

# Mountain Top Marriages “The Upward Trail” Newsletter March 1, 2019



**Seems impossible that it is March already!!! Spring snows melt fast!**

We began the New Year with flying to **Kauai, Hawaii on Jan. 2<sup>nd</sup>**. We met up with our youngest son & his family for a week of wonderful family adventure on the island. From there we **flew to Honolulu for ministry**.

**Jan. 9-14** we were housed by Pastor Rod and Becky Shimabukuro in their beautiful home situated just minutes from downtown Honolulu and Waikiki Beach. Rod is now the senior pastor of New Hope MANOA church. We held a seminar over Thurs, Fri. and Sat. Sat. night met with their young married group. We were also honored to minister in their Sunday morning worship service. Pastor Rod and Becky are top notch people and we have been blessed to know them for many years. We first met at our

home church in KC. Rod is a native Hawaiian and Becky is a beautiful many talented “help meet”. They pastor a great group of people that we totally enjoyed!

In a nutshell, this is what we learned from Roger and Laureen Traver of Mountain Top Marriages :

♥Get our hearts right.. keep it soft♥Say to your spouse “I will never ever divorce you” and see if your spouse says it back♥Work it out or be miserable for the rest of your life (selfishness makes us miserable)♥Don’t be focused on getting all your needs met, think of what you can do to be better♥Agape love always♥Pray out loud together♥Read the Bible together♥Bless each other♥Know who you are in Christ♥Replace lies with scriptures of truth♥Find your strongholds & cast them out♥Have a feelings formula - Know how to talk without attacking each other♥Make priorities right♥Husbands - learn what your wife loves♥Wives - respect & appreciate your husbands♥Find something you both love to do together & do it... If you don’t have anything.. do what your spouse loves & maybe you’ll end up enjoying it too♥Men & women are different - communicate well♥Sex is important - Have more sex♥Play footsy under the table, hold hands♥Say wonderful compliments to each other♥Men try holding doors open for your wife♥Know each other’s love language♥It is The Word that can save, transform & bring power to your marriage

## **January 20-21 Kansas City Chateau Avalon Romantic Retreat at the “theme room” hotel**

We were only home for three days before we headed to KC for one of our favorite over-night retreats. There is only room for 12 couples in the conference room, but we packed in 13! Pastor Max Cornell, who started Charis Kingdom Church in Olathe, KS invited us to share our testimony at his church in late November, 2018. His awesome couples then registered for the Jan. romantic get-a-way. Steve & Karen Gradwohl ministered in music. Jesus touched many, delivered some from lies and turned around and refreshed those who attended.



**January 28<sup>th</sup> – Monday nights  
Charis Christian Center Home Group**

We were excited to host & teach another group of 12 couples for the spring semester. Many of the couples have several children. One couple added to the group with their new born, Gabriella, who has faithfully attended all of our meetings! We have all connected and look forward to the fun, food, fellowship and learning how to be Intimate and Secure in our marriage relationships.

**February 1 – Charis Christian Church  
Celebration of Marriage**

We were one of four other couples who had the privilege of helping to plan and implement this event. Russell and Amber Giveans brought the vision to the table and hosted the event. It manifested in a completely Holy Spirit led evening of food catered by PF Change, speakers sharing their wisdom and hearts about how to have a great marriage and fun with playing “The Newlywed Game”. One of the couples in our home group got to be a participating couple in the game! Unfortunately, even though we were to speak that Friday night, we found ourselves in Illinois sitting at the bedside of Lauren’s 100 year old mother. However, Jesus was in charge of our decision to go see her when we did. Lauren’s brother and we were all at her side when she peacefully went to heaven on Saturday afternoon for the glorious entry into heaven to see the Lord she loved. She was also reunited with Dad who lived to be 99 1/2 years and died 7 years ago.

**February 8 & 9 – El Tesoro Marriage  
Retreat in Woodland Park, CO**

We returned home from the funeral the night before the El Tesoro meetings. We have such an awesome team of board members that support us. Russ & June Gordon took reservations, bought, cooked and served the delicious meals served during

the weekend and they and Meg and Tim Britton helped us teach during the meetings. Gordon’s taught on the faithfulness of God and Britton’s taught on the love of God.

Sean & Rebecka Kennedy came to video the meetings. Therefore, we should shortly have some new material to go up on our web site and Face Book.

We had all the 9 sleeping rooms full at the beautiful lodge and ended up with 15 couples who attended the teaching meetings.



**Events to come:**

**April 6** – Penrose All Day Saturday Retreat  
9am-3pm – lunch included – call to reserve a spot.

**April 9-** MTM teaching at Andrew Wommack’s Bible School in Woodland Park, CO

**April 10-30** – MTM will be in the UK ministering in several different venues. Cambridge College location and Stoke-on Trent. Barrie & Carol Dupree will be our hosts while in the UK.

Keep Climbing,  
Roger & Lauren Traver  
Mountain Top Marriages  
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