



Pathways to the Heart: A Getaway Weekend for Your Marriage

February 14 - 16, 2014
Sea Palms Resort
St. Simons Island, Georgia



Presented by:
The Georgia Chapter of Better Marriages



Getaway Schedule

Friday, February 14th

- 2:30-4:30 PM Pre-Conference Workshop: Couples Massage**
(Also see workshop description in workshop L)
- 6:00 PM Registration and Reception**
- 7:00 PM Welcome**
Evening Presentation: "Pathways to My Heart"
- 8:00 PM Break**
- 8:15 PM Fun and Sharing**
- 9:00 PM Evening Dismissal**
Relax, hang out or enjoy the Hospitality Suite



Saturday, February 15th

- 8:00 AM Breakfast buffet**
- 9:00 AM Morning Session**
- 9:45 AM Morning Workshops**
- **"Beginning the Path: Introduction to Better Marriages" (Workshop A)**
Charles and Jenny Whaley
This class is highly recommended for all couples that are new to Marriage Enrichment and/or Better Marriages This workshop is an introduction to relationship principles and skills that are the hallmark of Better Marriages.
 - **"Growing Through Life's Transitions" (Workshop B) *WORKSHOP IS FULL***
Kay Palacko and Marty Platzer
Pathways to the heart involve numerous twists and turns....these twists and turns may involve transitions. Some of these can be welcomed, while others are not. This workshop will focus on the ways transitions can be used for growth rather than obstacles on our marriage journey. Kay and Marty will act as guides so the pathways to the heart can be smoother and bring us closer.
 - **"A Roadmap to Securing Your Finances" (Workshop C)**
Dave and Luanne Gilmore
Perhaps the most familiar conflict in marriage, tense money arguments and failed expectations are as common as potholes on a neglected highway. This workshop will offer practical, straight talk about money matters, budgeting, and how to effectively discuss finances at home without anxiety or arguing. Regardless of how bad it might be, there's hope!
 - **"Sexual Intimacy: A Gift To Each Other" (Workshop D)**
Jack and Lana Snellgrove
Couples will explore the meaning of intimacy and the relationship between sex and intimacy. Using an intimacy assessment, they will affirm strengths and identify areas of growth. The workshop will provide an opportunity for the couple to dialogue knee to knee about their relationship, their wants, needs, and hopes for the future. Couples will leave with new insights and resources that will lead to greater exploration in their sexual relationship.
 - **"The Happy Secret to a Better Marriage" (Workshop E) *WORKSHOP IS FULL***
Roberta and Terry Heinlein
90% of long-term happiness is predicted not by the external world, but by the way we process the world, according to psychologist, Shawn Achor. Using Shawn's book, The Happiness Advantage, Terry and Roberta have applied this to marriage—for a better marriage. We'll

participate in five activities to promote happiness and improve success in your marriage.

- **"The Gift of Presence: The Miracle of Dialogue" (Workshop F)**

Eddie and Sylvia Robertson

This class teaches advanced Better Marriages skills and is not necessarily recommended for couples that are new to Better Marriages

Couple Dialogue is a Hallmark of Better Marriages. Couples in the workshop will generate an agenda of topics currently important to them. Couples will participate both as dialoguing couples and as part of the supportive listening group. Couples may experience cross learning from each other and be able to ask questions about the process.

11:45 AM Lunch on your own and Couple Time to enjoy St. Simons Island

4:30 PM Afternoon Workshops

- **"Speak to My Heart: The 5 Love Languages" (Workshop G)**

Charlie and Debbie Parsons

Learn the path that leads directly to your spouse's heart. Speak to them so that they can hear the "I love you's". Share the way to your heart as well. By learning each other's "Love Language" you will be able to speak emotionally by doing simple everyday things.

- **"Heartfelt Paths to Resolving Conflict" (Workshop H)**

Jim and Lana Wheatley

Every marriage relationship has conflict – even the most loving ones! In this workshop, you will find pathways to move closer through resolving conflict creatively. We will explore some heartfelt approaches to anger and how to process your differences in a loving way. You will experience using conflict as an opportunity to better understand what makes your partner tick by learning to watch, listen, and learn more about each other. Utilizing proven techniques to resolve conflicts in a heartfelt, loving manner will improve your marriage throughout its lifetime.

- **"Parenting and Growing Together" (Workshop I)**

Leigh and Zach Martin

When was the last time you had a conversation about parenting with your spouse? We know it's difficult to balance the responsibilities of raising children while maintaining a healthy marriage relationship. This workshop will help couples connect with each other by sharing strengths and growth areas in our parenting roles and responsibilities. We will also explore pathways to sharing and clarifying responsibilities of childrearing. Lastly, the workshop will help couples set goals for balancing parent time with couple time.

- **"The Blended Family: Stepping-Stones and Crock Pots" (Workshop J) *WORKSHOP IS CLOSED***

Georgeann and Rick Pharris

This workshop explores the trials and challenges of making your marriage stronger while integrating a step-family. When step-family life gets tough, remaining dedicated to your commitment can be a day-to-day decision. We will discuss some of the tools to help make step-families whole and healthy. The primary source for this discussion is a book written by Ron Deal, *The Smart Step-Family: Seven Steps to a Healthy Family*.

- **"Keeping Love Alive" (Workshop K) *WORKSHOP IS FULL***

Greg and Lydia Meadows

The day to day world can get in the way and hinder the growth of our relationship. It is romance that keeps the fire of desire and love growing. We will explore our beginning and seek ways to cherish the gift of one another's love. Love should be active and not just feeling. Romance is the action, it is what we do for one another that shows and says "I Love You!" Join us as we come to this special place and seek to see our love grow.

- **"Massage: The Gift of Touch" (Workshop L)**

Mary and Tim Hart

Enjoy couple time while learning basic massage techniques that will bring you closer. Learn a powerful non-verbal communication method. During this session, couples will learn about the importance of touch and the value to their relationship, and how touch affects both the physical and emotional aspects of each person. Couples will experience the benefits of a 15 – 20 minute neck and back massage by their partner. There will be ample opportunity to dialogue about their experiences. *Couples will need to bring a pillow*

7:15 PM

Evening Fun featuring:

Low Country Buffet

Island Sound Entertainment

Comedian Billy Bice

Sunday, February 16th

7:30 AM

Breakfast and Early Remote Checkout

8:45 AM

Christian Worship Service (*optional*)

9:30 AM

Morning Session and Closing Celebration

11:00 AM

Check-Out

Registration Form – Weekend Getaway 2014

February 14 - 16, 2014

You may also register and make payments ONLINE at www.BetterMarriagesGA.org

Names: (his) _____ (hers) _____
Address: _____
City: _____ State: _____ Zip Code: _____
Phone: _____ Anniversary Date _____
Email Address: (his) _____ (hers) _____
Any special requests? Please explain: (i.e., Handicap Accessibility, Special Dietary needs, etc):

To help us better plan for future getaways, please answer the questions below:

- Are you new to Better Marriages? Y / N
- Is this your first Getaway Weekend? Y / N
- How did you hear about the Getaway? _____
- Please submit your favorite 2 love songs, which may be played at the Saturday night dinner/dance:

Registration: \$225 _____ Pay Online or _____ Check Enclosed
Registration includes all sessions and workshops, breakfast Saturday and Sunday, and dinner/dance on Saturday night.

Friday Afternoon Massage Workshop

Will you be attending the Optional Preconference Workshop "Massage: The Gift of Touch" on Friday afternoon? (Firm commitments only, please) **YES** _____ **NO** _____

Workshop Registration

Put "1" by your first choice and "2" by your second choice for both morning and afternoon sessions:

Morning Workshop

- A - "Intro to Better Marriages"
- B - "Growing Through Life's Transitions"
- C - "A Roadmap to Securing Your Finances"
- D - "Sexuality: Our Gift To Each Other"
- E - "The Happy Secret to a Better Marriage"
- F - "The Gift of Presence"

Afternoon Workshop

- G - "Speak to My Heart"
- H - "Heartfelt Paths to Resolving Conflict"
- I - "Parenting and Growing Together"
- J - "The Blended Family"
- K - "Keeping Love Alive"
- L - "Massage: The Gift of Touch"

Please Make Check Payable to:
Better Marriages Georgia

Mail check and this form to:
Cleve & Joy Kiser
125 Winterthur Court
Fayetteville, GA 30214

Refund Policy (TBD):

Conference registration is accepted up to February 8th. Refunds of full registration can be returned on or before January 31st. For cancellations from February 1st through February 7th, only a \$50 refund can be given due to meal commitments. No refunds on or after February 8th.

You may make payment ONLINE at www.BetterMarriagesGA.org

We use the PayPal system. You do not have to be a member of PayPal to use this. PayPal is secure.

You will receive confirmation of your payment by email from PayPal. Better Marriages will also send you confirmation that the payment has been received.

Hotel Information

February 14 - 16, 2014

To reserve your hotel room, make your reservations at
1-800-841-6268



Ask for the "Better Marriages" rate of \$129 per night plus tax
Military couples may inquire about an additional discount

Rooms at this rate are guaranteed only through January 15, 2014



Visit <http://www.seapalms.com> for more information
about the hotel accommodations

Questions about the Getaway Weekend?

Contact Cleve & Joy Kiser at (770) 461 - 5542 or email us at getawayinfo@bettermarriagesga.org