



CORNUCOPIA

Organize Your Kitchen Together

Plan your meals ahead...by the week.

Do the shopping once a week...based upon your meal plan.

Keep a meal or two in the freezer...pasta sauce, soups, chili, lasagna.

Does it freeze well? Double the recipes and freeze half for a future meal.

Buy prepared foods...find good take-out places.

Collect recipes that can be assembled with a minimum of preparation. And serious cooks, it's not the end of the world if in the privacy of your own home, you serve your family a packaged "convenience" meal now and then...

Barbara & Michael Jonas, LOVE, LAUGHTER & ROMANCE, Games Partnership Ltd., Inc.

Amazing Shifts

One time in my husband's life he was going through a difficult time. His abusive father basically disowned him and told him never to come home again. When my husband spoke of his father it was always very critically, constantly putting him down.

One day as we were walking, my husband started telling me all this negative stuff about his father. I stopped, looked him in the eye, and asked him to tell me one positive thing about his father. We stood looking at each other in silence for almost five minutes. He said,

"I can't think of anything." I said, "I'll tell you one that I can see," and I shared it with him. I told him to think about that one positive thing for a day, and then tomorrow to share with me two positive attributes. We did that for a week until he had seven positive qualities he saw in his dad.

My husband has developed into a very positive person, looking for the good in people. He is an encourager to many in his ministry. He often reminds me to think and look for the good in others. **By the way, the relationship between father and son has been restored.**

H. Norman Wright & Gary J. Oliver, HOW TO CHANGE YOUR SPOUSE, Servant Publications

"I'm Not Wrong!"

Men fear being wrong. Fear makes us expect the worst, misinterpret what others say, and act overly defensive. **When a wife offers unsolicited advice or suggestions, often it's not perceived as helpful.** If a wife says, "Oh, not that way honey, try it this way instead," many men hear it as, "That's the wrong way. Can't you figure it out?" When she suggests stopping and asking for directions, he hears, "Dummy! How could you get lost? You can't even figure this out."

Because of our defensive filters, husbands and wives often hear something different from what was actually said. It's not so much a matter of being right or wrong as it is a lack of understanding. Marriage provides the opportunity for education, clarification and refinement.

One husband volunteered: "During the first five years of marriage, I was quite defensive when Mary made suggestions or gave me any feedback. **One evening when we were out to dinner, she asked me, 'What do you hear me say when I give you a suggestion or some advice?' I thought a minute and said, 'I guess I resist it a bit and get defensive... and I think you're saying I'm wrong and I'm not doing it right.'** Mary said, 'Do I use the words, "You're wrong" or "inept" or "incompetent" when I offer my suggestions?' And I said, 'No, but I guess I hear that; I guess I'm afraid of being wrong.'

"Mary went on to say, 'Could I say it in a different way that would make it easier to accept?' At first I was going to say that might be the answer but then I realized the problem was not with Mary but with me, and I told her so. I suggested that I try not to assume she was saying or implying I was wrong. She smiled at me and said, 'That would be great. I don't like to feel I'm wrong either, so I have an idea of how you might feel. Perhaps we could both see one another's suggestions as an opportunity to grow and become even more proficient than we are now.' That was a great and enlightening evening for us!"

H. Norman Wright & Gary J. Oliver, HOW TO CHANGE YOUR SPOUSE, Servant Publications

Did You Know...

One should never carry more than 10-15% of one's body weight in a purse or backpack regularly.