

# FIRST THINGS

A publication of First Things First



## Love & Respect Marriage Conference with Dr. Emerson and Sarah Eggerichs—Live! Chattanooga Convention Center October 9-10

For the first time, the Love & Respect Marriage Conference comes to the Chattanooga Convention Center on October 9-10. First Things First, in partnership with area churches, proudly welcomes Dr. Emerson and Sarah Eggerichs **live and in person** for this highly-regarded event which has helped strengthen marriages all across the country. *Love & Respect* contains a revolutionary message that is helping couples to achieve intimacy like never before.

One key word can revolutionize any marriage according to Dr. Emerson Eggerichs, author of the book *Love & Respect*. Eggerichs says happiness and harmony are not achieved by love alone. Yes, love is vital, especially for the wife, but the author says, a husband's need for respect is equally important—he is designed to need respect.

### ***Love & Respect is divided into three main sections:***

- **The Crazy Cycle** explains the simple reason why two good-willed people negatively react to each other;
- **The Energizing Cycle** explains how two people can positively motivate one another by doing one simple thing; and,
- **The Reward Cycle** unveils the rewards of a godly marriage and explains what a person can do if personal expectations are unmet by a spouse.

***Join us at the Chattanooga Convention Center on Friday, October 9, from 6:45 p.m. -10:00 p.m. and Saturday, October 10, from 8:45- 1:30 p.m. Doors will open one hour before the conference starts. The cost is \$45 per person. We are unable to provide childcare for at the event.***

### ***Comments from conference attendees:***

***"I know my wife truly loves me, but because she practices giving me respect on a daily basis (sometimes I'm not respectable), I have been able to feel fulfilled and my home is by far the best place I want to be at any given time. We are sure that this teaching will revive and restore many marriages."***

***"I feel like I have received a precious gift – the ability to better understand my husband's deepest needs. I always wanted to meet them, but did not understand how."***

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## Let's Talk R-E-S-P-E-C-T

A couple of years ago, we were sitting around the dinner table and our daughter was telling us about her day at school. At one point in the conversation she told us about a situation where a teacher was very disrespectful to some students in her class. We asked her how the students responded. She said, "They were disrespectful right back because the teacher deserved it."



**Julie Baumgardner**  
*President and  
FTF Executive Director*



Needless to say, this led to a conversation about respect. Both my husband and I told our daughter, "If you are ever in a situation where someone is disrespectful or you do not like what they are saying, if you choose to respond in a disrespectful manner, you need to know that we will not consider your behavior justified and there will be consequences."

In recent weeks, many have witnessed three specific incidents where people were clearly out of line with their behavior. The sad thing is these people are very much in the public eye and are seen as role models whether they like it or not. Children and young people alike watch this kind of behavior and in turn think it is perfectly acceptable to act that way . . . unless their parents are proactive and take advantage of the teachable moments before them.

October is Let's Talk month, a nationally designated time encouraging parents to talk with their children about healthy relationships. At the heart of every healthy relationship is the foundational building block of respect. As parents, we have the responsibility to teach our children how to be respectful and how to practice restraint or self-discipline. My mother used to say to me, "If you can't say something nice, don't say anything at all." I would add to that, there is an appropriate time and place for everything. If you disagree with the line judge, you can appropriately express your disagreement and frustration without cursing and saying what you are going to do with a tennis ball. We live in a free country where we are allowed to express our disagreement or dislike in plenty of ways besides yelling out in the middle of an important speech or jumping up on stage and taking the microphone away from someone who has just won an award.

It sometimes feels like we have arrived at a place in our society where acting civil and respectful toward each other is a thing of the past. What happened to teaching our children to practice self-discipline? What happened to teaching our children that just because someone is mean and hateful to you, that doesn't give you permission to be mean and hateful in return?

What we as parents *are* or *are not* teaching our children today will impact us as a society tomorrow. For the sake of our children's children be intentional about teaching your children healthy relationship skills.



# WHAT HAS FTF BEEN UP TO LATELY?



First Things First has been on the move sharing the message of strengthening marriages and families around the country and abroad. FTF President and Executive Director **Julie Baumgardner** and marriage educator **Gena Ellis** were speakers at the 13th annual international Smart Marriages Conference in Orlando, Florida on July 8-11th. In August,

Julie spoke at the Association for Marriage and Family Ministries in Phoenix, AZ, and she also addressed an international audience at the World Congress for Families in Amsterdam, The Netherlands.

Project Director **Deborah Gunn** and FTF educator **Anovia Braden** traveled to Washington, D.C. to present before the Annual Meeting of the Healthy Marriage and Responsible Fatherhood grantees. **Lamar and Wanda Threat** from St. Elmo Missionary Baptist Church accompanied them and shared how FTF marriage classes enriched their lives. Deborah and Anovia also gave a presentation on **TalktoFriends.org**, FTF's latest outreach tool targeting teens.

Clearly, the success of the First Things First initiative has sparked interest across the United States and internationally. The First Things First team continues to provide technical assistance to hundreds of communities, with more expected in the coming year.

# Your Return On Investment



Our goal is and has always been to serve our community by being good stewards of the resources entrusted to us. By forging strong partnerships with corporate and faith-based organizations, local media and individual sponsors, we strive to deliver first-class service. You deserve it! Because of your investment, First Things First has an 80 percent awareness rating in the community. Our message goes beyond the classroom and reaches families through radio, television, outdoor billboards and other social media. Because of your investment, others outside our community are taking notice. While your investment dollars and resources stay here at home, the FTF model you help to build is being duplicated in other cities across the U.S. and abroad. Simply put, when you invest in First Things First locally, the impact is felt globally.



## Hey Dads! Looking for a fun way to celebrate Fall with the kids?

Join First Things First and Chick-fil-A for "Breakfast with Dad" at Chick-fil-A on Gunbarrel Road on Saturday, October 31. This Fall-themed event is from 9am to 11am and features a **Costume Contest for Dad** complete with celebrity judges, great door prizes, face painting, inflatables and more! Be sure to check the "Fun Things to do with Dad" pages at each table!

*For details, visit [firstthings.org](http://firstthings.org)*



**Family University offers a variety of classes to help 21st Century parents in their efforts to be the parents their children need them to be.**

### October 3

9:00 a.m.–11 a.m.

#### Coach Dad

Chattem Basketball Practice Facility  
Coach John Shulman

### October 15\*

9:30 a.m.–11:00 a.m.

6:30 p.m.–8:00 p.m.

#### Correcting Your Child Without Criticism

St. John UMC  
Janet Bales

### November 5\*

9:30 a.m.–11:00 a.m.

6:30 p.m.–8:00 p.m.

#### Living with Kids Through the Holidays Without Losing Your Mind

St. John UMC  
Janet Bales

\*Choose either morning or evening

# BOOT CAMP FOR NEW DADS



## Papa's got a brand new bag!

Boot Camp For New Dads is a class for men who are about to be dads. **This is for men only—no women over two feet tall allowed!** Each class discusses the challenges new fathers face like uncontrollable crying (from baby and mom), in-laws and living on little or no sleep. Join the fun as veteran dads bring their infants to show the rookie dads the realities and joys of fatherhood.

**Bethany 'Boulton' Rowe's husband attended one of our recent camps, and had this to say:**  
*"My husband LOVED the Daddy Boot Camp class this past weekend. Now I feel like he's more prepared for these babies than me. :) ..."*

### Upcoming classes:

**Saturday, October 17** at Erlanger Women's East, 9a.m.–Noon

**Saturday, November 21** at Erlanger Women's East, 9a.m.–Noon

**Saturday, December 12** Parkridge East Hospital, 9a.m.–Noon

**Saturday, December 19** Erlanger Women's East, 9a.m.–Noon

**Check [firstthings.org](http://firstthings.org) for more class dates**

# Singles Seminar Brings in Record Attendance



Our first-ever *Living Single* seminar was a huge success! Nearly 200 individuals turned out for this day-long event on Saturday, August 8th at the Brainerd Crossroads (The BX).

The seminar presented a variety of sessions for singles including how to improve your communications skills, dumping your "relationship baggage", living together and a "battle of the sexes" which focused on how the opposite sex thinks. The day ended with a panel of married couples sharing their insights into the ups and downs of marriage.

**Tonya Morrison was one of the many singles attending the seminar and had this to say:**

*"Very much food for my soul . . . very detailed and in depth, and beyond surface material. Excellent speakers. We need this more than one time a year. There is not much in Chattanooga that gives attention to singles...more for married people. When's the next one?"*

**Mandi Henegar also commented:**

*"Living Single was very AWESOME, and I appreciate everything you guys do!"*

Tonya's and Mandi's sentiments were shared by many others that day, and another *Living Single* seminar is in the works. More details coming soon!

## SPRINT TRIATHLON THANK YOU



*(Photograph taken by Jimmy Moncrief)*

A great time was had by all at this year's SportsBarn/ Quintana Roo Sprint Triathlon on Sunday August 9th. Nearly 1,000 athletes converged at the Chickamauga Dam to swim, ride, and run to Chattanooga's Riverfront and downtown district.

The SportsBarn/Quintana Roo Sprint Triathlon was sponsored by Personal Fitness Specialists, NewsChannel 9, KZ106, 107.9 The Duke, TalkRadio! 102.3 and Southern Coffee. Net proceeds from this event support the work of First Things First. Special thanks go to Scott and Teresa Wade and the PFS team, and to David Brock and the entire SportsBarn Family.

## First Things First would like to thank the following establishments for hosting classes:

**Cass Gardens Salon and Spa**  
5701 Brainerd Road

**Out of the Blue Café & Kites**  
3230 Brainerd Road

**Main and Mocha, LLC**  
1463 Market Street



# MOVIES IN THE PARK



**WOW!!! We could not have asked for more perfect weather for Movies in the Park this year. The crowds were amazing with more than 18,000 in attendance over the three nights.**



*Movies in the Park is made possible thanks to underwriting from:*

**Chattem**

**Geico—The Chattanooga Local Office**

**Chick-fil-A**

**Comcast**

**Sunny 92.3**

**Lifeguard Ambulance Service**

**Chattanooga Parks and Recreation**



The Chick-fil-A cow drop was TOO MUCH FUN!!! A huge THANK YOU!!! goes out to Michael, Jennifer and Michelle Warren for making it possible for us to do this. Check out our Facebook Fan page for more pictures.



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## What's in Store for 2010?

- **The Great DatExperiment**
- **Flower Fest**
- **National Marriage Week**
- **Boot Camp for New Dads**
- **The Climb: A Journey through Fatherhood—  
an e-newsletter for Dads**
- **Movies in the Park**
- **FromMe2We.org**
- **And lots more!**



## Treasured Family Tradition Kicks Off the Holiday Season!

First Things First encourages families to celebrate the season with the gift of good health at the **5th annual Families on the Run**

on December 5. The event consists of a competitive 5K and 10K race, as well as a non-competitive Kiddie K Fun Jog and a musical merry mile known as the "Santa Stroll". Families on the Run utilizes ChampionChip timing, the racing industry's leading, high-tech timing device. It provides accurate net and split times for every individual athlete.

The course will begin and end at the Hunter Museum of American Art overlooking Chattanooga's beautiful riverfront. The race starts promptly at **7:45 am**. Registration includes race entry, a long-sleeved t-shirt, a hot breakfast and a goody bag. Participants can enter as individuals, as a family or a couples team! Individual participants and teams are invited to collect contributions from their families and friends to support First Things First's community initiatives. Top fundraising individuals and teams will qualify to win incentives. Come celebrate the holiday season with First Things First. Festive Holiday Attire Recommended!

Visit [firstthings.org](http://firstthings.org) or call 423.267.5383 for more information