

MO...MOre Life...MOre MOments...MOre for YOURSELF

April 12, 2010

Mo's Corner:

One opportunity leads to another. Mo's newsletter becomes a podcast show for StilettoWoman.com.



Maureen, Camp Brotherhood in Mount Vernon



By Maureen Francisco Acts of Love TWBFL Mo's Corner

Spotlight:

Congrats to #3, [Kelsey Thorn](#), for being Solitary's first female winner!

Congratulations to my friend and former boss Darren Reynolds for winning a [Writer's Guild of America award](#) ... the Academy Award for writers. Darren works for ABC Radio and won his award in the news -- regularly scheduled or breaking category for *World News This Week*.



Edited by [RobRob](#)

Hi friends:

You're looking at a group picture of a couples' retreat that my partner and I recently attended. No, it's not like the film with Vince Vaughn. It's called "Engaged Encounter" retreat where you talk to your potential life partner about EVERYTHING from finances, careers, children, and faith.

At the retreat, there are no counselors. It's the both of you, constantly sharing your true feelings about how you feel about certain topics. Many of those things I already knew, but I was surprised to learn about new ones we hadn't discussed before, at least not at a deeper level. In addition to sharing, there's also quiet time to journal. It reminded me of orientation at a new job where the rules and expectations are set in place so everyone understands what needs to be done to grow the company, in this case, grow the relationship. You and your potential spousal unit are creating the rules for your family and what you'd like your future to look like.

I learned so much from the retreat, but the one topic that carried the most weight for me

was on how to make your partner feel LOVED.

According to the retreat, there are five ways to show someone that you love them:

- Personal touch** (in the form of holding hands or hugging)
- Acts of service** (picking up groceries)
- Gifts** (flowers)
- Quality time** (going to the movies or talking and sharing)
- Affirmation** (wow, you look great in that outfit!).

These "acts of love" carry different weight for each person. For me, affirmation ranks high up there, followed by spending time with me. Of course, I enjoy gifts. Acts of service go a long way in filling my heart. And, personal touch makes me feel special. The way I need my partner to show me his "acts of love" may vary overtime. When they do, I need to communicate that with him.

I learned my partner's "acts of love" are a lot different than mine. I already knew what he needed and the retreat confirmed my thoughts. These "acts of love" need to be fed DAILY for the relationship to grow.

The experience was good over all for both of us on how to treat each other. I highly recommend this experience to any couple. Like with anything, you'll walk away from the experience with exactly how much effort you put into it.

TWBFL: Meet the 2010 World Bikini Football Players, play in a Texas Hold'em Tournament, and participate in an auction, all for a good cause. The fundraising event takes place on April 17th at the Diamond Sports (239w. Stewart ST. Puyallup, WA). Doors open at 6:30pm. Proceeds go to benefit SVS Huskies, 501©(3). The non-profit organization assists in the growth and development of young women for their future experience in school, business, and personal life through athletic and mentoring programs. For questions, email [Theresa Guerra](mailto:Theresa.Guerra).

Until next time ... have you shown your "acts of love" lately?