

HEART-TO-HEART A COUPLE'S ENRICHMENT WEEKEND RETREAT

February 12-13-14, 2010

**Friday Evening - 7:45 PM
through
Sunday Afternoon - 4:00 PM**

A retreat for couples, sponsored by Unity Church - Unitarian, will be held at **Koinonia Retreat Center** from Friday evening through Sunday afternoon. Koinonia is an 80-minute drive northwest of the Twin Cities metro area (near South Haven, MN), located on 90 wooded acres. Our annual Heart-to-Heart weekends have been offered since 1994 and are usually filled, so please make reservations soon! The retreat is patterned on the well-known Marriage Encounter program and, although our presentations come from a Unitarian-Universalist perspective, the opportunities extend far beyond any boundaries of faith. All persons, regardless of faith or church preference are welcome.

All couples committed to their partners and to their relationships are welcome -- same-sex and opposite-sex, married and unmarried.

This will be an opportunity to **focus on your relationship** and to deal with important issues that may be skipped over in daily living. This weekend experience is designed to enrich the communication and intimacy of your relationship by emphasizing personal reflection and couple dialogue. A team of experienced Unitarian-Universalist volunteer couples will lead you through a series of presentations. **Participants are not asked to share with the group**, but rather, to spend time writing in their journals and then talking privately with their partners. Former participants have said that their weekends stand out among the most meaningful gifts they have given to themselves, and their experiences have been an affirmation of the importance of their relationships and their love for each other.

The retreat is a complete program that includes **full days and evenings of activities**. (Approximate hours are: Fri 7:45 PM to 11:00 PM; Sat 7:30 AM to 11:00 PM; Sun 7:30 AM to 4:00 PM.) The structure incorporates a series of presentations by team couples, personal written reflection, and private couple's dialogue. There will be a short block of free time late Saturday afternoon for you

to enjoy the nature trails or to relax. This is a casual weekend, so dress/pack informally. Our group has reserved the entire "Retreat House" building where you and your partner will have a private sleeping room (shared bath).

Space is limited to the first 15 couples who send in their completed registration forms and payments. After our weekend fills, we will maintain a waiting list for use in case of last-minute cancellations. The cost includes two nights lodging, five meals Saturday and Sunday, and program expenses. Because of our Koinonia contract obligations, **retreat registrations canceled after January 7, 2010, cannot be refunded** unless an alternate couple is found.

Thanks to the generosity of previous participants, **Scholarship Assistance is available.** If the weekend cost is too high and would prevent your being able to attend, please don't hesitate to contact us.

Weekend Cost: \$385 per couple
Includes: 2 nights lodging; 5 meals
Scholarship Assistance is available

Registration:

Space is limited to: 15 couples
Reservation Deposit: \$100
Full Payment Due:
H2H 2010--January 7, 2010
If space is available, we will accept your registration until the retreat begins. Visit our website or call to check on available space.

Checks payable to: **Unity Church-Unitarian**

Mail to: Allen Desmond
4701 East 37th St
Minneapolis, MN 55406

Retreat Leaders:

*Cheri Desmond May & Allen Desmond 612-722-3304
*Sue Harrington & Terry Miller 952-404-8257
*Susan Hoffman & Nancy Gossard 612-824-4196

E-Mail:

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