

## Coming Up

### Celebrate Love Seminars

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

#### 2008

London, GB	Mar 8 & 9
Sydney, NSW	Apr 5 & 6
Brisbane, QLD	Apr 5 & 6
Melbourne, VIC	May 3 & 4
Kent, GB	Jun 7 & 8
Perth, WA	Jun 28 & 29
Masaka, Uganda	TBD
Sydney, NSW	Aug/Sep TBD
Albury, NSW	Aug TBD
Brisbane, QLD	Sep 13 & 14
Birmingham, GB	1 & 2 Nov
Sydney, NSW	Nov TBD

[www.CelebrateLove.com.au](http://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](http://www.Embrace.org.au)

### Smart Loving Evening Talks 2007

For dates and venues see

[www.CelebrateLove.com.au](http://www.CelebrateLove.com.au)

### Living Well Media Resources for Catholic Families

A selection of CDs & DVDs are available including Christopher West, Karen & Jonathan Doyle and Byron & Francine Pirola

[www.LivingWellMedia.com.au](http://www.LivingWellMedia.com.au)

## Smart Loving

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# To Have and to Hold

How often have we heard those classic words from the silver screen or at a church wedding! At its most basic, "To Have and To Hold" refers to the physical embrace of husband and wife. "To have" is to receive without reservation the total self-gift of the other. It's not a statement of ownership, but rather a promise of unconditional acceptance. "To Hold" is a pledge of physical affection and tenderness, a vow to be available to the other in body and soul, a promise to cherish, value and protect the other as we would a prized treasure.

"To have and to hold..." is truly beautiful poetry, loaded with meaning and significance. But it is not just nice poetry. It is also sage advice.

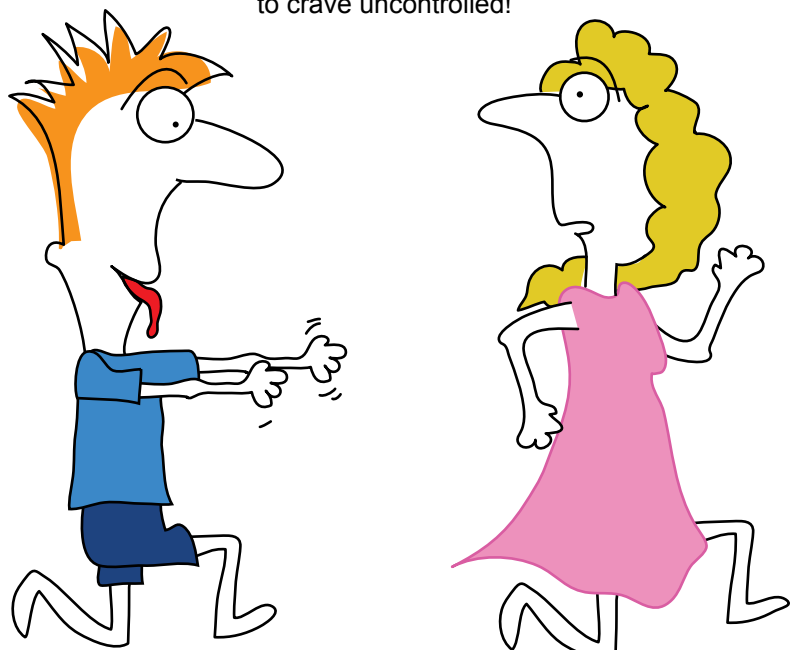
Too often when marriages come under stress, we stop 'having' and we stop 'holding'. We put conditions on the other's acceptability and we put limits on our 'presence' (including physical availability). And yet, when one or the other is feeling fragile, wounded, stressed or isolated, there is nothing that can soften the heart and kindle the soul more effectively than the genuine openness and physical affection of the beloved.

For a wife, her husband's strong loving arms encircling her communicates security, reassurance, stability, confidence. So often when she pushes her husband away with nagging or irritability, she is subconsciously crying out for him to rescue her from herself. She needs to know that he is a man who can withstand the storms of her emotions and be refuge to whom she can flee when she is overwhelmed.

For a husband, the open, respectful affection of his wife reaches deep into his psyche, empowering him and drawing him towards self-sacrificing love. A husband is never more alive in his masculinity than when he is secure in the knowledge of his ability to serve and pleasure his wife. When he withdraws from the relationship, he does so not to punish her, but to protect himself from the shame of her rejection and his failure to please her.

To have and to hold... Five simple words: eloquent poetry with a profound message.

He said: "to have and to hold" not "to crave uncontrolled!"



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