



# Reaching Out – Let's do it

## Purpose of Presentation:

If we are convinced that Marriage Encounter has helped us to grow as individuals and as couples, we must ask ourselves if we are willing to reach out and share ourselves. To choose a definite couple apostolate for the month and to share on our experiences and feelings about this apostolate at the next Circle meeting is the purpose of this talk. Let's Do It!

## Preparation for Meeting by Presenting Couple:

A. Do your personal reflection and dialogue on the following questions:

1. *How do I feel about reaching out as a couple to. (Agree on a name of a specific couple or person.)*

Some suggestions are:

- a. Another encountered couple in need.
- b. A couple who might make an encounter.

c. Writing a prayer letter for an encountering couple and following up with a visit after their weekend.

d. Others who might need your love.

2. *When do I find it difficult to reach out to others? When do I reach out to others with ease? How do I feel about these contrasting emotions in myself?*
3. *How do I feel when my spouse and I reach out together?*
4. *How do I feel when my spouse is not interested in reaching out with me?*

B. Telephone these questions 2, 3 and 4 to your contact and host couples in advance, so that they can phone them to couples in your Circle to dialogue on before the meeting.

C. When writing your talk use feelings and experiences from your own marriage to make your talk real and belonging only to you. Make your examples simple.

D. Remember that the most important part of the talk is you! and what you share of yourself and your feelings. If

## Marriage Encounter



you are open and honest your talk will be terrific! Limit your talk to 20 minutes.

### OUTLINE OF TALK

#### **I. Introduction:** (Suggested time, 2 min. each spouse)

---

How we feel in general about reaching out.

- A. Wife gives examples of her feelings about reaching out.
- B. Husband gives examples of his feelings on reaching out.

#### **II. Body of Talk:** (Suggested time: 5 min., each spouse.)

---

- A. How we selected a couple (person) to reach out to.
  - 1. Wife shares her feelings about couple (person) selected.
  - 2. Husband share his feelings about couple (person) selected.

Why did you decide to choose this particular person or couple? What needs did they have? How did you think you could help? Did you feel they would be difficult or easy to reach out to?

- B. What were our experiences and feelings when we reached out to the selected couple (person)?

- 1. Wife tells how she felt during the actual reaching out. Were you nervous, afraid, relaxed, confident – tell what happened and how you felt.
- 2. Husband tells how he felt during the actual reaching out.

#### **III. Conclusion:** (Suggested time, 3 min. for each spouse)

---

What are our feelings about John 15–12, “Love On Another As I Have Loved You.”?

Each spouse shares on:

- 1. Did you find it easy to love? Difficult?
- 2. Are you glad you took the chance and reached out?
- 3. Have you grown by sharing? How? How do you feel about it?

### The Meeting

---

**Dialogue Question:** How do I feel about reaching out as a couple to

**Sharing Question:** In what specific way are we going to reach out to our selected couple (person)?

**Suggested Scripture Reading:** Matthew 5: 14–16