

# Finding Hope for My Marriage

By Tracey Adolfo

I recently attended the Retrouvaille marriage program with my husband. At thirty-three years old, I never would have admitted that I was in a troubled marriage. I knew deep inside that I did not want to live the rest of my life going back and forth from arguing to the silent treatment.

I went to Retrouvaille because I wanted HIM to change. I knew I wasn't perfect, but I believed that my issues weren't as destructive to our relationship as HIS issues. At some point, I decided to focus on me and let him focus on him. That was hard especially when I was thinking of all the reasons that I was right about most everything.

Reading the Retrouvaille pamphlet my sister had given me over a year ago; I was able to answer YES to four of the five questions on the front page. "Do you feel lost or alone? Are you hurt, frustrated or angry at each other? Are you arguing or simply shut down? Does talking about it only make it worse?" Yes, yes, yes and yes I thought in my head every time I looked over the brochure.

I was hesitant to sign up because I had to leave my four kids for a weekend and two of them are still babies. But I knew that our children needed us to do this just as much as we needed it for ourselves. It was time to find out what this program was about. So, we signed up for an October 2008 Retrouvaille weekend.

The presenting team shared their own stories of problems in their marriages. They told us about new tools and concepts they learned from Retrouvaille that helped them get past their problems. Then they taught us how to use those tools. No one ever asked us to share our own problems with anyone else. My husband and I were able to work on our relationship privately with the presenting team as our guides.

The weekend retreat taught us a lot. But, we learned that it needed more than a weekend to fix a marriage that took years to damage.

Following the weekend retreat, we attended the post weekend sessions for three months. These sessions were key in helping me understand how to communicate with my husband and to change the way I act towards him. That is not always easy but I was really seeing a difference. So, I trusted the program and kept working at it.

We now have the tools to change our old behaviors that were not working for us and get back to why we fell in love. We were taught how to communicate with each other in ways that would express our true emotions. We were encouraged to share both our pleasant and unpleasant emotions but without all the angry words. I found that the more I shared my feelings with him and the more we both listened to each other, the closer we came together.

I can now say I am in a marriage - a marriage of two committed people who will work together because even though we can never be "fixed," we can choose to work together and communicate daily. This is now a marriage that is getting better and better each day. This is what I signed up for, for better or for worse.

Everything in life takes work and our marriage is not an exception. I am grateful that I am married to a man who will not just walk away because it's the easy way out. I am so glad we made the decision to have someone take care of our four children that weekend so we could attend Retrouvaille.



on the weekend of May 1-3. For more information about Retrouvaille go to [www.HelpOurMarriage.com](http://www.HelpOurMarriage.com) or call 800-470-2230.

There is a Retrouvaille program starting

## CommunityBrief

### Santa Cruz Baroque Festival Concert V: Fiat Lux - In Praise of Light

Saturday, May 9, 2009 at 7:30 PM ~ UCSC Music Center Recital Hall

Music of color, featuring Bach's Chromatic Fantasy and Fugue, Couperin's Les Dominos (a suite of color-matched baroque emotions) and his sunny Musettes for two harpsichords, joined by vocal works inspired by light and its absence. A meet-the-artist reception follows for donors and subscribers.



Sheila Willey, soprano

Featured performers include Sheila Willey (soprano), Matthew Auerbach (harpsichord), Linda Burman-Hall (harpsi-

chord) and Amy Brodo (viol & violoncello). ■

**Admission:** \$22 general, \$16 senior, \$5 college student, \$2 K-12.

**Ticket Outlets:** SC Baroque Festival ([www.scbroque.org](http://www.scbroque.org), 831-457-9693), UCSC Ticket Office (831-459-2159), SC Tickets ([www.santacruztickets.com](http://www.santacruztickets.com)), Civic Center Box Office.

**Parking:** UCSC charges \$2 (cash) for weekend and evening parking.

**Public Meeting on Integrated Water Planning for**

**City of Santa Cruz and Soquel Creek Water District**  
**Wednesday, April 22, 2009 • 6:30 – 8:30 PM**  
**Seymour Center at UCSC Long Marine Lab, 100 Shaffer Road, Santa Cruz**

Representatives from the City of Santa Cruz, Soquel Creek Water District and CDM (Project Engineers) will make presentations on local water issues and present the preliminary findings for the **Desalination Pilot Plant Project**. There will also be an opportunity for Q/A with the panel. More info, call 831-475-8501 ext.153 or visit [www.scwd2desal.org](http://www.scwd2desal.org).

Sponsored by: City of Santa Cruz Water Department and Soquel Creek Water District