

CAMPUS CHURCH *of Christ*

LOVING GOD AND LOVING OTHERS
through a growing relationship with Christ
Mark 12:28-31

February 7, 2010

The Seven Principles for Making Marriage Work

John Mordechai Cottman, *The Marriage Clinic* (Norton Professional Books)

Based on Gottman's research, he has developed seven principles that help improve a marriage's chances of success:

How the Principles Work

Gottman did a nine-month follow-up of 640 couples who attended a two-day workshop where couples were trained in the seven principles for making marriage work. He found that the relapse rate, or return to their previous level of marital distress, was only 20% for couples who attended the workshop versus 30% to 50% for standard marital therapy.

1. Enhance Your Love Maps

Emotionally intelligent couples are familiar with the details of each other's world. They remember the major events in each other's history and keep up to date as the facts and feelings of their partner's world changes. They know each other's goals, worries and hopes in life.

2. Nurture Your Fondness and Admiration

This is one of the most critical elements in a rewarding and long-lasting marriage. It involves feeling that your partner is still worthy of honor and respect in spite of their flaws. Gottman found that 94% of the time when couples put a positive spin on their marriage's history, they are likely to have a happy future.

3. Turn Toward Each Other Instead of Away

When a partner makes a bid for your attention, affection, humor or support, turning toward your partner is the basis of emotional connection. The real secret is to turn toward each other in little ways every day.

4. Let Your Partner Influence You

The happiest marriages were those where the husband was able to convey honor and respect for their wife and did not resist sharing power and decision making. These husbands actively search for common ground instead of insisting on getting their way. Gottman found women were more likely to let their husbands influence them by taking their opinions and feelings into account.

Continued on inside...

Just for Visitors...

We're so delighted to have you with us today—it is a blessing from God and an answer to our prayers. We have asked and continue to ask God to bring us special people. We know you are not here by accident. We hope you'll come again! Please pick up a free cassette or CD of today's lesson, in the Family Resource Center located in the foyer. *May God bless your week!*

Assembly Times

Sunday Bible Classes	9:30 am
Sunday Worship	10:30 am
Wednesday Praise	7:00 pm
Wednesday Classes	7:30 pm

Important Calendar Dates

Be sure to check specific ministry sections for more details on upcoming events.

FEBRUARY

Sun 7 DR Mission fund raiser meal @ 12N

Fri 12 Teen Winter Camp

Sun 14 Valentine's Day

- Blood Drive 9a-1p in church parking lot
- St. Francis House mission

Wed 17 Youth Ministry Support Team B meet with Eric @6:30

Sat 20 Church-wide work party 8a-1p

Sun 21 Student meal team #3

Sat 27 Men's Spiritual Impact Day at Maricamp Road Church of Christ
Registration deadline 2/20, cost \$10

MARCH

Sat 6 UF/SFC spring break begins

Sun 7 Univ. City C of C Spring Arts Festival

Sun 14 Daylight Saving Time Begins

- St Francis House mission

Pastoral Counseling Available

by appointment with Bill Wharton; for scheduling call his home (372-9202), cell (359-4222), or the church office (378-1471).

TEENMINISTRY

For more information contact Paul Runnestrand: 352 328-7846
Felicia Blocker: 352 682-4594 or Jarad Johnson: 352 284-6720

Sunday's Bible Class at 9:30 AM meet in Youth room

Combined classes: "Learning from Mark"

Wednesday's Bible Class at 7:30 PM in Youth Room

Combined classes: "Topical discussions"



TODAY Super Bowl Party 5:30p @ Osejos
16681 NW 165 Ter, Alachua FL
386-518-6048



Feb. 12-15 Teen Winter Camp @ Florida Bible Camp — Payment due now

Feb. 17 @ 6:30 pm Youth Support Team B meeting

www.campusyouth.wordpress.com



Today after worship join us for a fund-raiser meal benefitting the D.R. Spring Break Mission team. Adults \$6/plate; Children \$4/plate. Menu: Taco Salad with all the trimmings. Team is also accepting travel size toiletries to take to families in D.R.

Adult Bible Classes**Sundays 9:30 AM**

Reflections on Mark — E. Brown

Prayer for children and grandchildren —last Sun of each month FH#2

Prayer for personal & church concerns—9AM Library

Wednesdays 7:00 PM

Satan's Attack — Ramon Osejo

Parenting Teens – Bob Harrell

Beth Moore's series on Esther — Barbara Brunson (until 2/10)

Overcomers Outreach for Women — Dianne Skye

College/young adults: *Christians Engaging with Culture* – Eric B.

Children's Ministry

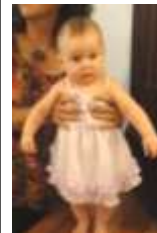
9:30 AM Bible Study Nursery — helpers needed

10:30 AM Worship workers:

Babies: Sun: Barbara Wed: Ann Horton

Toddler Nursery: Today, Feb. 7 - Mac & Linda

Next Week, February 14 - Cherise



Continued from front page:

5. Solve Your Solvable Problems

Resolving conflict involves five steps: soften your startup, learn to make and receive repair attempts, soothe yourself and each other, compromise and be tolerant of each other's faults. Some suggested practices include:

- Complain but don't blame.
- Make statements that start with "I" instead of "You."
- Describe what is happening, don't evaluate or judge.
- Be clear, polite and appreciative.
- Don't store things up.

6. Overcome Gridlock

Ending gridlock doesn't mean solving the problem, but rather moving from gridlock to dialogue. Some steps are:

- Learn to uncover your partner's dreams.
- Understand why each of you feels so strongly about the gridlocked issue.
- Soothe each other to avoid flooding.
- End the gridlock by making peace with the issue, accepting the differences between you, talking without hurting each other and compromising.

7. Create Shared Meaning

See if you can agree on the fundamentals in life. Create an atmosphere where you can speak candidly and respectfully about your values and dreams. Accept and respect that you each may have some dreams that the other doesn't share.

CampusChristians Spring 2010 Calendar

- Sundays!** • **Worship 10:28 AM and Student Lunches after worship on first and third Sundays**
- Wednesdays** • **7P Christians Engaging With Culture with Eric B**
- ➡ **Interested in a Sunday Bible Study? You'll love our Sunday night group listed below.**

Spring On-campus Bible Studies

Sundays @ College Cross Chat Group @ 8 PM

Meet at Campus Church of Christ

Tuesdays @ SFC Library @ 12:20 PM

Wednesdays @ UF Reitz Food Court @ 10:40 AM

Fridays @ UF Chipotle @ 12:00 noon

Fridays @ UF Hub @ 2:00 PM

Ask one of our college students or text

Kevin (college minister) for more details: 352-284-2827

- Upcoming**
- Mon./Wed. @ 8:00 AM and
 - Fri. @ 7:30 AM Work out @ SFC weight room with SFC Crew

worship

today

welcome & family matters

communion thoughts

Shepherd's prayer

Dave

message

Eric

About Divorce

Mark 10:1-12

prayer cards

offering

benediction

Last Week's Statistics

Sunday Attendance..... 203

Sunday Contribution.....\$5,420

Wednesday Care fund \$160

Meditative Commentary on
Mark, Jesus Is God's Son

True Greatness II

Mark 10: 32-52

Day 1: Mark 10: 32 - 34

Day 2: Mark 10: 35 - 40

Day 3: Mark 10: 41 - 45

Day 4: Mark 10: 46 - 52

Day 5: Mark 10: 32 - 52

The Church Pantry which provides food for hungry families is in need of: cereal, shelf stable milk, peanut butter, jelly, canned fruit cocktail, canned peaches, any canned fruit, canned green beans, canned corn, any canned vegetables, raisins, large jars of spaghetti sauce, spaghetti noodles, rice, large cans of beef stew large cans of tuna or chicken, boxes of TUNA or CHICKEN Helper (not hamburger helper please). We have soup, so don't need soup.

Thank you for loving people in need

Prayer List

Please pray for our families & friends:

Reather Hatcher, medical tests for heart
William Oliver, Marilyn's father, hospitalized
 Sue Apple, recovering from surgery
 Russell Aubut, @ NF rehab. Visitors welcomed

Ongoing:

Faye Blanks, health

Jan Barber, Ann Horton's mom, health

Deborah Daniel, health & family issues

Jonathan Bartley

Alexis Collins

Robin Callens, chemo & radiation

Liz Comor, leukemia (friend of Maxine)

Burt Farley, Gi Daniel's son's father in law,

Lymphoma & chemotherapy

Pat Detweiler, health

Mary Erhart; cancer, Deni's mother

Linda Ferriel; cancer

Brad Gamble & family—lung cancer

Haiti earthquake

Marilyn & Lonnie Hypes, family crisis

Solomon & Joshua Henderson, health

Ed & Bettye Jennings, health.

Byron Jennings, son of Ed & Bettye,
 diagnosed with cancer

Frank Lauro: health

Bennilene Pennisi, back pain, health

James Price, Hospice care

Mamie Roberson, health

Bertis Mackey, health

Vivian McElderry, chronic pain.

Ivera & Otis Mazon

Jimmy Miller; health

Louise Miller, Ed Parker's mom; cancer

Houston & Dot Mims, Deb Callen's parents,
 health

Umberto "Jerry" Ortiz, health

Edna Poling

Olive Scott

Georgia Wolfe, health, Carol Rozear's mom

Roger Sedlacek, health and employment.

Janice, Maxine's sister, health

Quinn Waters, chronic pain

Tamarra Welch & Mamie Welch; health

Percy Wheat— cancer, friend of Maxine
 Stallings

B.J. Whitehead; serving in Military

Jackie, friend of Julie Wilson, serious

twin pregnancy complications. please
 continue to pray ...still in utero



**Blood Drive here
 next Sunday, 2/14,
 You can save a life
 Give blood**

Letters received from College students & family —to encourage you.



Christians as Campus,

Thank you! What greater gift could anyone give than a relationship with Christ and an eternity with Him? I will forever attribute Campus Church of Christ for changing my eternity. Kevin, Casey, and Eric consistently served Christ with more than merely words; it was through the decisions they made and the way they chose to live their lives that I saw a beautiful depiction of Christ's love. With openness and humility they allowed me into their lives and I was moved deeply by their faith. I was also struck by the genuineness of the body and their willingness to seek and serve both Christ and the community. In the four years I spent in Gainesville I went from knowing what little I was taught about doctrine into developing a personal relationship with Christ that was and is life-changing. As I struggled along the way I was allowed to ask questions and have doubts, never feeling shunned or given up on.

Dave and Chris and Jerry and Debbie were also so warm and welcoming, making me feel loved and at home even when I was miles away from family. I found reassurance for my faith in the personal lives of the members, where I saw people choosing to live out Christ with their resources and time, making sacrifices of themselves to be servants of Christ— practicing what they preached. The testament made by their lives will forever stand in my mind as evidence to the truth of the gospel. I, and all of Gainesville alike, am blessed to have witnessed a community of Christ followers and I pray that God will bless your lives richly for all you have done and are doing for Him.

Always,

Ashley Cahow

To the members of Campus Church of Christ,

I wanted to let you all know how much we appreciate your love and support of our daughter Ashley Cahow during her four years in Gainesville while she attended the University of Florida. We were concerned about her finding a Christian church to attend while she was away at college and I know that many of you played a great role in helping Ashley keep her faith while she was away from home. She would always tell us stories of the loving people there and what the sermons were about. Thanks to Kevin and Eric for just being there for Ashley, for taking the time to discuss difficult questions and concerns with her and for being such strong role models of Christian character. Thank you for all the sermons and classes taught that helped shape and nurture and encourage Ashley's Christian growth and for trying to get her involved with church activities! The body of believers there has set a godly example of reaching out and nurturing the young in their faith, not only to Ashley but to Matt also. You all have been a blessing to our family through your love for Ashley and Matt and I thank you all so much!

*In Christ,
 Debbie Cahow
 Ashley's mom*

Members of the Campus Church of Christ,

Thank you so much for all that you did for me in my life and my relationship with Christ. Prior to coming to Campus, my experience with Christ was minimal and the personal relationship I had with Him had never come to fruition the way He and I had wanted and needed it to. After visiting with Campus, the relationships I was able to develop within the community and the openness and honesty I saw in the friends that I was meeting, I was able to see Christ's love in a different way. Studying with Kevin and Eric helped shape what I hope to be a foundation for a healthy relationship with Christ and an ambition to serve others the way that the community at Campus has been able to.

My life will forever be changed by the love shown to me in a special group of people that will always seem like my church home, no matter where I'm attending. More importantly, my soul has found a home and I can't thank all of you enough for the honesty, graciousness, humility, and love you all showed me. I look forward to visiting with all of you in the future when I'm in town and hope that God continues to work in your hearts to help shape Gainesville into a better place.

Sincerely,

Matt Thomas
 Matt Thomas

To my brothers and sisters at Campus Church of Christ,

I want to thank all of you for your love and support you have shown for our family, for being there while Ashley attended UF. We were truly relieved to know she had found a church family that wanted to be there for her, a church rooted in the word of God expressing your love in action. What a blessing to see Ashley not only grow in her college academics, but to grow in her relationship with God!!!

I thank God for all of you and pray that He will continue to bless your work for His kingdom. It is a blessing to have such a vital mission at UF. May God continue His blessings on you all!

Please accept this gift from our family. As God has blessed us we want to share with Campus and your outreach at UF.

*God bless you all at Campus, you **do** make a difference for Him!*

Kay Cahow