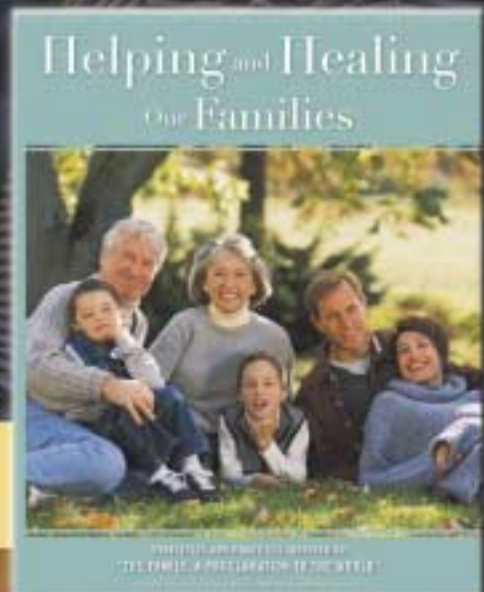
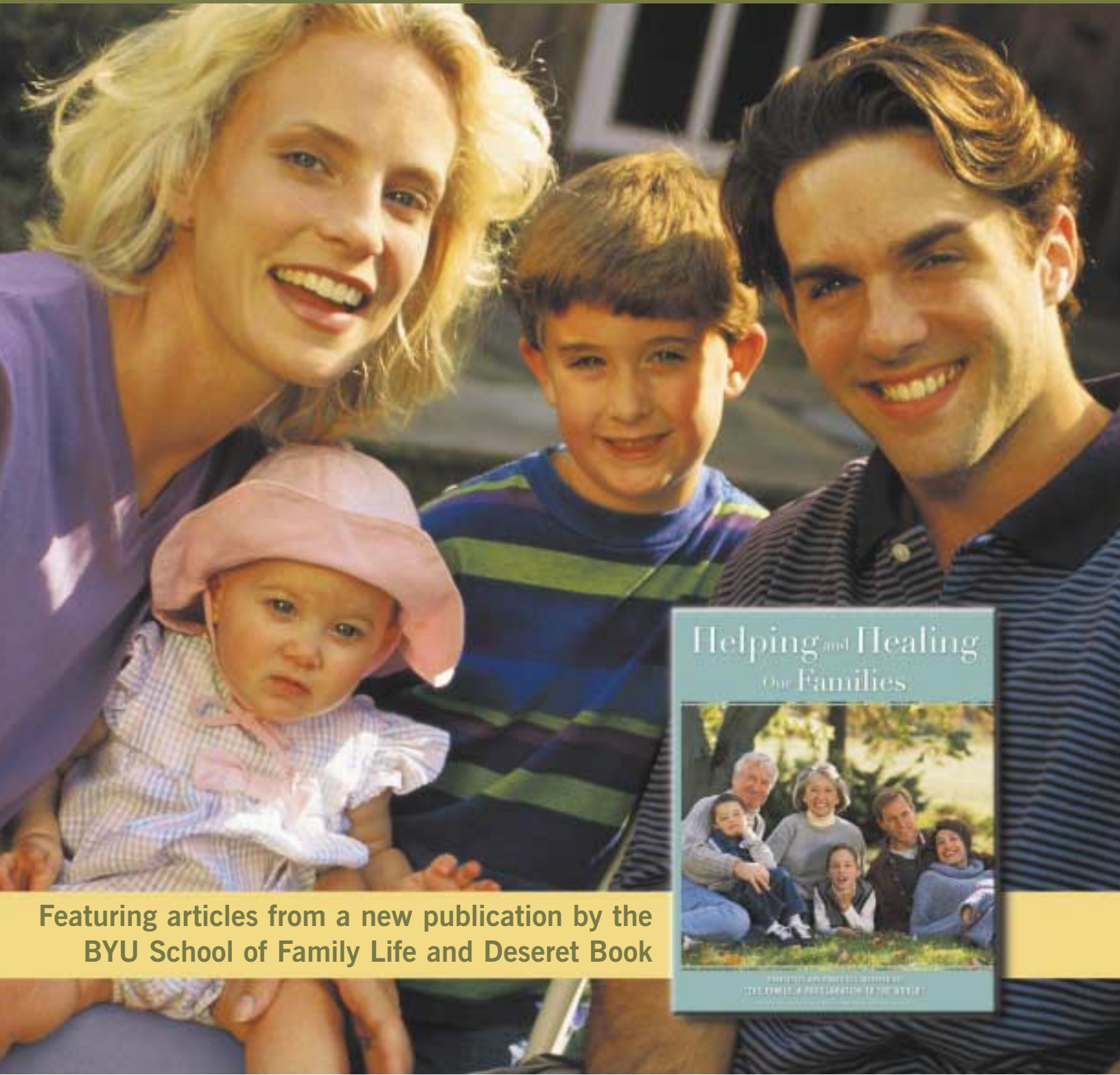


MARRIAGE
& *families*
SUMMER 2005

SCHOOL OF FAMILY LIFE, BRIGHAM YOUNG UNIVERSITY



Featuring articles from a new publication by the
BYU School of Family Life and Deseret Book



An Introduction to Helping and Healing Our Families: Principles and Practices Inspired by “The Family: A Proclamation to the World”

Family life holds the promise for our greatest happiness in this life and the next. While family life includes much joy, it also involves discovering, solving, and working through the problems of everyday living. Many families face daunting challenges

arising from divorce, single parenting, mental illness, long-term health problems and physical disabilities, death, marital and parent-child conflict, wayward children, and children with special needs—to name a few.

In support of all those who are working to strengthen families, the School of Family Life at Brigham Young University has recently published *Helping and Healing Our Families: Principles and Practices Inspired by “The Family: A Proclamation to the World”* (edited by Craig H. Hart, Lloyd D. Newell, Elaine Walton, and David C. Dollahite. Salt Lake City: Deseret Book, 2005). The purpose of this volume is to provide hope, principles, practices, and eternal perspectives in addressing the many issues affecting families today.

Helping and Healing Our Families is based upon prophetic principles of marriage and family life, particularly doctrines taught in “The Family: A Proclamation to the World.”¹ At the creation of the School of Family Life at Brigham Young University, President Boyd K. Packer of the LDS Quorum of the Twelve Apostles delivered a charge that BYU faculty produce textbooks on the family that would be worthy of a great university. He admonished faculty to fill these books with moral and spiritual truths in full harmony with the restored gospel. These books were to help students and others be good spouses and parents.² The concerted efforts of 125 authors, including faculty across many disciplines at Brigham Young University and individuals with professional and personal experience in topics related to family life, culminate in an offering that responds to this apostolic charge. In addition, publication of this book coincides with the tenth anniversary of “The Family: A Proclamation to the World,” which President Gordon B. Hinckley introduced in a general Relief Society Meeting in September 1995 (see inside back cover for a copy of the Proclamation).³

In 2000, *Strengthening Our Families: An In-Depth Look at the Proclamation on the Family* was published, edited by David C. Dollahite from the School of Family Life at BYU. This seminal volume demonstrated that proclamation principles are well supported by conceptual and empirical scholarship. A primary objective of this new companion volume, *Helping and Healing Our Families*, is to provide concrete ideas and real-world examples to assist couples and families.

This issue of *Marriage & Families* draws from *Helping and Healing Our Families*, as it presents three feature articles and two essays representative of the content of the book. Future issues will feature selected articles as well. Although it would be impossible to capture the depth and breadth of the book—which deals with topics ranging from finding balance in family life to intimacy in marriage to dealing with addictions and other destructive influences—our hope is to provide our readers with a sampling of the book’s content (the book is available through LDS-oriented and other bookstores throughout the United States and online at www.deseretbook.com). All royalties will go to support teaching, research, and outreach in the BYU School of Family Life.

As the insights, experiences, and testimonies of Latter-day Saints are shared in *Helping and Healing Our Families*, we hope readers will be reminded of God’s love for each individual, and of His great plan of happiness for marriages and families. We hope you will gain inspiration for your own circumstances as the principles of successful family life are explicated. President Ezra Taft Benson explained how principles might be translated into action:

Usually the Lord gives us the overall objectives to be accomplished and some guidelines to follow, but he expects us to work out most of the details and methods. The methods and procedures are usually developed through study and prayer and by living so that we can obtain and follow the promptings of the Spirit.⁴

It is our sincere desire that the principles and practices found in *Marriage & Families* and in *Helping and Healing Our Families* will help families move closer to the ideals set forth in the family proclamation and, in the process, find greater happiness and joy in family life.

NOTES

1. First Presidency and Council of Twelve Apostles (1995, November), The family: A proclamation to the world, *Ensign*, 25(11), 102.
2. See D. C. Dollahite (2000), “Introduction: The proclamation as prophetic guidance for strengthening the family”; in D. C. Dollahite, ed., *Strengthening Our Families: An In-Depth Look at the Proclamation on the Family* (Salt Lake City: Bookcraft), 3.
3. Gordon B. Hinckley (1995, November), “Stand strong against the wiles of the world”, *Ensign*, 25(11), 98-101.
4. Ezra Taft Benson (1974), *God, Family, Country: Our Three Great Loyalties* (Salt Lake City: Deseret Book), 381.

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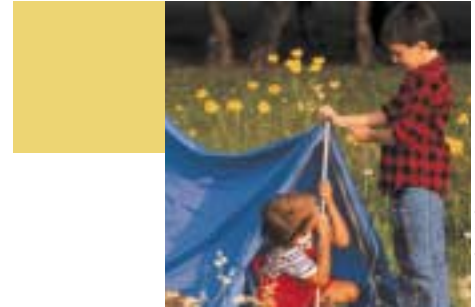


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