



## The Marriage Course

During May and June 2017, St Thomas's Church, Lancaster will be offering the Marriage Course. Each evening starts with time to relax together over dessert and coffee at a candlelit table for two. Talks will be presented on DVD by Nicky and Sila Lee, with lots of opportunities to talk as a couple. Each couple's privacy is respected as there is no group discussion and no requirement to disclose anything about their relationship to anyone else.

**Who's it for?** The seven-session course is for any married or cohabiting couple, whether their relationship is strong or they feel that they are struggling. The course, while based on Christian principles, is very helpful for any couple with or without a Christian faith or church background.

### Topics Covered

- Building Strong Foundations
- The Art of Communication
- Resolving Conflict
- The Power of Forgiveness
- The Impact of Family
- Good Sex
- Love in Action

**Course Dates:** Thursday 18th May – 29th June 2017

**Times:** 7.45-10pm at St Thomas's Church, Lancaster (pre-dinner drinks from 7.15pm)

**Cost:** £20 per couple as a contribution towards the cost of food and course manuals. Bursaries are available – please contact us and we will be pleased to discuss this option.

**Booking:** To reserve your place on the course, please complete the form overleaf, and return to the St Thomas's Church office along with a £20 deposit (cheques payable to *St Thomas's PCC Lancaster*). Places will be allocated on a first-come, first serve basis, and bookings must be received by 12th May. If you have any queries, please contact us on [admin@st.tees.org.uk](mailto:admin@st.tees.org.uk) or Tel. 01524 590 410.



# Marriage Course Booking Form

Names

---

Preferred means of contact for further course details –  
e-mail, phone, etc:

---

---

We will be present at all the sessions (Y / N)

We will miss the following sessions:

---

We enclose a cheque for £20 made payable to 'St  
Thomas's PCC Lancaster'

We have the following dietary requirements (vegetarian,  
gluten-free, dairy-free, etc):

---

Please return to the St Thomas's Church Office, Marton St.  
Lancaster LA1 1XX by 12th May 2017

## Comments from previous courses

'We learnt to communicate more effectively and understand each other more'.

'We began to understand the reasons we are the way we are; family influence, 'love languages etc'.

*'We enjoyed having time for us to talk and explore issues as a couple'.*

'We appreciated getting to understand one another's needs'.

**'It has helped us to talk about things we just ignored before.'**

*We so enjoyed having time together to really talk, laugh together and have an impetus to go into the week with. The presentation was great and having a meal together (fantastic quality food) was another highlight.*

**NOT AT ALL EMBARRASSING - I WILL RECOMMEND IT TO FRIENDS.**

*Gives the space and time to be met where each couple is at. Very unassuming.*

***The course more than met my expectations – Can't fault it.***

The marriage course is excellent and completely non threatening. We had been married for over 12 years and felt our marriage was strong. Doing the marriage course made it stronger and much more harmonious. I think all couples should do it



**ST THOMAS**  
**CHURCH LANCASTER**  
SHARING GOD'S LOVE FROM THE HEART OF THE CITY