



IN THE spotlight

Shine Girl Shine!

Issue IV

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Newsletter Published By
Going My Way
P.O. Box 1844
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Why Isn't My Husband the Person I Thought He Was?

By: Glenn Lutjens

When you were dating, he was attractive and neat. Now he doesn't even pick up after himself. What should you do?

Notable and Quotable

Most people live and die with their music still unplayed. They never dare to try.

Mary Kay Ash

Home Tip

Dust your cake holder or platter with a bit of confectioner's sugar before placing the freshly baked cake on it, this will help keep the cake from sticking to the bottom. For chocolate cakes, use cocoa.

Going My Way Calendar

- **Bridging Blended Families:**
A solution oriented discussion group covering topics related to blended families.
March 2010
- **Dating ~ The Ultimate Experience:** A dynamic workshop for single women.
April 2010
- **Forever Friends:** A girlfriend good time. Come unwind and have a little fun.
May 2010

Visit our website for more information.

www.goingmw.com

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When she entered counseling with her husband, Erica had one purpose: getting Jim "fixed".

Jim had fallen into patterns that might work for a single guy, but certainly wouldn't do for a married man. He sometimes worked four extra hours without calling to inform Erica, for instance.

He'd changed so much, she thought. When they'd been dating, she'd figured Jim knew how to handle his finances; at least his car was never repossessed. Now they received monthly surprises from MasterCard, detailing Jim's "toy" purchases. Likewise, his apartment had always seemed neat when Erica visited during their courtship. But now his underwear rarely made it the two yards from the foot of their bed to the hamper. It's easy to understand why Erica hoped the

counselor would take on the challenge of setting her husband straight. She wanted the "old" Jim back.

You might be asking yourself these days, "What happened to the guy I used to know? Did he change, or was I just seeing him differently then?"

The answer is probably, "Yes." That's because both reflect the truth.

Maybe he does act differently now. Your husband probably wanted to seal the deal; he wanted to win your heart. Do you think he would jeopardize losing you by sharing all of his idiosyncrasies with you? Would you do that with him?

Was it deception? It's more like "selective expression." He behaved in a way that he figured

would increase your likelihood of saying, "I do." He put his best foot and shiniest shoe forward.

Some of his behavior during those days probably wasn't so deliberate. Thinking of you thrilled his heart during courtship. That type of romantic fire shapes one's actions; loving deeds come easily to one so smitten by romance. You probably felt the same excitement, with your reactions being affected as well.

In Luke 6:32, Jesus conveys this principle with the question, "If you love those who love you, what credit is that to you?" Reciprocating romantic love comes naturally to most people. Over time, it's common for the romance — and therefore some of the motivation for "good behavior" — to fade somewhat.

Becoming an Effective Stepparent

By: Emma Cook

Today's family portrait is just as likely to display a blended family as a nuclear family. However, with over 75% of adults with children remarrying and 60% of those marriages ending in divorce, mostly because of the children, indicates that something is desperately wrong. Perhaps The Brady Bunch gave us a false impression of a blended family. Blended families today vary

widely but what is most common between them is difficulty blending. To be an effective step parent involves a lot of hard work, time, prayer and to be frank, disappointments. The following are a few good tips for starting off down the right path:

1. *Just because you are now*

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INTRODUCING

Going My Way is growing and we are excited about it! Check out our brand new services coming soon:

- * Is Marriage For Me?
- * Life Coaching

Learn more at www.goingmw.com



The Key To Success

By: Bridgette Mongeon

It seems elementary, but one of the basic keys to success is right between your ears — your thoughts! It is true we are our own worst enemy, or at least our thoughts can be. Our thoughts can set us back, keep us in the same place, or cause us to soar to the skies.



obtain them. Positive thinking also motivates us to action. We have all heard of self-fulfilling prophecies. It is kind of like when you are learning to ride a bike. Don't go looking at the telephone pole and thinking about hitting it, in fact, the more you think about it, the more certain you will hit it. Instead look ahead into the distance and to your goal, think happy positive thoughts and enjoy the ride.

Did you ever purchase a certain color car, say red, and then all of a sudden notice all of the red cars? It is because we are attracted to what we are thinking or what we are looking for. So, it makes perfect sense that if we think positive successful thoughts that it will help us

Ralph Waldo Emerson said, "A man is what he thinks about all day long." My question to you is, "What are you thinking?"

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married does not mean your new spouse should be given automatic rights to discipline your children. Most often, this is the start of family turmoil. The children should only be disciplined by their biological parent. The non-biological parent should serve as support to their spouse. Private conversations between the husband and wife regarding house rules and discipline should occur and agreed upon very early on. They should be shared and followed through with all of the children so they know what to expect, which diminishes feelings of resentment.

2. Spend time with your own children separately. This is especially important in the beginning. It will bring much needed comfort and security to your children. They need to know that they are still a priority in your life. It is very important that separate time with

your children is carefully balanced so they don't become confused about the union of their new family. As for family time, be sure to regularly plan outings and family time together, which fosters the blending process. Make sure these times are used for enjoying one another and bonding, instead of reprimanding for last weeks misbehavior.

3. Do not compete with the parental role of the same sex biological parent. The child needs to know that their step-parent is an addition to their life, not a replacement of



their same sex biological parent. Encourage their love and loyalty to the absent biological parent.

4. Lower your expectations. Even after many years, in contrast to nuclear families, most blended families lack family cohesiveness.

Check It Out!

The Crawfish Festival—it's the place to be. Experience a taste of Louisiana in Los Angeles. Go with family and friends, hangout and have tons of fun dancing to live music and basking in all the crawfish you can stand. A family fun day for all!

Based on personal opinion. This is not a paid advertisement.

Women In Business

Michelle Howell
Soy Terrific

Having been disappointed by many of the common paraffin candles found in the marketplace, Michelle Howell, an eco-conscious entrepreneur, founded Soy Terrific. Soy Terrific is an innovative company that produces an array of the most fragrant, high quality, all natural soy candles in the industry. Their candles are not only beautiful and contemporary in style, but are affordable as well. With their scent indulgent Home Fragrance and the revolutionary Body Cream™ Candle Collection, Soy Terrific is "*Saving the Earth, One Candle at a Time!*"



Visit her store today!
www.soyterrific.com

Now You Know

The average size of a full-term baby in the U.S. is 8 pounds. This is an increase from an average size of 6 pounds 30 years ago.

Source: Random History

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... "Who is this?
Even the wind and
the waves obey
him!"

Mark 4:41

Going My Way... We're Doing **BIG** Things!

Through our services and events, we aim to be an instrument that stirs fresh perspective in each woman's life, impacting her everyday living.

Keep your eye on us ~ we're on the move!

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