

Welcome to Your October Date Night

Each month we will include a prayer, an activity, and meal or drink suggestions. We encourage you to take some time to pursue one another and to make this date night special. Here are a few suggestions on how to do that:

- One of you take the lead and **formally invite your spouse** via a card, a special text, etc. Be creative and intentional! Take turns doing this each month.
- **Set the mood.** Check out the content first. Consider simple ways to change the atmosphere of your home; light some candles, create a play list, cook a special meal, create a nice table setting, rearrange your kitchen or office to create a “coffee house” feel, sweep off your patio and plug in a strand of lights, etc. Be creative! We will periodically share some suggestions that may tie in well with the monthly theme.
- **Have a plan for the kids!** Kids should not be an excuse for you to stop dating. Plan an easy meal for the kids with minimal preparation and clean up. Stick to a hard and fast bedtime so that you can begin your date. Let older kids with later bed times quietly read in their rooms or have a movie ready for them.

Inevitably, your date WILL BE INTERRUPTED! That is ok. It is SO GOOD for your children see you. Children thrive when they know that mom and dad love each other. Plus, you are setting an example for how they might treat their beloved in the future.

Dream Together

This month's theme is about Dreaming Together. Just as it is easy to stop dating one another, it can be so easy to stop dreaming together. Follow the steps below to start dreaming again!

1. Set the mood. On Saturday October 2nd in the liturgical calendar we celebrate our Guardian Angels! We have a whole page with a couple of drink suggestions in honor of your guardian angel. For your meal consider cooking or ordering an ethnic meal that hails from a country you have dreamt of visiting someday. Be sure to have two of the “What are your dreams” sheets printed and pens ready.
2. Go to dynamiccatholic.com/marriage/better-together-program-view-session-2-0.html and watch the short video entitled “Session 2: What are your dreams?”
3. Follow the “What are you dreams” activity included below.
4. Pray with one another using the included Marriage Prayer.
5. Store your “What are your dreams” sheets away in a special place so that you can look back on them at a later date.

If you enjoyed this exercise, sign up for Dynamic Catholic's Better Together Marriage Enrichment email program at dynamiccatholic.com/marriage/better-together-marriage-enrichment.html.

Guardian Angels - October 2nd

This drink recommendation is brought to you by Drinking With the Saints: The Sinner's Guide to a Holy Happy Hour by Michael P Foley

"Every individual has his own guardian angel, and it is also believed that many groups do as well, such as families, churches, dioceses, and nations. Our guardian angels protect us from harm and from the wiles of the Devil, and so we owe them an expression of thanks, or at least a toast. And since according to St. Thomas Aquinas they will remain with us as companions in Heaven, we might as well get used to them.

We have joked elsewhere that celestial beings don't make good imbibers, but we could be wrong. Bourbon- and scotch-makers who age their whiskeys over many years speak of the "angel's share" - the portion of their whiskey that is lost to evaporation. That evaporation can be considerable, emitting visible heat vapors from the open windows of the distillers' warehouses, so apparently the angels can get rather thirsty. **Pour yourself your favorite whiskey tonight, and put out an empty glass in honor of your guardian angel.**

Or try a cocktail. There are a number of mixed drinks named after God's heavenly messengers.

Blushing Angel:

1.5 oz. red Dubonnet*
1 splash cranberry juice
5 oz. sparkling wine chilled
1 lemon twist.

Build Dubonnet and cranberry juice in a champagne flute (preferably chilled). Top with sparkling wine and garnish with lemon."

*On the off chance that, like me, you don't know what red Dubonnet is...it is a fortified wine with a slightly bitter, herbal taste. It is pronounced [doo-boh-NAY] and can be found at most well stocked liquor stores.

Hear what Bishop Hying has to say about Guardian Angels! <https://youtu.be/olKN5synMp0>

*O my good Angel, whom God, by His Divine mercy,
hath appointed to be my guardian, enlighten and protect me, direct and govern me this day. Amen.*



What Are Your Dreams?

This question is a part of the daily conversation at Dynamic Catholic. But many people have never before considered the question. What are your dreams?

Often when you ask people this question, their answers are vague and general, not thought out in any detail. Some people will even believe they do not have any dreams.

Either way, most people seem surprised by the question. But when we fail to dream, we waste God's gift of that ability. That's why it is important to dream, think about our dreams, and take steps to achieve them.

Only very rarely does someone say, "I want these things, for these reasons, and this is how I intend to achieve them. . . ." Without exception, these are the people who are living life passionately and enthusiastically. They very rarely complain. They don't talk negatively about others. You never hear them refer to happiness as some future event linked to retirement, marriage, a promotion, or some financial windfall.

So, what do these people have that most people don't? They know what they want.

Do you know what you want?

Most people can tell you exactly what they don't want, but very few have the same clarity about what they do want.

If you don't know what you want from life, everything will appear either as an obstacle or as a burden. But the whole world gets out of the way for people who know what they want and where they are going. Be assured, if you don't know where you are going, you are lost.

Exercise:

Here are ten categories of dreams to help spur your thoughts and get you started.

1. **Adventure:** If you could travel to any three places in the next ten years, where would you go?
2. **Creative:** What hobby or sport would you like to pursue?
3. **Physical:** What aspect of your physical health and wellness would you like to improve?
4. **Legacy:** What ministry, cause, or charity would you like to start supporting or increase your support for?
5. **Emotional:** What one relationship would you like to improve or grow?
6. **Psychological:** If you could suspend fear, what activity would you try?
7. **Professional:** What's your dream job?

8. **Intellectual:** If you could speak an additional language, what would it be?

9. **Spiritual:** What's your dream for how you might develop a greater sense of inner peace? Who does God want you to be?

10. **Character:** What character qualities do you notice in other people that you would like to expand in your own life?

For years the Dynamic Catholic team has been encouraging people to create dream lists. Your dream list serves as the foundation for the bigger vision you have for your life.

The truth is that when someone begins to think about dreams in the context of the ten categories, their dreams materialize rather quickly. Most people soon discover that it is not that they don't have dreams, but rather that they have so many dreams, they can't possibly pursue them all.

This is where God comes into the equation. The sheer number of our dreams is one of the reasons we pray: to ask God which dreams we should chase in our lives. He is the source of all our dreams. When we aren't sure what to do, it's always a good idea to go to the source.

A happy marriage is a long conversation which always seems too short.

—André Maurois

Exercise:

Dream together. You don't have to get everything down right now. This is just the start of your life of dreaming. It can help to use time as a structure.

What are three five-year dreams you have for your marriage?

How about three ten-year dreams? Three twenty-five-year dreams?

What are three fifty-year dreams you have for your marriage?

Imagine what it will be like to look into each other's eyes at seventy, eighty, ninety years old. What kind of person do you want to be for your wife? What kind of woman do you want your husband to see? When you look back at your life when you're ninety, what do you hope you will remember?

Visit [Dynamic Catholic](#) to view more of their [Better Together Program](#), a marriage prep and [enrichment](#) program! You dream about your wedding day, your honeymoon, and growing old together. What about everything in between? BETTER TOGETHER equips you with the tools you need to build a lasting, happy, and faith-filled marriage.

This worksheet was adapted from the Couple Guide for session 2 of Better Together. Please consider [making a donation](#) to Dynamic Catholic so they can continue to provide excellent resources like this for free.

Enrich Your Marriage

*Pray together
as a couple*



Marriage & Family Diocese of Madison

Find monthly DATE NIGHT
resources at:

madisondiocese.org/date-night

- Find a quiet place for the two of you to sit together.
- Begin by making the sign of the cross.
- Say together:

Father, help us to get to know you during this time of prayer.

- Take a moment to be still and rest in God's love for you and your spouse.
- Turn towards each other, and holding hands, take turns praying the following out loud to your spouse:

Father, thank you for ___ (name of spouse) and the the blessings you have given us, especially ___.

Jesus, I am sorry for the ways I have not loved you or ___ (name of spouse), especially ___.

Holy Spirit, come bless and guide our marriage, particularly give us ___ (ask for specific gifts or virtues that you need). Please help us to glorify you through our marriage.

- Take turns praying out loud by saying the following words:

*Blessed are you, Lord,
For by your goodness I took ___ (name of spouse) as my wife/husband.*

- Together pray out loud:

*Blessed are you, Lord,
For in the good and the bad times of our life you have stood lovingly by our side. Help us, we pray, to remain faithful in our love for one another, so that we may be true witnesses to the covenant you have made with humankind.*

- End by making the sign of the cross.