengthen their marriage bond.

- \* Through facing each difficulty, each crisis, each conflict and each problem with honesty courage and hope.

- \* Through sharing all the trust and mutual confidence, starting with the sharing from the everyday small things and events.

- \* Through sharing and bringing to each other your daily vivencias and personal experiences.

- \* Through active listening to each other with your head, with your heart and your soul.

- \* Through exchanging your personal lives in an intense communication on a periodical basis, at least monthly.

- \* Through evaluating together the everyday events by peaceful dialogue in a peaceful setting.

- \* Through sharing your painful feelings with respect and mutual confidence.

- \* Through asking for and offering forgiveness as soon as you are aware of your fault or regret or hurt.

- \* Through stressing the things that unite you rather than those which divide you.

- \* Through discussing your dreams, disappointments, discoveries, worries, goals, needs and doubts and temptations.

- \* Through asking advice about something personal, deep and intimate.

- \* Through doing things together like playing and exercising; working on a project: dining, dancing and partying, sharing with your children; preparing home celebrations; visiting friends and relatives; helping someone in need; belonging to a community or movement: spending a weekend on retreat; and traveling and vacationing together.

- \* Through listening together to the Word of God and sharing your insights and discoveries, calls, challenges, resolutions, difficulties and gifts.

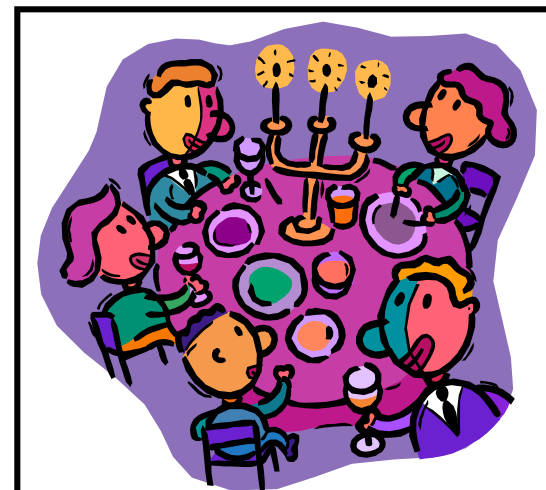
- \* Through praying together with simplicity and spontaneity every night.

- \* Through evaluating your marriage and family life together in the light of God's plan.

- \* Through having a common spiritual guide or reading the same book and sharing thoughts together.

- \* Through passing from a romantic stage or attitude in your marriage toward a realistic and loving attitude, facing your reality with trust, confidence and hope in the Lord.

- \* Through ministering together to others, to engaged couples, to married couples and to young people.



**This list is like a tasty “menu,” with delightful, nourishing dishes. Make your daily selections and they will go toward making and keeping your marriage healthy. Bon Appetit!**

Gabriel Calvo's GOLDEN RULE for living marriage according to God's Plan:

"All that promotes real marital and family unity is in accordance with the plan of God. Whatever endangers or corrupts marital and family unity is not in accordance with the plan of God."