

## Section 2 Challenge: Dialogue On Your Sexual Relationship

By Ed & Leo Rivera

Here is a letter from Ed & Leo Rivera, Section 2 Rochester/Buffalo Area Leaders that was recently published in the Area Fall 2005 Newsletter. We think it's good to reevaluate our intimacy on a regular basis.

Love,  
David & Claire Hall  
Section 2 eMatrimony Contact Couple

Dear WNY Lovers,

In the last newsletter, we wrote about paying attention to our communication, specifically dialogue. We challenged you to Summer Streaking. The Emmanuel Core met the challenge with the most number of dialogues per core member. Today, we will focus on paying attention to our sexual relationship. As our boys get older their bedtimes get later and later. So finding time after dialogue to spend special intimate time together has been a challenge. Sometimes the heart is willing but the body is just too tired. So who are we to share about this topic? Well, we are travelers on the journey blessed to be reminded by ME of some very important things. Our sexual relationship is not just about something that happens when we are in bed together. It is actually the atmosphere that is around us every day. It's the way we look at each other, talk to each other, and touch each other throughout the day whether we are together or apart. We reminded ourselves of the things that we learned on the weekend and we decided we needed to start paying more attention to the way we were with each other.

We took a look at the way we were acting toward each other physically. Were we looking into each other's eyes when we talked to each other? Did we hug or reach out to rub a tired back? Kissing long and lovingly or pecking? Were we snuggling on the sofa? Holding hands? Walking close? Pulling out a chair? Opening the car door or other doors? Spooning when we sleep or lying back to back? Hmmm? This was eye opening.

Then we looked at how we were talking to each other. Did we use a sarcastic tone or gentle tone? Critical or supportive? Loud or soft spoken? Focused or distracted? Did we let interruptions derail us? Did we try and watch TV or do other things while talking? How important did the other feel while we talked? Hmmm again!

Then we looked at our romance. Did we have dates scheduled? Were we buying cards, flowers, candy, or little gifts? Were we calling each other at work leaving sexy voice mails or sending playful emails? Did we wear sexy PJs to bed or sweats and T-shirts? Were we dating each other or just starting to exist as roommates?

The results of our examination helped us understand what had happened to us. We were letting the world get in the way and we were putting ourselves last on our lists and giving each other leftovers. So now we are in the process of dialoguing our way back to the kind of intimacy we want. The results so far have been very rewarding. The more we do to pay attention to the sexual atmosphere outside the bedroom the more fun it is to be together in bed and everywhere else. So our challenge to you now is to dialogue about your sexual relationship. See [www.wwme.org](http://www.wwme.org) for a series on your sexual relationship but in the meantime you may want to start with "How is our sexual relationship; not only in bed but out of bed? How do I feel about my answer?"

We hope to see lots of big grins at community gatherings letting us know that you are working on your sexual relationship. On the weekend Father Jack & Father Gene tell us that our lovemaking is holy. This gift from God honors Him each time two become one in mind, heart and body. Honor Him well.

With lots of love,  
Ed & Leo