

Session Topics

Communication. This session helps couples see how important effective communication is for a strong marriage and how communication is affected by personality, family background and circumstances. Couples look at what it means to talk about their feelings and they practice listening to each other.

Commitment. Commitment lies at the heart of the marriage covenant and is reflected in the marriage service vows. In this session couples consider the meaning of these vows and then look at how to live out this commitment through making quality time for each other on a regular basis and separating appropriately from their parents.

Resolving Conflict. Conflict can either destroy a marriage or, if handled well, strengthen it. Couples consider how to handle anger, appreciate their differences, look for solutions together and practice forgiveness. Organising finances, a primary cause of conflict in marriage is also addressed.

Keeping Love Alive. This session looks at how love must be deliberately nurtured in a marriage through couples nurturing their friendship, discovering how the other feels loved and developing their sexual relationship

Shared Goals and Values. While appreciating their differences, couples need to agree on their goals and core values. In this session couples have the opportunity to discuss their priorities for the future, the roles they expect to fulfill and the building of spiritual togetherness.



The Marriage Preparation Course

Spring Course Fri 22nd & Saturday 23rd March 2019

Venue: Greyfriars Church, Friar Street, Reading, RG1 1EH

Autumn Course: Fri 25th & Saturday 26th October 2019

Venue: Greyfriars Church, Friar Street, Reading, RG1 1EH

Fridays starting at 1945 and finishing at 2200, Saturdays 0900 - 1700

Refreshments will be provided please bring your own lunch on Saturday

For further information contact the church office 0118 951 6708
marriage@greyfriars.org.uk

Over five sessions of the course you will discover practical tools to help you build the foundations for a lasting marriage. You will look at:

the importance of commitment

how to recognise and appreciate your differences

the art of communication

resolving conflict

the importance of spending time together and nurturing your friendship

making each other feel loved

developing a good sexual relationship

the importance of talking about your goals, values and dreams

The Marriage Preparation Course: What could it do for your marriage?

Please book us a place on the **Spring Course 22nd & 23rd March**
Marriage Preparation

Autumn Course 25th & 26th Oct.

Names

Contact Address

Post Code **Tel. No.**

e-mail

Date of Wedding

We would like to do the Marriage Preparation course, but cannot make the above dates.

Please advise us of alternative dates

Please return this Page to

**The Marriage Preparation Course
Greyfriars Church
Friar Street
Reading
RG1 1EH**