



# Making Music In Your Marriage

## April 20-22, 2012

### Montreat Conference Center

## Better Marriages North Carolina Retreat

Join us for a fantastic marriage enrichment experience in western North Carolina!

From quality sessions designed to help couples look at their relevant issues, to fantastic local mountain music, dancing and dining where you will connect with other couples committed to their marriages, to exclusive time to enjoy the area's beautiful offerings with your spouse, this is sure to be a weekend to remember.

The weekend's program will be using a variation on the "Making Music in Your Marriage" theme developed by Jamil Muhammad and Nisa Muhammad. Our team of expert resources and engaging presenters will be on hand to lead you and your spouse through helpful activities.

### Program details

Retreat kicks off on **Friday at 7 p.m.** Couples will need to have dinner prior to coming to Montreat, but will enjoy a light dessert and social time following the first workshop.

The retreat continues on **Saturday morning at 9 a.m.** with two workshops. Lunch will be provided to all retreat participants. Saturday evening's featured event with dinner, live music and dancing will begin at 6 p.m. for all who select the full registration option.

**Sunday morning will begin at 8:30** with an optional worship service followed by the final workshop and the statewide membership meeting. **All activities will conclude by 11 a.m.**

### Friday

On Friday night, **Roberta and Hal Melton** will give a preview of our weekend program theme, "Making Music In Your Marriage."

The engaging experience then continues with **Elaine and William Matthews**, who will ask couples to focus on communication. In their session "It Takes Two, Baby," they will help couples build a healthier, stronger relationship through effective communication and music.

### Saturday

Saturday morning will give couples the opportunity to select two tailored sessions dealing with the important issues of conflict and creating intimacy.

All retreat registrants will be provided with lunch on Saturday at Montreat. Couples will have time in the afternoon to reflect on their experiences as well as take advantage of local excursions. This is the perfect time to enjoy each other's company as you walk the local trails, venture into Asheville, or visit the Biltmore estate.

Saturday's activities will culminate in a festive and engaging Saturday evening experience, complete with great food and live music! After a delectable dinner of barbecue with fixin's (vegetarian option available), we will be treated to the popular local Stony Creek Boys Band with caller Glen Bannerman.

These outstanding entertainers are known for their energetic mountain music! This special time will be the perfect opportunity to mingle with others who are dedicated to their marriages while having some fun on the dance floor.

## Sunday

Following an optional worship service, couples will benefit from one last session on Sunday morning addressing commitment to growth.

**Roberta and Hal Melton** will lead a workshop on “Aint’ No Mountain High Enough,” where they will help participants focus on how they can make a commitment to grow together.

## Accommodations

We are thrilled to make available a limited number of private rooms at the lovely Assembly Inn at the Montreat Conference Center!

Currently we can offer couples a stay of two nights with full accommodations. Wake up in your relaxing room, enjoy a delicious breakfast and take advantage of the convenience of staying at the same location as the retreat.

**Please note: space is limited to the first 40 registrants, and this two-night onsite accommodation is only guaranteed to be available through February 13.**

**BE SURE TO RESERVE YOUR ROOM WITH US NOW WHEN YOU REGISTER FOR THE RETREAT!**

## One-Day Registration Option

Of course, we realize that some of you might not be able to attend the great Saturday evening event and the inspirational Sunday morning program. We do still want you to take advantage of whatever you can from the program! That is why we are offering a one-day option.

If you can only commit to spending Friday night and Saturday with your spouse, then please still sign up and register for the one-day option. We do not want you to miss out on the wonderful take-home benefits that you can still receive before having to leave on Saturday afternoon.

*A block of rooms have been held at the Comfort Inn for Friday night and Saturday morning participants. The hotel is located about 3 miles away in Black Mountain. Contact the Comfort Inn at (828) 669-9950 for reservations.*

## Saturday Workshop Options

Couples will be able to select two workshops on Saturday morning. Participants can choose to attend one of the following workshops focusing on conflict:

—“R.E.S.P.E.C.T. Find Out What it Means to Me” will be led by **Sylvia and Eddie Robertson** and focus on how to fight fair with the one you love

— “Everybody Hurts Sometimes” will be led by **Johnne and Jim Armentrout** and focus on dealing with crisis situations that can arise in marriages

—“Can’t Buy Me Love” will be led by **Lana and Jim Wheatley** and explore the role of money in marital conflict

—“Don’t Go Breaking My Heart” will be led by **Leslie and Jim Rhodes** and help couples examine approaches to dealing with conflict

Later on Saturday, couples will also select one of the following sessions to focus on creating intimacy:

—“O Perfect Love” will be led by **Ginny and Pete Rowlett** and explore how to become closer to your spouse through spirituality

—“Let’s Do It, Let’s Fall In Love” will be led by **Joan and Rich Liversidge** and will help couples fall in love all over again and revisit what made them first fall in love

—“I’m Hooked on a Feelin’” will be led by **Vernita and Ken Griffith**, where they will help couples think about planning fun activities to keep expressions of affection flowing naturally

—“Can You Feel the Love Tonight” will be led by **Linda and Bill McConahey** and focus on moving intimacy from outside to inside the bedroom

*Register online now!*

*Visit [www.bettermarriagesnc.org](http://www.bettermarriagesnc.org).*



*Registration is also available now online!*

*Visit [www.bettermarriagesnc.org](http://www.bettermarriagesnc.org) to register and let us know you are coming!  
Or fill out this form and mail it with your check to the retreat registrar.*

### **Registration Form**

Your first and last name: \_\_\_\_\_  
Your spouse's first and last name: \_\_\_\_\_  
Your address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Telephone number: \_\_\_\_\_  
Email address: \_\_\_\_\_

Please select your Saturday workshops. Choose one from each session:

Session 1: Coping with Conflict	
<input type="checkbox"/>	"R.E.S.P.E.C.T. Find Out What it Means to Me"
<input type="checkbox"/>	"Everybody Hurts Sometimes"
<input type="checkbox"/>	"Can't Buy Me Love"
<input type="checkbox"/>	"Don't Go Breaking My Heart"

Session 2: Creating Intimacy	
<input type="checkbox"/>	"O Perfect Love"
<input type="checkbox"/>	"Let's Do It, Let's Fall In Love"
<input type="checkbox"/>	"I'm Hooked on a Feelin'"
<input type="checkbox"/>	"Can You Feel the Love Tonight"

Select your registration option:

Full Retreat Registration:

- \$150 before Monday, February 13, 2012  
 \$190 after Monday, February 13, 2012

One-Day Registration (does not include Saturday evening event or Sunday program):

- \$95 before February 13, 2012  
 \$115 after February 13, 2012

Stay at Montreat:

Reserve your accommodations for two nights in a private room for two at Montreat's Assembly Inn, site of the Better Marriages retreat. **Please note: we can only make rooms at Montreat available until Feb. 13, so be sure to reserve your room when you register now!** In addition to full accommodations, those staying onsite will enjoy delicious breakfasts and full access to conference center grounds and amenities. Unfortunately, we do not currently have the option to offer stays of only one night.

- \$208 includes two nights for one couple with full amenities and breakfasts on Saturday and Sunday mornings

Breakfast for Commuting Guests:

For those couples not staying at Montreat, you have the option of eating breakfast at the conference center. Breakfast will only be served from 7:30 to 8:30 a.m., so please consider the timing when opting to have the meal onsite with the retreat. Purchasing this option will pay for one morning's breakfast for two people **Please note: for those selecting to stay at Montreat, breakfasts for two on Saturday and Sunday mornings have been included, so you do not need to purchase this separately.**

- \$15.50 Saturday breakfast for two  
 \$15.50 Sunday breakfast for two

Checks should be made payable to **Better Marriages North Carolina.**

Please mail your registration with enclosed payment to Janet Doughty, Registrar, PO Box 33605, Raleigh, NC 27636.

*Questions? Call (919) 786-0681*