



Caring about the quality of your relationships.
Brenda Montani, MSC. RCC

RELATIONSHIP TIPS AND TIDBITS

The Great Love Affair

We repeatedly read the media's coverage of the love affairs of high profile celebrities. There are tales of passion, lavish gifts and romance. However, before long the "great love" fizzles, and we are left once again with the illusion that a long lasting ,devoted relationship is nearly impossible.

And so I am hoping you'll indulge me today while I tell you about a truly great love affair. One that came to an end the way only truly great love affairs can, by the death of one partner.

I watched as this relationship evolved. I was witness to the struggles that the hard times brought and the celebrations of the good times. I was privy to the gifts that one receives when offered an environment that consists of commitment and steadfastness. A great sense of security came from the resolve my parents had to working together to provide the best possible for all of us as well as for each other.

At times both were able to give one hundred percent to the relationship, but at other times one had to carry the load and ungrudgingly, that's what he/she did. There was no talk of sacrifice, inequality, unfairness or quitting.

Instead there was an unspoken desire to support , encourage and grow together. Instead of unkind or hurtful words there was mutual respect, thoughtfulness and compromise. Real friendship was evident in the way they played together, the laughter that they shared and how they shared their lives with their circle of friends, As close as the bond was, they encouraged each other to an existence outside the relationship. Each had their own friends and passions which instead of creating a rift, enriched the nature of the relationship.

One can only imagine all that was required , of each person, to be able to spend over 50 years together as a couple. I think of the communication, understanding, forgiveness, tolerance and faith it took for these two people to overcome all the obstacles, together, that got in the way in a lifetime.



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It's what we all desire. A person in our life who is devoted to being with us no matter what life brings. A person who accepts us more than judges, supports instead of tears down. A person who is willing to meet the challenges of personal change that marriage requires,

Of course the kicker is that we need to give those gifts , that we desire ,to our partner. That is what I witnessed; two people who gave more than they asked for in return. Was it worth it ? I am sure today, despite the pain of loss, my father would say unequivocally, "Y E S !"

And so I share this with you in hopes of changing the cynical messages that we are perpetually receiving today. Those are the messages that erode our beliefs that long lasting relationships are not possible and that the sacrifices aren't worth it. I know otherwise and now so do you.

Brenda has practices in both Whistler and Kelowna that focus on developing strong, healthy relationships. Feel free to contact her when you're ready to make your relationships the best they can be. Brenda can be reached at 250-712-0359 in Kelowna and at 604-932-0939 in Whistler.