

Coming Up

Celebrate Love

A two day seminar for married couples exploring spirituality and sexuality in the Catholic context.

2008

Perth, WA	Jun 28 & 29
Newcastle, NSW	Aug 23 & 24
Sydney, NSW	Aug 30 & 31
Brisbane, QLD	Sep 20 & 21
Emerald, QLD	Oct 11 & 12
Birmingham, GB	1 & 2 Nov
Sydney, NSW	Nov TBD
Albury, NSW	Aug TBD
Masaka, Uganda	TBD

www.CelebrateLove.com.au

Embrace

Preparing to Live in Love

A six session programme for dating or engaged couples preparing to marry in the Catholic Church.

Available Now!

Sydney, Newcastle, Brisbane,
Perth, London

Three formats:

- individual couple-to-couple mentoring
- small home based groups
- large parish based groups

www.Embrace.org.au

Smart Loving Public Talks 2008

World Youth Day Festival - Th Jul 17

St Aloysius College, Milsons Point
Sexy- Saint or Sinner (7 pm)
Mission to Love (8:30pm)

Goulburn – Oct 27, Smart Loving

www.CelebrateLove.com.au

Living Well Media Resources for Catholic Families, Schools & Parishes

Multimedia and print materials featuring Christopher West, Fr Tony Percy, Teresa Pirola, Karen & Jonathan Doyle and Byron & Francine Pirola

www.LivingWellMedia.com.au

Smart Loving

is a free e-newsheet produced by PMRC Australia. Please forward to friends and family with our compliments. To subscribe or unsubscribe, send your details to:

info@theprmc.org

Reproduction of words or illustrations permitted provided that Celebrate Love or PMRC Australia is acknowledged.

The Soul Mate Quest

It sounds so romantic: 'Destiny' has each of us perfectly matched with someone with whom we will form an instant rapport. All we need to do is find that special someone and bliss will surely follow. All our heartache, all our problems will be history as we lose ourselves in the rapture of each other's love...

The *Soul Mate Quest* has become somewhat of an obsession in our society. Singles hold out for it, Hollywood gets rich on it and disillusioned couples abandon perfectly normal marriages for it. The truth is the soul mate quest is more fantasy than reality.... and holding onto this myth will more often deliver disillusionment and pain than the promised ecstasy of perfect, unending love.

The *Soul Mate Quest* implies that sustaining a successful relationship is effortless: find the right person and everlasting happiness will follow. Yet no real relationship can survive for long without active investment and conscious self-sacrifice... true love is about giving rather than getting. When a relationship inevitably gives us grief, rather than helping us to be resilient, the *Soul Mate Quest* numbs us to growth... "it's not my fault" we tell ourselves, "we just chose the wrong person".

The implication of the Soul Mate Quest is that the other person is expected to be 'my everything'. People expect their 'Soul Mate' to meet their every need – to be a best friend, an ideal lover, a healer of past wounds, a dedicated cheer squad for their personal development, a companion for their every interest, their intellectual, physical, social equal in every way. It's an impossible job description and a nightmare for anyone foolish enough to think they can fulfil it.

'Soul Mate Believers' are far too quick to pass over a perfectly good marriage prospect, or give up on a perfectly normal marriage, for the fallacy that there must be someone else out there who is 'The One'. Take a reality check: put the Soul Mate fantasy aside and start living the relationships you've got instead of wishing on a star for something that will never satisfy anyway.

