

The **Stop in the Name of Love** Retreat is designed to enrich your marriage and provide both time together and relationship skills training.

The Hilton Raleigh-Durham Airport hotel at Research Triangle Park Hotel is a beautiful setting for a romantic weekend.

**Conference activities include:**

- ❖ Ballroom dancing lessons
- ❖ Delicious catered meals
- ❖ A variety a fun and stimulating workshops
- ❖ And much more

**Workshops**

Workshops are available on Saturday. You will be choosing as a couple to attend two workshops during the morning session and one workshop during the afternoon session time.

Trainer couples are volunteers—and are members of Better Marriages.

**Hotel Info**

Hilton Raleigh-Durham Airport at Research Triangle Park:

4810 Page Creek Lane  
Durham, North Carolina, 27703  
Tel: 1-919-941-6000

Special Better Marriages North Carolina rate: **\$89.00** per night plus tax and fees (*this rate is guaranteed through January 13, based on room availability, so make your reservations NOW!*)

For Directions or to learn more about the Hilton Raleigh-Durham Airport hotel at Research Triangle Park Hotel visit [www.hilton.com](http://www.hilton.com)

**Conference Registration and Fee Information:**

- ❖ 1<sup>st</sup> timers registration fee: \$100/couple
- ❖ Early Registration Fee: \$110/couple
- ❖ Registration fee for after 1/17/11: \$120/couple

**The Friday night dinner is an additional \$46.00 per couple.**

The Basic registration fee includes:

- ∞ Friday evening program and dancing
- ∞ All Saturday workshops and sessions
- ∞ Lunch on Saturday

***(Stop in the Name of Love online registration ends February 1, 2011; To register after February 1, or for Friday or Saturday only please contact the registrar.)***

For more retreat details, and to register and pay online:

[www.bettermarriagesNC.org](http://www.bettermarriagesNC.org)

By MAIL - Complete the registration form, and mail with your payment to:

Better Marriages North Carolina  
Frank McElroy, Registrar  
5019 Tanglewood Drive  
Raleigh, NC 27612

Make check payable to: Better Marriages NC

For more Info: [bettermarriagesnc@yahoo.com](mailto:bettermarriagesnc@yahoo.com)  
919-741-1152 (Information)  
919-782-5407 (Registrar)

Come join other North Carolina Couples  
and ...



***Relax – Reconnect - Renew***

**Better Marriages North Carolina ANNUAL RETREAT/Conference February 4-5, 2011**

*A retreat weekend for your marriage*

[www.bettermarriagesNC.org](http://www.bettermarriagesNC.org)

**Friday Evening Program**  
**Led by Roberta and Terry Heinlein**  
 Stop for the moment and just **relax**, have some fun and **reconnect** to prepare for a weekend that can **renew** your love for each other. Roberta and Terry are a Better Marriages certified leader couple from Marietta, Georgia, and also serve on both the National and Georgia Better Marriages Board of Directors.

**After Program Dancing:**  
**Hubert and Marcia Barney** will be teaching *the dance of love=Rumba*

### **Saturday Workshop Options:**

**Marriage Enrichment 101: An introduction to Better Marriages-If chosen select both the 1<sup>st</sup> Track & 2<sup>nd</sup> Track morning workshop times. \*\*\***  
 Come find your strengths to take your relationship to a deeper, more loving and satisfying place. Led by **Charlie and Debbie Parsons**, couples will learn how to communicate more effectively, resolve conflicts to each partner's mutual satisfaction, and develop a higher commitment to the relationship.

### **Morning Session Track #1 (you choose one)** **RELAX:**

**Yoga /Partner Yoga: Amelia Reynolds** will move couples through playful sequences of partner-assisted poses where one helps the other, and double yoga poses where each reflects the other in dynamic and balanced symmetries, and is for all levels of ability.

### **Being Creative Together—Couples Play!**

“Playing together” is a multitude of ways couples enjoy each other and access their creativity. **Cranford and Othella Johnson** will lead exercises and play so that you can relax and laugh as you get to know each other, your partner and yourself.

**Peace in the Home: Laura and Tom Spangler** will lead by exploring ways that couples can help each other to create peace in their lives and manage their stress, and things we can do for and with one another to find a peaceful balance with health, work, and family.

### **Marriage Enrichment 101:\*\*\***

#### **Morning Session Track #2 (you choose one)** **RECONNECT:**

**Sex Begins in the Kitchen: Creating Intimacy**  
 Explore the foundations of building intimacy in your relationship with **Bill and Linda McConahey**. Mini lectures, discussions, assessments and couple dialogue, will provide warmth and practical advice and consider a wide array of issues on how to improve the quality of your sexual relationship.

**The Five Love Languages of Apology – Jim and Leslie Rhodes** will take Gary Chapman's concept of how people have various “favorite” styles for taking in powerful emotional information and apply it to *apology*. Using movie clips as examples of the various styles, couples will be led to dialogue and discover their own individual styles, and work on incorporating them into their own situations.

**Hot Coals, Eggshells, and Shag Carpet: Coming Together at the End of the Day-** Believing that great marriages are built on strong communication, and that couples can't communicate unless they understand each other's frame of mind, **Doug Burns and Janet Doughty** will help couples discover how best to reconnect, and avoid the pitfalls that can prevent good communication.

### **Marriage Enrichment 101:\*\*\***

#### **Afternoon Session Track #3 (you choose one)** **RENEW:**

**Daily Examen- Where I Felt Love Today:**  
 The Daily Examen is an individual spiritual reflection discipline that helps one self-discover people, tasks, or life situations that bring us life versus those that sap the life out of us. **Hal and Roberta Melton** will use this concept in leading couples to reflect together on where they have felt loved, appreciated or encouraged – at work, play, home, etc.

**Injecting Some Sexy Sizzlin' Spice into Your Marriage:** Every marriage needs a little relief from the same old routine every now and then. **Ken and Vernita Griffith** will explore a collection of ideas and activities that promise to bump up your “sizzle meter” a notch or two. Prepare yourself for loving laughter, insightful information, and moving motivation.

**Spiritual Intimacy: Candy and Doug Murray** will provide a time to talk with your spouse about what you would like for yourselves, for each other, and for your marriage as you share the spiritual dimension of life together.

## **Agenda**

### Friday, February 4

4:00 pm	Registration
6:30 pm	Dinner
7:00 pm	Welcome
7:15 pm	STOP IN THE NAME OF LOVE with the Heinleins
8:15 pm	Ballroom Dancing with the Barneys

### Saturday, February 5

#### *Breakfast on your own...*

8:30 am	Warm-up: Drawing, Announcements...
9:00 am	Relax Workshops (1 <sup>st</sup> Track, & Marriage Enrichment 101)
10:30 am	BREAK in the Name of Love
10:45 am	Reconnect Workshops (2 <sup>nd</sup> Track, & Marriage Enrichment 101)
12:15 pm	Lunch/Business Meeting
1:15 pm	Renew Workshops (3 <sup>rd</sup> Track – All Couples)
2:45 pm	BREAK in the Name of Love
3:00 pm	Closing
3:45 pm	Adjourn
4:00 pm	Leader in-Service