

Coming Up

Celebrate Love Seminars

A two day seminar for married couples exploring spirituality and sexuality in the Catholic context.

2007

Masaka, Uganda Nov 24 & 25

2008

Sydney, NSW Mar 8 & 9
London, GB Mar 8 & 9
Brisbane, QLD Mar 8 & 9
Christchurch, NZ Mar TBD
Perth, WA Mar TBD
Wodonga, NSW Mar TBD
Warnervale, NSW Apr 5 & 6
Melbourne, VIC Apr/May TBD
Kent, GB Jun 7 & 8
Sydney, NSW Aug TBD
Brisbane, QLD Sep TBD
Birmingham, GB 1 & 2 Nov
Sydney, NSW Nov TBD

www.CelebrateLove.com.au

Embrace

Preparing to Live in Love

A six session programme for engaged couples preparing to marry in the Catholic Church.

Available Now!
in Brisbane, Sydney,
Central Coast,
Newcastle, Perth,
London

www.Embrace.org.au

Smart Loving Evening Talks 2007

Dates & Venues to be determined

www.CelebrateLove.com.au

Living Well Media Resources for Catholic Families

A selection of CDs & DVDs are available including Christopher West and Byron & Francine Pirola

www.LivingWellMedia.com.au

Smart Loving

is a free e-newsletter produced by PMRC Australia. Please forward to friends and family with our compliments. To subscribe or unsubscribe, send your details to:

info@CelebrateLove.com.au

Reproduction of words or illustrations permitted provided that Celebrate Love or PMRC Australia is acknowledged.

Kiss Me Quick!

Kissing is highly under-rated in our culture.

Since the sexual revolution, sex has come to dominate romantic relationships and dominate our thinking about what it means to be sexually intimate. Even married couples of more traditional values, where sex is confined to within marriage, can fall victim to this sex-or-nothing thinking about their physical relationship.

When sex becomes the dominant expression of our affection for each other, we not only lose affection from the rest of our lives, we are also more likely to get less sex. Affectionate touch without the expectation of immediately proceeding to sex, helps women in particular to feel loved and connected to their husbands. It also helps husbands to keep the destructive impact of performance pressure in balance. This facilitates a couple's emotional intimacy, making them both more receptive to sexual intimacy.

This is one reason why sex therapists often prescribe 'kissing sessions' for couples who present with sexual difficulties or complain of emotionally unsatisfying sex. Kissing is very sensual. It is deeply personal.

But if a formal kissing session seems too demanding, try a 'Connect Kiss': Spend a full 10 seconds giving each other a kiss before you part for the day. Make it a kiss that says, "I'm really going to miss you". Then spend another full 10 seconds in a 'lip-lock' when you regroup; when you've been running to everyone else's agenda all day long, the connect kiss refocuses your attention and reminds you of how much you mean to each other.

The Connect Kiss

