

Power of the

How daily writing enhances lives and relationships

// BY RICHARD MCVEY

IN AN AGE OF EMAILS, texts and tweets, the art of old-fashioned letter writing remains a powerful tool to enhance people's lives, whether through daily journaling,

communicating with a pen pal or composing a love letter. Here are three stories from across America that prove the power of the pen.

Love letters

While most sweethearts exchange romantic cards or notes on Feb. 14, Gary and Lisa Morris, of Acworth, Ga. (pop. 20,425), have found a way to make every day Valentine's Day. Each day since 1990, the husband and wife have handwritten a love letter to each other. In all, the couple estimates they've written more than 8,000 letters.

"I write in the mornings before I go to work," says Gary, 59, director of the Marietta (Ga.) Regional Youth Detention Center. "Lisa writes during the day, and then when I get home from work, we sit down and share what we've written to each other."

The couple first began writing down their feelings in 1978 while attending Marriage Encounter, a Christian marriage enrichment weekend that uses love letters as a tool to enhance communication. They liked the intimacy that writing fostered, but found daily discipline difficult.



DAN HENRY

// Lisa and Gary Morris, of Acworth, Ga., review love letters that they've written daily to each other over two decades.