

Morality Forum Update

Standing up for family values in society

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THE POWER OF UNITY

By John O'Neill

In this edition of the Update there is a very powerful and deeply inspiring article by Nancy Hanna which shows how amazing things can happen when religious people are united. In the Bible, it shows that when the Israelites were united they prospered. When there was disunity they suffered. Religious people should be united: 80 percent of what the major religions believe is the same. They all believe that traditional marriage between a man and a woman is the basis for stability, prosperity and development in any society, and that the highest qualities of human beings are spiritual and moral. The family is the foundation which allows us to experience the four great realms of child's heart, sibling's heart, the couple's heart and the parent's heart. The family is the base for perfecting all these types of true love.

Recently important British leaders have spoken out criticising the government regarding key moral issues. It is vitally important that our religious leaders continue to speak out because religious people are supposed to be the conscience of the nation. It should not just be the religious leaders acting as the conscience of our nation, but also at the grassroots level each religious person should feel a responsibility to defend moral and spiritual values. Let us all take heart from Nancy's article and always remember: God +1= A majority!

NEWS IN BRIEF

Offensive Christmas Cards

What is our society coming to when previously respectable stores such as Selfridges are selling highly offensive blasphemous Christmas cards? Most of the cards make liberal use of the f-word, associating Jesus with gutter, vulgar, crude language. Shoppers have expressed revulsion at the obscenities on religious images available to children. Ann Widdecombe M.P. said: "These cards are profane. Christmas is a Christian festival and should not be associated with swearing and vulgarity. Furthermore it's rotten for parents whose children can see them on open display. Christmas is a time when everything should be innocent. This just shows the decadence we have slipped into. I would urge people not to buy them." It is a sad reflection of the job culture society that we are living in, when people with what must be sick minds produce cards that ridicule what others hold to be sacred. The details of some of the stores selling these vile cards are as follows: Scribbler Holdings Ltd., 104, Wardour Street, London, W1F 0TP e-mail: info@scribbler.co.uk. Urban Outfitters, 36-38, Kensington High Street, London, W8 4PF Tel: 02077611001. Selfridges, 400, Oxford Street, London, W1A 1AB. Tel: 0800-123400.

Public Opinion Paying Off

Zoe Collins the producer of the Jamie Oliver cookery programme has stated that she would be much more mindful of the level of swearing in future: "I am concerned if the swearing in programmes is affecting people's enjoyment of these programmes and going forward we will be much more mindful of that. We are going to respond to public concern and opinion." Great news! Let's keep the momentum going by responding whenever some moral issue arises.

Sexual Offences in Schools

Around 3,500 pupils were given exclusions for sexual misconduct in the academic year 2006-2007, including 260 in primary schools! In most cases offenders are not expelled. The NSPCC children's charity treated victims and perpetrators as young as four! Sadly it is unlikely that the government will respond to these horrifying statistics, by doing what is necessary, which is to curb the constant sexualization of our society by the media and other various outlets. The government also promotes promiscuity amongst our young

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DOES ABSTINENCE WORK?

By Richard Panzer



The Worldwide Debate-What shall we teach young people about sex? There has been a vigorous debate in the U.S. and around the world about what kind of education to give our young people regarding intimate relationships, sexually transmitted diseases (STD's), AIDS and other risks to their health and their lives. Although most religious teachings are very clear about not having sex outside marriage, many people of faith struggle about whether this message works in reality in our day and age. After all, isn't AIDS decimating minority communities in most of our cities? Wouldn't the use of condoms reduce the spread of this terrible disease, save lives and maybe reduce the number of "baby mamas" to boot?

Furthermore, in a secular society, people of faith cannot demand that public schools teach the religiously based standard of sex only in marriage. During the past two years we have been exposed to a barrage of news stories in the U.S., and around the world, declaring that abstinence education doesn't work. If the experts quoted in these articles are correct, why fight for a standard that not only seems to be outdated, but isn't effective? But, before we all give in and invite an "AIDS prevention" group over to teach our young people "safe sex" by showing them how to place condoms on a banana, there are a few questions all of us ought to consider. Why are STD rates often highest among those who report the highest rates of condom use? Why are most youth (and adults) never informed about condom failure rates for the most common STD in the U.S. (human papillomavirus, HPV), one that can cause a cancer that kills more women in the U.S. than does AIDS? Why are the words "marriage" and "monogamy" forbidden in many public school classrooms?

Since "comprehensive" sex education that claims to teach about both contraceptives and abstinence is taught in three out of four American public schools and promoted as being effective by the "experts," why is one in four girls in the U.S. infected with an STD. Why are nearly half of African-American girls infected?¹

What kinds of "abstinence" do comprehensive sex education programs teach our young people? Several widely used comprehensive curricula invite youth to come up with their own definitions of "abstinence" and suggest various kinds of sexually-oriented behaviour as options to consider.

As the founder of a program that teaches young people about healthy relationships and the benefits of marriage that has been used in thirty-eight states and seventy

countries, I can tell you that we also invite young people to think about ways they can have fun without becoming sexually intimate. Activities include playing sports, going for a hike, cooking, doing community service, going to a movie with friends and other activities to get to know someone while still keeping your clothes on. Consider the following poem by Hilary Collins, a 13-year old from Harlem, NY, called "Real Love": *When he says "Let me whisper in your ear" or "I'm gonna give you the world" And stuff like "when you gonna come get with me?" That's not real love. When he calls you "Shorty." "Baby Mama." and "Sexy Lady." That's not real love. Real love is not conditional. Involving STDs or pregnancy before marriage. But real love is Commitment, Significant, and symbolizes the life-long journey to find... That special one.*

There are those who will say that Hilary is not representative of all young people, and that's true. They will say that when Hilary becomes sixteen or seventeen, and is going out with her boyfriend, she may be guided less by her ideals and more by her passions, and that could also be true. They will say that, because 60 percent of U.S. teens have sexual intercourse by age eighteen, they need to be taught about condoms and birth control.

I do not disagree with giving young people accurate information about these things, but what I find most disturbing is when the only conversation offered to them, when the possibility of a committed lifelong love relationship is never mentioned out of fear of offending those adults who do not enjoy such a relationship. You may be surprised to hear that a 2007 MTV/ Association Press poll found that 96 percent of unmarried youth and young adults ages thirteen to twenty-four disagreed with the idea that "marriage is an outdated institution." Ninety-two percent said they definitely or probably would get married someday; 64 percent thought it was "very likely" they would remain married to the same person for life.

You may dismiss this as the idealism of youth. You may say that even if they do get married, half of them will divorce within five years, but consider this question, does the high divorce rate for new marriages reflect the fact that we have focused on preparing young people for so-called "safe sex," but not for a committed love relationship-that is, a healthy marriage? What sense does it make to deprive our young people of any discussion of monogamy and marriage?

Former health commissioner Fred Jacobs justified rejection of federal abstinence funding in New Jersey, the vast majority of which benefits urban minority youth, by saying, "monogamy is not a bad idea, but having government of New Jersey dictate these things for families is not something that we wish to do."

As the ex-health commissioner knows very well, no one is "dictating" anything to anyone. Why are twenty-two governors opposed to receiving federal funds for programs that inform our youth about the personal and community benefits of people being faithful to one sexual partner? Surely most rank-and-file Democrats believe

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CALIFORNIA PROPOSITION 8 A VICTORY FOR MARRIAGE AND FAMILY

By Nancy Hanna

A week before the Nov. 4th elections my husband heard James Dobson's radio programme Focus on the Family. Dr Dobson himself was speaking about the campaign in California to pass Proposition 8 which defines marriage in the California constitution as only between a man and a woman. He revealed an extraordinary God-inspired strategy of how this (subsequent) victory was possible, a story that shows how God is working in America today and also the way to bring about future victories.

On this programme Dr. Dobson publicly thanked the Mormon Church for contributing to most of the 30 million dollars to support Proposition 8. He said that without the Mormons the success of the Proposition 8 passage would not be possible. The Mormon HQ church donated the largest institutional amount and thousands of Mormon families gave 4 figure donations. From the Evangelical side, Focus on the Family and Concerned Women for America gave about \$500,000 each.

It was amazing to hear the most powerful evangelical leader in the USA publicly thanking and praising the work of the much persecuted Mormon Church and stating that they were the essential group for the success of Proposition 8. Dr Dobson gave another piece of astounding information. He said that "thousands of pastors and individuals", had done 40 day fasts for the passage of Proposition 8. On the same programme he interviewed a pastor on the 36th day of his fast. On November 1st in a San Diego stadium 40,000 religious supporters of Proposition 8 gathered for a "Day of Prayer and Fasting" for the propositions passage. Why did the Evangelicals do the 40 day fasts? They knew from the Bible that this was something men of God did in times of crisis and they felt this vote was a final showdown for America-God's side supporting marriage between a man and a woman simply had to win or America would be lost. The Gay lobby were in the beginning very confident to defeat Proposition 8 in California because California is one of the most liberal states. After that their plan was then to undertake a nationwide campaign to pass the same pro-Gay marriage resolution in every state. Along with the legal recognition of gay marriage they planned a number of accompanying legal mandates like public schools teaching children about homosexuality as a "civil rights" issue.

In addition to the well financed campaign, and the fasting, Evangelicals and Mormons visited every house in California explaining the many legal and societal consequences if the Proposition was not passed. I live abroad and was visiting my sister in a midsize California suburban town in early October. To my surprise at 5pm rush hour on a regular weekday at a stop light in town, there were 10 persons, mostly mothers and teenagers picketing in

favour of Proposition 8. My sister told me that these people were out there every day. Similar picketing was taking place in nearly all the towns and cities of California everyday.

Perhaps the best candidate for both the Republican presidency and the vice presidency this time in terms of experience and capability was Mitt Romney. However, according to newspaper accounts James Dobson vetoed Mitt Romney as McCain's VP choice because Romney was a Mormon. Evangelicals have persecuted and rejected Mormons as not "true" Christians. It took the crisis of Proposition 8 to bring Evangelicals and Mormons together to save America. The victory in California points the way that America's future will depend on religious groups working together, putting aside old controversies.

The Rise of the Religious: The Future of America and the World Will be Led by Married Religious Persons.

Many years ago Richard Panzer invited me to a National Abstinence Conference. Most of the hundreds of participants were evangelical Christians and conservative Catholics. The keynote speaker was the only congressman in the US Congress who was actively helping the Abstinence movement with pro-abstinence legislation. The congressman gave a beautiful talk including humorous and loving antidotes about his wife and 6 children. But in the audience I felt a certain coolness- this congressman was a Mormon. It's interesting neither Evangelicals nor Catholics had even one Evangelical and Catholic congressman that would champion abstinence. Only a Mormon. Recent academic research shows that the most successful in all societies are religious married persons. At the same Abstinence conference I heard a presentation by Dr. Patrick Fagan of the Heritage Foundation. He showed his research that shows that the world is quickly dividing into two- on one side are those who marry and stay married and practice a religion. This group of families is doing well in every way - economically, academically, socially, in emotional and physical health etc. The second group- those who do not marry or do not stay married and do not practice a religion- this group is on a downward spiral in every way- declining economically, socially, in health and in numbers as well. Significantly he showed graphs that this phenomenon is true in every culture- the same trends can be documented in the US, Europe, in Latin America, Africa, Asia, the Middle East etc. Mormons prove this. In spite of a long history of severe persecution in America, they have a strong religious praxis and are on the ascendancy in the USA in nearly every aspect of society. They are forming quality families. 4 out of 10 American idols last season were Mormons.- their purity and goodness was shown each time they sang. They ban sexy outfits and movements. The author of USA's best selling book for young persons, a best seller like Harry Potter is by Stephanie Meyers a Mormon housewife who chronicles the love between a vampire and a girl, in a subtle manner that promotes purity and true love. Mitt Romney, the father and grandfather of a large exemplary

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Letters and Emails received

Dear Morality Forum, You are working in a very professional way...your work gives us inspiration for our activities. I enclose a donation. Hisami Nielsen, Denmark.

Dear Mr. O'Neill, Thank you very much for your letter regarding my speech on sex education and for the material you enclosed. It was very good of you to take the time to write to me as you did. Philip Davies M.P.

Dear Mr. O'Neill, Thank you for your letter and your support of our *Vulgar Britain* series. I think your comment about football chants is very valid and we will look into this. Ian Macgregor. Editor, Sunday Telegraph

Dear John, Thank you for all the information you have been sending...and for your hard work and big concern for our community. Anna Reynolds.

Theresa's Letters:



Theresa Quarmby recently had the following two letters published in the *Huddersfield Examiner*. 1: "I would like to congratulate Dr. Jameson as the winner of the November letter of the month. He rightly argues that there comes a time

when boundary pushing becomes unacceptable in regards of the Jonathan Ross/Russell Brand affair. Dr. Jameson's *A Senior Moment*- "How can we blame the kids?" was equally challenging. As he points out, Matthew 5, 6, 7, shows the path to the happy, fulfilling life. What I think is extremely sad in this advent season is the fact that teenage girls in advance of Christmas will be able to obtain emergency kits of condoms and morning-after pills from chemists and clinics such as BPAS. This kind of action promotes promiscuity which leads to abortion and STD's. Dr. Dan Boucher of the Christian group Care said: "The suggestion that this is the answer to unwanted conceptions is an indictment of our culture, What we need is a cultural shift that encourages the people to see the sexual act in the context of a stronger relationship framework rather than a one-night stand after a Christmas party." BPAS advertises emergency contraception counselling and abortion care. I beg the question, "When is killing a precious, helpless child care?" I am sure the time will come when every child will be a "wanted child". And we shall recognise the beautiful and wonderful things around us, and our world will be one of abundance, education, love and peace, dispelling all the negativity with which we have surrounded ourselves."2: " Sue Papworth's letter on the Middle East crisis was of value and vision. What is peace? Not simply the absence of war. Peace is possible in all relation-

ships-a relationship of peace is one in which there is harmony, order, purpose and fulfilment, where all entities experience value, joy and happiness. My vision is of a global family under God called to live in accordance with core universal principles. The cornerstone of peace is the family through which we not only reproduce the human species but also generate the human spirit, our character and our culture. When the family order breaks down, as it is doing, the entire social order deteriorates. On the world level we need to break down human barriers and build bridges of reconciliation, co-operation, and peace by overcoming divisions of nationality, religion, race, culture and ethnicity that stand in the way of peace. Lasting human development has its foundation in unselfish give and take action. Conflict, abuse and corruption have their foundation in selfish give and take action. I wonder which way we will go. As "no man is an island," we are all joined to the main."

MORALITY FORUM ACTION

John O'Neill, Rev. Harriott, Rev. Prof. Okeem and Anne Koybayashi attended an excellent, very informative and successful conference at the Houses of Parliament organised by mediamarch, entitled, *The Harmful Effects of Violent Films and Computer Games on Young People's behaviour*. Two of the main speakers were M.P.s Nadine Dorries and Keith Vaz. For a detailed report of this event please contact mediamarch: mediamarch@gmail.com

After distributing the last of their action cards Morality Forum was able to send a donation of £80:00 to mediamarch to support their vital and urgently needed work.

John O'Neill attended a conference on Gun and Knife Crime organised by The Church of The Grace of God in Holloway Road in North London. One of the highlights of the conference was some remarkable testimonies from young people who had previously been involved with gangs, but had changed their ways through the influence of religion.



John O'Neill, Finbar Murphy and Anne Koybayashi have been collecting signatures for a nationwide Muslim

petition regarding the government's idea of making sex education compulsory in all schools.

Theresa Quarmby and other supporters of the Society for the Protection of the Unborn Child in the Huddersfield area raised over £1000 pounds for the work of the SPUC, through a *White Flower Collection*.



True Family Values
(compiled by Frank van der Stok,
continued from previous issue)

Brother and Sister's Realm of Heart

A. Brother and sister's realm of heart.

1. A brother's attitude toward his sister stems from the love of their common parents for her. We learn how to love our brothers and sisters by observing the way our parents love each other.

- We naturally love those whom our parents love.
- Parents' mutual affection, appreciation and cooperation becomes the children's ethical norm.
- We love our siblings through our mother and father's loving eyes.
- When a son loves his sister, he is loving his parents.
- When he hates his sister, he is actually hating his parents, and, by extension, he is denying himself and his value, and also his relationship with his future wife and with God.

2. In loving his brother and sister, the child learns a sense of his identity and respect for the identity of others.

- This becomes the basis for respecting others. He learns empathy, value of sharing and giving. He learns the meaning of cooperation. This expands into mature friendship.
- The conscience grows through sibling relationships.
- The sense of the integrity of each person is the basis of human rights.
- Valuing every person as my own brother or sister is the spiritual foundation of democracy.

3. Loving your brother, he becomes part of you.

- When your parents love him, you feel benefit.
- If he becomes wealthy, you enjoy visiting his mansion as if it were your own home.
- If your elder brother becomes famous, he can lift you up and help you. His success is felt as part of your success.

4. In the brother-sister realm of heart, one learns a sense of order, hierarchy of position and status.

- Elder and younger brothers, elder and younger sisters each embody different qualities of relationship.
- Elders inherit parental responsibility for the younger. Elders identify with the parents first, and then tend to treat their younger from the parental position.
- Thus, boys and girls learn how to be parents.
- The younger children learn the same thing by taking care of their nephews and nieces.
- The younger's respect for his parents also is given to his elder siblings, who are loving him with some degree of parental love (love for father to the elder brother; love for mother to the elder sister).
- This is the basis of respect for the authority of those who are

taking public responsibility (owners, managers, governors, teachers).

5. Order within the family translates into order within society.

- Brother and sister's realm of heart is necessary for proper relationships between different positions in society. There are many complicated relationships, but the principle is the same. In fact, brother and sister's realm of heart includes an empathetic happiness when your sibling excels, receives accolades and advances. Cultivating true brotherhood and sisterhood in the family thus trains us to live well in society, and thus creates a peaceful society.
- Brotherhood is the foundation for democracy. However, without the presence of God through a strong religious life, democracy has the same limitations as we would have as brothers with no parents.

6. Where there is no brother and sister's realm of heart, relations are frequently poisoned by envy and jealousy of the favoured sibling. This is illustrated by the biblical stories of Cain and Abel, and Joseph and his brothers.

- Since elder-younger siblings order is set through the love of their parents, without true parents, social order ultimately breaks down.
- Rising crime rates in the inner cities are due to the lack of parents. Without parents, these children could not develop respect for their brothers and sisters.
- Crime rates correlate with single parent families and illegitimacy.
- From this pattern of the lack of parental love leading to conflict between brothers, wars have proliferated, plaguing humankind.
- The problem is that men and women have never experienced the conjugal realm of heart nor practiced the parents realm of heart.

7. With universal brother-sister love, the world will welcome you.

- You don't want to kill your brother or sister out of jealousy over your parents' love, neither do you wish harm to come to any person, no matter how privileged his position. We all have the same parents: God.
- Social institutions, denominations, nations are each different. But relationships among them should be brotherly, centering on the harmonious relationship of their representatives. This will create a beautiful society.
- With a pure mind and heart, you can travel anywhere and relate with anyone with genuine love and respect.
- Ultimately, brother and sister's realm of heart enables each person to relate well with all twelve personality types. This means each person has a "round personality" (not sharp and jagged).
- This is the necessary preparation for marriage and the commitment of one's love for all humankind to one person, one's eternal spouse who represents all humankind.
(from the book "True Family Values" by Wilson and Pak)
(to be continued...)

from page 2 Richard Panzer

that abstinence and marriage are good things that they would like young people in their communities to think about. When did delaying sexual involvement and fidelity become only "Republican" values?

Former Surgeon General Everett Koop advised "young people must be told the truth, that the best way to avoid AIDS is to refrain from sexual activity until as adults they are ready to establish a mutually faithful, monogamous relationship." What's wrong with that message?

There are risks that condoms have no power to reduce. Sexually active boys and girls ages twelve-sixteen are more likely to engage in high-risk behaviours including alcohol and drug use, running away from home, getting into trouble with the police, being suspended from school, and for girls, attempting suicide.² High school girls who become sexually active are three times more likely to become depressed and to attempt suicide than high school girls who wait.³

In contrast, youth who made a promise to abstain from sex delay having sex an average of twenty-seven months longer than teens who don't make such a pledge (after controlling for other factors, scientists say that eighteen months of the delay can be attributed to making the abstinence pledge).⁴ This gives them more time to focus on achieving their personal goals, including graduating from high school, going to college, starting the career of their choice and finding someone who really loves them and is mature enough to commit to starting a family together. Abstaining teens are more likely to graduate from college, half as likely to go on welfare and half as likely to get divorced and, as adults, have higher personal income.⁵

Contrary to the media barrage attacking abstinence education, a number of scientific studies have demonstrated the effectiveness of at least a dozen abstinence education programmes in reducing teen sexual involvement. Furthermore, the National Sex Survey, the largest and most scientific sex study ever conducted in the U.S. found that married people had more sex than unmarried singles and enjoyed it more, physically and emotionally. The reason is not hard to understand, for most human beings, uncommitted sex is not fulfilling and often leads to disappointment, pain and regret. Modern science confirms that age-old guidance to reserve sex for marriage is true in the twenty-first century, even as it was thousands of years ago. Now why is that surprising?

Dr Panzer is the founder and director of Free Teens USA and the author of an upcoming book called The War on Intimacy. He can be reached at cenedmedia@aol.com or www.freeteensusa.org. Free teens is an independent organisation that works internationally to encourage young people to reap the benefits of a pure, abstinent lifestyle while avoiding the tragic consequences that can result from a prematurely active sex life. In a world gone

awry, living for others' sake means, sometimes grappling with issues that threaten the communities we (and our children) live in.

^{1.} March 11 2008 report from the U.S. government's Centres for Disease Control and Prevention (CDC) ^{2.} Donald Orr, "Premature sexual activity as an indicator of psychosexual risk," *Pediatrics* 87 (2), Feb. 1991, 141-7.

^{3.} Halfors, Denise, "Which comes first in adolescence-sex and drugs or depression?" *American Journal of Preventive Medicine* 29 (3), October 2005. ^{4.} Bearman, P and Bruckman, H, "Promising the future: virginity pledges and first intercourse," *American Journal of Sociology* 106 (4), 2001, 859-912. ^{5.} Finger, R, Thelen, T, Vessey, J, Mohn, J, "Association of virginity at age 18 with educational, economic, social, and health outcomes in middle adulthood," *Adolescent & Family Health* 3 (4), 2005

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people by sponsoring amoral sex education programmes in many of our schools, which encourage promiscuous behaviour.

Life Not Worth Living

Further studies reveal that one in ten young people believe that life is not worth living or is meaningless according to a report by the Prince's Trust. The report also showed that a quarter of 9-16 to 25 year-olds felt depressed. Family was cited as being the key to their happiness, but too often young people find they don't have the crucial support.

Because of their being biased against traditional marriage and family the government has been fuelling the breakdown of our society. All the evidence shows that marriage between a man and a woman is the best way for providing stability and prosperity for children. The time is long overdue for the government to face the facts about the importance of traditional marriage. The government is supposed to govern on behalf of the entire nation, not adhering to the biased and doomed opinions of minority pressure groups that are hostile to traditional marriage and family.

from page 3 Nancy Hanna

family, based on his qualifications and experience probably would have won the presidential nomination or vice presidential nomination if he had not been a Mormon. Steven Covey a top Mormon church leader is also one of the world's top business and organisation consultants, and authors. The Mormon Marriott Hotel is the best run major hotel chain in the world. As Dr. Fagan's work shows, this must be because of the Mormon's strong traditions of abstinence, faithful marriage and strong religious praxis.

The Proposition 8 victory is a perfect example of how their overcoming religious prejudices, religious organisations were successful in making a significant change. According to Dr. Fagan's work, in America and through the world, there will continue to be a "rise of the religions."

WAIT TEAM at Northwick Park Pavilion Youth Club

By Marshall de Souza

On Tuesday the 16th December 2008, a young WAIT team went to the Northwick Park youth club in Wembley where we were invited to perform at their Christmas party. This came about after Naomi Sato and Marshall de Souza (WAIT parents) visited the club a few weeks earlier and introduced WAIT to them!



When the 30 or so youth at the club settled down,

Marshall gave an introduction to WAIT. The WAIT boys performed a break dance which was followed by the Sketch, narrated by Miwa Shaw; then afterwards, the WAIT girls performed the Rose Dance. We did the Final Act, but found that the youth were too shy to come forward and show us what they could do! So, we decided to plan a follow up session later on in the year in order to get these youth more involved in WAIT Activities. However, we all enjoyed the festive spirit and talked to a number of youth about WAIT.



Northwick Park youth club is very new, and is supported by the local Anglican Church and the Metropolitan Police. It was a privilege

for WAIT to give their message to the youth and staff there, and we look forward to a second visit in the near future. Many thanks to all the WAIT parents who came and supported our last event of the year!



WAIT UK GOALS FOR 2009

Following our successful application to become a registered charity, the WAIT UK Management Committee met on 10th December 2008 to discuss the way forward.

We agreed that our new charity should focus on the following in 2009:

- Schools - we hope to visit some schools in order to introduce WAIT, give talks or presentations on character education, relationships and love. These could be followed up by a WAIT team performance.
- Education - we plan to make a relevant presentation to WAIT members once a month to help them develop a stronger sense of purpose as a WAIT member. This would compliment their performance training!
- WAIT - IRFF cooperation - We will continue the partnership between WAIT and IRFF (International Relief Friendship Foundation) which played a big role in our trip to Uganda in 2007. WAIT plans to support the IRFF project in Uganda by cooperating with IRFF, whose director is also a trustee of WAIT UK.
- Like-minded groups - we will be contacting like-minded groups so as to do much-needed work in the areas of reducing HIV/AIDS, STIs, teenage pregnancy and hopefully youth crime through improving young peoples' character and outlook in life.
- In the first quarter of 2009, we will also focus on

seeking funding to run WAIT UK (pay for trainers, hall hire, transport costs and refreshments). We are also looking to set up our own WAIT office in Central London.



Twelve Ways to Improve Your Marriage By Stephen Stacey



...continued from previous issue

10. Learn what each other's love buttons are: Basically, there are six ways friends interact, and if Bret and Anastasia are to keep their feeling of love alive, they need to discover what type of interaction they both enjoy most and make those interactions

happen regularly. As friends, they can spend time talking, doing something together, expressing friendship through touch, doing a chore usually done by the other, giving a gift or creating a surprise for the other, or expressing appreciation. Out of these six methods of interaction, when Anastasia interacts with Bret in those ways he particularly appreciates, he recognizes he has been loved and responds by moving closer to her in his heart. Anastasia might prefer others among these methods of interaction. When they learn to recognize each other's key love buttons and consistently initiate interaction along those lines, they are more likely to maintain their friendship and love.

11. Spend time together nurturing friendship and love: They could make sure they have some fun time together, share a hobby, or have regular, inspiring dates, even if they have to be home dates because of the children or inexpensive dates because of finances. They could also learn the art of creating great anniversaries to celebrate the lasting, deep love they have for each other.

12. The art of romance: Finally, Bret and Anastasia could learn how to be especially, profoundly and passionately romantic, leading to moments that are consistently and deeply enjoyable for both of them. For example, Bret could learn to take more time being romantic well before they get into the bedroom. Anastasia could learn to express the most feminine aspects of her nature in the bedroom, using feminine lingerie, perfumes, massage oils or candles. With all the practice they will be getting, they can dream of their sexuality being far more profound in their sixties than in their twenties.

Summarizing these twelve topics is useful. Healthy relationships are built upon the following skills - one's ability to live for your partner, one's ability to respect both oneself and one's partner (to see from God's viewpoint), the ability to create a team that creates a home, raise children and possibly serve the community, the ability to be friends to each other, and lastly, the art of romancing. From a developmental viewpoint, these are obviously the key skills (live for others, respect, team skills and Friendship) that we should teach our children so they enter into their marriages with all the key relationship skills in place, ready to be matured over time through

their love for each other. In spiritual terms, the development of a child's love and sibling love are important factors in succeeding in conjugal love.

As we've seen, Bret and Anastasia can do many things to improve the quality of their relationship. Knowledge is good, but actually changing oneself and substantially developing one's relationship skills to become a better partner takes time, patience and encouragement. It would be nice to be able to say, "Now I understand; I can do it." But it doesn't usually work like that. It's more like building a house. It's often easier to create a new house from scratch than to restore an old one with its dry rot, poor construction and slanting foundation. By the time we've reached twenty or twenty five, we've probably developed some poor patterns of behaviour that have often passed down through our families through several generations and are difficult to change. Sometimes our lineage lacks one of the core elements of love that are needed to make us feel whole, thus we grow up and have unfulfilled childhood needs, which have to be fulfilled before we can develop new skills. Sometimes our parents completely lacked one key relationship skill and we have no mental models to call upon. Building those models requires time in which to develop some small mental models that we join to make a complete, well functioning larger skill. Sometimes we've grown up in a family where there has been a lot of disrespect, and trying to bring more divine mental attitudes into the relationship takes hard work. Sometimes we face enormous internal resistance. We know what the right thing to do is, but something stops us from doing it. We know it would be good for our relationship to forgive each other more quickly, to date more often, or to hold a regular planning meeting-but we just don't do it. Because of these and often barriers to growth, partners need to learn to be patient with each other. Healing or rectifying takes time.

I've found that some of these habits can be quickly adapted into a relationship, for example Bret and Anastasia can use a cell phone or electronic diary to remind each other that Tuesday night is date night or that Sunday evening they're agreed to cook together and then hold an informal couple meeting. With other relationship skills, it's best to learn them one at a time. When they encourage each other for all small improvements (just as one encourages a child learning to write), the skill is more likely to become permanent. Then they can both move on to the next skill.

With consistent improvement, patience and forgiveness it becomes increasingly easier to sustain love over the years and with fewer negative occurrences there's more energy for positive ones and for the creation of love that both Bret and Anastasia can enjoy.

Mr. Stacey is the author of "Understanding Marriage: Partners, Friends, Lovers"; for more information visit www.understandingmarriage.com