

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Unique Ideas for Girlfriend Get Togethers**

By Sandra Mahoney

**Unique Ideas for Girlfriend Get Togethers**

by: **Sandra Mahoney**

Women create friendship opportunities. We suggest get togethers, shopping excursions, road trips, and coffee dates. We remember birthdays and anniversaries and make sure to stay connected. We call each other on the phone for no reason and meet for coffee, lunch, gossip and/or tears.

Being a woman and a mother is not about sacrifice its about investing in others as well as yourself. Striking the perfect balance between these two involves a little or a lot of fun. And who better to share fun times with than our girlfriends...let's face it ladies, girlfriends need girlfriends. The below suggestions are designed to provide ideas to create unique memories for you and your best gal pals. In planning how to celebrate, put your heads together, and don't forget your camera!

Plan a girls' night out:

Does this really need an explanation? In a nutshell, girls' night out is a tradition reinvented by generation upon generation of ladies looking to let their hair down, escape from their ordinary lives and get together for drinks and appetizers to gossip about everything: relationships, fashion tips, boyfriends/husbands, or even the unfortunate couple at the table next to them. This excursion can also be girls night in, i.e. staying at one girlfriend's house sipping wine, watching movies, snacking on junkfood. What more could a group of girlfriends need?

Start a monthly club:

No this is not an opportunity to discuss your period! Having a monthly club is the result of organizing a dedicated group of women to meet monthly for girl talk and gossip. Whether is be high school friends, college friends, mothers in the hood, meet with them once a month at someone's home, at a bar or restaurant for silly, rejuvenating fun!

Go on a weekend getaway:

## Unique Ideas for Girlfriend Get Togethers

So it may take some advance planning and babysitting arrangements. It will be worth it Mama! Does someone own a summer home that you know? Can you find an affordable hotel? Pack some food, drinks, even games and get started on your roadtrip escape. Or be spontaneous... destination unknown. Pick up your best friend and head north, south, east, west. Who cares...getting their will be more than half the fun!

Be newbies:

Try something new to you and your friends. A camping and kayaking trip, a guided hike, a cooking class, wine tasting, even sushi. Sharing a new experience with close friends is just one more way of breaking out of you comfort zone and building incredible memories. You may even pick up a new hobby in the process.

Pick a reason to celebrate:

Is someone coming to town, did a relationship just end, does one of the girls need a pick-me-up? Are you dying to try out the new karaoke joint and show off your new leather boots or did you just find out it's Brad Pitt's birthday (December 18)? Celebrate it! Be cute and send Girls Night Out Invitations or call around last minute and see who's up for a night out. Since we were little girls we loved to play dress up so make the night extra special and tell the girls to wear their funkiest or their flirtiest.

Sandra is mother of 3 and co-founder of

a website devoted to

helping mothers rediscover their favorite hobbies like travel, fitness and girls night out.

**No Victors**

**By Wayne and Tamara**

Direct Answers – Column for the week of September 6, 2004

Last Friday night I was caught with another woman by my girlfriend. When my longtime girlfriend came to my house, I told her I was going to bed early. She suspected something and came back to find this woman in my house. We had been cheating for about a year. The other woman didn't know either.

My girlfriend had a fit. She cursed me up and down and told me she wanted to hit me. After about 30 minutes of that, she left. On the way out she keyed my car. Then the other lady had her say. Mostly she could not believe I would do this to her.

I felt as low as I could feel. I felt so bad for my girlfriend. It hurt me so bad. I finally realized she is what I was searching for in a woman. I need her in my life. But she may never speak to me again. She may never look at me again with those big eyes. That thought feels like a knife cutting me inside.

## Unique Ideas for Girlfriend Get Togethers

Why did I do it? I look back now and know it was because of ego and lust. I didn't go after the other lady. She came after me. I backed off several times, but she kept coming so I gave in. When that woman asked me several times if I was seeing someone, I said I had a friend but nothing heavy.

This was hard on me, very hard. I carried around a lot of guilt which made me angry toward my girlfriend. My girlfriend knew something was up. She also kept telling me if I was interested in someone else to tell her. But I didn't want to lose her.

I told my pastor, and he prayed for us. He tried to call my girlfriend, but she would not answer the phone because she thinks it's me. Now my question is, how do I get my girlfriend back?

Matthew

Matthew, there's an old saying that there are no atheists in a foxhole. For a year you did something your religion tells you not to do, but did you see your pastor then? No. You saw him after you got caught. Ask yourself if the god you worship isn't the god called self-interest.

You seek to use your pastor as a Trojan horse, but the Trojan horse was not a gift. It was a trick. You want to use your pastor to get your girlfriend back. You want her to forgive you. But forgiveness does not imply she needs to take you back, and she would be foolish to do it.

You would still be cheating if your girlfriend hadn't caught you. You blame the other woman even though you lied to her. That woman thought she had a boyfriend, when all you were doing was using her for sex.

If you don't suffer consequences, you won't learn not to do this again. You will learn you can cheat and get away with it.

Wayne & Tamara

Not Housebroken

My ex-husband and I divorced 10 years ago. He remarried in 1999 and is in the process of divorcing again. I have found peace in my life with my grown children, grandchildren, animals, home, and work. He, on the other hand, seems to thrive on chaos and criticism of others. His behavior toward others simply appalls me.

He contacted me again and says he wants me in his life. My family is totally against us having a relationship. They all think he is arrogant. I think I still love him, but I don't really think that much of his character. What do you think?

Linda

Linda, who doesn't love puppies? Their antics are spellbinding. But they also mess on the carpet and chew on the furniture. If you take this "puppy" home again, you're apt to remember why you don't

really like dogs.

Wayne

Authors and columnists Wayne and Tamara Mitchell can be reached at

.

Send letters to: Direct Answers, PO Box 964, Springfield, MO 65801 or email:

.

Related Content:

No Victors

A Simple Guide To Pregnancy – For Guys

Here's What to expect at a Baby Shower

Getting Mama Out of the House

Family Memory Journal

Read more Content at

Related Products:

Money Saving ideas

The Art of Kissing

147 Killer Epublishing Strategies

Profitable Puppets

The Toaster's Handbook

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**