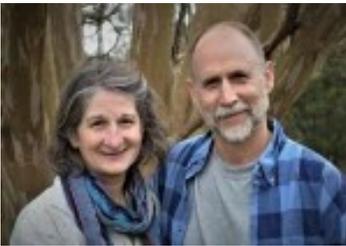


CONNECTING FROM THE HEART

A COUPLE ENRICHMENT RETREAT

DEBBIE & JOHN HUMPHRIES

FEBRUARY 8-10, 2019



*Program cost of \$500
per couple includes
program, meals and
accommodation.
Sliding scale and
scholarships available.*

**WOOLMAN HILL
Quaker Retreat Center**

107 Keets Road
Deerfield MA 01342
413-774-3431
www.woolmanhill.org
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WoolmanHill

A Couple Enrichment Workshop is an opportunity for a couple to focus on their relationship, enhance communication skills, and deepen their appreciation of each other. Couple Enrichment workshops help couples celebrate their relationship's joys and strengths, and develop skills to deepen and improve them. A Couple Enrichment program is not therapy; it is a way to make good relationships even better.

The workshop emphasizes creating a safe and comfortable community, learning concepts and skills, and giving couples the time and space to focus on each other. Some sharing is expected, but no one has to share on any particular topic. Much of the couples' work is done in private. The program is not confrontational, and the ground rules assure safety and comfort for all participants.

In addition to our time together in large and small groups there will be ample time to relax with your partner, explore the nearby trails and enjoy the fellowship of other couples. Having fun together is a way to nurture ourselves and our relationships, and it will be an important part of the program.

Couple Enrichment workshops are open to all couples in a committed relationship, regardless of sexual orientation, marital status, or religious affiliation. Virtually any couple that gives a good faith effort to a Couple Enrichment program can benefit.

*This couples weekend will be facilitated by **Debbie & John Humphries** of Hartford Friends Meeting. Debbie and John were married in 1990 and began attending Quaker meeting shortly after. They moved to Connecticut in 1998 and have served New England Yearly Meeting in a variety of roles since then. They have been leading workshops since 2016. Debbie and John are both active in their monthly meeting and in New England Yearly Meeting. Debbie is part-time faculty in nutrition and public health; John is a community organizer working on climate change. They live in Hartford and have two sons, one currently in college and the other recently graduated.*

WOOLMAN HILL Quaker Retreat Center

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COST & REGISTRATION

The standard rate for this retreat is \$500 per couple, with a sliding scale of \$400-600. The fee includes program, lodging and food from Friday dinner through Sunday lunch, as well as a \$40 administrative fee for Friends Couple Enrichment. Commuter rate is \$375. Please pay what fits in your personal budget, encourage your faith community to financially support your participation if that is appropriate, and please ask if you need additional scholarship funds. A non-refundable deposit of \$100 per couple is required to hold a space for the program. If you need to cancel, the deposit can be applied to a future workshop.

ARRIVAL & DEPARTURE

Plan to arrive after 4:30pm Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions after you register. Please let us know if you'd be interested in car-pooling. The nearest Amtrak train station is in Greenfield (MA). Vermont Transit and Peter Pan bus lines also stop in Greenfield. Please contact us in advance to see if we can arrange a ride from these stations.

ROOM & BOARD

Our 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. Our cabins have electricity, woodstoves and outhouses. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and final clean-up.

WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider how cell phone or computer use may detract from their experience of being fully present, here and now.

TO REGISTER ON-LINE for this program, or for more details, please visit our website (www.woolmanhill.org) OR fill out the information below and send it to the address above with a \$100 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop.

Couple Enrichment, February 8-10, 2019		
NAMES:		MONTHLY MEETING (if applicable):
E-MAILS:	PHONE:	Circle: home / work / mobile
STREET ADDRESS: CITY, STATE, ZIP:		
Check if you wish: <input type="checkbox"/> NOT to share your contact info with other participants. <input type="checkbox"/> NOT to be on our mailing list.		
ENCLOSED is \$_____. We plan to pay a TOTAL of \$_____ on the sliding scale. (See "Cost & Registration" above for fees.)		
DIETARY NEEDS Please check any that apply: <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/> No-dairy Other:	HOUSING Please check any that apply: <input type="checkbox"/> Commuting <input type="checkbox"/> Prefer main building <input type="checkbox"/> Prefer cabin <input type="checkbox"/> Light sleeper <input type="checkbox"/> Trouble with stairs <input type="checkbox"/> I snore <input type="checkbox"/> Need to be near bathroom Other:	TRANSPORT Please check any that apply: <input type="checkbox"/> Willing to offer ride(s) <input type="checkbox"/> Need ride <input type="checkbox"/> Willing to drive or ride <input type="checkbox"/> Willing to have my contact info shared <input type="checkbox"/> Would like public transport info Other: