

# ST. LOUIS HEALTHY MARRIAGE COALITION



# FLAME

FAMILY-LOVE-AND-MARRIAGE-EDUCATION



VOLUME 3, ISSUE 2

SPRING 2009

## THANK YOU FOR SUPPORTING SLHMC

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Laura Gamache  
Cathie Laufretter

## WE COULDN'T DO IT WITHOUT YOU!

SLHMC is fortunate enough to have many friends who offer their continued support in different mediums. We would like to take the opportunity to thank these individuals for their wonderful assistance in many times of need.

First, **Kurt Arthur, Joe Arthur, Larry Benoist and Jerry Shen** who are called upon regularly to keep SLHMC humming smoothly. Secondly, to **Sarah Koenig** for lending her desk repair services.

We would also like to thank the businesses in the South Grand and Tower Grove Heights neighborhoods who have generously donated to our upcoming kickball tournament.

## Board of Directors

Danae Delano

Erin Ercoline

Susan Hannibal

Valerie Russell

John Seibel

Keith Willis, Jr .

Bridget Brennan

## UPCOMING EVENTS

**JUNE 6TH & JUNE 20TH** —BRINGING BABY HOME, LUTHERAN FAMILY AND CHILDREN'S SERVICES, CONTACT LISA VON WAHLDE AT 314-754-2758

**APRIL 25TH 2009**— STAY STRONG TOGETHER — BETHEL UNITED CHURCH OF CHRIST, FLORISSANT. CALL 314-367-HOPE FOR MORE INFORMATION

**APRIL 26TH 2009**— BUILDING BLOCKS TO A STRONGER MARRIAGE—MAHATMA GANDHI CENTER FOR MORE INFORMATION CONTACT SHALINI AT 314-361-1222

**MAY 24TH 2009**— SLHMC AND HOPEBUILD'S FIRST ANNUAL KICKBALL TOURNAMENT —FOR MORE INFORMATION CONTACT CAROLINE AT 314-361-2387

Join the St. Louis Healthy Marriage

Therapists Referral Directory

- Our Referral  
- Your experience

**- Their Healthy Relationship**

Marriage friendly therapists will be listed on the SLHMC website with profiles and locations for a \$75.00 annual listing fee.

For more information contact:

Bridget at [bbrennan.slhmc@att.net](mailto:bbrennan.slhmc@att.net) or call 314-361-2376 or visit [stl-healthy marriage.org](http://stl-healthy marriage.org)

## SLHMC GOES TO JEFFERSON CITY

On February 11th members of the St. Louis Healthy Marriage Coalition went to Jefferson City to host a brunch for state legislators. This event was to commemorate Marriage Week in the state of Missouri while also



Executive Director Bridget Brennan and Financial Manager Terry Arthur in front out SLHMC's display in the Capitol.

educating our legislators on the importance of marriage education and family wellness in the state of Missouri. After the breakfast members of SLHMC were fortunate enough to meet one on one

with Senators and Representatives from districts that we

serve. During these brief meetings SLHMC Executive Director Bridget Brennan explained the benefits Marriage Preparation and Marriage Enrichment courses have on a community. Overall this was a very successful trip and SLHMC would like to thank David Schramm for organizing the breakfast as well as Laura Slay for helping to facilitate meetings with our Senators and Representatives.



Pictures from the Love Nest Calendar photo shoot were also displayed

## MARRIAGE PREPARATION

On March 21st SLHMC held its first Marriage Preparation Workshop in their new office space. Facilitators Steve and Jennifer March did a wonderful job with the workshop that was attended by fourteen couples. This course focused mainly on giving the couples the tools to prepare them for long and healthy marriages. During this workshop participants took an extensive personality test to determine their personality and relationship styles. Using this information couples were educated on appropriate communication styles. The workshop was attended by fourteen engaged couples, all of which were very active in participating and greatly enjoyed their instruction from the Marches. One

participant declared the eight hour session as one of the 'best days of his life!' SLHMC would like to thank the Marches for facilitating such a successful Marriage Preparation Course. Due to the overwhelming interest in this course SLHMC is working on holding another Marriage Preparation workshop this coming August.



For information about this workshop contact:  
Caroline Allen at 314-361-2387 or email [slhmc@att.net](mailto:slhmc@att.net)

## Plant a Tree for Marriage

*This spring SLHMC is partnering with HopeBUILD to make St. Louis a greener city. For the first time, couples who are interested in donating to SLHMC will have the opportunity to have a Missouri Native tree or bush planted in memory of a loved one or to celebrate an anniversary. Prices depend on the type and size of the tree you wish to have planted and all proceeds will benefit those who are served by SLHMC.*



**For more information contact: Caroline Allen at 314-361-2387 or email [slhmc@att.net](mailto:slhmc@att.net)**

Sponsored by:



Saint Louis  
Healthy Marriage  
COALITION

## SLHMC VISITS ROOSEVELT HIGH SCHOOL

On April 9th two members of the SLHMC staff, Tawanna Gandy and Madeline Adams went to Roosevelt High School to teach relationship skills to pregnant and teen mothers. Tawanna, a first time presenter said “I was very excited to do the Connections workshop. I was reminded of my high school internship through the St. Louis Internship Program. I absolutely loved it. What I did during my internship was similar to what I do with Connections—educating the community in life skills. I really believe reaching

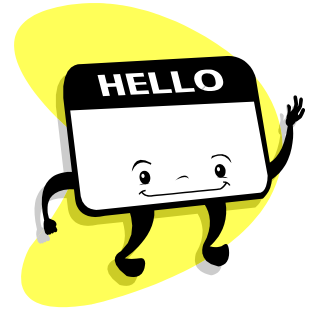


Tawanna Gandy and Madeline Adams present the Connections curriculum to students at Roosevelt High School

out to teens is one of the reasons I was created and I feel so blessed to do so through SLHMC.”

Madeline Adams, who presents numerous workshops during the year said “It is so refreshing to be around such a youthful group. Their optimism is inspiring and I am glad we are able to connect them with Healthy Hearts and Homes so they will be able to receive much needed services for Nurses for Newborns”.

Tawanna and Madeline will return to Roosevelt on April 23rd for a second session with the students. They hope that next year they will be able to teach an extended workshop at the school.



### MEET OUR STAFF :

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## SLHMC PARTNERS WITH HOPEBUILD FOR FIRST ANNUAL KICKBALL TOURNAMENT

On Sunday May 24th SLHMC will be partnering with HopeBUILD (www.hopebuild.org), a local nonprofit that works to educate the St. Louis population on nutrition and community gardening. HopeBUILD’s mission is to provide fresh produce through urban gardens and farmer’s markets while promoting healthy lifestyles and enriching cultural traditions in neighborhoods suffering from indifference and neglect. Both HopeBUILD and SLHMC are continually working to make St. Louis a more vibrant, healthy and stable community. This tournament will provide both organizations an excellent opportunity to connect with a new part of the community and increase awareness about both causes.



This Tournament will host eight adult and six children’s teams. There will be a \$10 registration fee for each adult player and a \$5 registration fee for any child player. Held in the Kickball capital of St. Louis, Tower Grove park, SLHMC and HopeBuild will also be hosting a Barbeque, raffle and other activities in the South Humboldt Shelter in the

park during the tournament. Many local businesses have donated great gift certificates and prizes. The fields are within walking distance to the shelter and are located off of Arsenal St. and Roger Ave. This will be a fun spring event and we would love to see you so get your registration forms in soon!

**To register contact:**  
**Caroline Allen at 314-361-2387 or email slhmc@att.net**



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**Phone: 314-361-1222  
Fax: 314-361-1555**

**WE'RE ON THE WEB!**

**WWW.STL-HEALTHYMARRIAGE.ORG**

Promoting & Supporting Healthy Marriage  
in the St. Louis Community

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## FROM THE DIRECTOR'S DESK

Those of us living in the Mid-west enjoy the four-season rhythm of the year. This four-season rhythm serves as a metaphor for the four seasons of our married lives.

In the month of March, here in St. Louis we had a touch of spring, which swooped in quickly and beautifully but came too soon and too fast. It disrupted the rhythm of a gradual "springing" and we promptly returned to a touch of winter which all of us resented having had the intoxication of the early, blooming spring.

So it is in the seasons of our married life. There is a rhythm to the marriage journey and when we slip out of the natural rhythm we grow resentful, angry or just plain crabby. We say we are "out of sorts". Being married is a lot like being a meteorologist, we cannot consistently predict when the storms are coming. When we think it is going to be all sunshine, the rain pours. That is the challenge of marriage, that we remain faithful and steadfast through all the seasons of our married life. We enjoy the brisk weather of fall, the coziness and silent beauty of winter, the promise and hope of spring and the fun and frolic of summer.

What is your favorite season? As a couple what is your favorite season? My favorite season is summer, I love the daylight and I am used to the hot and humid St. Louis summer. My husband's favorite season is spring. He loves watching new blades of grass and new buds sprouting. Together our favorite season is spring/summer. We enjoy eating outdoors or on our small-screened porch overlooking our back yard garden. We search for outdoor concerts to attend. We enjoy more couple time as spring moves into summer.

If you live in St. Louis, you have the opportunity to join us in kicking off the season of summer by supporting our very first Kickball tournament being held at Tower Grove Park. You can also celebrate spring by planting a tree in honor of or in memory of a couple whose fruitful marriage has been a gift to you. Happy Spring!

*~Bridget Brennan  
Executive Director*