

Alpha Marriage



Course

*is coming to the
Church of the Messiah
and YOU are Invited*

When will it begin: January 8, 2012 – February 19, 2012
5:30 p.m. – 7:30 p.m.

Location: Church of the Messiah – 12201 Spotswood Furnace Ln.
Fredericksburg, VA 22407

What is Alpha Marriage?

The Marriage Course consist of seven sessions where you will be served coffee, tea, snacks and dessert at a romantic table for two while listening to practical marriage course talks that are informative and fun. There is never any group work and you will never be asked to share anything about your relationship with anyone other than your partner.

Subjects include:

- Understand each others needs
- Communicate more effectively
- Grow closer through resolving conflict
- Heal the ways you've hurt each other
- Recognize how your upbringing affects your relationship
- Develop greater sexual intimacy
- Discover each others love language and much more!

The aim of the marriage course is to help couples grow closer and build a healthy relationship that will last a life time.

Who is it for?

The marriage course is for any couple, who want to invest in their relationship, whether you have been together for one year or 61 years and whether you feel you have a strong relationship or are struggling.

For more information contact: Matt and Betti Small at 540-752-9368

Register on-line, or the sign-up sheets located in the Narthex and Fellowship Hall

Child care and Programs for children and teens will be available.