

Wife says 'sorry' isn't good enough after extramarital affair

Dear Dr. Brothers: My husband had an extramarital relationship, and directly after I found out about it, I confronted him.

He tried to apologize, but how can anyone simply say he's sorry for something like that?

I was embarrassed to go out of the house because I thought my friends knew. I was angry and hurt, and I can't think how a person could suffer more for about six months, during which I didn't see him. Then for some crazy reason, I met an old friend whom I hadn't seen for years for drinks.

One drink suddenly led to more, and for the first time in my life, I had a relationship with a man other than my about-to-be-ex-husband. I deeply regretted it 24 hours later. My lawyer told me my husband left the woman who originally broke up our marriage. I now feel guilty. Can



Dr. Joyce Brothers

• Ask Dr. Brothers

couples ever get back together after cheating in the past?

— L.L.

Dear L.L.: Yes, they can — and not infrequently, they do — but in order for the reunion to be successful, both partners need to have explored their feelings thoroughly, analyzing why they were unfaithful, what was wrong with their marriage that led to infidelity, and whether they've been able to learn from past mistakes.

The husband needs to be able to understand the pain he's caused

his wife, as well as her unfulfilled longings. Both need to be able to forgive, to make full amends for the mutual pain they've caused each other, and to be willing to work to rebuild the marriage and the trust that was broken.

Dear Dr. Brothers: Just at a time when we should be at our happiest, my husband and I are not. In fact, in our own way we're both frantic about the fact that the marriage is crashing, barely a year after the birth of our first perfect, wonderful

baby. Part of it is due to the fact that we're both physically exhausted — so much so that I know he can't be cheating, because he's too tired to. Is there any way to turn things around before it's too late?

— T.K.

Dear T.K.: The year after the first child is a tough year for most couples. More divorces occur at this time than at any other time, with the exception of the first year of marriage. You've survived that, and if you can both make a point of catching up on much-needed sleep, and if you can start budgeting in some time for each other, chances are you can not only make it through this second year, but also begin to enjoy the precious time you've worked so hard to set aside for romance, sex and play with just the two of you.

You'll probably need to find a willing and responsible relative or friend you can trust to help you out, or think about a part-time nanny. Don't be one of those parents who insist on taking the baby with them everywhere, even on a special night out at a restaurant. This isn't necessarily good for you, the baby or other patrons.

It's far better to accept the fact that the second year is one of the hardest for your child too, and invest in a little help to save your marriage and your future.

Dear Dr. Brothers: I have always considered myself a good mother, but with two little ones under the age of 5, I am finding myself constantly screaming and losing my temper. I have noticed that I am extremely patient and loving with them when everything is going well, but when there is a problem with their behavior, I tend to take it very personally and fly off the handle. It is almost as if I am a "fair-weather" mom — I can handle the good times but not the bad. Is there something I can do to be a better parent to misbehaving children? I don't like this.

— F.P.

Dear F.P.: First of all, get the notion of being a "fair-weather" mom out of your head, and start telling yourself that you are a good mother who is not perfect. I don't know of anyone who likes it when their children misbehave, or who doesn't end up having a tantrum along with the kids on

occasion. It is just as bad to be too detached and let everything roll off your back as it is to let the children know that their behavior doesn't please you. At least you won't end up with kids who say their mom didn't even care what they did.

Taking misbehavior personally, though, is a bad idea. You will only set yourself up to be miserable and reactive when they really start trying to hurt you, as kids often do. If they know you are easily rattled, they will take full advantage of "hating" you and trying to make you feel guilty about the discipline. So, now is the time to toughen up a bit and realize that it is unrealistic to hope for kids who never misbehave, and try to work on some strategies for coping. Remove yourself from the situation, count to 10 or start a dialogue instead of automatically yelling. If you don't have any help, get a mother's helper for part of the day. You'll find it easier to get through this if you talk to the father, if he's on the scene, or other frustrated moms.

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Wind ensemble to appear in McCook

Colby's Trinity Lutheran Church, which is a member church of the Lutheran Church-Missouri Synod, invites area people to attend the Concordia University Wind Ensemble concert at 3 p.m., Sunday, Nov. 5, in McCook.

Church officials in Colby said the event is planned at the Fox Theatre, 414 Norris Ave. and is under the direction of Dr. William Kuhn.

"The concert includes a number of exciting works and two pieces commissioned by the wind ensemble for this concert season," a spokesperson said.

The first, "Psalm 150" by Dr. Brian Pfohlner, a long-time brass and composition professor at Concordia, was written in honor of the ensemble's 100th anniversary.

"This work is destined to become a crowd favorite," officials said.

The second new composition, "Fortress of the Rose," was written by well-known Chicago area composer, Reber Clark. It is based on

"A Mighty Fortress is Our God" by Dr. Martin Luther and "Lo, How a Rose E'er Blooming" by Michael Praetorius.

"This brilliant new work is a verse-by-verse descriptive fantasy on the hymn, *A Mighty Fortress*," officials said.

In addition to these new works, the band will also perform a variety of traditional themes from the band repertoire including Gershwin's "An American in Paris" and Carmen Dragon's beautiful arrangement of "America the Beautiful". Concordia is a fully accredited liberal arts university founded in 1894. The school is one of 10 academic institutions belonging to The Lutheran Church-Missouri Synod's Concordia University System. Concordia's mission

statement is: "Concordia students will receive an excellent, holistic, Christ-centered education and be prepared for servant leadership to the church and world."

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Schedule of church services

ASCENSION-ON-THE-PRAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 462-3041, Holy Eucharist, 9:00 a.m. every Sunday, Evening Prayer, 5:15 p.m. Wednesday, September through May. Christian Education for Youth, 6:30 p.m. Wednesday, September through May

COLLEGE DRIVE ASSEMBLY OF GOD, Pastor, Jeremy Gundling, 245 W. College Dr. - 462-8234, Early Service - 8:00 a.m.; Sunday School 9:30 a.m., Morning Worship - 10:45 a.m.

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FIRST BAPTIST CHURCH, Grant & Webster Street, 462-2867. Sunday School 9:15 a.m., Morning Worship 10:30 a.m., Youth Group 7:00 p.m., Wednesday Kids Club (K-6) 7:00 p.m.

COLLEGE VIEW BAPTIST CHURCH (SBC), Pastor Tom Huffman, 1185 Wheatridge Rd. at College Drive, 460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m.

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Chris Shubert. Sunday School: 9:30AM - all ages. Sunday Services: 10:45AM. Sunday Nights: 1st Sunday of the month: potluck following morning service - no evening service; 2nd Sunday: services at 6:30 PM; 3rd Sunday: informal fellowship - bring a snack to share!; 4th and 5th Sunday: services at 6:30 p.m.

SACRED HEART CATHOLIC, 462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

FIRST PRESBYTERIAN CHURCH, Rev. Carol Rahn, 515 W. 4th, 462-6342, Worship, 9:00 a.m.

WESLEYAN CHURCH, 320 W. Pine - 462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Club-house 7 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 460-6605, President Gary Slavens, 460-2656; Rocky Robbins, 1st counselor, 460-1101; Tim Wilson, 2nd counselor, 785-846-7796. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open to public, 7-9 p.m. Thursdays or by appointment. Call 462-3571.

COLBY UNITED METHODIST CHURCH, Rev. James Mardock, pastor, 950 S. Franklin, 462-6521, Sunday Worship Services at 8:30 and 11:00 a.m., 6:30 p.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. http://www.gbmg-umc.org/colby-umc/

REDEEMING LOVE MINISTRIES, INC., 345 N. Franklin, Apostle W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 10 a.m., Sunday worship, 11 a.m., Wednesday, R.L.M Training Center (Bible School), 7 p.m.

CHURCH OF CHRIST, 510 E. 4th, Jay Kelley, minister, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Sunday Eve. Worship 6:00 p.m., Wednesday, Bible Study 7:00 p.m.

COLBY EVANGELISM CENTER, Rev. Robert Cooper, 815 West 3rd - 462-2062, Sunday School 9:45; Sunday service 10:00 and 6:30 p.m.; Wednesday Bible Study 6:30 p.m.; Friday Youth Power Hour at 7:00 p.m.

FIRST CHRISTIAN CHURCH (Disciples of Christ), Pastor Bradley L. Herndon, 385 W. 3rd - 460-2718, Sunday Morning Worship at 9:00 a.m.; Sunday School at 10:30 a.m. E-mail: fccolby@st-tel.net

TRINITY LUTHERAN CHURCH, Rev. John L. Schmidt, East 5th & Country Club, 462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:15 a.m.; Services, 10:30 a.m. Visit us at www.trinitycolby.com

OUR SAVIORS LUTHERAN CHURCH, Brewster, Sunday worship 9:00 a.m.; 2nd Sunday of the month at 8:00 a.m.

PLEASANT HOME CHURCH, Pastor, Charlie Busch, 694-2242, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m., Evening service, 6:00 p.m.

LEVANT COMMUNITY CHURCH, 205 1st St., Pastor Jerry Vincent, 586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

WINONA METHODIST CHURCH, Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

BREWSTER UNITED METHODIST CHURCH, PO Box 250, Brewster. Pastor Dorine Chambers, 785-462-6044, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.

THE SHEPHERD'S STAFF, REXFORD, Joan Dingwerth, Director, 687-2565

REXFORD COMMUNITY CHURCH, Rexford, Pastor Lane Purcell, 687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

BREWSTER COMMUNITY CHURCH, Mike Pinkelman, Pastor, Brewster - 694-2720, Sunday School (all ages) 9:30 a.m., Worship Service 10:30 a.m., Bible Study 7:00 p.m., Wed. mornings 6:30 a.m. - Men's Bible Study, Wed. 7:00 p.m. - Children's Ministries (Royal Rangers/Missionettes), Wed. 7:15 p.m. - Intercessory & Prayer, Thurs. 4:00 p.m. - Women's Bible Study

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