

Building on our Foundation



Fall Scene at Hiawatha Park

A Grace Group exploring how the Biblical narrative invites us
into a restored experience of the love we were designed to know.



Community

The church is not an institution forcing us to follow rules but a community inviting us to still our hunger and thirst at its table.

Henri Nouwen

When we look deep beneath the surface of our lives, most of us are not doing anything fundamentally different from what our families did. God's intention, however, is that our local churches and parishes are to be places where, slowly but surely, we are re-parented on doing life Christ's way. God intends that his new community of people be the place where we are set free.

Peter Scazzero

There is no greater agony than bearing an untold story inside you.

Maya Angelou

Conversations with Couples

Questions to spark conversation about marriage in the context of community

- What's the best piece of relationship advice you have been given?
- What's something that you are newly discovering about your spouse that you respect or enjoy?
- How have you figured out how to distribute household chores in your home? What is working well for you?
- What's a word of wisdom that you would share with your newly married self?
- What's something that you find yourself assuming is true of everyone else's marriage?
- How have you noticed your relationship changing after ... (having kids, retirement, the pandemic, ...)?
- How is your relationship the same/different than your parents' relationship?
- What do you like to do together for fun?
- How do you show appreciation for each other? What are your 'love languages'?
- Is there a marriage from a book, movie, or tv show that has been an inspiration for you?
- What's your favorite board/card/video game to play together?
- If you could get a re-do for any year of your life together, what year would you choose?
- Who does more of the cooking in your house? What's a favorite go-to meal?
- Is there something that you are focusing on as a couple in this chapter of your lives?
- How would you say your marriage has impacted your spiritual growth?
- What would you say is a strength of your relationship?
- Are there differences in what you prioritize financially? How do you work that out?
- How would you describe your marriage right now? Has this description changed lately?

- How have your friendships changed lately? Have you grown closer to some friends? More distant from others?
- Who are your biggest allies and supporters right now?
- What are some of your dreams for retirement together?
- What do you hope to be true of your marriage in 10 years that you want to be working toward?
- What's your favorite way to spend a few hours together?
- What practices in a marriage do you think help grow safety and connection? What has worked for your marriage?
- Is there a marriage in your life that functions as a model for you? What is it about that marriage that you find compelling?
- How do you successfully balance work/home life?
- What kind of year has this been for your family? For your marriage?
- What's the story of how you met? What first drew you to each other?
- If you could be a fly on the wall in anyone else's home, whose would you choose? And why?
- How has your relationship been shaped by your culture? How has your cultural background shaped your expectations of each other?
- If your family could live anywhere in the world, where would you live and why?
- What were some of the highlights and lowlights of your first year of marriage?
- How would you say the gospel impacts what marriage looks like for you?
- What is each of your relationships like with your in-laws?
- How have you dealt with conflict in your marriage?
- Has your understanding of what it means to be a good spouse changed over the course of your relationship?
- What traditions did you start together for your own family?
- How have you kept the romance and fun going in your marriage?
- How have you kept going during hard times?

Recommended Voices and Resources

MARRIAGE:

Sue Johnson:

- Hold Me Tight: Seven Conversations for a Lifetime of Love
- Created for Connection (Hold Me Tight for Christian Couples)

Dan Allender

- Intimate Allies: Rediscovering God's Design for Marriage and Becoming Soul Mates for Life

Tim Keller

- The Meaning of Marriage (also has a devotional for couples)

John and Julie Gottman

- Eight Dates: Essential Conversations for a Lifetime of Love
- The Seven Principles for Making Marriage Work

David Schnarch

- Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships

EMOTIONAL AND SPIRITUAL HEALTH:

Peter Scazzero:

- Emotionally Healthy Spirituality (the book and the daily devotional)
- Emotionally Healthy Relationships (the book and the daily devotional)

Curt Thompson:

- The Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships
- The Soul of Shame: Retelling the Stories We Believe About Ourselves
- The Soul of Desire: Discovering the Neuroscience of Longing, Beauty, and Community

Henri Nouwen: anything, but especially:

- The Inner Voice of Love

Designed to Heal: What the Body Shows Us About Healing Wounds, Repairing Relationships, and Restoring Community, by McLaurin and Culiati

Unwanted: How Sexual Brokenness Reveals Our Way to Healing by Jay Stringer

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse by Dan Allender



We appreciate your participation in this Grace Group.

Grace Groups: Living by God's grace is a paradigm shift for all of us and as a big shift, it involves study, practice, community, and the work of the Holy Spirit within each of us. All Grace Groups will this common thread: learning to live by grace in a wide variety of life. You can find this and more resources on our website: allsoulsseattle.org/resources

All Souls

CLERGY

Rev. R.J. March
Rev. Andy Pelander

COMMUNITY / LOGISTICS

Charlotte Aljets
Emma Groppe

VESTRY

Charlotte Aljets
Peter Barrett
Joe Berg
Suzanne Case
Rachel Faunce
Graeme Hanson
Dan Reeve
Nancy Spiro
Thad Williams

ART / LITURGY / MUSIC

Kara Barrett
Alyssa Reeve

KIDS / YOUTH

Jeff Case
Suzanne Case
Carrie Mahoney

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It is the smallest of all seeds,
but when it has grown it is
larger than all the other garden
plants and becomes a tree, so
that birds of the air come and
make nests in its branches.

Matthew 13:32