

More information:

Our culture puts out many things that fight against our sacrament of marriage today. This program helps couples figure out how to navigate their marriage journey successfully and fight ~~for~~ their marriage instead.

There are specific things each couple can do to get their own married relationship to grow closer. Some of these tools are offered in this program.

Who can attend:

The group is ecumenical and open to all married couples. It will offer tools and support to those who are:

- preparing for Marriage
- wanting to enrich their marriage
- or struggling in their marriage.



“Therefore what God
has joined together, let
no one separate”

Mark 10:9

Goals:

Couples will understand the:

- importance of prayer in marriage
- personality style of their spouse
- how to communicate without fighting
- how to manage anger and stress
- hidden issues that trigger conflict
- importance of fun and friendship
- what commitment is
- expectations of your partner
- how to solve problems
- how to love their partner well
- how life experiences shape who we are
- forgiveness and healing

Scheduling:

2017 SESSIONS



Winter Session – Tues. January 10, 17, 24, 31
Summer Session – Mon. June 5, 12, 19, 26
Fall Session – Mon. Sept. 11, 18, 25 October 2

Each series last four weeks for three hours

6:30 – 9:30 p.m.

Cost is \$130 which includes a couples' kit with all the materials and workbooks needed for the class.

All sessions will be held at the

**Spiritual Life Center
7100 E. 45th St.
Wichita, Kansas 67226**

**To register call: 316-744-0167
Or email slc@slcwichita.org**

Babysitting will be provided but you must call the Spiritual Life Center and let them know how many children you will be bringing.

This program will help you achieve your goals and dreams for your most intimate relationship. It's as simple as that. All marriages can succeed when both people do their part to keep the marriage together. Marriages fail when one or both people do not want to do what it takes to keep the marriage together.

You'll learn some skills to improve and/or protect your relationship. These tools have proven useful for a lot of couples.

We won't be lecturing the entire time. You'll be given a chance to put the concepts listed above to use through a variety of activities and discussions. You'll never be asked to do any activity or share anything you're not comfortable with.

You'll have a participant guide with many of the exercises and important information we go over in class.

Each 4 week program will challenge couples to think about things they've never thought about before and help them see themselves, their partner and their relationship in a whole new light.

All married couples should want to be in a relationship where both partners want the best for each other, have fun together, and can trust and depend on each other. This program will help them accomplish that goal.

St. Louis and Zelig Martin

Patron Saints for Married Couples

Help all couples fight for their marriage.



They were the parents of St. Therese of Lisieux (the Little Flower), but are models of holiness in their own right. They decided to raise as many children as possible for the glory of God. Zelig gave birth to nine children, five of whom entered religious life.

The family lived a comfortable lifestyle, but they also suffered the loss of four children at an early age and had to deal with a rebellious daughter. Their devotion never wavered, however. The couple lived modestly, reached out to the poor and the needy, and led daily prayers in the household. St. Therese would later write: "God gave me a father and a mother who were more worthy of heaven than of earth."

In a Christian marriage spouses strive to lead each other to holiness. Louis and Zelig Martin show how a marriage not only benefits the couple, but their children, the Church and society.

Fighting for your ♥ Marriage

For couples who want
to make their relationship
the best it can be.



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Sponsored by the
Office of Marriage and
Family Life
Catholic Diocese of Wichita