

# Getting it together

# Jealousy—the greening of a relationship

For most people, jealousy is a troublesome emotion. If we give in to it we try to trap our lover, stifling his freedom and risking his resentment. If we try to ignore it or rise above it, we are planting the seeds of dishonesty and creating obstacles to intimacy.

By  
**BOB TRENZ,**  
Ph.D.



In fact, it seems like jealousy is such a destructive emotion that there's no way we can deal with it constructively. But that's because almost nobody who feels it really understands it.

The vast majority of individuals who experience jealousy believe that the jealous feelings are the problem. Jealousy hurts; so it seems logical that making the jealousy go away will make us less uncomfortable and, therefore, solve the problem.

car by disconnecting the warning light, would you? But that's how most people approach jealousy.

Our inner-ear tells us when our body is in danger of losing its balance and falling. And jealousy works in a very similar way. The feeling of jealousy signals that we may have invested too much hope and dependency in our love relationship—more than it can safely support. It says "You

may be expecting too much of this relationship."

Sometimes the jealous signal may be a response to a real threat to your relationship. Watching a flirtatious woman moving in on your husband can easily turn on your jealousy light. Seeing your wife suddenly turn all her loving attention to her new baby can do it, too.

The jealousy light may also flash when you have thrown yourself too quickly into a new relationship. Focusing all your hopes and dependencies on a brand new lover has real dangers attached to it. It is like walking on ice before you check its thickness. In this case, your jealousy signal is saying, "Too much, too soon. Proceed more slowly."

It may be a response to a real weakness in a relationship. For example, couples who have not learned to argue effectively have good reason to fear that their relationship may not survive the conflicts and personal differences that must accompany all relationships. Wise who are rigidly

passive may feel helpless to express their unmet needs and unable to protect themselves from threats to their relationship. Marriages which are not sufficiently open and honest are realistically frightening. How do you know what's hidden in the closet? And what will happen if you find out?

Often, the jealousy signal is a response to inner insecurities. If you've been burned painfully by earlier relationships, your jealousy warning light may be especially sensitive to future failures. If you have self-confidence problems, then you're likely to be less confident that you can handle threats to your relationship. And so you're likely to fear the danger signal even more.

The list of possible causes of jealousy feelings goes on and on; which explains why so many simplistic attempts to resolve them are doomed to flop. To assume that you always know what the jealousy signal means is a mistake. And to assume that it can always be solved in the same way, every time it occurs, is also wrong.

Instead, if you really want to turn jealousy into a constructive experience, you have to approach it as a sign of a complicated problem. To solve such a problem means first legitimizing it. That means that both partners accept the feeling as a sign that an important problem or threat to the relationship exists. It must be seen as a mutual problem, not just an individual insecurity. It should always be discussed and treated seriously.

But the discussion should stay away from possible solutions at first. Instead, really be sure that you both understand the cause of the feelings. Different causes require different solutions.

Pay attention to recent circumstances when you're looking for the cause. A common mistake is to believe that jealousy is a fear of the future or painful memories of past hurt. That's not right. Jealous feelings are always a response to a cur-

rently existing problem, weakness, or insecurity.

After you think you understand the causes of the jealousy, try some solutions. You may discover, for example, that you no longer feel so jealous of flirtations with your husband when his attitude and actions clearly discourage such overtures. Learning to be more assertive and doing something about the lacks in a love relationship have done wonders for reducing jealous feelings.

In fact, the problems which inspire the jealous feelings are almost always solvable when they are carefully considered and dealt with mutually. And best of all, the solutions to these problems strengthen the relationship and make future feelings of jealousy less likely to occur.

Bob Trenz is a psychologist and marriage counselor in Rochester. Questions for Dr. Trenz should be sent to P.O. Box 64, Rochester 14603.

## Moral perspectives

# Earth can't fill insatiable demands

The evening news said the oil slick covered an area of 150 square miles of the North Sea. I thought about the styrofoam cup I had used for coffee that day. The news commentator called it a "leak." I kept reminding myself it was only one cup. Then I wondered what it would be like if all the oil in that slick were turned into cups. Or what it would be like if all the styrofoam cups were turned back to their petroleum base.

Oil slicks that large are considerably more than I can easily comprehend. Styrofoam cups that I don't have to use give the "leak" a dimension that is frightening at best. No one wanted that "leak," but



By  
**REV. LLOYD D. BUSS**  
Abiding Presence,  
Lutheran Church

everybody needs oil. And our technology has not yet devised the "perfect machine." So with a maximum demand from inadequate equipment, even more unreliable if improperly installed, the potential for disaster in-

creases dramatically. The solution is not merely properly installed valves or more reliable equipment. And not even a more advanced technology will give us a fool-proof system. Somehow, somehow, we have to reduce the scope of our demands from the natural resources of our planet and develop a rhythm of existence with all of life that preserves and protects.

Oil spills are only one sign of our abuse of creation. The alarming increase in the accumulation of nuclear waste (which we simply do not know how to discard safely), the declining water supply for irrigation, the just

plain ugly junk yards filled with rusting car bodies—all are symptoms of a deeper malady: The styrofoam coffee cup, the unlimited potential for nuclear fuel, the variety and abundance of foodstuffs from irrigated soil, the pleasure and comfort of a new car—all intensify the pressure for using our earth at a rate faster than we can safely manage.

The whole matter is a world-wide issue that is finally resolved in our own home if you really want to do something about oil spills in the North Sea (or anywhere else), one way to start would be to stop using styrofoam cups.

## Brunch honors Lehrman

A scholarship in the name of Rabbi Moses Lehrman will be established by the Congregation Bnai Moshe Friends of the Jewish Theological Seminary of America at a brunch reception 11 a.m. May 15 at Congregation Bnai Moshe. Benjamin Weiss, seminary chairman of the tribute, said Rabbi S. Hill-Hyman, assistant professor in rab-

binics, Jewish Theological Seminary, will be the guest speaker. Rabbi Lehrman, spiritual leader of Bnai Moshe, is the descendant of 10 generations of rabbis. He received his secular training at the College of the City of New York and Columbia University, and pursued his rabbinic studies at the Jewish Theological Seminary.

He was ordained in 1942 and soon after was given his first pulpit in Buffalo, N.Y. He occupied this position for five years.

The Jewish Theological Seminary of America is the academic, spiritual and cultural center for the Conservative Movement and Judaism. It trains rabbis, cantors, teachers and Jewish communal professions.

## When you're engaged



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## Your Invitation to Worship

<p><b>Salem United Church of Christ</b> Salem, N.J. Sunday School at 10:00 A.M. Worship Service at 10:15 A.M. Pastor: Rev. J. H. Smith Church Office GR 4-4480 Carl N. Scheib, Minister</p>	<p><b>Unity of Rochester</b> American Legion Hall Third &amp; Walnut Streets Worship Service at 10:15 A.M. Pastor: Rev. J. H. Smith Church Office GR 4-4480 Carl N. Scheib, Minister</p>	<p><b>For Church Directory Information</b> Please Call 644-1100 Ext. 224</p>	<p><b>Unitarian-Universalist</b> <b>Liberal Religion</b> <b>EMERSON FELLOWSHIP</b> Sunday 10:30 A.M.-11:30 A.M. 4230 Liverpool, Troy 16 Mile South of Oak Lake Rd. 524-9339 651-8934</p>	<p><b>Beverly Hills</b> <b>United Methodist Church</b> 11111 N. 11 Mile at Ferguson Rd. 44-9777 Church School 10:30 a.m. Pastor: Rev. J. H. Smith Worship Service 11:00 A.M.</p>	<p><b>COVENANT BAPTIST</b> New Address: 11 Maple Rd., W. Bloomfield, Mich. 48003 (313) 855-9191 <b>SUNDAY SERVICES</b> Church School 9:45 A.M. Worship Service 11:00 A.M.</p>	<p><b>FIRST BAPTIST CHURCH OF DETROIT</b> Founded 1827 21200 Southfield Road at 8 Mile Southfield, Michigan 569-2972 Paul Aiello, Jr., Minister Worship Service 11:00 a.m. Sunday School 10:00 a.m. Bible Study 7:00 a.m. Wed. The Hubbert</p>	
<p><b>EMMANUEL LUTHERAN CHURCH</b> 23423 Lathrup Road (1/2 M. of 9 Mile) Phone: 257-1848 9:30 Church School 10:45 Service The Rev. L. Alden Edstrom</p>	<p><b>NORTHBROOK PRESBYTERIAN CHURCH</b> 14 Mile and Lathrup Road Worship and Church School 10:30 a.m. and 11:00 a.m. Pastors: L. J. Peterson, S. W. Shaw R. W. Spelman Phone: 642-0200</p>	<p><b>St. John American Lutheran Church</b> 22225 Gill Road, Farmington Hills 7272-2520 Worship Services at 8:30 and 11:00 Sunday School 10:00 Nursery Provided</p>	<p><b>The Orchard United Methodist Church</b> 30450 Foreman Road (between 17 and 18 Mile) Morning Worship - 9:30 am to 11 am Church School &amp; Nursery - 9:30 am and 11 am 426-6820 Ministers: Eric S. Hummer James F. Thomas</p>	<p><b>Bethlehem Lutheran Church</b> 33300 Eight Mile Road Farmington Hills ENO M. TUOHY, PASTOR 474-9279 Worship &amp; Sunday School 10:30 A.M.</p>	<p><b>First Baptist Church</b> Rosedale White Birmingham 1/2 M. Robert D. Masterson, Minister David W. Smith Gene H. Acquisti Jr. Home J. Armstrong, Emeritus 9:45 Church School 11:00 Worship Service</p>	<p><b>FRANKLIN COMMUNITY CHURCH</b> United Methodist on Franke's Village Green Services at 9:15 and 11:15 a.m. Nursery care and Bible Services Sunday School at 11:15 a.m. Junior High at 10:15 a.m. 7 &amp; 8th Grades Adult Education at 10:15 a.m. Family Hour at 10:15 a.m. Senior Minister Frank B. Cowick Associate Minister J. Chester Stubbs</p>	<p><b>CLARENCEVILLE UNITED METHODIST</b> 20200 Middlebelt, Livonia Pastor: Gerald Fisher 474-3444 9 a.m. First Worship Service 10:15 a.m. The Church School 11:15 a.m. Second Service of Worship Nursery Provided at All Services</p>
<p><b>The Congregational Church of Birmingham, U.C.C.</b> Woodward at Cranbrook Bloomfield Hills MI 4-4511 Worship and Church School 9:30 and 11:00 a.m. Rev. Charles G. Erickson Minister of Music Rev. Yvonne E. Arns, Jr.</p>	<p><b>ST. PAUL UNITED METHODIST CHURCH</b> 145 E. Square Lake Road Bloomfield Hills (2 1/2 Miles W. of 9 Mile) 338-8233 Minister: Dr. Roger Innes Church School 9:45 A.M. Worship Service 11:00 A.M. Pastors: Charles H. Gorch 10 A.M. - Wine Testament</p>	<p><b>FIRST APOSTOLIC LUTHERAN CHURCH</b> 2630 Central Road Farmington Hills 474-1963 Rev. Howard L. Turk, Minister 474-6254 Sunday School 9:30 a.m. Worship 11:00 a.m. and 7:00 p.m. 800 S. Lincoln 7:45 p.m. Song Service 7:45 p.m. 600 North</p>	<p><b>MATIVITY EPISCOPAL CHURCH</b> THE JETTES CHURCH 215 1/2 Mile South of Oak Lake Rd. 13 1/2 Mile East of Lathrup SUNDAY WORSHIP 9:00 A.M. &amp; 10:30 A.M. 5:30 and Church School at 10:30 Worship through Bible Worship Services 11:00 A.M. Pastor: John C. Frobenberg</p>	<p><b>St. Andrew Lutheran Church</b> LCA 6255 Redwood Road Birmingham North of Maple WORSHIP SERVICE Sunday Church School 9:30 A.M. Trinity Church School 1:00 P.M. Sunday School J. P. Lasky, Pastor Diane Wilson, Acolyte 648-5037</p>	<p><b>BEAUTIFUL SAVIOR LUTHERAN CHURCH</b> 5631 North Adams Road 1/2 Mile North of E. Long Lake Rd. SUNDAY 8:15 A.M. Majors 9:30 A.M. Sunday School 11:00 A.M. Morning Worship Service Fred W. Macklin, Pastor Duane F. Schaefer, Pastor MI 6-5041 MI 6-5124</p>	<p><b>Bloomfield Hills Christian Church</b> The Community House 380 South Bates, Birmingham Sunday 10:10 A.M. Bible School 11:00 A.M. Worship 6:00 P.M. Praise Service Wednesday 7:15 P.M. Bible Study Joseph P. Lukowski, Pastor 851-8516</p>	<p><b>ST. PAUL'S LUTHERAN CHURCH &amp; SCHOOL</b> 474-6975 MIDDLEBELT &amp; EIGHT MILE School every day K-8 (enroll on-line) Sunday School &amp; Bible Classes 9:45 A.M. Worship 10:30 &amp; 11:00 A.M. Pastor Robert Hewitt</p>
<p><b>First United Methodist Church</b> 1587 West Maple at Pleasant Ministers: James W. Wright, G. Bryn Evans John H. Bonce, Thomas H. Beaven Worship Services 8:30, 9:30 and 11 a.m. Church School 9:30 and 11 a.m. Nursery Care Provided</p>	<p><b>Birk in the Hills PRESBYTERIAN CHURCH</b> 1340 W. Long Lake Rd. MINISTERS James F. Anderson Robert L. Lindsey Robert H. Gorch Worship Services and Church School Sundays at 9:30 and 11:30 A.M.</p>	<p><b>CROSS OF CHRIST LUTHERAN CHURCH</b> Bloomfield Hills, Michigan 445-5886 SUNDAY SERVICES OF WORSHIP 9:00 A.M. and 10:30 A.M. YOUTH BIBLE CLASSES 9:00 A.M. SUNDAY CHURCH SCHOOL 10:30 A.M. The Reverend Gordon H. Light, Pastor</p>	<p><b>ST. JAMES EPISCOPAL CHURCH</b> 355 W. Maple Birmingham SUNDAYS SERVICES 9:15 and 11:00 A.M. Morning 9:15 and 11:00 A.M. Church School (Worship through Bible Study) WEDNESDAY 7:00 and 10:00 A.M. Ray Gutschow</p>	<p><b>Farmington Hills Baptist</b> On Middlebelt Road Between 12 &amp; 13 Miles Rds. Worship 11:00 a.m. and 6:00 p.m. Bible School 9:45 a.m. Family Night—Wed. 7:30 p.m. Rev. Fred O. Ferris—Pastor 851-0310 Rev. Gerald Wartz, Assistant Pastor A CONSERVATIVE BAPTIST CHURCH</p>	<p><b>Christian Science Churches</b> <b>FIRST CHURCH OF CHRIST, SCIENTIST BIRMINGHAM</b> 191 Chester at Willis SUNDAY SERVICES ..... 10:30 A.M. SUNDAY SCHOOL ..... 10:30 A.M. WEDNESDAY TESTIMONY MEETING ..... 11:30 P.M. CHILD CARE ROOM Sunday 10:15 A.M. — Wed. .... 7:45 P.M. READING ROOM — 355 East Maple — 644-7355 Open Mon. &amp; Tues. 9:30-5:30 &amp; 7-9. Wed. &amp; Sat. 9:30-5:30, Thurs. &amp; Fri. 9:30-9:00 except Sunday and holidays.</p>	<p><b>FIRST CHURCH OF CHRIST, SCIENTIST FRANKLIN-MEADOWS</b> Maple at Inlander SUNDAY SERVICES ..... 10:30 A.M. SUNDAY SCHOOL ..... 10:30 A.M. WEDNESDAY TESTIMONY MEETING ..... 11:30 P.M. CHILD CARE ROOM Sunday 10:15 A.M. — Wed. .... 7:45 P.M. READING ROOM—in Pine Lake Mall — 851-7740 Orchard Lake Rd. at Lone Pine Rd. Open Mon., Tues., Wed., Sat. 10:00-5:30; Thurs. &amp; Fri. 10:00-8:00 All are welcome at our Church Services and the Reading Rooms</p>	
<p><b>FIRST BAPTIST CHURCH OF FARMINGTON</b> Richard Duncan, Pastor - Phone 474-0350</p>	<p><b>WORSHIP WITH US DURING LENT</b> 10:00 a.m. Service — 11:30 a.m. Church School Homor J. Armstrong, Pastor</p>	<p><b>THE FRANKLIN BAPTIST CHURCH</b> 26109 Cawston Hill Road at Franklin Rd. Franklin, Michigan 48023 Rev. Ronald E. Leon, Pastor Phone 851-0532</p>	<p><b>“Where Christ Is Proclaimed”</b> Sunday School ..... 10:00 A.M. Morning Worship ..... 11:00 A.M. Evening Service ..... 7:00 P.M. Thursday Bible Study ..... 7:30 P.M.</p>				