

Schedule and Meals:

The Couples Workshop runs from 8:30 am to 4:30 pm on Saturday.

Lunch will be provided.

What does the workshop cost?

A charge of \$50.00 per couple covers the cost of refreshments and workshop expenses

What happens during The Couples Workshop?

There will be a series of short talks on various aspects of the marriage relationship, each followed by an exercise in which you express yourselves to each other as a couple. It is a time of concentration and effort, an investment in your future together.

Who is the workshop for?

Engaged, partnered and married couples are invited. As we go through life's journey, we encounter many changes. In spite of this, our *basic* relationship needs don't change very much and the skills we can use to help us fulfill those needs don't change much either. The workshop focuses on these needs and skills.

Couples of any faith are welcome. The material is presented from a Christian perspective, but each couple is invited to accept the experience within the context of their own faith.

Who is leading it?

The workshop is led by married couples sharing their lives with you. They are not professionals and are not paid.

THE SUBJECTS

COMMUNICATION: The recognition, sharing and acceptance of our feelings can be the basis of deeper and more fulfilling communication in our marriage.

LOVE: When we say vows to love one another, that love is not a feeling, but is something we have the power to decide to give.

LISTENING is not so easy, but it is one of the best ways we can give our love.

CONFLICT is inevitable, but by working together we can make our conflict enhance rather than tear down our relationship.

AREAS FOR COMMUNICATION: As couples we all have areas where open communication is difficult, even though vital to a close relationship. These touchy areas may involve differences in our religious backgrounds or attitudes or our relationships with our families, our handling of money, our work, our sexuality or our health. The key is to be able to talk about them- and listen.

ACCEPTANCE: Our partner is not perfect! We are called to accept one another the way we are. Let us celebrate our differences!!!

KEEPING MARRIAGE PERMANENT AND GROWING: Disillusionment comes to all marriages. When it hits you, what will you do? Here are some ways to keep our relationship growing.
Building our marriage is a lifetime project.

REGISTRATION (Please print)

Names: _____ (and) _____

Nicknames: _____ (and) _____

Address where you most easily can be reached: _____ Engaged _____ Partnered _____ Married _____

Future Address (if known): _____ No. & Street _____ City, State _____ Zip _____ Telephone _____

Email address: _____ Religious Affiliation: _____ City, State _____ Zip _____ Telephone _____

We learned of this from: _____ Name _____ Organization _____ Town, State _____

Some comments from those who have attended:

"It helped me to understand that even though there will be problems, there are also ways to cope with them."

"The workshop will have a wonderful, lasting effect on our relationship. It has pointed out areas where we need special attention. It has taught me how to develop a greater respect for my husband and I think he feels the same. I feel very rejuvenated!"

"It is very reassuring to realize that even the presenters may share some of the same problems and concerns that we were convinced nobody else had but us."

"I believe it was a big help. Helping us to realize I can make the marriage work or I can screw it up if I only think of myself."

"I wish there had been something like this sooner in our marriage."

"The experience has given us courage and strength to handle what lies ahead."

Dates and Place of Upcoming Couples Workshop

September 11, 2010

at

All Saints' Episcopal Church
634 West Peachtree Street, NW
Atlanta, GA 30308



Send registration to:

All Saints' Episcopal Church
Attention: LaTrell Harrison
634 West Peachtree Street, NW
Atlanta, GA 30308

Contact for more information:

The Rev'd Elizabeth Shows Caffey
All Saints' Episcopal Church
(404) 267-4278



The Couples Workshop

A focus on relationship building for engaged, partnered and married couples.

This time is an opportunity to look at marriage as a lifetime of relationship building working together to create a deepening love for one another.

"And the two shall become one"