



# THE SPIRIT

WINTER 2005 CONNECTICUT

## HELLO CONNECTICUT LOVERS

Each year the beautiful green leaves change, signaling the next season here in the Northeast. The leaves change to golden colors – ones that we all enjoy, and then, of course, they fall off and the tedious chore of raking, mulching, and waiting for them to blow away goes on and on. The first snows arrive and winter sets in... which eventually gives way to spring again (but that means time for another SPIRIT and column).

We hope this year has been good to you. It has been an exciting year so far for Marriage Encounter here in Connecticut. We have a new Executive Couple (see their letter elsewhere in this issue), we have had a couple of Enrichment Days (one of which is discussed later in this SPIRIT) and we have had successful Weekends. As fall comes to an end, we must think about preparing for winter and for the holiday season. As always, we need to make special efforts to ensure that our relationship retains its top priority in the rush of early winter.

The holidays can be hectic- full of hustle and bustle, and “things to do”... and one of the things we try to do is to enjoy each other during the moments when we are able to slow down. For us, selections on the CD player change from our usual CDs of traditional folk music to a large collection of gentle music reminiscent of “olden times” as children like to call them. We settle into holiday preparation. Hot cups of teas and hot chocolate replace ice cold drinks in our hands and we try to work together so that no one task becomes overwhelming for either of us. As with every season we try to ensure (with varying success) that our Marriage is a scrapbook filled with memories and hope. It is these quiet times that can allow us to find the strength to keep up with the holiday demands and the stresses of the winter season.

This season leads to many dialogue questions about winter and the holidays. Some are provided in this SPIRIT, some are available on the ME calendars and hopefully you can think up others that are especially applicable to your own lives and relationship. Perhaps you can't always do as we do and cuddle up in front of the woodstove, listening to our music and enjoying each other and our pets (the children who still live at home). But you can try to find time for each other. For winter does provide us (by necessity) more time indoors. We would like to think of all of our Marriage Encounter friends keeping each other warm physically and emotionally this winter.

We wish you many happy and peaceful moments this holiday and winter season and many opportunities to enjoy each other and the “moment”

Love  
Judy and Dick

## CT ME Who's Who?

Nationwide 800-795-LOVE

### Leadership

Gary & Lynne Gworek  
[ggtri@cox.net](mailto:ggtri@cox.net) 860-621-7756

### Registration Couple

John & Bev Maley  
[bjkmaley@aol.com](mailto:bjkmaley@aol.com) 203-364-0836

### SPIRIT Newsletter Editors

Dick & Judy MacDonald  
[felcan@hotmail.com](mailto:felcan@hotmail.com) 860-739-0149

### Prayer Couple Coordinators

Phil & Shirley Pepin  
[campfor@aol.com](mailto:campfor@aol.com) 860-224-4110

Joe and Jane Staszowski  
[janeann860@aol.com](mailto:janeann860@aol.com) 860-644-7260

### Adopt a Parish 1-800 Couple

Curtis & Lorraine Lauret  
[thelaurets@comcast.net](mailto:thelaurets@comcast.net) 860-651-1206

### Community Events Coordinator

Tony & Betty Fabrizio  
[apfabri@charter.net](mailto:apfabri@charter.net) 203-426-6799

### Webmaster

John & Sarah Hubert  
[jnvrad@earthlink.net](mailto:jnvrad@earthlink.net) 203-268-0630

### Connecticut ME Web Address

<http://www.wmect.org>

### Worldwide Marriage Encounter

<http://www.wmme.org>

# THE SPIRIT

CONNECTICUT WINTER 2005

Dearest Lovers,

We'd like to introduce ourselves. We are Gary and Lynne Gworek. We have been selected as leaders of Marriage Encounter in Connecticut for the next two years. We made our original Marriage Encounter weekend in 1996, and started presenting weekends in 1997. We have been married for 24 years and live in Southington. We have three children: Rachel (21), Matt (18), and Jonathan (13).

Marriage Encounter has been a huge part of our lives since 1996. Being involved in community has been a real joy for us. We have been challenged by many couples to be the best couple we can be. We are presently involved in two circle groups and enjoy our monthly meetings with them. We also love being involved in community events, finding it to be uplifting getting together with other couples who value marriage as much as we do. It is never too late to get re-involved in community events. We hope to see all of you at our next community event- our Valentine's Dance! You can read about the details in this newsletter.

Daily dialogue has been an amazing part of our journey. It's incredible that after almost ten years of dialoguing we are still learning things about each other. Dialogue is definitely the key to keeping our relationship alive and passionate. We hope all of you are still finding dialogue to be a special part of your relationship. If you have gotten away from dialogue, there's no better time to pick up those pens and books, trying it again. The rewards are definitely worth the time.

We truly believe that we can change the world one couple at a time. So, over the next year we are adopting the slogan, "Just One Couple." Just imagine if each couple receiving this newsletter invited just one couple to make a Marriage Encounter weekend this coming year. We'd have hundreds and hundreds of couples making the weekend. How great would that be!! Help us in our dream and mission of changing the world by inviting "Just One Couple."

Please feel free to call us with any questions, comments, or suggestions about Connecticut Marriage Encounter. We are here to serve you. Keep on loving your spouses, passionately!

Our love,  
Gary & Lynne Gworek  
860-621-7756

## DIALOGUE QUESTIONS

We try to provide you a number of usable dialogue questions in each issue of the SPIRIT that are appropriate to the season. We do this because we believe daily dialogue is essential to maintaining our relationship. When your dialogue seems to be getting stale, remember that it takes work to dialogue effectively. Daily dialogue holds open the communication channels. Enjoy the questions.

1. HDIF when the leaves are all off the trees and winter is approaching?
2. What are my fondest winter memories? HDIFSTWY?
3. What are my least favorite winter memories? HDIFSTWY?
4. What winter sport do I enjoy and HDIFAT?
5. When I see you (substitute a winter sport like skiing or skating) I feel...
6. Being warm and cozy on a cold winter night with you I feel...? HDIFSTWY?
7. What do I see as goals for us this winter? HDMAMMF?
8. HDIFA winter family vacations?
9. How can I grow spiritually this winter? HDIFSTWY?
10. In what ways can we grow as a couple this winter? HDIFSTWY?
11. bonus- HDIF when you take me to a special Valentine's Day Dance?

Please keep the following intentions in your prayers.

For the success of Marriage Encounter weekends  
For our love to shine through us as encountered couples to family, friends, and community  
For continued success of Marriage Encounter circles and the creation of new circles  
For greater understanding and tolerance among the worlds peoples and for peace  
For better crops and crop education to the people of the third world so food shortages can be a thing of the past.  
For the safety of our troops and civilians in war torn areas  
For solutions to the problems besetting the people displaced by the natural disasters this past year.  
For our families and friends who are currently suffering from medical and emotional illnesses.  
For the homeless and the poor as the cold winter begins  
For the lonely and the depressed.  
For greater understanding of the Scriptures  
For us to continue to live the "dream" in today's modern world

Please come and join the Marriage Encounter Community for a Valentine's Day



# Sweetheart Dance



*Saturday*

*February 11, 2006*

*7:00 - 12:00 p.m.*

**St. Joseph's School**

29 Edson St

New Britain, CT

860-223-5959

**\*\*Please note the change of location from last year\*\***

**DJ Music provided by POWERSTATION**

**Bring your own drinks, snacks, and your friends (they don't have to be encountered – maybe they'll want to go on a weekend after the dance)**

**\$20.00 PER COUPLE – PAY AT THE DOOR**

For more information contact: Tony & Betty Fabrizio

[203-426-6799/apfabri@charter.net](mailto:203-426-6799/apfabri@charter.net)

**directions:**

**FROM THE WATERBURY AREA – APPROXIMATELY 21 MILES**

TAKE I84 EAST TOWARDS HARTFORD. BEAR LEFT ONTO SR-72 TOWARDS CT-72 / CT-9 / NEW BRITAIN . AT EXIT 9, TURN OFF ONTO RAMP TOWARDS CT-71 / MAIN ST. TURN RIGHT (SOUTH) ONTO SR-71 [HARRY S TRUMAN OVERPASS]. BEAR RIGHT (SOUTH) ONTO SR-71 [ELM ST]. BEAR LEFT (SOUTH) ONTO SR-71 [FRANKLIN SQ]. BEAR LEFT (SOUTH) ONTO SR-71 [S MAIN ST]. TURN RIGHT (WEST) ONTO EDSON ST

**FROM THE HARTFORD AREA – APPROXIMATELY 13 MILES**

FOLLOW I-84 WEST TOWARDS WATERBURY. AT EXIT 39A, TAKE RAMP (RIGHT) ONTO SR-9 TOWARDS CT-9 / NEWINGTON / NEW BRITAIN. MERGE ONTO SR-72 [SR-9]. AT EXIT 25, TURN RIGHT ONTO RAMP TOWARDS ELLIS ST. / CT-71 / KENSINGTON. TURN LEFT (WEST) ONTO ELLIS ST. TURN RIGHT (NORTH) ONTO WARLOCK ST. AT END, ARRIVE 29 EDSON ST, NEW BRITAIN, CT 06051

**FROM THE NEW HAVEN AREA = APPROXIMATELY 33 MILES**

FOLLOW I-91 TOWARDS HARTFORD. AT EXIT 22N-S, TURN RIGHT ONTO RAMP TOWARDS CT-9 / NEW BRITAIN / MIDDLETOWN. TAKE RAMP (LEFT) ONTO SR-9 TOWARDS CT-9 / NEW BRITAIN APPROX 3 ½ MILES. ROAD NAME CHANGES TO SR-72 [SR-9] APPROX 2 MILES. AT EXIT 25, TURN RIGHT ONTO RAMP TOWARDS ELLIS STREET. TURN LEFT (WEST) ONTO ELLIS ST. TURN RIGHT (NORTH) ONTO WARLOCK ST. AT END ARRIVE 29 EDSON ST, NEW BRITAIN, CT 06051

# THE SPIRIT

CONNECTICUT WINTER 2005



November 4, 2005

Dear Friends of WWME,

As the end of 2005 approaches and Worldwide Marriage Encounter (WWME) prepares to begin its 38th year in service to our Church, we would like to take this opportunity to remind couples, priests and religious across the United States that Worldwide Marriage Encounter - USA, Inc. is a non-profit corporation, certified by the Internal Revenue Service as a 501(c)(3) organization. This means that any donation given to WWME outside the Weekend is tax deductible. We know many people make end-of-the-year donations to charitable organizations for many worthwhile purposes and we would like you to consider including WWME as one of the worthy recipients of your donations.

This year has been a challenge for many involved in WWME, especially those communities ravaged by hurricanes throughout the Southeastern United States. We are very proud of the love and generosity offered by you and many others in WWME to support the families affected by these storms. Many dedicated couples and priests associated with Worldwide Marriage Encounter continue to stand as lighthouses providing beacons of much needed light for our troubled society. Our movement continues to offer hope to couples and priests seeking more intimate and satisfying relationships. We introduce them to the joy of living God's desire for their sacrament and we offer support for faith-filled family life. Please help us to continue our WWME mission to renew the Church and change the world -- one sacrament at a time!

We continue to meet couples and priests all across the country who are very generous with their time, talent and treasure in support of Worldwide Marriage Encounter and this ministry is blessed by their service. And if you would like to extend this generosity, we respectfully ask that you consider including a donation to WWME of \$25, \$50 or more.

If you would like to make a tax deductible charitable contribution, we have attached a page that provides several methods you can use to help us reach our Year-End fund raising goal of \$19,000. You can also indicate how you would like your financial gift distributed within WWME (National, Section and/or Local Use). We appreciate any amount you may wish to donate toward helping the WWME movement achieve its mission. The donation form can be obtained from the address below.

With love and gratitude,

Bob & Joy Hernandez and Msgr. Chuck Kosanke  
U.S. Secretariat Team

Worldwide Marriage Encounter National Office · 2210 E. Highland Ave., Ste. 106 · San Bernardino CA 92404  
(909) 863-WWME (9963) · Fax (909) 863-9986

# THE SPIRIT

CONNECTICUT WINTER 2005

*This is a picture of the Killingworth Circle from August, 2005. They celebrate their wedding anniversaries by going out to dinner. The total number of years of marriage for these couples will remain their secret but we assume that it is always increasing. We would love to get pictures and accounts of other circle activities to put into the SPIRIT. It is always encouraging for our readers to see what other encountered couples look like and what other circles chose to do together.*



## VALENTINE'S DAY IDEAS

The following ideas for Valentine's Day (which occurs during the winter) are excerpted from "1001 Ways to Be Romantic" by J.P. Godek.

Valentine's Day is not the most romantic day of the year. You still have to recognize it and act on it- but you don't get any extra credit for it. Valentine's Day is one of those *Obligatory Romance* days

Don't buy roses on Valentine's Day. It's commonplace, expected and expensive.

Buy different flowers

Exercise your creativity, do something unique, quirky, or touching

Write a poem. or copy one from a book of love poetry

Write a love letter

Turn Valentine's Day into a real holiday. Take a day off work, spend the day in bed, Go to the movies. Go out to dinner. Make love. Go for a stroll.

Mail a Valentine's Day card. Send 20! Make up your own card

Meet him (her) at the front door wearing a big red ribbon -and nothing else. This can be inexpensive and is always appreciated. Works on anniversary and birthday too.

Keep your eyes open for pre-valentine's day articles in magazines and newspapers. Rip them out and save them. Plan accordingly. Don't forget to save the articles for future use.

Remember- Romance is about little things.

# THE SPIRIT

CONNECTICUT WINTER 2005

## **SEPTEMBER ENRICHMENT DAY**

There was a successful Enrichment day in Madison, Connecticut at St Margaret's Church on September 24, 2005 hosted by the Killingworth Circle. This is the third year that this circle has hosted an Enrichment Day in September. A total of 16 couples attended and many of us finished the day by attending Mass at the church. The topic of the Enrichment Day was "Marriage in our Changing World". The talks were: "Dreams Do Come True" by Joan and Virgil Wood, "In God We Trust" by Pat and Ed Boothroyd, "Changes in our Lives" by Curtis and Lorraine Lauret, and "The Dash" by Carl and Sue Calhoun.

We all should do our best to attend at least one of the Enrichment Days held in Connecticut during the year. It is a wonderful experience both in hearing the couples present and in the gathering with other encountered couples from around the state. The presentations always provide a lift to our relationships and often ideas for more dialogue questions.

Please, any circles that wish, try to host an enrichment day yourselves. The more Enrichment Days we have, spread around the state; the more couples will have the opportunity to have this great experience. It is not hard, and there is plenty of support and ideas from both the state leadership and the other couples who have done the hosting. If your circle is interested, please contact Gary and Lynne Gworek or Tony and Betty Fabrizio.

## **Marriage Myths**

*The following are some myths about marriage that we found on the Internet recently. We have deleted some of the explanations for space reasons. Perhaps belief in some of these are responsible for the rising rate of divorce.*

Marriage benefits men more than women.- We benefit in different ways but both benefit. Both live longer. Men gain better health benefits, women gain better financial benefits.

Having children generally brings married couples together and increases marital happiness.- many studies show that the arrival of the first baby commonly has the affect of pushing the couple apart and bringing stress to the marriage

The key to long term marital success is good luck and romantic love- Rather than luck and love, the most common reason couples give for their long term marriage is commitment and companionship

The more educated a woman is, the lower her chances of getting married- A study of marriage rates in the 1990's showed that college educated women are more likely to get married than their non-college educated peers, despite a greater age at marriage. This is a reverse of the situation in the past.

People cannot be expected to stay in a marriage for a lifetime as they did in the past because they live longer. Unless we compare to a hundred years ago, there is no basis for this. Most divorces occur before the seventh year of marriage.

# THE SPIRIT

CONNECTICUT WINTER 2005

## Connecticut Marriage Encounter Circle Contact Couples

The following is a list of the circles that we know of. Please let us (Dick and Judy) know if there are circles that we have not listed or if any of these circles are no longer functioning. Also, let us know if there are any changes in address or telephone number. If anyone would like to start a new circle, please contact Gary and Lynne Gworek at 860-621-7756

### **Berlin**

Ken & Karen Martin  
176 Oxyoke Dr  
Kensington, CT  
06037  
860-828-8650

### **Danbury**

John & Lynn Waller  
83 Highland Ave  
Danbury, CT  
06810  
203-748-3681

### **East Hartford**

Mike & Vickie Zabedeo  
107 Sparrow Bush Rd  
E. Hartford, CT  
06108  
860-528-5037

### **Trumbull**

(Merrit Circle)  
John & Sarah Hubert  
69 Woolsley Ave  
Trumbull, CT  
06611  
203-268-0630

### **Farmington Area**

George & Kim Tuttle  
21 Paperchase Dr  
Farmington, CT  
06032  
860-678-8375

### **Farmington Valley**

Cindy Moeckel & Larry Grasso  
41 Meadow Farms Rd  
West Hartford, CT  
06107  
860-561-1396

### **Glastonbury**

Lu & Denise Weeks  
123 Eastbury Hill  
Glastonbury, CT  
06033  
860-633-4144

### **Killingworth**

Ed & Pat Boothroyd  
12 Country Walk Rd  
Higginum, CT  
06411  
860-345-7422

### **Middlebury**

John & Regina  
Kotchian  
204 Skyline Dr  
Middlebury, CT  
06762  
203-758-1496

### **Newington**

George & Sandy  
Sampson  
94 Barnard Rd  
Newington, CT  
06111  
860-561-0834

### **North Branford**

Frank & Brenda  
Karsmarski  
69 Woodvale Dr  
Northford, CT  
06472  
203-484-0873

### **New Fairfield**

Kevin & Margaret  
Mansfield  
4 West Ridge Rd  
New Fairfield, CT  
06812  
203-746-1961

### **Old Saybrook**

Lisa & Jim Guarnaccia  
19 Clinton Ave  
Old Saybrook, CT  
06475  
860-388-3808

### **Avon**

Joan & Tom Gunning  
1 Cavendish Place  
Avon, CT  
06001  
860-673-3647

### **Southington (South Farms)**

Scott & Jackie Allo  
182 Audubon Ave  
Newington, CT  
06111  
860-666-6290

### **South Windsor**

John & Helen Antao  
61 Evans Crossing  
South Windsor, CT  
06074  
860-644-6038

### **Newtown**

Tony & Betty Fabrizio  
27 Russett Rd  
Sandy Hook, CT  
06482  
203-426-6799

### **Fairfield**

John & Ann Calcutt  
71 Running Brook Lane  
Fairfield, CT  
06430  
203-254-7249

# THE SPIRIT

CONNECTICUT WINTER 2005

## UPCOMING 2006 DATES

weekend dates are subject to change

January 20-23	Weekend - Meriden, CT
February 11	Dance- New Britain
April 21-23	Weekend- Meriden, CT
July 14-16	Weekend -Glastonbury, CT
September 15-17	Weekend- Meriden, CT

## 2006 MARRIAGE ENCOUNTER CALENDARS

The 2006 calendars are in. They are really great. The calendars have lots of good dialogue questions for the new year. If you wish to have one of these necessary tools to dialogue, please contact Gary and Lynne and send \$12.00 (\$10.00 for the calendar and \$2.00 for shipping.)

## CHANGE OF ADDRESSES PLEASE!

PLEASE LET US KNOW IF YOUR ADDRESS CHANGES!  
IF THE TIME FOR FORWARDING EXPIRES, YOUR COPY OF THE SPIRIT WILL BE RETURNED TO US AND WE WILL THEN HAVE NO IDEA WHERE YOU WENT. I.E. YOU WILL NO LONGER BE ON THE MAILING LIST.

ALSO, IF ANYONE YOU KNOW IS NOT RECEIVING THE SPIRIT AND WISHES TO, PLEASE LET US KNOW. IT IS EASY TO ADD NAMES TO THE LIST AND WE FAR PREFER TO DO THAT THAN TO DELETE COUPLES BECAUSE THEIR ADDRESS IS NO LONGER VALID.