



Friends Couple Enrichment Retreat

Friday, March 20, 2020
to
Sunday, March 22, 2020

There are few things more fulfilling in life than being deeply understood by one who loves you while deeply understanding one you love. The Couple Enrichment Dialogue, in which we listen tenderly and speak authentically, is a spiritual practice that helps us gain this kind of deep understanding. If you would like to learn how to use Couple Enrichment Dialogue to give and receive the gift of understanding with your beloved, and to introduce this spiritual practice to your partnership, please join us for this residential retreat. It will be a special time!

When: We begin on Friday, March 20, 2020, at 6 pm, and end at noon on Sunday, March 22, 2020, with an optional lunch on Sunday. We will finish each evening by 9 pm.

Where: The [Carriage House](#) of Mayor Lord's B&B in Meadville, PA

Cost: \$350 per couple covers facility, food, and retreat costs for couples; \$550 covers costs plus a room for couples staying in the Carriage House. Vegetarian and gluten-free food options will be available. If cost is an issue, please contact us about scholarship opportunities.

Please note: Participants must be able to climb some stairs to navigate the meeting facility.

Who: Open to any committed couple, regardless of marital status, religious affiliation, gender identity, sexual orientation. Couple Enrichment is not designed to substitute for couple therapy. It is useful for those who want to deepen their already "good enough" relationship.



Merry Stanford and Peter Wood are members of Red Cedar Friends Meeting in Lansing, Michigan, and have been leading Friends Couple Enrichment events since 1995. Peter is a psychotherapist in full-time private practice, working with individuals and couples. Merry is a psychotherapist, spiritual director, and energy medicine practitioner. We have been married for 29 years, following previously failed marriages. We credit the Couple Enrichment dialogue process with helping us grow a healthy relationship through difficult as well as joyful times, while also growing individually. We have used the principles of Couple Enrichment to raise two children, now grown, and to help faith communities speak together about sensitive and divisive issues.

To pre-register or to ask questions, please contact [rick.holmgren@gmail.com](mailto:ricker.holmgren@gmail.com). To find out more about Couple Enrichment, and to see a sample of dialogue in action, view The FCE Quaker Speak video at <https://friendscoupleenrichment.wordpress.com/>.