



John and Bev Cooper
Field Ministry Leaders
for
Northern California/Nevada

Mindful Marriage Success

Conference draws couples from across Northern California

When Sacramento missed hosting a *Weekend to Remember* for the second year in a row, the disappointment was real. Couples kept asking when it would return. Volunteers asked too. Bev and I felt that gap more than anyone, and we knew couples still needed something meaningful this year. That's what led us to Ron and Nan Deal's Mindful Marriage Conference™—an event we already believed in long before it came to Cameron Park.

Mindful Marriage isn't a FamilyLife event. It's part of Ron's own ministry, As For Me & My House Ministries, but his role leading FamilyLife Blended keeps the content closely aligned with what we promote. And this conference has been gaining momentum for a while. On the 2022 FamilyLife cruise, it was the talk of the ship. In 2023, FamilyLife built an entire Sandestin Resort getaway around it. When Ron and Nan were developing the conference, Bev and I were part of the focus group that helped shape the material, so we already knew how practical and eye-opening it would be for couples.

We first tried to bring the conference to our own church, but the approval process moved slowly. Meanwhile, Foothills Church—about 25 miles from us—was already planning the same event and was ready to move. We've been partnering

with Foothills for years promoting *Weekend to Remember* together, so teaming up for this event felt natural.

Once Foothills locked in the date, we helped promote it. The response surprised even us. The conference sold out well in advance, and the majority of attendees were from other parts of Northern California. Many of our volunteers came too. The schedule was simple—Friday evening and a half day on Saturday—which made it easy for couples to attend without needing a full weekend away.

We also set up a *Weekend to Remember* table with brochures and information about the *Love Like You Mean It* cruise. Even though this wasn't a FamilyLife event, we wanted couples to know about the marriage getaway and the FamilyLife cruise. A lot of people stopped by, asked questions, and expressed hope that the Sacramento *Weekend to Remember* would return soon.

The Mindful Marriage content blends biblical principles, social science, and humor. Couples learned how to put humility into practice, understand emotional reactivity,



replace reactive moments with self-regulation, and build a personalized “Couples Peace Cycle.” They explored the Pain Cycle, coping reactions (blame, shame, control, escape), emotional safety, and practical steps for renewing the mind. It wasn’t just theory—couples left with tools they could use immediately.

And the momentum is spreading. Venture Church in San Jose will host the next Mindful Marriage Conference in 2027. One of their leaders attended the Foothills event just to get a feel for it. It’s encouraging to see more churches stepping into marriage ministry.

Even though this wasn't a *Weekend to Remember*, it met a real need. Foothills Church stepped up at the right time, and we were glad to partner with them. While promoting and supporting the conference required extra effort beyond our normal FamilyLife responsibilities, Bev and I believed couples in the Sacramento area needed a meaningful marriage resource this year. The sold-out turnout confirmed that conviction. Northern California is still hungry for strong, biblical marriage resources. We hope WTR returns soon, but until then, Mindful Marriage has helped fill the gap.



This month I'd like to introduce you to the speakers for our upcoming *One Day to Remember* event in Silicon Valley: Eduardo and Diana Rivadeneira.

Eduardo and Diana have been married for nearly 40 years and have spent decades investing in couples and families through FamilyLife. Their journey began after attending a *Weekend to Remember* in Ecuador in 1998, an experience that inspired a lifelong commitment to helping marriages thrive through biblical principles and the gospel.

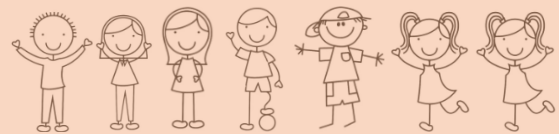
Since then, they have served in FamilyLife ministry

throughout Latin America, the Caribbean, and now across the United States. Whether coordinating international conferences, mentoring couples, or equipping church leaders, they bring wisdom, warmth, and a genuine passion for helping marriages grow stronger.

We are excited for Northern California couples to hear from them this month. Eduardo and Diana communicate with authenticity, drawing from both years of marriage and decades of ministry experience.

Please pray for them as they prepare and travel. Also pray for the couples God is calling to attend. October is a busy month in the Bay Area, with many churches and Christian organizations hosting events. We are trusting the Lord to bring the right couples and to use this day to strengthen marriages and families throughout our region.

We are grateful for opportunities like *One Day to Remember* that allow us to partner with local churches and ministry leaders who share a passion for strengthening marriages. As we have seen throughout this year, couples across Northern California continue to seek practical, biblical help for their relationships. We are excited to see how God will use this event to encourage and equip couples throughout our region.



FAMILY UPDATE & PRAYER

- Please pray for our speakers, Eduardo and Diana, that God would speak through them and address the specific needs of each couple attending.
- Please pray for those who share our passion for strengthening marriages but are unable to serve directly, that God would lead them to come alongside us through their prayers and financial support.
- Praise! We are finally returning to the San Francisco Bay Area. After many months of praying, researching, and planning, we have secured a *Weekend to Remember* getaway in Burlingame on November 12-14, 2027.