

***A new opportunity for married couples at Mary Queen...***



# EVERYTHING NEEDS ATTENTION TO THRIVE.



From Michelle and Bo Lankster:

We've been married for 31 years and have attended multiple retreats, but never a couple's retreat. We are both busy and struggle as many do with work/life balance. Last year, we decided to commit to the four quarterly Saturday half-day Grace Marriage retreats, seeing it as a good opportunity for US. We enjoyed the retreats, and we plan to participate again this year. We enjoyed the carved out time for us to sit together and talk and share. We enjoyed the other couples and their stories. We encourage all couples to prayerfully consider signing up and spending some designated time with each other. We are so excited about the experience that we wanted to bring it back to all couples at Mary Queen.

## INVEST IN YOUR MARRIAGE.

**grace  
marriage**  
gracemarriage.com

**Could your marriage use some refreshment? Whether you've been married six months or sixty years, every marriage needs tending in order to grow.**

It's not too late to be a part of Grace Marriage, a new marriage enrichment opportunity at Mary Queen that will continue throughout the rest of this academic year. Grace Marriage is based on a simple idea: Four (now **three**) focused (and fun!) half-day Saturday mini-retreats over the next school year, in which married couples gather together to celebrate and strengthen their marriages.

The four mini-retreats will be held at Mary Queen on the following days:

Saturday, September 9, 2023 (9am-1pm) **-already held**

Saturday, November 11, 2023 (9am-1pm)

Saturday, January 20, 2024 (9am-1pm)

Saturday, April 20, 2024 (9am-1pm)

Cost: \$112.50 per couple for the year\*

For info or to register by **Oct. 27**, scan qr code or see [mqhr.org/gracemarriage](https://mqhr.org/gracemarriage)

\*Financial aid is available

\*\*Childcare is optional but available







## *Frequently Asked Questions*

### **What is Grace Marriage, anyway?**

A ministry concept originating in Owensboro, KY, that is spreading in congregations around the country. Four times a year, husbands and wives meet with other couples in various stages of life to explore different aspects of marriage. Grace Marriage is an intentional and proactive approach to re-focus on the positives in your relationship. The sessions are not lectures, marriage counseling, or group therapy. You will not be asked to share your deepest secrets. Quite simply, it is a faith-based marriage maintenance model that can revolutionize your relationship. Couples in their 20s to couples in their 80s are involved in Grace Marriage groups and have been incredibly blessed by participating!

### **What happens at Grace Marriage sessions?**

Couples will spend the day with other couples, working through a common workbook with content concentrated on building gratitude and communication in marriage. There is variety of content, with opportunities for laughter, friendship, discussion, nostalgia, games, and individual couple reflections and conversations.

### **Who can attend?**

Any married couple may attend. Couples of all ages have been blessed by participating in Grace Marriage. A couple does not have to be a member of our church to participate.

### **When are the sessions held?**

2023-24 dates are on the following Saturdays from 9am-1pm: September 9, November 11, January 20, and April 20. All sessions will be held at Mary Queen. Refreshments and workbooks are included.

### **What if we can't make all the sessions?**

We know conflicts come up, even those you can't foresee. Even if you can't make a session, you will be provided with the workbook and summary so that you can work through that session's material on your own.

### **Who will we be with?**

You will be in a group with your spouse as well as other couples who want their marriage to grow. 10-12 couples, plus a facilitator couple, will walk through the day's material. Spouses will have personal time together throughout the day to privately discuss the topics addressed. Groups will have mixed ages. Newly marrieds as well as couples who have been married for decades will be involved. Although you will get to know others in your group better, the purpose is to spend time with your husband/wife and focus on your marriage.

### **What about childcare?**

Childcare is available for the sessions. We do ask that couples utilizing the childcare consider, if able, an extra contribution to help defray the cost.

### **What does it cost?**

What does a normal date night cost? \$75? \$100? More? The cost for four *days* of marriage enrichment, including all materials and snacks is just **\$150 per couple total for the 4 sessions**. That is less than 50 cents a day for a year. We encourage you to consider your participation fee as an investment in your marriage.

### **How do we sign up?**

See [mqhr.org/gracemarriage](http://mqhr.org/gracemarriage) to register online. A \$50 deposit is due to confirm your registration (deadline is Aug. 29). If you need financial assistance, email Mike Allen at [mallen@cdlex.org](mailto:mallen@cdlex.org).

### **Still have questions?**

Call Mike Allen at 859-619-8440, or any of the following persons after 5pm: Michelle Lankster 859-533-1393, Bo Lankster 859-533-1243, Amy Brown 859-492-3688, or Marty Brown 859-433-3103.