

Friends Couple Enrichment Workshop:

Listening for What is Longing to be Expressed

Why consider attending?

Friends Couple Enrichment (FCE) is a spiritual ministry for couples who want to deepen what is already a satisfactory relationship. It is recognized by Friends General Conference, a national Quaker organization. (Interested couples can learn more at friendscoupleenrichment.wordpress.com)

Supporting each other and staying engaged while meeting life's challenges and opportunities takes thoughtful, caring attention. The workshop will help you celebrate the joys and strengths of being together, and:

- take stock, review together what you value in one another
- practice the dialogue skills that allow the love between you to flow
- see how other couples relate
- learn to safely address areas of conflict

The workshop is open to all couples who view themselves as committed partners, regardless of their marital status, gender orientation, or religious affiliation. Couples who have previously completed an FCE workshop and wish to refresh their skills are welcome as well.

What will happen at this FCE workshop?

A group of four to six couples will join Dave and Pamela Minden over two Saturdays in a relaxed and supportive environment to learn and practice a witnessed dialog process. Trained and certified by Friends Couple Enrichment, the Mindens have facilitated such events for nearly two decades, and their ministry is recognized and supported by the Madison Monthly Meeting of Friends (Quakers).

As participant leaders, they will guide the gathered couples in using dialogue skills to deepen their communication, intimacy, spiritual connection, and love. These skills are steeped in Friends' testimonies and practices. Couples are invited to engage in both private and witnessed dialogues, on topics of their own choosing. Strict confidentiality is expected. Worship, discussion, rest, and recreation are also important parts of the workshop.

How do couples keep using what they learned?

After the training retreat, many couples choose to continue as a small group, meeting regularly to practice dialoging and support each other's partnerships. These gatherings help you make time to enhance your relationship among others you have come to know and trust who have a similar commitment.

There are six ongoing Couple Enrichment groups within Madison Monthly Meeting of Friends. Some have been meeting for 20 years or more. Madison Meeting actively supports this couple ministry.

Program details:

Dates & times: Saturday April 6 & 13, 2019 8:30 a.m. – 5:00 p.m.

Location: Madison Monthly Meeting Meetinghouse 1704 Roberts Court, Madison, WI 53711

Fee: \$50 / couple** (includes snacks, but bring a brown bag lunch each day). **Scholarship support is available.** Couples seeking support please contact the MMM Finance Committee before their March 14th meeting—Sandy Huntley, convener, huntleysg304@aol.com or 608-270-9518.

Make checks payable to Madison Monthly Meeting of Friends.

Write "Couple Enrichment" on check.

Send to: Lynn Entine, 6747 Diversity Rd., Middleton, WI 53562

Deadline: Fees must be paid in full by March 31, 2019

For more information:

About the program contact Pamela and Dave Minden:

- Phone – 608-238-0693
- Email – pbminden@gmail.com

About registration and administrative details contact Lynn Entine:

- Phone – 608-203-8778
- Email – lynn@entine.com
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**Thanks to Madison Monthly Meeting of Friends whose substantial financial support permits us to offer this program at this modest fee.

Comments from past participants:

"Starting with Pam and Dave's excellent Couples Enrichment workshop weekend six years ago, my husband and I have come to make our Couples Enrichment group meetings a priority. Doing so is a statement of our mutual continued commitment to our marriage; it helps us to continue practicing intentional communication; and over our six years together, our Couples Enrichment friends have become a deep, joyful, and personal community for us."

"We always have good intentions to spend more time talking about our relationship, but somehow life, kids, work, and yes, of course, our involvement in Friends Meeting, fill up the hours. It was a great gift to ourselves to make the time to focus on our relationship."