

# Serving Our Savior

## MARRIAGE CARE

PO Box 11 | Springfield, NE | 68059  
sosmarriagecare.com  
(402) 235-2355

*Helping Marriages Reach Their God Given Design*

It was a cold, snowy day in February as we sat together with marriage mentors and a Heart Care couple, each pursuing their second marriage. The fireplace crackled as we talked about emotional, spiritual and physical intimacy in marriage. That connection that God designed is deeper and stronger than any of us can imagine.

As we prayed through abuse and bitterness from years past we asked Jesus for a picture of their hearts connected as one. When we finished praying, we asked if the Lord gave them a picture. The wife immediately asked: *“Did you come over to my house and put those hearts in my driveway,”* “No, we didn’t go anywhere last night in the snow.” we replied. The wife-to-be stated that she saw two hearts in the snow outside her bedroom window. She called her fiancé and her adult children to see if they had left the hearts in her driveway and they said they did not. She asked the mentors and smiling they replied, *“No. I don’t think you can accuse us of what seems God has done in giving you a good picture of your hearts connected.”*

This six of us laughed together in astonishment and left it as a sign in the snow from God.

Fast forward to November. The temperature dropped and snow dusted the entire Hobby Farm.

Roger looked out the window and said, *“Did you see the hearts in the snow?”*



Photo from Feb 2019  
from the Heart Care couple



Photo from Nov 2019  
at the Hobby Farm

There were two large, connected hearts in the snow looking right up at us from our living room window! Some would say what a nice coincidence that someone backed in just right and the snow melted just to the point where the indentions of the tires left hearts in the snow. We smile and thank God for the gift, an encouragement to press on connecting hearts in marriage week in week out at the Hobby Farm.

It’s been a snow-heart year of memories at SOS Marriage Care, where hobby farming and marriage ministry mingle.

### Roger & Denise Friesen

P.S. You may notice dandelions in this newsletter. It’s meaningful to us because sin is much like a dandelion. Oftentimes we only deal with what we see above the surface only to see sin popping back up again. Just like with a dandelion we need to get to the root (Heart Care) in order to stop it from growing and spreading. Hebrews 12:15

# SOS Roadmap

By Nathan Warnock, SOS Board Member

God is using Heart Care to redeem marriages. As a Board we desire to both (1) cling to Lord as He continues to shape and form SOS Marriage Care for His glory and (2) share where SOS Marriage Care is headed and how you can continue to support the Lord's battle for marriages and families through Heart Care.

Acts 1:8 records Jesus' directive to His disciples immediately before He ascended in Heaven: *"But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."*

Wait, what? Jesus expected just a small group of people to figure out how to spread His message of salvation through the entire earth? Yes, He did. But they were not alone. Jesus directed the Holy Spirit to come upon them – empowering them to complete the work before them – and He left them a roadmap to follow as they carried out His directive.

## "BE MY WITNESSES...IN JERUSALEM"

Originally, the Holy Spirit called SOS Marriage Care to minister in their "Jerusalem" – to those who were in need around them. Roger and Denise soon recognized that Heart Care was a process by which God planned to win back marriage and families far beyond their local sphere of influence. In fact, the Lord was impressing that the ultimate vision of Heart Care was to multiply and function independently in other churches throughout the area. They were being called to move Heart Care beyond Jerusalem.

## "...IN ALL JUDEA"

For SOS Marriage Care, going from "Jerusalem into all of Judea" meant equipping other couples to mentor others through Heart Care and preparing others to facilitate Heart Care. God's vision for Heart Care had taken root in their hearts, so they began to equip others to facilitate and mentor using the Heart Care process. Those couples then branched out and took Heart Care to new church bodies and to their friends and families. SOS Marriage Care has moved from Jerusalem and into Judea.

## "...AND SAMARIA"

Jesus wouldn't allow his disciples to stay in their comfort zone. He directed them to witness to those that made them uncomfortable. As SOS Marriage Care grows, the work of the Holy Spirit through Heart Care has spread. While it began as a ministry to those within the church,

it has quickly spread to those outside the church whose marriages are failing. This presents a unique question. How do we tailor the truth of Heart Care to a couple that does not see a need for Jesus in their lives or in their marriage? Simple. We don't. The truth of marriage as revealed in the Bible is that it is an institution that God specifically designed to be a picture of the love God has for us and the intimate relationship, He desires to have with us. Even to the individual that does not desire relationship with God, the process of Heart Care presents the gospel message. Over the years, a number of people have been brought to saving faith in Jesus Christ while going through the Heart Care process.

## "...AND TO THE END OF THE EARTH"

Taking the gospel to the end of the earth required the disciples to build a Church that was equipped with the structure and vision to last as long as it takes to complete the directive that they received from Jesus. As a Board, we want to be more intentional about expanding the number of local churches that can implement a Heart Care ministry. In addition, we want to actively provide support to those local churches that are already using Heart Care.

## WHAT YOU CAN DO TO HELP

Continue to pray for marriages! If you believe that the marriages in your local church would benefit from having Heart Care available, please let us know. Lastly, please sow into the vision of SOS Marriage Care financially.



For my wife and I, the Lord used Heart Care to literally change the direction of our lives. We have two children who simply would not exist had there not been people willing to stand in the gap and offer us hope. If you have been impacted in a similar way or you desire that kind of redemption for other couples, please begin or continue to support SOS Marriage Care financially.

# Founder's Corner

*A letter from Roger Friesen*

2019 has been an exciting and challenging year. Denise and I took a couple month sabbatical from doing Heart Care. This was a much-needed time to play catch up on some of the other areas of our lives, as well as, spend some extra time with family.

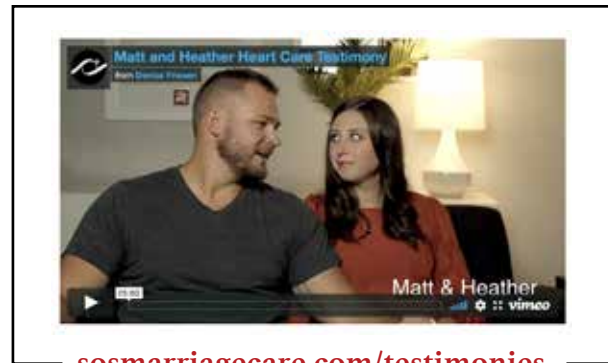
Our daughter Emma and her husband Andrew welcomed twins into the world in August. Their arrival makes grandson number 8 and granddaughter number 3.



We also spent way more time than expected with our “other baby” - the new “Heart Care Field Guide” - finished and printed. We are excited to announce that this new training and Heart Care Facilitators Resource is now available.

Denise and I were talking the other night after we finished up with a Heart Care couple and she received a text message from two other couples who had just finished doing Heart Care with couples from their church. As we talked about what God is doing through Heart Care, we realized that on any given night we no longer know how many couples are going through Heart Care with someone other than us. This is certainly an answer to prayer.

There are so many amazing stories of God's redeeming love touching marriages that it would fill volumes. If you want a quick glimpse into those stories go to [sosmarriagecare.com/testimonies](https://sosmarriagecare.com/testimonies).



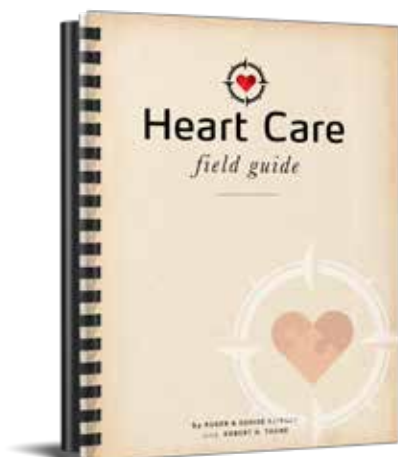
[sosmarriagecare.com/testimonies](https://sosmarriagecare.com/testimonies)

As we look ahead to 2020, we want to continue to build on that momentum. We will be intentionally focusing on reaching out to and exposing more churches to the Heart Care process and tools. We really believe Heart Care is a great way for churches to “*equip the saints for the work of the ministry*” Ephesians 4:12.

Please reach out if you feel your pastor would be willing to sit down with us and learn more about SOS Marriage Care and the Heart Care process. Or, sign up for the upcoming Heart Care Mentor & Leader training in March 2020.

As we wrap up 2019 SOS Marriage Care is experiencing a budget shortfall of \$20,000 year to date. Please prayerfully consider making a year end donation as well as what part God may want you to play financially in 2020 to help us continue reaching other churches and couples with God's redemption and restoration through Heart Care.





## The *field guide* is ready!

This Field Guide features the 242-page Heart Care workbook along with 62 additional pages of insights and tips compiled by Heart Care Leaders with years of experience working with 100's of couples.

### Guided Workbook

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The *Field Guide* includes each chapter of the Heart Care Workbook with organized sections:

- ♥ The Big Idea
- ♥ The Objectives (things to accomplish)
- ♥ The Tips
- ♥ Highlighted main article points



### Organized Index

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The *Field Guide* includes tips and explanations for the following:

- ♥ The Member Portal
- ♥ Why Heart Care Works
- ♥ Heart Care Terms & Definitions
- ♥ Heart Care Tools
- ♥ Pre-Heart Care Homework List
- ♥ Heart Care Couple Info Packet
- ♥ Mentor Preparation Tips
- ♥ Mentor Statements of Confidentiality
- ♥ Groundwork Deck Tips
- ♥ Hospitality Tips
- ♥ Heart Care Interview Tips
- ♥ Biblical Concepts Personal Evaluation Tips
- ♥ 4-Day Heart Care Intensive Tips
- ♥ Heart Care 'What If's'



*"Years and years of God given knowledge and wisdom were passed on to us through the field guide. This helps us to focus on bringing Jesus to the other couple rather than stumbling over our own words and thoughts. Having the actual workbook be in the Field Guide allows a seamless transition from page to page."*

New SOS Board Members & Heart Care Leaders,  
Matt & Heather Allen



# Heart Care Experience

In Heart Care, after the couple prays through their bitterness, we have them prayerfully ask Jesus to give them a picture of what their hearts look like, free from the bitterness caused by unforgiveness and the weight of carrying the pain they have experienced. Almost always the person will get a picture of new heart. One wife shared her picture with us.



First Heart



Second Heart

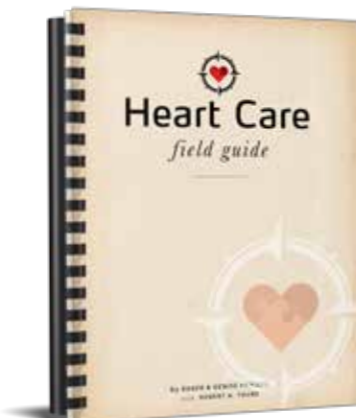
*“My first heart was being strangled and what was coming out was hatred and bad stuff. The second heart was white and there was a garden, a place of thriving and Jesus was there tending to the garden. One of the coolest parts for me was that my husband’s heart was able to shine bright for Christ as He allowed the Lord to redeem it. And a garden (my heart) needs the sun (Christ through my husband’s heart) to thrive and to grow. So the sun on the second picture represents that. They fit together pretty perfectly. We are one. This is still hard sometimes but the Lord keeps helping us and working in me.”*

The first picture depicts a pain filled heart. The heart shows some of the wife’s pain words she used to describe her own pain. The heart also has some belts around it with the word “Unforgiveness” written across the middle.

The second heart is redeemed by King Jesus. It is bright, white and cleaned up. The white behind her heart looks as though Jesus himself has taken his own white-out pen and scratched over her sin and pain. The belts are replaced with beautiful flowers, a sign of new life. Near the top, she included her husband’s handwritten heartfelt response to her pain. So many Heart Care couples experience similar pictures of their hearts as God cleans out and renews. Hebrews 12:2 states - God redeems all things. Jesus is the founder and perfecter of our faith. **Thanks be to God!**

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## Heart Care *field guide*



The 304-page Heart Care *field guide* helps you lead a couple through the Heart Care Workbook. Order online at:

[sosmarriagecare.com/resources/field-guide](https://sosmarriagecare.com/resources/field-guide)

Heart Care Member Churches receive a \$10 discount. To learn more about becoming a Member Church call (402) 235-2355 or visit [sosmarriagecare.com/for-churches](https://sosmarriagecare.com/for-churches).

# Recipes

*Favorites from the Hobby Farm*

## Grandma Sadie's Creamed Broccoli Soup

*We make this every Christmas!*

1 pkg. high quality frozen, chopped broccoli  
 1/2 c. chopped celery  
 2 T. finely chopped onion  
 1/4 c. butter  
 1/4 c. flour  
 1 1/2 c. milk  
 1 14-oz. can chicken broth  
 1/4 tsp. pepper  
 1/4 tsp. celery  
 1/4 tsp. salt  
 1/2 c. finely chopped ham  
 1/2 c. shredded cheddar cheese

1. Cook broccoli according to pkg. directions only until thawed, drain well. (We just rinse frozen broccoli with hot water and drain.)
2. Sauté celery & onion in butter until tender, stir in flour, add milk & broth.
3. Heat & stir until thickened and smooth. Add seasonings and drained broccoli and ham.
4. Simmer 10 minutes, stirring frequently.
5. Add cheese and stir until melted.

Yields 5 1/2 - 6 cups.

## HSBC's Soup Stew

2 1/2 lbs. stew meat  
 2 1/2 lbs. potatoes, cut into bite size pieces  
 1 lb. baby carrots or cut up carrots  
 1 lg. pkg. frozen green beans  
 1 lg. pkg. frozen corn  
 1/2 bunch celery, sliced

Spray an 18 Qt. Roaster or Roasting pan with Pam Cooking Spray. Place Stew meat on bottom layered with vegetables on top.

Mix together in separate bowl:  
 2 cans cream of mushroom soup  
 2 cans tomato soup,  
 2 pkgs. Lipton Onion Soup Mix

Add:  
 1 can beef broth  
 5 cans of water

Pour liquid over the top of vegetables and meat. Add more water to cover vegetables if necessary. Cover tightly with foil.

Bake at 325 degrees for 5 hours or 300 degrees for 3 hours in a convection oven.

## Mulled Wine

*by Michelle Prichard*

32 oz. cranberry juice  
 12 oz. apple cider  
 12 oz. dry red wine  
 1/4 cup brown sugar  
 1/2 cup apricot brandy or unflavored  
 1-2 oz. mulling spices

1. Combine juice, cider, wine & sugar. Stir until dissolved.
2. Add mulling spices tied into a square of cheesecloth secured with string or plastic bag tie.
3. Heat over medium heat until hot (don't boil). Reduce heat to low and simmer 30-60 minutes, stirring occasionally.
4. Just before serving, add brandy and stir. Serve with cinammon stick.

Makes 7 8oz. cups

## Tortellini Soup

*by Mandy Foster*

1 pound Italian sausage  
 1 cup chopped onion  
 2 cloves garlic, minced  
 5 cups beef broth  
 1/2 cup water  
 1/2 cup dry red wine (optional)  
 8 ounces fresh or frozen tortellini pasta  
 1 cup sliced carrots  
 2 cups stewed tomatoes  
 1/2 tsp. dried basil  
 1/2 tsp. dried oregano  
 8 oz. tomato sauce  
 1 1/2 cups sliced zucchini  
 2 green bell peppers, seeded & cubed  
 2 Tablespoons chopped fresh parsley  
 Freshly grated Parmesan cheese for top

1. Brown sausage and cook until crumbly.
2. Remove meat from pot. Reserve 1 Tablespoon of the drippings.
3. Cook onion and garlic in the drippings until tender. Add broth, water, wine, carrots, tomatoes, basil, oregano, tomato sauce and the cooked sausage. Bring to a boil; reduce heat and simmer uncovered for 30 minutes.
4. Add zucchini, green peppers, parsley and tortellini. Simmer another 25 minutes, covered, for fresh tortellini or 45 minutes, covered for frozen tortellini. Serve with fresh Parmesan cheese sprinkled over the top.

Yields: 12 servings





# 2-Day Training Heart Care for Leaders and Mentors

Would you like to be equipped to protect your marriage and stay connected with your spouse? Would you like to be better prepared to help someone better understand *marriage as God designed it*? Would you like to be ready to help a couple understand what is blocking them from true emotional/spiritual/physical intimacy and guide them through Biblical resolution?

## Join SOS Marriage Care for Heart Care Training



Workbook

Leader Guide

**New!** Field Guide

*When*  
Friday, March 6th, 6 - 9 p.m.  
Saturday, March 7th, 9 a.m. - 4 p.m.

*Where*  
Coram Deo Church  
8787 Pacific Street  
Omaha, NE 68114

*Cost*  
\$150/couple  
(\$100/couple for Member Churches)

Includes materials (\$135 value) and meals on Saturday

# RSVP

**Call** (402) 253-2355  
**Email** [denise@sosmarriagecare.com](mailto:denise@sosmarriagecare.com)  
**Detach and mail** the following

HCT 2020

NAME(S) \_\_\_\_\_ CHURCH NAME \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: SOS MARRIAGE CARE, PO BOX 11, Springfield, NE 68059 OR return debit/credit below.**

Name On Card \_\_\_\_\_ Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Card # \_\_\_\_\_

**Workshop Cost: \$** \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Tax Deductible Donation Amount: \$** \_\_\_\_\_

CVC# \_\_\_\_\_

Email for receipt \_\_\_\_\_

**Total amount to charge: \$** \_\_\_\_\_

## Calendar Dates for 2020

February 1 | Quarterly Field Guide Training

March 6-7 | Heart Care Training for Leaders & Mentors

March 28 | Hobby Farm Clean-up Day, 9 a.m. - 3 p.m.

April 5 | Annual Easter Egg Hunt & Fundraiser, 1:30 p.m. sharp!

September 13 | Hobby Farm Fall Family Gathering

October 17 | David Nevue Piano Concert, location TBD



## Financial Update

Year-to-date, donations are down over 40% from last year.

SOS Marriage Care is a non-profit, faith based marriage ministry which does not charge for mentoring and coaching services. We rely on support from those who believe in restoring marriages, reconciling marriages and strengthening marriages through God's power.

While we are confident God will provide, we are also reminded that He uses people like you to meet those needs. As 2019 comes to a close, would you consider making a tax-deductible contribution to:

SOS Marriage Care  
P.O. Box 11  
Springfield, NE 68059

Donate online at:  
[sosmarriagecare.com/donate](https://sosmarriagecare.com/donate)