Family Wellness ministry
GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

"Let's Get It On" – Sex & Intimacy

8 Dates: DATE #3

Thursday, October 1, 2026 – 6:30 pm (Pacific)

- **Welcome**
- **Opening Prayer**
- **Quote for the evening**

"How do they become one flesh? As if she were gold receiving the purest of gold, the woman receives the man's seed with rich pleasure, and within her it is nourished, cherished, and refined. It is mingled with her own substance, and she then returns it as a child! The child is a bridge connecting mother to father, so the three become one flesh, as when two cities divided by a river are joined by a bridge. And here that bridge is formed from the substance of each! Just as the head and the rest of the body are one, since the neck connects but does not divide them, so it is with the child. That is why Scripture does not say, 'They shall be one flesh,' but that they shall be joined together 'into one flesh,' namely the child. But suppose there is no child; do they then remain two and not one? No; their intercourse effects the joining of their bodies, and they are made one, just as when perfume is mixed with ointment." + St. John Chrysostom (347-407 A.D.)

- **Reflections on Date #2 - "Agree to Disagree"**
- **Feelings Word List**
- **Interactive poll questions**
- **Intro / video presentation** "Sex & Intimacy" Let's Get It On" with Fr. Jim and Donna Pappas and Fr. Vasili Hillhouse
- **Breakout group question**

Since "emotional connection" is a healthy foundation for a healthy sex life:

a) In your own words, how would you describe what it means to have "emotional connection?"
b) You heard about the couple who used SHMILY (See How Much I Love You) as a way of their emotional connection on a daily basis, can you brainstorm other ideas for rituals of connection?

- **Couples - Face to Face / Heart to Heart Questions**

Which of the daily rituals of connection would you be willing to implement?"

If INTIMACY = "INTO ME YOU SEE" or "INTO YOU I SEE"

1) **share something you deeply appreciate about your partner.**
2) **Then, using 'INTO ME I SEE,' reflect on your own fears, embarrassments, unspoken expectations, or needs, and discuss how this self-awareness can enhance your emotional and physical connection.**

SEEN *(The "Feelings Chart" may be helpful when reflecting on this question)*

S - What am I SCARED of?

E - What am I EMBARRASSED about?

E - What am I EXPECTING that I didn't say out loud or was unaware of?

N - What do I NEED? * *(created by relationship coach Morgan Burch) goodmorgantherapy.com*

- **This week's challenge: prepare and go on date #3**

READ: Date Three - "Let's Get It On – Sex & Intimacy " pages 91-112.
ENGAGE: Implement the daily ritual(s) of connection. Revisit Face to Face Questions this week
PREPARE FOR & GO on Date THREE

- **Closing remarks**
- **Closing prayer**

Join us for our next session **Thursday, October 15th** as we discuss
"THE COST OF LOVE" – WORK and MONEY *with Joe Borgonia*

Date #3
let's get it on: sex & intimacy
"See How Much I Love You!"

Break-out Group Discussion Questions:

Since "emotional connection" is a healthy foundation for a healthy sex life:

a) In your own words, how would you describe what it means to have ***"emotional connection"****?*

b) You heard about the couple who used ***SHMILY*** *(****S****ee* ***H****ow* ***M****uch* ***I*** ***L****ove* ***Y****ou) as a way of strengthening their emotional connection on a daily basis, can you brainstorm other ideas for rituals of connection?*

"Which of the daily rituals of connection would you be willing to implement?"

"Face to Face ~ Heart to Heart"

(Choose from several questions below)

If INTIMACY = "INTO ME YOU SEE" or "INTO YOU I SEE"

- **Share something you deeply appreciate about your partner**
- **Then, using 'INTO ME I SEE,' reflect on your own fears, embarrassments, unspoken expectations, or needs, and discuss how this self-awareness can enhance your emotional and physical connection.**

S E E N

S - What am I SCARED of?

E - What am I EMBARRASSED about?

E - What am I EXPECTING that I didn't say out loud or was unaware of?

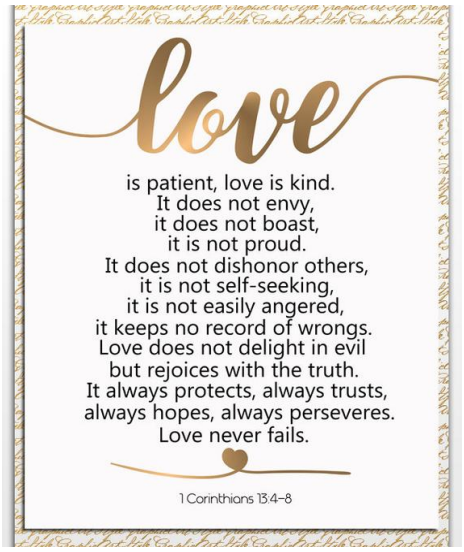
N - What do I NEED?

(The "Feelings Chart" may be helpful in reflecting on this question)

(The SEEN method was created by relationship coach Morgan Burch) goodmorgantherapy.com

\

Which of the daily rituals of connection would you be willing to implement?"



RITUALS FOR CONNECTION

It is important to have rituals in our relationship that keep us connected. They allow us to be more present to one another. What happens outside the bedroom has a huge impact on what happens inside the bedroom. Terry Gaspard, MSW, LICSW lists a few powerful rituals of engagement on the Gottman Relationship Blog:

- **Eat meals together** without screens
- **Stress reducing conversations**: Spend 30 minutes each day to touch base about each other's day: *work, activities, things that came up, etc. It gives us a chance to know our partner's world a little better*
- **Designated monthly Dates / Plan an annual vacation** get-a-way
- **Exercise together** *(take a walk, a dance class, swim laps, hike, etc.)*
- **Have a 6-second kiss / 30 second hug each day**
- **Play a game** (cards, board games, puzzles)
- Other rituals you might like to implement…

Romantic, intimate rituals of connection keep a relationship happy and passionate. Couples who talk about sex have more sex, but talking about sex is difficult for the majority of couples—it gets easier and more comfortable the more you do it.

Please submit your date photos to Pres. Pat: ptsagalakis@sanfran.goarch.org

Check out our website for session videos and hand-outs
www.familywellnessministry.org/eight-dates/

Our Eight Date 2026 Sessions:

Mark Your Calendar
and prioritize Thursday nights

Oct 1 @ 6:30 pm
Oct 15 @ 6:30 pm
Nov 5 @ 6:30 pm
Nov 19 @ 6:30 pm
Dec. 3 @ 6:30 pm
Dec 10 @ 6:30 pm

Interesting Articles to Read about Love, Marriage & Intimacy

https://stmichaeltx.org/orthodox-101/living-orthodoxy-daily/what-is-the-orthodox-teaching-on-sex-and-marriage/

https://www.familywellnessministry.org/the-teachings-of-st-paisios-on-marriage-part-1/

https://stgeorgeor.org/on-christian-marriage-st-john-chrysostom-347-407-ad/

https://orthodoxchristianparenting.wordpress.com/2018/11/07/on-the-sacraments-the-sacrament-of-marriage/

THIS WEEK:

READ: Date Three - "Let's Get It On – Sex & Intimacy" pages 91-112

ENGAGE: Implement the daily ritual(s) of connection you and your spouse selected during the Face to Face/Heart to Heart question.

PREPARE FOR & GO on Date THREE

Please be aware

that some of the topics discussed in this chapter are addressed from a decidedly secular perspective and may not necessarily align with Orthodox Christian practice.

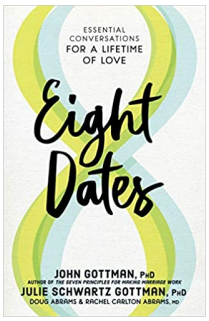
So let's take the advice of St. Basil and be like bees finding the good and God in everything, and in every day.

Further reading on Attachment Science:

Attached: The New Science of Adult Attachment and How It Can Help You Find – And Keep – Love
by Amir Levine, M.D., and Rachel S.T. Heller, M.A.

Created for Connection *by Dr. Sue Johnson with Kenneth Sanderfer*

8 Dates - essential conversations for a lifetime of love
by John & Julie Gottman with Doug and Rachel Abrams

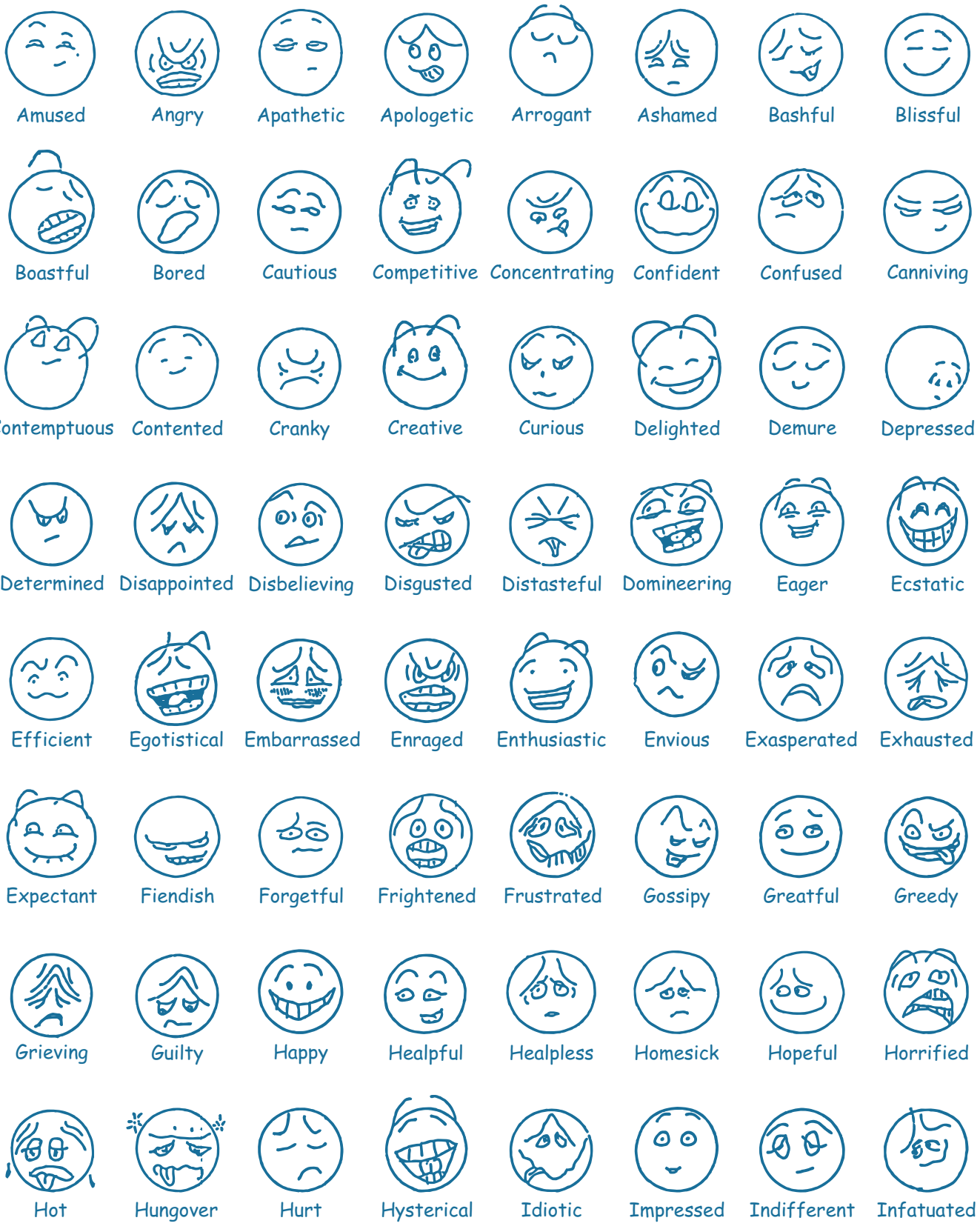


Eight date topics
3 Trust and Commitment
3 Conflict
3 **Sex and Intimacy**
Work and Money
Family
Fun and Adventure
Growth and Spirituality
Dreams

Two *are* better than one,
Because they have a good reward for their labor.
For if they fall, one will lift up his companion.
But woe to him *who is* alone when he falls,
For *he has* no one to help him up.
Again, if two lie down together, they will keep warm;
But how can one be warm *alone*?
Though one may be overpowered by
another, two can withstand him.
And a threefold cord is not quickly broken. ~ *Ecclesiastes 4:9-12*

If we have a strong relationship with God, this will distinguish our relationships with others. We will be able to be a source of peace, tranquility and comfort to them. *– St. Anthony the Great*

**"Set me as a seal upon your heart,
As a seal upon your arm;
For love *is as* strong as death…"**

Song of Solomon 8:6

Feelings and Emotions