

# Marriage for Keeps

*A Project of Catholic Charities, Inc.  
— Diocese of Wichita*

*Strengthening  
Families for Life*

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## 10 Ways to Say 'I Love You'

by Thursa Weier

One of the three Within Our Reach curriculum keys is “Do your part.” You can focus on what is under your control, or what you can change. You can encourage and influence your mate, but you cannot change him or her. You have to do your part and focus on what is under your control and what you can change within yourself.

In the session, “By My Side: Supporting Each Other,” you learned that people who have strong and healthy marriages do better than those who don’t in many ways. They tend to be healthier, happier and more content. In addition, couples learned that they control the building of their strong marriage.

To aid you in “doing your part” and “supporting each other” here are 10 different ways to show “I Love You” taken from the book “*101 Ways to Tell Your Sweetheart 'I Love You'*” by Vicki Lansky. (Book available to view in the Marriage for Keeps Resource Room.)

1. Leave a love note under or on a pillow, in the bathroom, in a sock, on a cereal box or on the steering wheel of the car. Anywhere that is out of the ordinary.
2. Stand outside of the shower with an open towel as your sweetheart steps out. Wrap and hug! If you can warm the towel in the dryer first, that’s even better.
3. Use a whole pad of sticky notes on

which you’ve written ‘I love you’ and hide them all over the place, or just in one area. Sometimes overkill is just the ticket.

4. ‘Write’ your love message (or just a heart) with your finger on a fogged up mirror or window in the bathroom or car.

5. Spell ‘I love you’ on the other’s bare back with your finger. Continue by writing something and then have your sweetheart guess what it is, and vice versa. Some suggestions: ‘I love you’ and ‘U R the best.’

6. Stomp out or draw a heart in fresh snow where your loved one is sure to see it.

7. Say ‘I love you’ in another language such as French (i.e. t’aime, pronounced sh’teme). Find ways to say it in dozens of languages from Afrikaans to Zulu at [www.LoveIsGreat.com](http://www.LoveIsGreat.com).

8. Surprise your honey with a clean car. Do it yourself or use a car wash. Leave a love note on the dashboard.

9. Take a stroll down memory lane. Talk about or write down and share how you grew to love your sweetheart and what you find lovable about him or her.

10. Say ‘I love you’ daily and in different ways. Use enthusiasm. Use passion; just try not to let it be routine.

“Do Your Part” and start showing your spouse today just how much you really do love them!

## Help at Tax Time

*From Becoming a Family*

If you think that tax time always means sending money to the government, think again. There are lots of rules in the tax code to help families with children, and even more for families with limited income. In fact, you might be able to pay no taxes – and get money sent to you!

**Filling out your tax forms.** Every year by April 15, every person who pays or owes taxes needs to complete and send a tax return to the federal and their state governments. You may get a form sent to

you, or you can get them at any library. Even if you don’t earn enough to have to pay taxes and file tax forms, it’s still smart to fill out the forms to see if you qualify to have money sent to your family.

Tax forms come in a booklet with line-by-line instructions on how to fill them out. If you have low or moderate income, you can get free help in completing your forms from the Volunteer Income Tax Assistance Program. Call 800-829-1040 to find VITA volunteers near you. **(continued on page 2)**

*She married him because he was the life of the party; she later disliked that he couldn't enjoy an evening at home. Try to remember that something in that annoyance was attractive to you at one point; perhaps because the trait completes you or blesses you in some way.— PREPARE-ENRICH*

## Kid's Korner (for kids only)– How to Do Your Part

by Lori Farha, LMSW

When mom and dad went to their marriage education classes at Marriage for Keeps they learned how to “Do Your Part.” That is, they learned what they can do to be supportive of one another, how they can help each other. You can Do Your Part, too.

When getting up and ready each morning do you get dressed without your parents reminding you? If you do, then you are doing your part. Do you remember to put away coats and shoes when you get home? That is another way to do your part. Keeping your things picked up and taking responsibility for your homework are also ways to do your part.

A fun way to show your support for your parents and family is to make little notes to hide in someone's pocket or purse for them to find later. Drawing a happy face with the words I love you on the paper might make the person finding it smile. Helping with younger kids or offering to do dishes, rake leaves or dust can also be ways to do your part. Get creative, think of fun ways you can help at home. Did you know researchers have found that when parents are happy kids are happy, too? Think of what you can do to help keep your family happy and have fun doing it!



## Creating Your Own Traditions

by Lori Farha, LMSW

The holidays have come and gone. Family gatherings and festive events have passed. Many shared moments linger in our minds. But, are you also glad the stress and work are over? We often have expectations of what the season might bring and it isn't uncommon to be somewhat disappointed when things don't turn out the way we thought they would.

Each member of a couple brings to their relationship the traditions and history of their own family and the values they held as children. If one of you was used to staying up late at night to open presents and munch on cookies and the other remembers rising early in the morning to hot homemade rolls and gift giving, then the expectations each partner brings into the relationship can conflict. Negative interpretations can easily occur if we

don't stop to think about our partner's own family history.

Now is a good time to use the Speaker Listener tool and discuss your ideas for the next holiday. Remember not to mind read; listen to what is being said and reflect back what you heard. Don't begin creating a response – your job as listener is to hear and state back to your spouse what they said. When you have the floor keep your statements brief, it's hard to be heard if you give too much information.

Other tools you learned in your Marriage Education Group can also assist you in these discussions. XYZ statements, Problem Solving, Expectations and Love Styles can all help you in *Deciding* what your couple values are as you *Do Your Part* in creating a *Safe*, fun and loving tradition. Take time now to begin your new year and create your family road map of traditions.

## Help at Tax Time

(continued from Page 1)

**Best “money back” bets.** Be sure to check out these two tax credits, which help many families. They can reduce your tax bill, or, if you don't have a tax bill, be paid to you by check:

**The Child Tax Credit** pays up to \$1,000 for each child up to age 16 who lives with you.

**The Earned Income Credit** offers an extra tax credit for children up to age 18, if your family has low or moderate income from earnings.

**Other helpful rules.** You'll also want to use these, if they apply:

**Filing status.** If you are married, the Married Filing Jointly status can give you the lowest possible tax rate. If you are not married, one of you could use the Head of Household status.

**Exemptions for dependents.** You can get an

exemption of \$3,400 for each of the following: you, your spouse if you are married, and each minor child living with you. The exemption means that that portion of your money is tax-free.

**The Child and Dependent Care Tax Credit.** This rule can offer a credit toward your tax bill if you are employed and pay for childcare.

For updated information, go to [www.irs.gov](http://www.irs.gov).

*This article came from the book Becoming a Family, published by Strengthening Young Families. For more information, go to [www.syfbooks.org](http://www.syfbooks.org).*

**Catholic Social Service provides FREE tax service to those making less than \$54,000. Call 620-272-0010 to make an appointment.**

## Calendar of Classes

# January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 You Paid...	8	9
10	11	12 GGC Long Live	13	14	15	16
17	18	19 GGC Long Live	20	21	22	23
24/31	25	26 GGC Long Live	27	28	29	30

## January

### You Paid How Much For That?!

January 7, 7-8:30pm at Catholic Social Service Office, 603 N. 8th

### Guiding Good Choices

January 12, 19, 26, 6-8:00pm at the Garden City Community College, Endowment Room.

### Long Live the Healthy Family

January 12, 19, 26, 7-8:30pm at East Garden Village, #463.

## February

### Marriage for Keeps

February 6, 13, 20, 27, At the White Tiger Martial Arts Bldg. 1905 W Wyatt Earp Dodge City Ks. 3-6pm. This class will be in Spanish.

### Marriage for Keeps

February 9, 16, 23 at the Dodge City Community College 6-8 pm. This class will be in English.

### You Paid How Much For That?!

February 4, 7-8:30pm at Catholic Social Service Office, 603 N. 8th.

### Guiding Good Choices

February 2, 9, 6-8:00pm at the Garden City Community College, Endowment Room.

### Long Live the Healthy Family

February 2, 9, 7-8:30pm at East Garden Village, #463.

# February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 GGC Long Live	3	4 You Paid...	5	6 MFK
7	8	9 GGC Long Live MFK	10	11	12	13 MFK
14	15	16 MFK	17	18	19	20 MFK
21	22	23 MFK	24	25	26	27 MFK
28						



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## Marriage for Keeps Announcements

**Busy January - You Paid How Much for That?!** Jan 7, Thursday, at the CSS office 603 N. 8th from 7-8:30. Free workshop on money management- "Gain a healthy respect for what money can and can't do for you."

**Guiding Good Choices- parenting classes.** Problems with drug use do not discriminate-every family is at risk. Start preparing for your child's teenage years. This is open to the public not just to MfK couples. Classes start Tues, Jan 12, 6-8:00 at Garden City Community College. Evening meal will be provided. All at no cost. For more information or to sign up call 272-0010. *Thanks to the Center for Children and Families, and the Finney County Health Coalition - for partnering with MfK.*

**Long Live the Healthy Family** This is a "program for building and maintaining strong Latino marriages and families". It will meet once a week for 5 weeks starting Tuesday Jan 12. Classes will be in Spanish and are free. For more information or to sign up call 272-0010. *Thanks to the Center for Children and Family, Kansas State University and GCCC Adult Learning Center for partnering with MfK*

**Looking ahead!** MfK classes will be offered in Dodge in February. There will be a class offered in English and one in Spanish

**Many Thanks to White Tiger Marital Arts Academy & Dodge City Community College for the donation of rooms for our February MfK classes.**

[marriageforkeeps-ks.org](http://marriageforkeeps-ks.org)

[catholicsocialservice.org](http://catholicsocialservice.org)



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