

# Community Information Booklet San Gabriel Pastoral Region Los Angeles East Marriage Encounter



Hi Lovers,  
Congratulations on making a Marriage Encounter weekend, and welcome to your new ME community!

We remember how overwhelmed we felt after our weekend! The feelings we experienced as newlyweds were reawakened and we wanted so very much to make this experience a part of our lives. But we were confused about many things and we weren't sure who or where to turn for guidance and help. This booklet is designed to answer most of your questions.

You will find help with feeling words, how to dialogue correctly, a reference for whom to contact for a particular area, and most importantly, your 90-day guarantee! If, after you have dialogued faithfully using these questions for 90 days, and you still are not satisfied with your new relationship, you can have your old relationship back!

You may call any of the members of the presenting team, your prayer couple, the registration contact couple, or any of the people on the list in this book. Your local parish may also have the names of a contact couple.

We keep our dreams alive and growing by taking advantage of the support and love available to us in our ME community. We are excited about welcoming new couples. We remember the nervousness we felt about walking into an existing group. We can assure you that you will be welcomed with open arms, much the same as you were greeted at the end of your weekend!

We look forward to seeing you again. We love you!

Your Marriage Encounter community.

## WHO SHOULD I CALL IN MARRIAGE ENCOUNTER?

### **If you live in:**

Arcadia  
Azusa  
Baldwin Park  
Bradbury  
Covina  
Duarte  
El Monte  
Glendora  
Irwindale  
Monrovia  
South El Monte  
West Covina

Andrew ♥ Darlene Quezada  
1243 Holly Place  
West Covina, Ca. 91790  
  
626-917-5572  
dquezada1@hotmail.com

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### **If you live in:**

Alhambra  
Altadena  
Los Angeles  
Montebello  
Monterey Park  
Pasadena  
Rosemead  
Sierra Madre  
San Gabriel  
San Marino  
South Pasadena  
South San Gabriel  
Temple City

Danny ♥ Alicia Telles  
324 S. Leaf Ave.  
West Covina, Ca. 91791  
  
626-859-0509  
tellesman@yahoo.com

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### **If you live in:**

Claremont  
Diamond Bar  
La Verne  
Philips Ranch  
Pomona  
San Dimas

Bill ♥ Mary Ann Vena  
1260 Los Robles  
Pomona, Ca. 91768  
909-623-8444  
whvmav47.1@comcast.net

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### **If you live in:**

Hacienda Heights  
Industry  
La Puente  
Rowland Heights  
Walnut  
Valinda

Dick ♥ Pat Noon  
16327 Wedgeworth  
Hacienda Heights, CA 91745  
  
(626) 333-8048  
dickandpaths@aol.com

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LA East Executive Team  
All Areas

Dennis ♥ JoAnn Capili  
1030 Del Rey Ave.  
Pasadena, Ca. 91107  
(626) 791-3308  
capili4me@yahoo.com

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### **WEBSITES:**

Worldwide Marriage Encounter: [www.wwme.org](http://www.wwme.org)  
Ematrimony Magazine: [www.ematrimony.org](http://www.ematrimony.org)  
Local website (San Gabriel Valley): [www.weds2.homestead.com](http://www.weds2.homestead.com)

# Worldwide Marriage Encounter

## **HOW TO WRITE A LOVE LETTER**

Dialogue is the time for experiencing our spouse's feelings. Dialogue is meant to allow your spouse to share their feelings without being judged or analyzed. Dialogue is not a time to unload or blame. By following some simple guidelines and techniques, you can make the most out of your dialogue.

### **DIALOGUE DO'S**

**Write** - a 10-minute love letter focusing on feelings.

**Exchange** - and read twice, once for the head and once for the heart.

**Dialogue** - 10 minutes on the strongest feeling in one of the letters.

**Select** - a question for your next dialogue.

### **DIALOGUE DON'TS**

- Avoid getting hung up on grammar or spelling.
- This is not the time for "garbage dumping".
- Avoid giving "you" messages. Use I feel statements instead.
- Avoid blaming statements, i.e., "you made me..." or "you didn't...". Just concentrate on the feelings.
- Avoid measuring how much your spouse wrote.
- Avoid using critical judgements. The decision to love your spouse will keep you on track.
- Don't expect your spouse to change because you shared your feelings.
- Don't short-change yourselves by spending the full time talking about and continuing to draw out/explore the feeling about which you have written.
- Avoid the temptation to problem-solve on the subject during the dialogue time, be sure to use the 10 minutes just to listen.

Feelings are hard to get out because we've been trained to think rather than feel.

It takes patience and gentle questioning on the part of the spouse to help the partner discover feelings. Don't be discouraged. It may take months of daily dialogue before we begin to recognize the difference between thinking and feeling.

### **SUGGESTIONS FOR DESCRIBING FEELINGS:**

1. Describe the feeling from experience – the children, a baseball game, etc.
2. Recognize the difference in male and female viewpoints.
3. Realize that men usually write less, women write more.
4. "Why" does not describe a feeling. It explains the circumstance that causes the feeling. "I feel good because..." is not a description, it's an explanation. "I feel as good as the time you brought me flowers" is a description.
5. Sometimes you can identify a feeling by relating the sensation to a particular part of the body, i.e., gut feelings felt in the stomach (nausea, that butterfly feeling): an ache in the throat with longing; pounding heart with fright.

### **I THINK vs. I FEEL RULE**

*If you can substitute "I am" for "I feel", you have expressed a feeling. If you can substitute "I think" for "I feel", you have expressed a thought or a judgment*

### **HOW TO RATE THE FEELING:**

**Intensity:** Rate the feeling from 1 to 10 "My feeling is a '10'"

**Taste:** Sour, sweet, bitter, etc. "I feel bitter, like a sour lemon"

**Touch:** Scratchy, soft, prickly, etc. "It has a softness like silk"

**Color:** Red, blue, etc. "My anger is red hot"

**Sound:** High pitched, screech, wail of a siren, crack of thunder. "It was like the singing birds on a spring morning"

**Physical reaction:** Sick, chilled, giggling, etc. "It was like an upset stomach"

**Similar past experience:** Childbirth, riding a bike, etc. "It was like the time our child took her first steps."

**Nature scene:** Beautiful sunset, crashing waves, still forest. "It has all the colors of a sunset at sea"

**An image:** Hitting a home run. "I feel gleeful, like a kid who hit his first home run."

## FEELING WORDS

Feelings are the foundation of intimate communication. By exchanging feelings through dialogue we are giving our personhood to our spouse so that we can experience moments of unity when we both experience the same feeling to the same degree. The following is a list of some feeling words to help in writing your love letters.

### HAPPY

delighted	transported	light-hearted	vivacious
joyful	enthusiastic	buoyant	brisk
festive	inspired	debonair	sparkling
contented	glad	bright	merry
complacent	beatific	free & easy	mirthful
satisfied	pleased	airy	hilarious
serene	blissful	exuberant	exhilarated
comfortable	cheerful	saucy	jovial
peaceful	genial	jaunty	jolly
tranquil	cheery	lively	playful
ecstatic	sunny	spirited	gleeful
rapturous	high-spirited	animated	frisky
elated	exultant	jubilant	

### SAD

crestfallen	depressed	somber	oppressed
despondent	disconsolate	sulky	downhearted
disheartened	melancholy	joyless	flat
discouraged	out of sorts	spiritless	dull
low	heavy-hearted	dismal	gloomy
low spirited	discontented	dark	cheerless
ill at ease	glum	clouded	woeful
sorrowful	moody	frowning	woebegone
downcast	moping	mournful	dreary
dejected	sullen	dreadful	in the dumps
unhappy			

### ANGRY

resentful	Irritated	enraged	furious
annoyed	sullen	sulky	in a stew
inflamed	wrought up	bitter	up in arms
provoked	worked up	virulent	in a huff
incensed	indignant	acrimonious	turning
infuriated	irate	boiling	wrathful
offended			

### HURT

injured	Suffering	victimized	tortured
offended	afflicted	heartbroken	piteous
grieved	worried	hapless	woeful
distressed	aching	agonized	rueful
in pain	crushed	tragic	mournful
sad	pathetic	in despair	

**AFRAID**

fearful	tremulous	hysterical	upset
frightened	shaky	yellow	misgiving
in fear	apprehensive	alarmed	doubtful
timid	fidgety	shocked	suspicious
chicken	restful	horrified	hesitant
nervous	aghast	insecure	irresolute
diffident	terrified	anxious	awed
fainthearted	panicked	worried	dismayed
scared	quaking	threatened	appalled
trembling	cowardly	menaced	petrified

**INTERESTED**

concerned	engrossed	excited	inquiring
affected	intrigued	curious	nosy
fascinated	absorbed	inquisitive	snoopy

**FEARLESS**

encouraged	brave	Spirited	determined
courageous	daring	resolute	audacious
secure	gallant	stout hearted	dauntless
reassured	heroic	enterprising	certain
bold	self-reliant	hardy	

**DOUBTFUL**

unbelieving	suspicious	questioning	perplexed
skeptical	dubious	wavering	indecisive
distrustful	uncertain	hesitant	

**EAGER**

keen	Ardent	enthusiastic
earnest	zealous	avid
intent	anxious	hot-headed

**Commonly Used Abbreviations**

<b>DILD</b>	Describe in loving detail
<b>HDIF(A)</b>	How do I feel (about)?
<b>HDIFAMA</b>	How do I feel about my answer?
<b>HDIFAT</b>	How do I feel about that?
<b>HDIFSTWY</b>	How do I feel sharing this with you?
<b>HDIFTYT</b>	How do I feel telling you this?
<b>WAMF(A)</b>	What are my feelings (about)?
<b>WAMFAT</b>	What are my feelings about that?
<b>WAMFAMA</b>	What are my feelings about my answer?

## *The Dialogue Companion...*

as prepared by Doug and Diana Konz  
Albany, Minnesota

*Dear Lovers;*

*Dialogue has brought such a richness to our relationship and we hope that it will have the same effect on yours. Now that you have "been encountered", you are probably excited about all of the new discoveries in your relationship, and hope to keep that spark going. We remember coming off of our weekend, walking on air for a time. Sad to say the modern world will quickly try to pull you back to earth. Hopefully, the experience of your weekend, and the excitement of discovering more about each other will help maintain the challenge of dialogue.*

*This dialogue companion has been designed to assist you in keeping your dialogue going as you begin your journey to a more intimate relationship. By learning the dialogue process, you may make it possible to expand, enhance, enrich, or deepen your relationship. Enjoy each other and have fun discovering as much as you possibly can about your love!*

*Much love,  
Doug and Diana Konz  
Albany, Minnesota*

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### Discovering Feelings

On Friday evening we learned how to use a new communication process called dialogue. Dialogue can open richness in our relationship by allowing us to explore each other in a more intimate way. By reaching a deeper level of understanding, our communication is improved.

#### ***Dialogue Questions For You:***

- I am excited about Dialogue because ... HDIFAMA?
- Before our weekend, did I easily share my feelings with you? WAMFAMA?
- Is describing my feelings to you in a letter easy to do? WAMFAMA?

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### Who Am I? Discovering Myself

We learned about our dominant personality style and were maybe surprised to discover why we were driven to do the things we do. It is sometimes exciting. As we learned during the weekend, the way we present ourselves to others has a definite effect on our spouse.

#### ***Dialogue Questions For You:***

- How does the way I present myself excite or comfort others? WAMFAMA?
- How does the way I present myself disappoint, frustrate or annoy others? WAMFAMA?
- What parts of me do I hide from others? WAMFAMA?
- What parts of me do I hide from you? WAMFTYT?
- If I could change one thing about myself, I would change...? WAMFTYT?

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### Today's Marriage

Periods of disillusionment are normal in every marriage. Keeping them to a minimum is what makes for a successful relationship! Our decision to love will help us break out of disillusionment.

Today's "Married Singles" lifestyle tempts us to put our relationship on the "back burner".

#### ***Dialogue Questions For You:***

- What feelings do I experience when I realize I will always have to work at our marriage?
- What feelings do I experience when I am distant from you? DILD.
- What feelings do I experience when you are distant from me? DILD.

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### Listening With All My Heart

Listening is the key to communication! When we experience what our spouse is feeling, then we know that we have listened with our heart. This is not to imply that we need to understand and agree with what they are feeling. Do not listen just to hear the words but to accept the person to whom you are listening. Make what your spouse is saying as important to you as it is to them.

#### ***Dialogue Questions For You:***

- Am I a good listener? WAMFAMA?
  - How do I feel when you listen to me with your heart?
  - When I don't listen to you, what happens to our relationship? WAMFSTWY?
  - What makes it hard for me to listen to you? WAMFAMA?
-

### **Reaching Out and Striving For More**

By sharing in sensitive areas, we can make our relationship even more intimate! Wouldn't it be wonderful if we could experience the freedom to talk about anything together!

#### ***Dialogue Questions For You:***

*If you are not ready for these questions, save them for later but please accept the challenge - your relationship is worth it!*

- What are my feelings when I want to make love and we don't?
  - What are my feelings about my body?
  - What aspect of our sexual relationship do I have the most difficulty discussing with you? WAMFTYT?
  - Today is the last day we will have together. WAMF hearing this statement?
- 

### **We Are A Sign**

Marriage is a living sign of God's love. We did not receive a Sacrament on our wedding day, we became a Sacrament. What kind of a sign do we want to convey to others?

True happiness comes when we live intimately and responsibly in our relationship. By being intimate we are open to love and to be loved. By being responsible we are living out the decision to love in our daily lives.

#### ***Dialogue Questions For You:***

- What promises did we make to each other in our marriage ceremony? WAMFA my commitment to keeping those promises?
  - Which of my behaviors most interferes with my ability to live out God's desire for our marriage? WAMFAMA?
  - What couple has been a living sign of God's love for me? WAMFAT?
- 

### **Out On A Limb - Risking To Trust In Dialogue**

We must trust in the goodness of our spouse and risk being vulnerable in dialogue. We can then achieve a deeper intimacy in our relationship.

#### ***Activity:***

*Make a list of the subjects that I avoid sharing. Prioritize them.*

#### ***Dialogue Questions For You:***

- From the above list, what is the feeling in each area I prefer avoiding? WAMFTYT?
  - What obstacles do I have that keep me from sharing with you? WAMFTYT?
  - When do I feel most alone in our relationship and how well have I communicated this to you? WAMFAMA?
  - Recall a time recently when I really knew you loved me. WAMF remembering this now?
- 

### **Impact Of Dialogue On Us**

Nobody said daily dialogue is an easy task. It is too easy to slip away from dialogue because it becomes one more thing we have to do. Is growing closer in our relationship worth 20 minutes a day?

#### ***Dialogue Questions For You:***

- What are my feelings about daily dialogue?
  - Do I view daily dialogue as an opportunity or an obligation? WAMFAMA?
- 

### **Marriage As Sacrament**

Marriage is a visible sign of God's love, and we as a couple are the heart of the "little church". We are lifted by the love we have for each other, and our spouse is a gift that should not be taken for granted.

#### ***Dialogue Questions For You:***

- What were my feelings when I was asked to write an extended love letter?
  - When did I last say I am sorry and ask for your forgiveness? WAMFAMA?
  - What couple(s) have changed our lives? WAMFAMA?
-

### **Keeping Our Relationship A Priority**

Five tools for keeping our relationship a priority:

- Constant attention to our communication
- Attention to our sexual relationship
- Prayer for each other leading to couple prayer
- Journeying with others
- Reevaluation

#### ***Dialogue Questions For You:***

- Because of who I am, am I comfortable with change? WAMFAMA?
  - Have I romanced you recently? WAMFAMA?
  - Because of who I am, am I comfortable praying as a couple? WAMFAMA?
  - When I hear the words "being playful with you", I feel...? WAMFAMA?
- 

### **Sharing the Dream**

We are part of the dream and we are needed. Without our efforts to invite, Marriage Encounter will not continue.

#### ***Dialogue Questions For You:***

- Am I comfortable asking others to make a Marriage Encounter Weekend? HDIFAMA?
  - When others are not receptive to our invitation to make a Marriage Encounter Weekend, I feel...?
- 

### **Continuing Our Journey**

Our love as a couple is a reality and is needed in the world. The love we share as a couple is unique and irreplaceable. We can make a difference in the world by our desire to share our love. We need to be part of a community that shares these same values and wants to support our relationship.

#### ***Dialogue Questions For You:***

- Is our love visible? WAMFAMA?
  - How has our love affected others? HDIFABA?
-

## **90-DAY GUARANTEE**

1. HDIF beginning this 90-day guarantee with you?
2. WAMF when we do something for someone else as a couple?
3. WAMF when you tell me you need me?
4. HDIF about myself today and how does that make me feel about you?
5. WAMF when I want to be with you and can't?
6. HDIF when I listen to you with my heart (or you listen to me with you hear)?
7. What feelings do I have about our relationship as we begin this week?
8. WAMF when I know I have hurt you?
9. WAMF when I'm aware that you have had a bad day?
10. HDIF when I make the decision to love for the sake of our relationship?
11. HDIF when I am too tired to give to our relationship?
12. WAMF when I know that you are proud of me?
13. What as the most significant think that happened to our relationship on our weekend, & HDIF?
14. HDIF about our dialogue or lack of dialogue?
15. What strongest feeling did I have today that I want to share with you?
16. HDIF when I see you after a long journey?
17. HDIF when you make me smile?
18. HDIF about a quality only you posses?
19. HDIF about our growing relationship?
20. Eph. 2: 1-10
21. HDIF when you have done something to make me happy?
22. HDIF when I have done something to make you happy?
23. What is the nicest thing you have done this week and HDIF?
24. In what way have I become more understanding of your feelings since M.E. and HDIF?
25. In what way have you become more understanding of my feelings since M.E. and HDIF?
26. How important is the nonverbal in our dialogue and HDIF
27. HDIF when you have to make a sacrifice for us?
28. WAMF about how we spent the weekend?
29. HDIF when I make a specific sacrifice for you?
30. In what ways has our dialogue increased our confidence in each other and HDIF?
31. When have I felt closest to you in the past few days, and HDIF?
32. HDIF when you reflect my goodness?
33. HDIF when I reflect your goodness?
34. In what specific area do I need your help most, and HDIF?
35. HDIF when you kiss me?
36. HDIF when we pray together?
37. The discipline of dialogue is difficult. Has it improved our relationship and HDIF?
38. HDIF when one of our children shows one of your qualities?
39. John 16: 23-24
40. HDIF when you touch me?
41. What feelings do I have that I find most difficult to share with you and HDIF?
42. HDIF when we see an encounter sticker on an automobile?
43. HDIF when one of our children says, "I love you"?
44. HDIF when you touch me in that certain way or certain place?
45. WAMF about my/your daily work?
46. HDIF when you tell me you love me? DFILD
47. WAMF just being married to you? DFILD
48. Did we strive for unity this past week, and HDIF
49. HDIF when we reach out to someone?
50. HDIF about sex in the morning? HDIF about having these feelings?
51. HDIF about you today?
52. HDIF when someone reaches out to us?
53. HDIF when I share a difficult feeling with you?
54. HDIF when you reach out to accept my feelings?
55. HDIF when there is distance between us?
56. HDIF when you reach out to me when I'm hurt?
57. HDIF when I reach out to you when you are hurt?

## **90-DAY GUARANTEE**

58. HDIF when we “kiss and make up”?
59. HDIF when you come home in the evening?
60. HDIF about our spiritual growth as a couple?
61. HDIF when you leave a note of love where I find it unexpectedly during the day?
62. HDIF when you put your arm around me in public?
63. Romans 12: 1-8
64. HDIF when you hug me after a rough day?
65. What changes have occurred in our relationship since we began this 90 days, and HDIF?
66. HDIF when we reach out and are rejected?
67. HDIF about the loving atmosphere in our home since M.E.?
68. Am I dialoging just to make the 90 days or am I really focused on our relationship? HDIF?
69. HDIF when you really try to reach out and accept my feelings about sex, (money), (relatives)?
70. HDIF when I’ve done something to make you happy?
71. HDIF when you are striving to give 100% to me?
72. HDIF when I am striving to give 100% to you?
73. HDIF when we plan things together?
74. WAMF when we go out socially?
75. HDIF when we work around the house together?
76. Romans: 9-18
77. WAMF about how we share our relationship?
78. WAMF now? About our relationship?
79. What do I like about you? HDIF?
80. How does my self-image affect our relationship, and HDIF?
81. HDIF when we show others our love as a couple?
82. WAMF about “Christ dislikes the sin but loves the sinner?”
83. HDIF about Jesus as a person and how does this affect us?
84. WAMF about our spiritual growth as a couple?
85. WAMF when we receive the Body of Christ as a couple? Or when we see others receive?
86. HDIF the image of God is made clearer to me through you?
87. Is our Father a meaningful part of our dialogue, and HDIF?
88. Good needs our couple love for the salvation of the World. How does this make me feel?
89. What dreams and hopes do I have for “us” for the future, and HDIF?
90. How has the past 90 days affected our relationship, and HDIF?

HDIF: How do I feel

WAMF: What are my feelings

DILD Describe feelings in loving detail

**SHARE YOUR EXPERIENCE – PASS IT ON**  
**BE A PRAYER COUPLE**

Some of the success of your weekend was made possible through the devoted efforts of your prayer couple. You have the privilege and joy of being able to return that gift for a couple on upcoming weekends. If you are interested, you can contact the coordinator in your area for dates and names.

Here are the steps necessary to share your love:

1. Write a prayer letter for your couple. It does not need to be very long, and it should share briefly your joy for them as they enter into this experience, how the weekend affected your relationship, and your hopes for them. You may share if you wish the ways in which you (and your children, if they want to participate) plan to pray for them through the weekend. **You should not mention anything about seeing them on Sunday.** This is a surprise, just as it was for you. You may tell them that you look forward to meeting them sometime soon. This letter should be in the hands of the coordinators no later than the Thursday before the weekend.
2. Get a candle and decorate it according to your own preference. If you wish to put a Marriage Encounter decal on the candle you can get one from one of the coordinators. You should light your candle on Friday night and let it burn throughout the weekend. If you are fearful of the possibility of fire, place it in your bathtub during the night, or when you are away from home. If you MUST, you may extinguish it, so long as you remember to re-light it. You will present this candle to your couple on Sunday.
3. Make a small poster or banner, decorated according to your wishes. Include the couple's name and weekend date. This will be used to identify the couple and then be given to them on Sunday.
4. Be present for the SING OUT on Sunday afternoon. Although you may need to wait a while if the weekend is running behind schedule, you should be at the hotel no later than 3:45pm. This is important, in case the weekend ends a little earlier than scheduled. You would not want your couple to feel left out!
5. Be available to your couple after the weekend. If possible, introduce them to your local community at their first sharing group meeting. Remind them of the Rookie Reunion. If possible join them.

You may bring a simple gift on Sunday, if you choose. This is not a requirement. You may consider a small bouquet of flowers or a small plant or inexpensive dialogue book that you may have personalized for them.

How you prayerfully observe the weekend is up to you and should be unique to you as a couple and your family. Here are some suggestions: Offer your Mass and Eucharist on Sunday; pray the rosary together as a couple, beginning on Friday night and, if you wish, several times throughout the weekend; sacrifice something you really enjoy, such as TV, dessert, beer, outside entertainment, your bed. Offer up your making love in celebration of the couple on the weekend. Be creative!

After the weekend, give your couple a 1-ringer on a frequent basis. Continue to pray for them as time goes on. Call them and keep them informed of upcoming events and meetings.

Be prepared for disappointment if your couple should fail to show up on Friday, or should leave the weekend. They still need your prayers, even though they did not complete the weekend.

**Thank you for sharing your love with another couple!**