

You are receiving this email because you attended a PreCana Day of Reflection and Bishop Bambera and the people of the Diocese of Scranton want to keep supporting your marriage. Please unsubscribe below if you do not wish to receive this newsletter in the future.

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## Good News for Newlyweds

August 2019

Office for Parish Life

Diocese of Scranton

**When It Comes to Relationships,  
the Little Things Count**

by Pamela Regan, PhD.

Originally posted in *Psychology Today*

We've all heard the old adage, "Don't sweat the small stuff." And when it comes to the minor hassles and irritants we face as we go about our daily lives – the spilled coffee, the late bus, a coworker's bad breath, the drone of the never-ending construction project down the street – this is sound advice. It also seems like a pretty solid relationship rule. After all, does it really matter what you have for dinner tonight, or which movie you go see, or who last took out the garbage? Far better to save your energy for issues that have significant consequences for you and your partner, such as whether to move in together, or get married, or have children, or buy a house.

However, there is some "small stuff" that we shouldn't ignore or neglect. Like when a friend calls us to chat, or our spouse smiles and gives us a hug, or our children ask us to read them a story or show us their latest drawing. At first glance, these behaviors may seem trivial and unimportant. But they actually represent very important attempts by our partners to establish intimacy and to connect with us emotionally. ([Read more...](#))



Join in our  
Upcoming Events  
for Young Adults!



Have you  
celebrated your first  
anniversary?

-Camping Trip, 10/4-10/6

-Theology on Tap: 9/24,10/23, 11/12, 12/11

- XLT: 10/20, 11/17, 12/8

-#Leaveamark19: 11/3

For more information contact [Shannon Kowalski](#), Coordinator of Youth and Young Adult Ministry, 570-207-2213 x 1155.

## Heal Financial Infidelity

Couples saying their wedding vows don't promise to be completely honest about all financial information from this day forward. Maybe they should, because not being honest about finances can wreck a marriage. Signs of financial dishonesty may be:...[read more](#)

## Do you think you may be called to minister to those preparing for marriage?

If you would like to begin the discernment process, or to recommend another couple for this ministry, please contact [Jen Housel](#), 570-207-2213 x 1104.



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