

## **MARRIAGE RETREAT**

**November 1-3 2019**

### **Marriage Revisited: A Time to Reflect**

#### **Presented by Soulfood Sessions with Niya Hosted by Eric and Niya Matthews**

This Marriage Retreat will invite couples to reflect on their ongoing, growing and changing relationship. The heart is often used to symbolize love and marriage, and The Matthews says we should listen with the ear of the heart. This retreat offers couples quality time to listen to and share with each other how they see their relationship has grown deeper over the years; how their awareness of God in their lives has changed them; and how they see their marriage as a symbol of unity.

#### **At this Retreat you'll . . .**

- Receive a biased vision for what marriage should be..
- Examine the importance of intimacy and a deep bond of love and friendship..
- Learn to recognize when your communication style is a problem..
- Develop real empathy for your partner..
- Discover how to express yourself in healthy ways so your thoughts and feelings are understood
- Understand how to avoid “mind reading” that leads to misunderstanding between couples
- Find healthy, constructive ways to express and accept anger without killing love
- Explore how to fight in a way that resolves the issue and draws you closer to your spouse and to God
- Enjoy each other's differences..

#### **Registration Information**

The retreat starts with on Friday at 6:30 p.m. and concludes on Sunday at 11:00 a.m. The cost is \$600 per couple for a private room and includes the retreat sessions and all meals.

Couples who wish to commute but not stay may join us for the retreat sessions with lunch on Saturday. The cost is \$125.00 per couple.

To register for this retreat visit [soulfoodsessionswithniya.com](http://soulfoodsessionswithniya.com) or email us at [soulfoodsessionswithniya@gmail.com](mailto:soulfoodsessionswithniya@gmail.com)