This Marriage Matters season has been amazing! As I mention frequently, I don’t know of another church in the country who gathers 1000+ people on a monthly basis to invest in their marriage. You do! And, as a result, I’m so very proud of you and honored to share marriage thoughts with you every month.

Well… uh… not every month! Sorry, but we won’t be gathering again until September 16. Over the 3 month break I will be working on some Marriage Matters small group material that will be used in churches across the country and writing one more marriage book (probably my last) that I’ll begin talking about when we regather in the fall as I’d love your help with some stories and helpful content that you’ve experienced. I’m pretty excited about it and your growing marriage. Write the dates of our 2023-2024 Marriage Matters on your calendar and make it a priority to join us for more Marriage Matters.

So very grateful for you!

- Doug

SAVE THE DATE:
Sept 16 | Oct 21 | Nov 18

“Everything is permissible for me,” but not everything is beneficial. “Everything is permissible for me,” but I will not be mastered by anything. 1 Corinthians 6:12

contact Linda at lvujnov@marinerschurch.org for any additional information
For some of you, the kids are home, the heat is on, and your marriage may need a pick me up. Here are some great things to do with your spouse:

- **Schedule a date night every week** (you each plan one, you both plan one together, and the kids plan one)
- **Order a meal plan dinner and make it together** (or with the family)
- **Have book club with each other.** Each of you choose a book you want to read and one at a time, read the book and schedule a weekly time to talk about each chapter. You’ll need two of each book.
- **Organize something together** - closets, garage, drawers, photos, computer files, closet, whatever!
- **Search and Share.** Find weird things on Craig’s List being sold. Share your findings with each other.
- **Taste Test:** Grab 6 of anything and have a taste test. You can do this with your spouse or with your family. (chips, energy drinks, apple varieties, ice cream, cheeses)
- **Test Drive:** visit a car dealership and test drive cars.
  *Finish your date with a scoop of ice cream.*
- **Cards:** Each of you finds a new card game to teach your spouse (or family)
- **Concerts in the Park:** These outdoor, BYOB and food, early evenings are great for couples and families.

**GET GOING!**

**12 Best Hiking Trails in Orange County:**

1. **Carbon Canyon Regional Park** | Brea - 2.0 Mile Loop
2. **Santiago Oaks Regional Park** | Orange - 3.5 Mile Loop
3. **El Modena Open Space** | Old Towne Orange - 4.5 Mile Loop
4. **Aliso and Wood Canyon Wilderness Park** | Laguna Niguel - 11.0 Mile Loop
5. **Niguel Botanical Preserve** | Laguna Niguel - 4 Mile Loop
6. **Dana Point Headlands (The Strand)** | Dana Point - 3 Mile Loop
7. **El Moro Canyon at Crystal Cove State Park** | Laguna Beach - 9.5 Mile Loop
8. **San Clemente Beach Trail** - 4.6 Mile Loop
9. **Upper Newport Bay Preserve** - 8 Mile Loop
10. **Oso Viejo Community Park** - 2.25 Mile Loop
11. **Whiting Ranch Wilderness Park** - 4.25 Mile Loop
12. **Peters Canyon Regional Park** - 6 Mile Loop

**KICKED OUT!**

David Schramm, Utah State University assistant professor, and Extension family life specialist (according to Utah State Today), created K-TOOB "Kick Technology Out of Beds" and K-TOOT "Kick Technology Off of Tables."

These initiatives are meant to help strengthen relationship and help couples to stay off their phones. *When each couple agrees to implement these ideas they will talk and engage with each other more.*

**Try it!** It definitely cannot hurt your relationship.

**OUR MARRIAGE MATTERS**

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