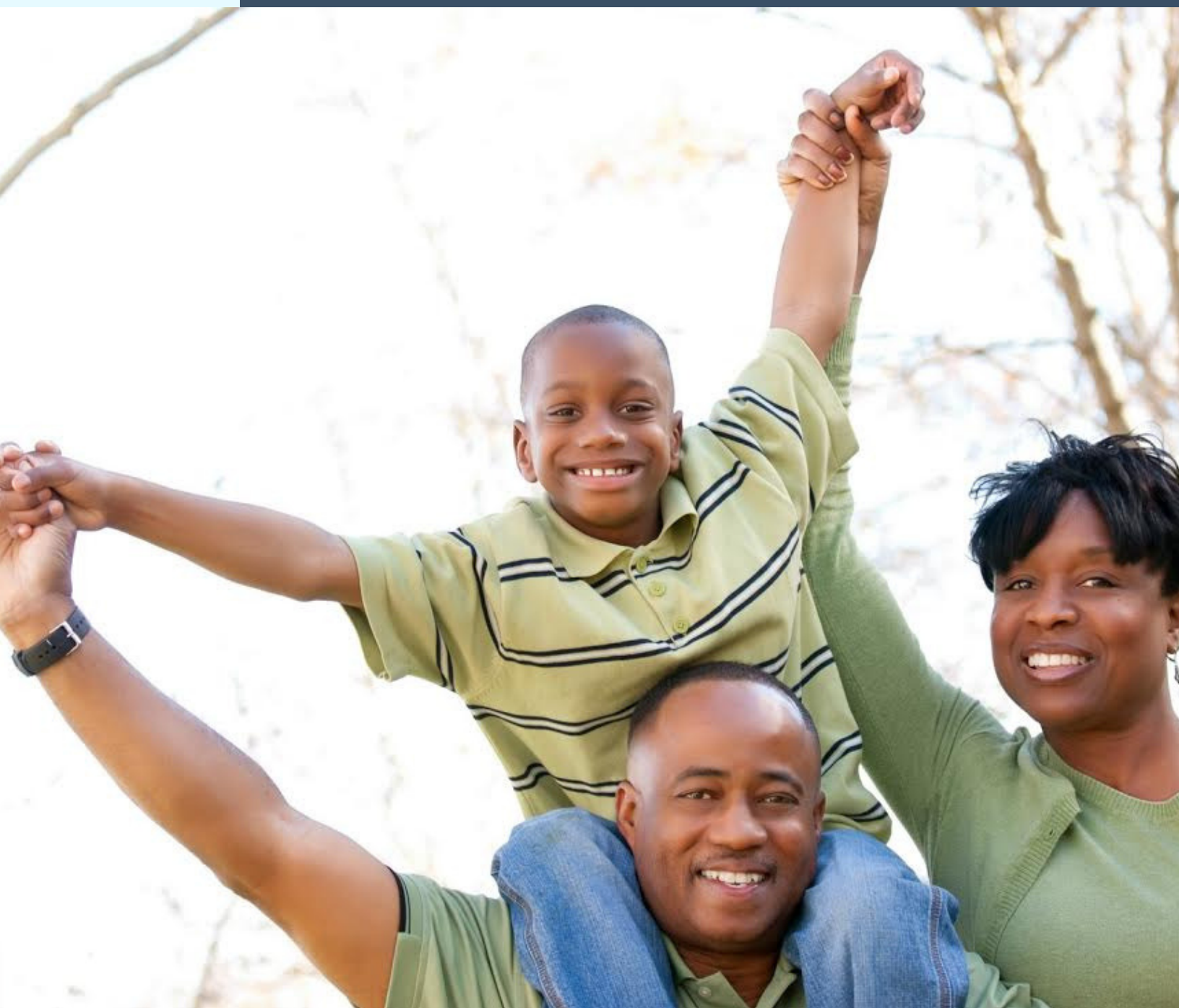

BOOK CLUB
PLANNING
WORKBOOK

FIGHT LONELINESS



A BOOK CLUB FOR FAMILY JUSTICE
WARRIORS: THE WORLD'S ONLY PROGRAM
TO END FAMILY BREAKDOWN

"MY TEN YEAR OLD SON came home from school in tears because his teacher told him that he was gay and needed to come out of the closet. Thankfully, when I confronted the teacher and principal, I had friends who were prepared to back me up and educated enough to do it."
—Rachel, Salinas, California

"I really panicked when some of our children started to question our faith because of these social issues. But having the tools to answer their questions built bridges with my daughter-in-law that I could never have imagined. It has strengthened our whole family and our faith."
—Debbie, Springville, Utah

What is Fight Loneliness ?

The world's only book club to heal and deal with family breakdown.

He smolders. She faints. And every story ends with a double wedding.

Really? Maybe in Jane Austen's world, but our world faces an epidemic of loneliness.

Many of those who dream of marriage achieve it, but too many of those marriages are destroyed by family breakdown. Children who grow up with fathers are a lucky minority. And did you know that half of the children who grow up without their dads, see their fathers once a year or less? The trickle-down from family breakdown shows up in failing schools, inner city riots, and overcrowded prisons. It's time to break the painful cycle of family breakdown.

Fight Loneliness is a book club that talks about the issues closest to your heart. We give you the stories and studies that help you sort out your experiences, and help you discover why family success and family breakdown are the two most powerful forces, for good or bad, in the modern world.

And then? We'll show you what you can do about it.

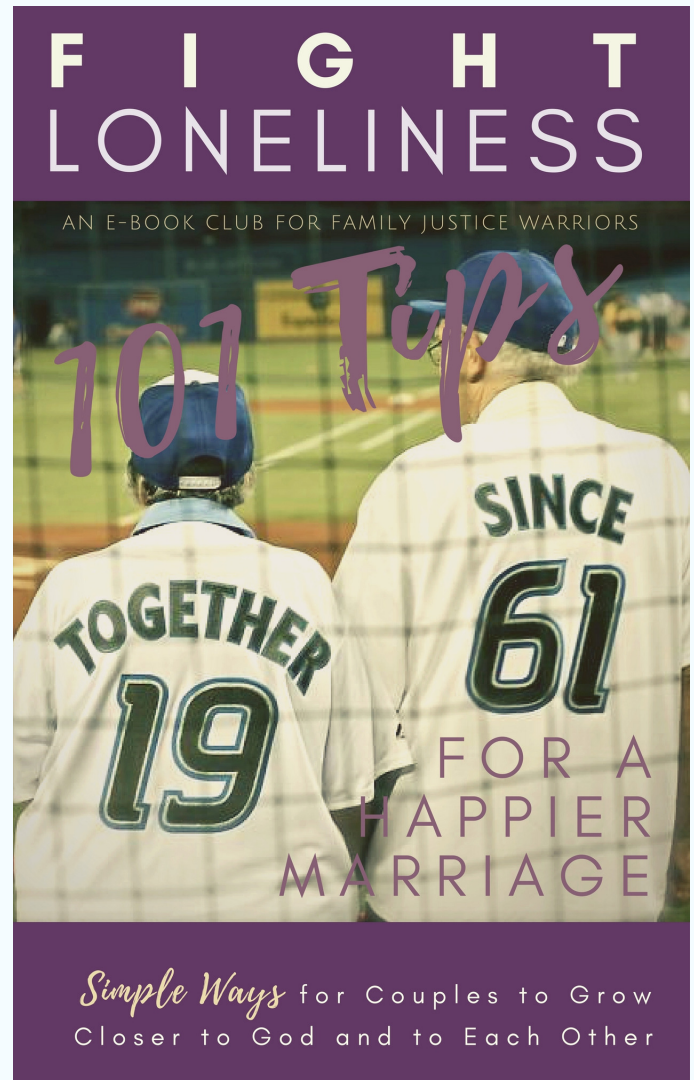
Laugh. Cry. Save the world. Now that's a good book club.

A stylized, handwritten signature in black ink that reads "J.R.M." with a small comma to the right.

Dr. Jennifer Roback Morse

WHAT DO WE READ?

Each topic has four different sessions so your group can meet four times. Start by just choosing one, and when you register, you'll receive the link to the ebooks, as well as a printable companion journal (coming soon) to record your thoughts on the topics.



101 Tips for Marrying the Right Person

SESSION 1: THE SEARCH IS ON

SESSION 2: WHAT TO ASK WHEN YOU'RE SERIOUSLY DATING

SESSION 3: COHABITATION

SESSION 4: SO YOU'VE FOUND THE PERSON YOU WANT TO MARRY

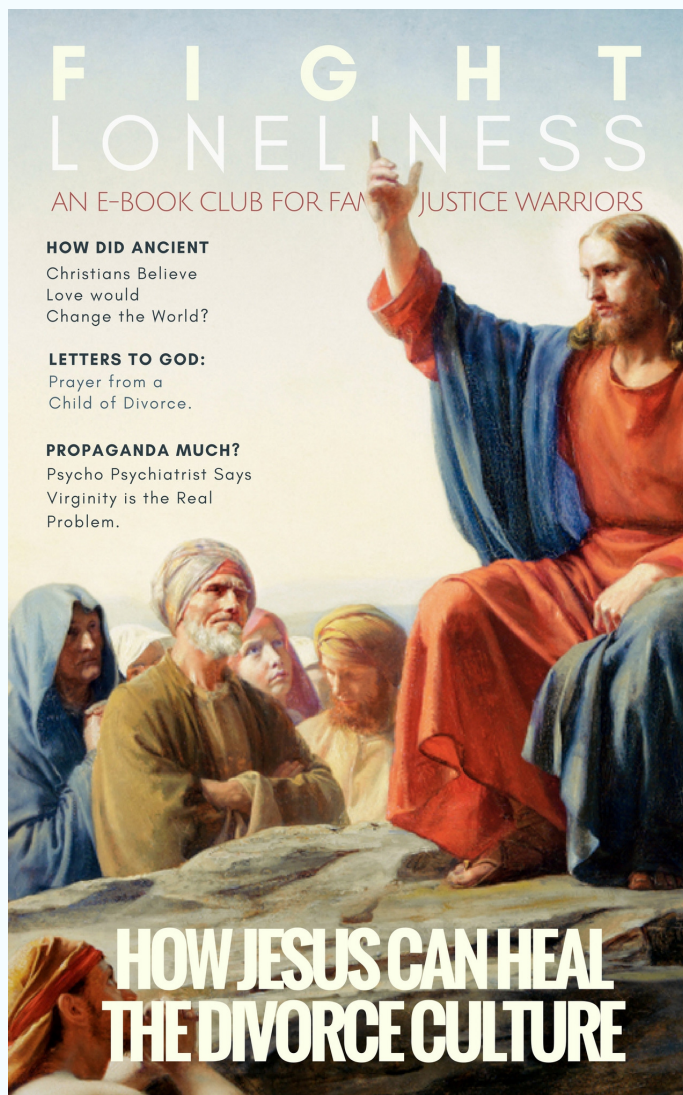
101 Tips for a Happier Marriage

SESSION 1: YOUR MARRIAGE MATTERS

SESSION 2: IMPROVE YOUR MARRIAGE WITHOUT DRAMA

SESSION 3: WINNING IS FOR LOSERS

SESSION 4: HAVE EACH OTHER'S BACK



How Jesus Can Heal the Divorce Culture

SESSION 1: WHAT DOES JESUS SAY ABOUT DIVORCE?

SESSION 2: CHRISTLIKE WAYS OF DEALING WITH PROBLEMS THAT LEAD TO DIVORCE

SESSION 3: HOW CAN WE "PUT ON LOVE" IN THE AFTERMATH OF FAMILY BREAKDOWN?

SESSION 4: RECOGNIZING PROPAGANDA FOR DIVORCE

What You Need to Know about Gender Identity Politics: Bathroom Bullies to Pronoun Police

SESSION 1: WHAT PARENTS OF TRANSGENDER KIDS NEED TO KNOW

SESSION 2: UNDIAGNOSED PROBLEMS MASKED BY THE "TRANSGENDER" LABEL

SESSION 3: SEX CHANGE REGRET

SESSION 4: THE POLITICAL USE OF THE "TRANSGENDER" LABEL

HACKS FOR BOOK CLUB LEADERS

ENLIST YOUR TROOPS

Draft some team members to help you with the tasks of running a group. You'll rest easier and your team will feel more invested. Bottom line: better attendance. Here are a few ideas for dividing up the work. Please note: you do not need to have every one of these jobs. Do not be discouraged if you don't have enough people, or if the "office" doesn't appeal to you. I would say this: If you have enough people, having these "titles" for people will make it fun and the burden lighter. People will feel invested in the group if they have some responsibility for its operation.

Spiritual Thought Coordinator and Education Coordinator are jobs that can be dispensed with if no one is interested. You must have a host, a leader, and a timekeeper. These can all be one person, but need not be.

Host or Hostess: The person at whose home the book club meets.

Leader: Keeps the meeting running smoothly, introduces the different segments, and so on.

Food Coordinator: Arranges for food to be brought. This can be all homemade or purchased by the coordinator. Or the coordinator can designate different people each week.

Timekeeper: Uses the timer app to keep track of the timed portions of the meeting.

Education Coordinator: Brings a tip or idea for the group each week. No more than 5-minutes are allocated to this segment.

Guest Coordinator: Invites the original core of people to the group. Encourages everyone to invite new members. Greets visitors.

Education or Spiritual Thought Coordinator: Shares an opening verse in the Bible translation most accepted by your community. Or perhaps features a quote from a leader in your own denomination. No more than 3 minutes..

GENERAL GUIDELINES FOR RUNNING THE MEETINGS:

1. Name badges are important, even if everyone knows each other. Your goal is for people to bring friends and visitors who may not know anyone other than the person who brought them. If visitors are the only ones with name tags, they will feel out of place. If everyone wears a name tag, that will feel like the accepted norm.

2. A 90-minute maximum time frame is very important. A 90-minute meeting is manageable for most people. A meeting that runs on and on with an indefinite length is a downer. The time for individual contributions is also very important. Everyone gets a chance to speak: no one can dominate the entire meeting. This creates a positive atmosphere.

3. It's all in the timing: You can download a timer for your computer, or [here](#) for Apple products, or [here](#) for Android. Or just go to the App Store and download the free BNI Timer App. It is easy to use. You may want to designate someone to be the official timekeeper of your group. This is a great job for an enthusiastic, but shy, member. The timekeeper and the leader should work closely together during the meeting.

HACKS FOR BOOK CLUB LEADERS

GENERAL GUIDELINES FOR RUNNING THE MEETINGS:

4. Education Coordinator. You do not need to have an education coordinator at first. We supply short quotations for inspiration and education during the Educational Moment. But as the group grows, and as you do more than one of the book club topics, you may find it fun to designate someone to bring words of wisdom or inspiration to the meetings.

5. Be Flexible. Two items on the agenda have flexible time frames. The discussion of the readings run from 15–30 minutes. The one-on-one sharing lasts from 10–15 minutes. You should aim to start the "open prayer" (the last item on the agenda) no later than 10 minutes before the scheduled end of the meeting. The leader and the timekeeper should keep an eye on the time. Reduce or expand the discussion and sharing times in order to hit this target.

6: Problem solving. (5-10 minutes) An opportunity for people to talk with each other about a problem they are having and to ask the group to brainstorm solutions. This segment gives an outlet for the urge some people may have to complain about their family life. If people bring up specific family problems during the discussion of the readings, the Leader can steer them to this segment: "Let's talk about that during our Problem-Solving segment." This limits the ability of one person to monopolize the time. It also contains the negativity that hurting people naturally feel. We want everyone to come away feeling positive.

7. These are open meetings. That is, people can join at any time. Please encourage people to bring visitors each week. Thank the visitors for coming. Our goal is to have more and more people become engaged with these ideas and with this healing process.

8. A door prize drawing is a fun way to encourage people to bring guests. More about that in the agenda.

9. The announcements section is very important. This is where anyone can report on local events and activities of interest to the pro-family, pro-life community. Your book club can be a real contributor to the community by sharing these reports. Encourage people to give brief reports about events they may have attended or that may be coming up which need attendance and support.

10. It's a wrap! Be sure to close promptly on time, after the 90-minute time frame. Invite people to stay and snack or socialize. But do give people who need to leave promptly an opportunity to do so.

11. Leader Webinars. The Ruth Institute periodically sponsors leadership sessions for book club leaders. These typically are online webinars, broadcast from our headquarters in Lake Charles, LA. In special situations, we may come to your area to put on a leadership training in person. Please watch the website and our newsletter for details. Or contact us at info@ruthinstitute.org with the subject line Book Club Leadership Meeting.

AGENDA FOR A 90-MINUTE RUTH BOOK CLUB

Green highlights=supplied by the specific curriculum.

Yellow highlights=timed segments.

6:15 Arrival

- sign-ins
- name tags
- food as mutually agreeable
- no alcohol

6:30 Meeting begins.

1. Leader welcomes everyone with this statement:

Welcome to this meeting of the (Insert the name of your group here) Ruth Institute Book Club. We are here to "put on love." As Paul said to the Colossians, "Above all these, put on love, which binds everything together in perfect harmony." Colossians 3:14. We remind ourselves that Love is more than a feeling. Love is a decision.

2. Open with a Bible reading relevant to the topic. (supplied by the Ruth Institute's curriculum)

3. Reading of the Ruth Institute Book Club Statement of Purpose.

"The Ruth Institute is a global non-profit organization creating a mass social movement to end family breakdown. Ruth Institute Book Clubs inspire people to love more inside their families, and thereby improve society and family life."

4. Introductions: Leader invites the Guest Coordinator (if there is one) to introduce any new members or visitors to the group.

5. Good News Minute: Go around the room. Introduce yourself and share one positive family interaction from the past week. Sixty seconds each.

6. Educational moment: Education Coordinator reads a tip or helpful aphorism supplied by the curriculum.

AGENDA FOR A 90-MINUTE RUTH BOOK CLUB

Green highlights=supplied by the specific curriculum.

Yellow highlights=timed segments.

7. Discussion of the weekly reading: group leader kicks off the discussion with the suggested questions supplied by the curriculum. (20-40 MINUTES)

8. Problem-Solving Segment: "Now we have 5-10 minutes for anyone to bring up any specific problems they would like help with. Briefly describe your situation. THIS PORTION OF THE MEETING IS COMPLETELY CONFIDENTIAL. PLEASE DO NOT SHARE THIS PERSON'S PROBLEM WITH ANYONE OUTSIDE THIS GROUP. The group will brainstorm solutions. While people are brainstorming, let's not chime in with corrections. Let's let all the ideas get out on the table, for the person to consider."

9. Leader thanks visitors.

10. Monthly drawing: (5-10 MINUTES) Ruth Institute Book Clubs are meeting across the country. This is our Book Club's opportunity to enter the Ruth Institute's monthly drawing for fun prizes. Both The Club and individuals can win a prize.

Here is how you enter the drawing: A day before each meeting, Norrie, the Ruth Institute Tech Queen, will send the Leader an email. Reply to that email after the meeting, with the following:

- A group photo:** this enters your Club into the drawing for the Monthly Club prize.
- A list of the emails** of everyone who attended. This enters each person into the drawing for the individual prize.
- Extra Guests:** Make a special notation if someone brought a guest. Anyone who brings a guest will be entered in the drawing a second time!

The Ruth Institute will take all the entries for the month and announce the Club winner and the individual winner by the 5th of the next month. All entries are included in an end of the year drawing at the Awards and Recognition Party.

This month the prizes are: (for instance)

Club Prize: \$25 gift card for the winning Club to buy refreshments next month.

Individual Prize: "Stand Up for Marriage" cell phone stand

This year, the prizes will be drawn at the December 2 on-line Awards and Recognition Party.

The prizes will be:

Club Prize (for the best attendance between now and then.): A food gift basket, to be delivered in time for the club's first January meeting.

Individual Prize: a new tablet/e-reader.

So, let's get our entries in right now!

AGENDA FOR A 90-MINUTE RUTH BOOK CLUB

Green highlights=supplied by the specific curriculum.

Yellow highlights=timed segments.

12. Gratitude Moment: Go around the room and mention one thing about your family for which you are grateful. "I am grateful for___." Ten seconds each.

13. Prayer Intention: Gathering as an interfaith group allows us to share support through prayer. Go around the room and make a specific prayer intention. Ten seconds each. "I ask everyone to pray for___." And then name the thing you want people to pray for during the closing prayers and during the week.

14. Open prayer: Allow at least ten minutes for open prayer. Leader starts, "In the world, you have tribulation; but be of good cheer, I have overcome the world" (John 16:33). Encourage people to join in with their own spontaneous prayer intentions. Close with Angel of God prayer. (Based on Matthew 18:10: See that you do not despise one of these little ones; for I tell you that in heaven their angels always behold the face of my Father who is in heaven.)

"Angel of God, my guardian dear.
To whom God's love, commits me here.
Ever this night, be at my side,
To light, to guard, to rule, to guide.
Amen."

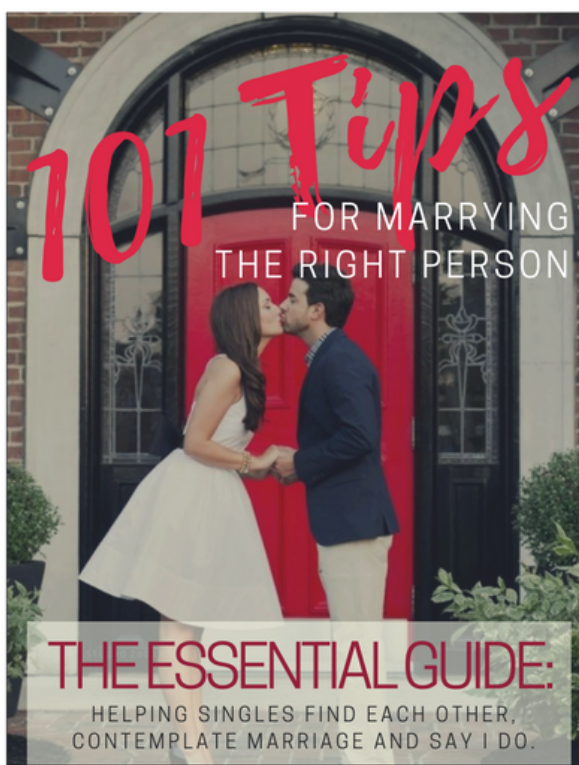
Meeting closes promptly at 8 PM.

START YOUR ENGINES:

After registering your book club, we'll confirm your registration with 2 emails that include everything you need to start having life-changing conversations.

-Ebooks & Companion Journal: Skip the trip to Barnes & Noble and download the Ruth Institute text for free.

-Post Cards: links to a printable post card / invitation, highlighting the topic you have chosen to share with your book club.



FIGHT LONELINESS		PLACE STAMP HERE
END FAMILY BREAKDOWN A BOOK CLUB FOR "FAMILY JUSTICE WARRIORS"		
HOST:		ADDRESS:
DATE:		
TIME:		
PLACE:		
TOPIC:		
UNDERSTAND THE POWER OF YOUR RELATIONSHIPS		

-A Forward-able E-vite to invite your friends and allow them to opt in to the bookclub reminders and free e-books. It will look something like the following email:

Dear friends,

I am so excited about a new book club that I'm hosting! I've heard it can create life-changing discussions, and I hope that you might want to share the experience with me. Check out the video below and the date, time, and place further down. Let me know if you're interested by clicking [here](#)!

Sincerely,
Amber



Join me!

Date & time: Amber includes the date [here](#)*

Place: Amber includes the location [here](#)*

Topic: Amber includes the topic of her choice [here](#)*

I'm in! Send me the free e-book and journal for our meeting! [RSVP here](#).

Afterwards, tell Fight Loneliness how it went!

Fight Loneliness is a program of the Ruth Institute. [Click here](#) to learn more. [Click here](#) to unsubscribe.

*You will add the date and time of your group before forwarding it to the friends you want to invite. This e-mail will provide a RSVP count for your friends without your having to make any calls.

PLANNING WORKSHEET FOR STARTING A "FIGHT LONELINESS" BOOK CLUB IN MY HOME



1. Who would I like to be my:

Co-host:

Discussion leader:

Time keeper:

Dessertier / Food Coordinator:

Guest Coordinator/ Greeter:

Note: you can do all these jobs yourself at the beginning. But you will have more fun and feel less burdened if you can recruit a few friends to help you.

2. What topic would I like to begin with?

Right now, the available topics are:

- a. 101 Tips for Marrying the Right Person
- b. 101 Tips for a Happier Marriage
- c. How Jesus can Heal the Divorce Culture
- d. What You Need to Know about Gender Identity Politics:
Bathroom Bullies to Pronoun Police.

PLANNING WORKSHEET PAGE B



3. Who would I like to invite to participate in my book club?

Brainstorm: What are some places where you tend to socialize? It might help you think of friends you'd like to invite.

Neighbors?

Relatives?

Church groups?

A political group?

Work or school?

Your daughter's friends and their moms?

Choosing a Theme can sometimes help more successfully reach an audience that desperately needs "Ruth Truth." Political groups often find easy success, but we've also heard of successful couples clubs, Saturday morning breakfast bunch, restaurant readers, mother/daughter clubs, girls night, fatherhood clubs masquerading as "Donuts with Dads," homeschool clubs, and Grandma's day camp with the grandkids.

Quick Tips:

We've found that inviting like-minded friends allows our guests to feel safe enough to open up. Attempting to persuade people of conflicting views tends to create a hostile setting that may cause your guests to feel uncomfortable.

Also, inviting participants from a similar source, like friends from church or perhaps friends from work, can allow members in the group to have a more free-flowing sociality because they are already acquainted with each other.

PLANNING WORKSHEET PAGE C



4. When would I like to start meeting?

5. How often would we meet?

Monthly? Bi-monthly? Weekly? Other?

6. How many people do I anticipate inviting?

7. Is there a predictable pattern to when we would meet, like every second Tuesday?

8. What time of day will we meet?

9. Where should I plan to meet? Is there a friend who would share the hosting? Would we prefer to meet in a home or a public building like a library or a church that I participate in?

Brainstorm: Are there any holidays that you need to anticipate working around?

Or political events that you need to prepare for?

Our book club specialist says, "I have found better luck in starting while I'm feeling passionate about something; it's easier to talk to others about it, somehow. But Miss Manners still wants people to have 10-14 days' notice."

Quick Tip: Our book club specialist says, "In my experience, only half the people I invited were able to match their schedule to mine, so I invite double or triple my sitting space."

PLANNING WORKSHEET PAGE D



10. Circle the topics you'd like to cover in your group in the future:

What is Family Justice?
Love & Friendship in Marriage
Understanding Same-Sex Attraction
Religious Freedom
Communication in Marriage
Risks of Cohabitation
Divorce

Same-Sex Parenting ("No-Difference" Claim)
Pornography
Third Party Reproduction
Defining Marriage
Transgender Issues
Sex Education in School
Fatherhood

11. My personal goal after this training is:

Notes from the training:



IT'S TIME TO GO LIVE!

REGISTER YOUR GROUP ONLINE


Secure https://docs.google.com/forms/d/e/1FAIpQLSfbJD_FIC0BA8ABpLma5TJuopOssj0xV3qGx0NqsoEWBLStQ/viewform#responses

Apps Ruth Institute Read... To Do List

Go Live! Register Your Ruth Institute Book Club.

A few short questions will give you access to sixteen ebooks, e-vites, postcards, and other goodies to your inbox, as well as entering you and your friends into our monthly drawings!

*** Required**



GO LIVE!

Laugh. Cry. Save the world. Now that's a good book club.

REGISTER YOUR BOOK CLUB HERE,
AND START HAVING LIFE CHANGING CONVERSATIONS TODAY.

1. Are you interested in (mark all that apply) *

☐ hosting a reading group?

CLICK HERE to access the GO LIVE! form online.

Or copy this address: <http://bit.ly/2w4mKD5>
in the address bar of your browser.



As soon as you complete the GO LIVE! form,
Your Book Club Specialist, Mary, will send all the
goodies you need to get started.

CONTACT US WITH QUESTIONS



RUTH INSTITUTE FOUNDER, PRESIDENT & AUTHOR

Jennifer Roback Morse saw firsthand the price children pay for missing parents after giving birth to a daughter, adopting a two-year-old Romanian orphan, and fostering eight children.

This economics professor determined to change the world's understanding of the power and purpose of marriage as well as its impact on children and larger society.

Using her great sense of humor and quick wit, Jennifer Roback Morse pioneered brilliantly simple vocabulary for America's marriage movement. She is the founder and president of the Ruth Institute, a global non-profit organization focused on keeping the family together, protecting the rights of children, and helping the millions of people who have been harmed by family breakdown.

She has authored or co-authored 5 books, and her work has been translated into 5 different languages.

You can reach Dr. J at the Louisiana office of the Ruth Institute by email.

Jennifer Roback Morse
jrmorse@ruthinstitute.org



BOOK CLUB SPECIALIST

Mary Summerhays is an award-winning artist and designer. Her quiet home with six kids belies her awareness with the issues of the sexual revolution.

A six-minute Dr. J video turned her into a lifelong Ruth Institute Ultra Fan and marriage advocate. She began to build local book clubs as a way to share "Ruth Truth" with as many people as possible.

Her dream is to help you host a life-changing book club with friends and families in order to help you share Ruth's Truths: Family breakdown is agonizing and unjust. Your relationships are powerful and important.

She is available almost any time, although prefers to avoid date night, which is a two day affair, Friday and Saturday evening.

Email, text, or phone is the best way to reach her, and let's admit it, voicemail is guaranteed to get lost.

Mary Summerhays
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