

## **The Marriage Course @ West Church**

How to build a healthy marriage that lasts a lifetime.

*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 will last a lifetime.

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

Topics covered include: recognising 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 a candlelit meal. There is then a talk followed by an opportunity to discuss the topic together as a couple.

The setting is welcoming, relaxed and non-threatening.

*Who is it for?*

The Marriage Course is for any married couple who want 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, e.g., the birth of a child, a career change, teenagers at home, the "empty nest";
- Those struggling with issues in their marriage.

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

*How do I register?*

West Church is running its first course which begins on Thursday 8 February 2007 in the Welcome Area of the new extension, and will run over seven consecutive nights from 6.45pm – 9.45pm. The cost is £75 which includes meals and manuals! Further details are available from the Church Office 91459688