Family Wellness ministry
GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

Metropolis of San Francisco

8 Dates ~ Date 4

"The Cost of Love" – Work & Money

Thursday, October 15 @ 6:30 pm – 7:45 pm (PACIFIC)

Welcome

Opening prayer

Quote for the evening

"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? [26] Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?" ~ Matthew 6:25-26

Video presentation "Work & Money – The Cost of Love"
by Joe Borgonia, M.F.T. *(Family Wellness Ministry Team)*

Interactive poll question

FACE TO FACE – HEART TO HEART QUESTION:

1) In what way have money issues been stressful in your relationship?
2) How has the money style you grew up in, impacted the way you approach finances as an adult?

BREAK OUT GROUP QUESTION:

(NOTE: we do not need to answer all these questions – Just address the question that speaks most to you personally)

1) From the video, pick one thing that spoke to you the most about money and relationships / and why?
2) With all the different money styles presented – what are the pros and cons of your style?
3) Our family life, jobs, and outside relationships and activities all contribute to a busy lifestyle. What do you notice when you sense that your life may be "out of balance?"

October Challenge : Prepare and Go on Date #4

Homework: Read Date 4: "The Cost of Love" - Complete both exercises in this chapter: the one we worked on tonight and "My Family History with Money", Prepare and go on Date 4.

Closing remarks

Closing prayer

Mark your calendars for Thursday, November 5 "ROOM TO GROW" - FAMILY
Presented by Fr. Daniel & Presvytera Michelle Triant

DATE 4: Chapter Summary
The cost of love: work & money

- Money is one of the top five issues that cause conflict in couples
- Stereotyping one half of a couple as "the saver" and the other as "the spender" isn't helpful.
- Each of you has a family history and values that were instilled in you. Your work is to understand each other, not to define each other or to have the same values.
- Work is the other big commitment in your life, besides your marriage and family.
- Work and the pursuit of money can be the "third party" in a relationship – demanding your time and energy. Balancing your relationship and your work is fundamental to the success of your marriage
- Couples report that sharing household tasks is the most important element of a successful marriage, after fidelity and a good sex life.
- If one of you is under enormous pressure and stress from work and working long hours, this can create loneliness and a lack of emotional connection in the relationship. It pulls people apart.
- Discovering what money means to both of you will go a long way in resolving the conflicts you may have around money.
- Cultivate gratitude for what you have, and the contribution each of you makes to the relationship.

Maintain "3 C's" when talking about $ MONEY:

1. **Curiosity**
2. **Commitment**
3. **Connection**

Conversation Starters: TIPS for talking about Money

(adapted from Rachel Cruze)

Sharing your money history: Start by saying, In my house growing up, money was . . ."

Sharing your gratitude about money: Begin with, "One thing I'm grateful for that you might not know is.."

Sharing your fears: Breach the subject by saying," My biggest financial fear is . . ."

Sharing your philosophy about giving: Enter a conversation about how we plan to give of our time, talents and treasure to our church and community.

Sharing your dreams. Start by saying, My biggest dream for both of us is . . ."

Jesus' parables about money

- Lazarus and the Rich Man - Luke 16:19-31
- The Rich Fool and his Storehouses - Luke 12:16-21
- The Rich Young Ruler - Luke 10: 25-37
- The Servants and their Talents - Matthew 25:14-30

Questions to ponder:

1. How can WE balance priorities in our marriage?
2. What stories or perspectives about Money did you learn from your parents, grandparents, or relatives that stand out the most?
3. What is your biggest fear about money?
4. As a couple, what do I see as our predominant !money style"
   - Saver? • Spender? • Investor? • Bohemian? • Other? and why?

A few more questions to ponder:

a) What three things do you appreciate about your spouse"s paid / or unpaid contribution to the wealth of the relationship or family?

b) What specific chores or tasks in the household could I be more helpful with in assisting my spouse?

c) How can I/we talk about money so that it does not become a source of conflict, but a means of connecting with each other?

d) Besides home and work, what other areas of our marriage/family do we need to prioritize in order to have balance in our lives?

Check out our website for more information: https://www.familywellnessministry.org/eight-dates/

SEND YOUR DATE PHOTOS TO US! ptsagalakis@sanfran.goarch.org