

8 Dates: Session 7- DATE #6

Thursday, January 27th @ 6 :30 (zoom link sent to your email)

AGENDA for Session 7 “Play With Me” - Fun & Adventure

Preparation for tonight: Please bring 6 blank pieces of paper (per person) and a marking pen for our session.



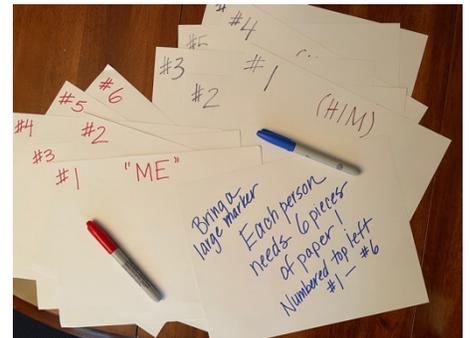
- **Welcome** Johanna Carter, Youth and Young Adult Ministry, Director
George Papageorge, Family Wellness Ministry
- **Opening Prayer** Metropolitan Gerasimos
- **Quotes for the Evening:** Fr. James Pappas
“The Glory of God is a human being fully alive.” – St. Irenaeus
“In life, it’s not where you go; it’s who you travel with.” – Charles Schulz

- **30 second Scavenger Hunt** – Johanna Carter
- **Video Presentation** – Play ~ “Fun & Adventure” - by Fr. Tom and Pres. Pat Tsagalakis
- **Breakout Group:** “Let’s PLAY” followed by group discussion

Please bring 6 blank pieces of paper (six sheets per person) and a marking pen for our break out session game.

Group Discussion Question:

1. What stood out to you in the video presentation regarding our “To Be” and our “Play” List?
2. How do you feel about the concept of intentionally setting aside downtime for play and adventure?
3. What are some strategies you can brainstorm to make this a reality?



• **Couples - Face to Face / Heart to Heart Question**

1. Choose one or two treasured adventures you’ve shared with one another. What was it about that adventure that made it so memorable for you? How do you feel as you reflect back on it? (If you both chose the same event, no worries... it will be fun to hear it from your partner’s perspective).
2. Brainstorm a few fun adventures you’d like to plan at the start of this new year?

• **This week’s Challenge: Prepare and Go on Date #6**

Homework:

Read Date 6: “Play With Me.” Take a look at the exercise on pages 173-176. Circle all the items on the list that represent a starting point for how you’d like to play or have adventure with your partner, and then star the top three that you would like to do first. **Prepare and Go on Date 6...** take pictures and send them in!

- **Closing Remarks** – George Papageorge, Family Wellness Ministry Director
- **Closing Prayer** – Fr. Vasili Hillhouse

JOIN US on Thursday, February 10 @ 6:30 p.m. for Session 8 (Date #7) as we discuss

“Something to Believe in” - Growth and Spirituality” with Fr. Vasili and Presvytera Maria Hillhouse

Session 7: Play and Adventure

Play and adventure are vital components to a successful and joyful relationship.

“We are designed to PLAY – not only as children, but throughout our entire lives”

“Play isn’t just about being with each other, it’s about **connecting** with each other. When we play together as couples, we’re **developing our trust and intimacy.**”

FAVORITE QUOTES from 8 Dates chapter on Fun and Adventure

by Drs. John & Julie Gottman



“Our lives and relationships are better, brighter, and more fun when we remember to play, when we inject some adventure.”

“When is the last time you and your partner tried something new together? When was the last time the two of you went on an adventure? When was the last time you laughed together? Acted silly? If you can’t remember, then you are in some serious need of a play infusion. Play is a necessary and vital part of our relationships. Plain and simple—couples who play together, stay together.”

“For many couples, play and fun is often the first thing to go in a relationship and the last thing to get done on the “to do” list. Long hours of work, family demands, and stress can suck the fun right out of a relationship.”

“The correlation between fun and marital happiness is high and significant.

The more you invest in fun and friendship and being there for your partner, the happier the relationship will get over time.”

“Just as play is how children learn to cooperate, play also creates cooperation in adult relationships. Whether you’re flying a kite, taking a hike, or playing a board game—when you play together you’re creating shared meaning and shared fun, and this in turn deepens the intimacy and connection you have with each other.”



Group BREAKOUT: Questions/Discussion:

What stood out to you in the video presentation regarding our “To Be” and our “Play” List?

How do you feel about the concept of intentionally setting aside downtime for play and adventure? What are some strategies you can brainstorm to make this a reality?

CHACHOKA *Our favorite card game*

Winning

How to win? End the game with the least number of total points.

There are a total of 9 rounds in Chachoka, with each round having one goal and one winner. The goal for each round is made up of some combination of

- Sets (*which are 3 cards of the same number*)
- and/or Runs (*which are 4 consecutive cards of the same suit*).

The rounds are:

1. 1 Set
2. 1 Run
3. 2 Sets
4. 1 Run & 1 Set
5. 2 Runs
6. 3 Sets
7. 1 Run & 2 Sets
8. 2 Runs & 1 Set
9. 3 Runs



The winner of each round is the person who gets rid of their hand of cards first, and ultimately gets -10 points for that round.

Every other person immediately counts up their points for that round by counting the remaining cards in their hands with the following values for each card:

Card	2	3	4	5	6	7	8	9	10	J	Q	K	Ace	Joker
Points	2	3	4	5	6	7	8	9	10	10	10	10	20	20

The points from each round get added together to the points from the following round, leading to a final tally at the end of the ninth round.

Cutting

Each round begins with one person shuffling two full decks of cards (including jokers). The person sitting to the left of the shuffler/dealer then gets the chance to "cut" the deck and attempt to leave the right number of cards needed to deal 11 cards for each player on the bottom of the stack.

- 2 players = 22 or 23 cards
- 3 players = 33 or 34 cards
- 4 players = 44 or 45 cards

The shuffler/dealer will then deal out 11 cards face down for each player to put into their hand, and one card next to the draw pile face up that starts the discard pile.

If the person who cut estimated accurately according to the number of players currently playing, then they receive -10 pts. Each round, the cutting opportunity moves one person to the left, as the dealer is rotated clock-wise across the players.

Game Play

Each round starts with the person who cut drawing one card turn, you additionally need to draw a card from the draw pile in order to start your turn.

from the draw pile. They are then able to lay down the goal for that round if they can, and then at the end of their turn, whether they could lay anything down or not, to end their turn, they have to place a card from their hand into the discard pile.

Once the card is placed in the discard pile, their turn is complete, and they are not able to do anything else. The next player to the cutter's left (clock-wise) is then able to start their turn by drawing a card from the draw pile, then they can play, and then they have to finish their turn by discarding.

This pattern continues with each player around the circle until one person gets rid of all of their cards (including their final card going into the discard pile).

During the "play" section of the turn, each player must first put down the goal for that round before being able to lay down any other cards on the table out of their hand. Once they lay down the goal, during that same turn, they are able to play only on what others have already played.

On their next turn, they will then be able to only play sets out of their hand (no runs) and continue to play on others cards. Playing on other people's cards includes adding the same number to others' sets, or adding consecutive cards in succession to others' runs.

The one exception to the rule of having to wait a whole round before playing new sets is if the player is able to completely put down their entire hand. This is known as "going out".

In runs, Aces are either high or low, so there is no wrapping around (for example QKA2 is not allowed).

Jokers

Jokers are considered wild cards, which means they can be played in sets or runs to replace any card. If a joker is played in a run and a player has in their hand the card that it is replacing in the run, that player is able to switch the joker out for that card, and then use the joker as they please.

However, that switch can only happen on their turn, and that joker has to be used in that same turn. This switch is not allowed if a joker is used in a set.

Buys

If, before someone draws a card from the draw pile to start their turn, either that player or another player wants the card that was most recently laid down in the discard pile (including at the start of the game, the card that was first dealt into the discard pile), that person needs to alert whoever is playing next that they would like to buy that card.

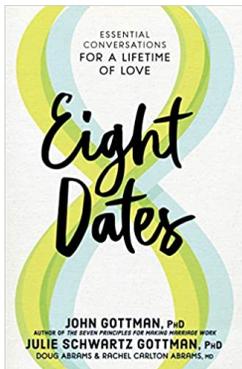
Each player gets three buys to use in each round. Buys do not occur in a first come first served basis, but whoever's turn it is next gets priority over that buy. Priority then moves in a counter-clockwise fashion (same as turn play) so each person ahead of you must say that they do not want to buy it before you can buy it.

Upon buying a card, you not only pick up the bought card out of the discard pile, but you also have to draw a "tax" card. If you are buying right before your turn.

<https://chachoka.com>

8 Dates - essential conversations for a lifetime of love

by John & Julie Gottman with Doug and Rachel Abrams



Eight date topics

- 1 Trust and Commitment.
- 2 Conflict.
- 3 Sex and Intimacy.
- 4 Work and Money.
- 5 Family.
- 6 **Fun and Adventure.**
- 7 Growth and Spirituality.
Dreams.

Mark your calendars:

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for Session 8 (Date #7) as we discuss

“Something to Believe in”

Growth and Spirituality”

with Fr. Vasili and Presvytera Maria Hillhouse

“You can even play while you’re “working” on your relationship.

Play is spontaneous.

Play is joyful.

Play is an attitude.

Play is about friendship.

Play is also a way of being in the world!



Face to Face ~ Heart to Heart:

1. Choose one or two treasured adventures you’ve shared with one another.

What was it about that adventure that made it so memorable for you? How do you feel as you reflect back on it? (If you both chose the same event, no worries...it will be fun to hear it from your partner’s perspective).

2. Brainstorm a few fun adventures you’d like to plan at the start of this new year?

DISCUSS THIS WEEK:

How do you feel about the concept of intentionally setting aside downtime for play and adventure? What are some strategies you can brainstorm to make this a reality?

Keep dating and playing together...

forever.

Countless couples who wind up in divorce court after 20-25 years of marriage speak of waking up one day to find that the kids—the thing that they’d both been focused on for years—left, leaving them to realize they had no common interests and no real relationship as a couple. Parenting is important, but it’s not more important than your marriage. Find ways to spend time alone together, even when the kids are small, so that when they leave you (and they will), your best friend will still be there.