



DECEMBER 2009 UPDATE



Confidence

"We came here with the hope of restoring our broken marriage. We got that and so much more! We are leaving with some practical steps to practice, and with confidence that we can and will succeed this time around. I know that The Clearing will benefit you and give you hope for your future as well. Trust that God has put you in very capable, loving hands!"

A Participant



✧ Giving Couples Hope ✧

This first year of strengthening marriages has been full of amazing healing and reconciliation for couples that have come to The Clearing's Marriage Intensive Retreats and weekend workshops

"I HAVE A NEW OUTLOOK ON LIFE"

After nine Marriage Intensives, we see the fruit in the lives of couples we serve. Having a breakthrough experience is their norm. The difference in the couples when they leave Circle Lake after a Marriage Intensive Retreat is even visible. Although they may have arrived tense, four days later their relaxed, even jovial mood puts bounce in their step. "Our days at Circle Lake were wonderful," one participant wrote. "We felt so

loved and taken care of. We both now feel so good and are so glad to have 'tools' to use as we continue to mend our relationship." Another participant said, "There were thoughtful touches everywhere and in every hour of the day. God really used you at a time when we needed to be ministered to. I have hope that our marriage may be salvageable for the first time in a long while. Please know how very thankful I am."





Taking Marriages from Good to Great

You don't have to wait for a crisis to experience the richness of The Clearing. We now offer Marriage Enrichment weekend workshops for all couples. Our experienced therapists have distilled wisdom from their counseling into a Friday night to Saturday morning format we are offering in partnership with local church congregations. Memorial Drive Presbyterian kicked off the series in October. "We went home feeling rejuvenated and we have practical, useable tools for better communication," one participant wrote. "We are already working on mastering those skills during discussion involving conflicts of interest." Great communication is crucial for a great marriage, and our workshop shows how to have it.

Now on The Clearing Team

Tricia Cunningham, LPC, MA



Tricia is the lead therapist for The Clearing, and has demonstrated her wisdom and compassion in counseling couples who have come to our Marriage Intensive Retreats and Marriage Enrichment weekends. She began her career as a counselor at Gary Smalley's counseling center, Today's Family. She later became a certified lead therapist, director and executive team member at the

National Institute of Marriage. She is also a Certified Professional Life Coach. Tricia grew up in Argentina, the daughter of missionaries, and has spent her adult life in ministry with her husband in the Midwest. She has been married for eighteen years and has three children.

Nuggets of Wisdom for a Great Relationship

from Dr. Scott Sticksel

1. Never stop learning about your spouse. Earn a Ph.D. in them.
2. For a healthy marriage, spend time with other couples who care about succeeding in their marriage.
3. Understand the pattern in your relationship where you miss connecting with each other.
4. Take care of yourself physically, emotionally, mentally and spiritually.
5. God reveals who He is through marriage. And He is not finished with either of you yet.



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