

The National Presbyterian Church

The Marriage Course How to build a healthy marriage that lasts a lifetime

Sunday evenings

March 14 - May 2, 2010 (except Easter April 4)

4:45 p.m. – 7:00 p.m.

Jones Hall

What is The Marriage Course?

The Marriage Course is very practical, giving any married couple the tools to build a strong and healthy marriage that lasts a lifetime.

Over seven evenings spent together, couples talk with their spouse about important issues that can get swept under the carpet in the rush of daily life.

Topics covered include: recognizing each other's needs, learning to communicate effectively, resolving conflict, healing past hurt, knowing how to make each other feel loved, relating to parents and in-laws, good sex, making time for each other, and having fun together.

Privacy as a couple is always respected. There is no group discussion and no requirement to disclose anything about your relationship to anyone else.

What's involved?

Each evening begins with light refreshment and beverages. A video is shown, followed by an opportunity to discuss the topic together as a couple at your private candlelit table. The setting is welcoming, relaxed and unthreatening.

What is it for?

The Marriage Course is for any married couple who wants to build a strong and lasting relationship, especially:

- Those who want to enhance their marriage,
- Those in the first five years of marriage,
- Those at a challenging stage in their marriage (birth of a child, a career change, teens at home, the "empty nest"),
- Those struggling with issues in their marriage.

The course, while based on Christian principles, is helpful for any couple with or without a Christian faith or church background.

THE NATIONAL PRESBYTERIAN CHURCH

A ministry of grace, passionate about Christ's Mission in the World.

The Marriage Course is sponsored by NPC

4101 Nebraska Avenue, NW

Washington, DC 20016

Phone (202) 537-0800,

Web Site: www.NationalPres.org

Registration for The Marriage Course

Please complete form and send it with your payment* to:

The National Presbyterian Church

c/o The Marriage Course

Attn: Dianne Rodgers

4101 Nebraska Avenue, NW

Washington, DC 20016

Name

Address

Telephone and E-mail Address

*Course Fee: \$45/couple

(Includes course materials and refreshments)

For additional information,

please contact the Facilitators of the The Marriage Course:

Phyllis Wolfe and David Wallace

301-231-5684

phylliswolfe5@aol.com

Comments from NPC Couples who have participated in the The Marriage Course. . .

We would recommend the Marriage Course to any married couple. It was renewing, refreshing and brought us closer together. We learned a lot about each other with the guided conversations on subjects that we hadn't discussed in depth before. It was actually a lot of fun and definitely worth the time invested

--Rick & Betty Hawthorne

We found The Marriage Course to be a wonderful experience. Even after 38 years of marriage, we still have to consciously work at setting time aside for just the two of us to talk about issues that are important to our marriage. Honestly assessing how we communicate with each other, or understanding what is important to the other person are conversations which are opened up in the Marriage Course. We would highly recommend The Marriage Course to people of all ages.

--Joan and Jay Braitsch