

BEN LOMOND QUAKER CENTER invites you to:

Couples Enrichment

with Kathy and Jeff Richman

April 19-21, 2013



“When we engage in our relationship in a conscious and intentional way, we build the Peaceable Kingdom beginning in our own home. We can then share that power in our meetings, the community, and the world.”

--An experienced Couples Enrichment leader

This program is open to any couple in a committed relationship. In the sessions, we will celebrate the joys of our lives as partners, work to improve communication, and learn how to use areas of conflict as an opportunity to grow as a couple. At the heart of a couple enrichment workshop is learning the couple dialogue process. It is a time of rich sharing in a loving and supportive environment.

The program is not therapy. It is intended for couples with a strong commitment to each other who want to improve and enhance their relationship. The workshop emphasizes creating a trustworthy and comfortable community, learning concepts and skills, and giving couples the time and space to focus on each other. Some sharing is expected, but no one has to share on any particular topic. Much of the couple's work is done in private. The program is not confrontational, and expectations will be stated to ensure the emotional safety and confidentiality of all participants.

The program will include communication exercises, worship, worship sharing, free time, and some fun! You will be able to focus on your partner and on your relationship for an entire weekend.

ABOUT THE PROGRAM LEADERS:



Jeff and Kathy have been a couple for the past 34 years. He is a school nurse; she is a retired teacher. They live in Salinas, California, and have two grown daughters. They first participated in a Friends General Conference-sponsored Couple Enrichment workshop in 1994 and took the leadership training the following summer. They have led and co-led workshops at Quaker Center, at the FGC Gathering, and at a Friends Meeting in Seattle. They feel that their own relationship has benefitted greatly from this experience. They enjoy singing and outdoor activities.

Name(s): _____

Mailing Address: _____

Phone: _____ E-mail _____

I/we plan to pay \$ _____/person on the \$160 - \$240/person sliding scale. (More on this below)

Medical or ethical dietary restrictions: _____

Accommodation or mobility concerns: _____

----- Detach Here and Return -----

TO REGISTER, fill out the form above and send it to the address below.

Check-in is from 4 PM to 6 PM. Dinner is served at 6 PM and the program concludes about 2:30 PM on Sunday after final cleanup. We no longer require a deposit with your registration. We trust that you will "let your yay be yay" and join us for this program if you register. If you absolutely must cancel, please do so in ample time to save Quaker Center any loss for food costs or having to turn away another participant.

A NOTE ABOUT OUR SLIDING SCALE:

- Comprehensive rate:** The top of our scale covers all our costs. (**\$240/person**).
- Standard rate:** We hope most people will pay at least this amount. (**\$200/person**)
- Special reduced rate:** The bottom to our scale (**\$160/person**).

No one is ever refused access to our programs because of lack of funds. Scholarship support is available; please ask if you are in need.

- ✓ **Accommodations, things to bring, and food:** Sleeping accommodations will be in the Orchard and Redwood Lodges (semi-private rooms). Bring a sleeping bag or sheets and blankets, pillowcase, towel, soap, flashlight, and slippers. Linens may be rented for a modest fee. **No pets, other than certified service animals.** All meals at Quaker Center are vegetarian. Participants take turns working together on meal prep, dish crew, and clean up at the end of the program. **Please tell us in advance if you must leave early** so that we can sign you up for a final clean up task that can be done before you go.
- ✓ **Transportation:** See our website, <http://www.quakercenter.org/directions/> for directions. If you are arriving on the bus let us know and we will provide a shuttle from Ben Lomond or Scotts Valley. We especially **encourage the use of public transportation for this program due to the road detour that will be in place during these dates. Quaker Center will provide shuttles from Scotts Valley and Ben Lomond transit stops.**

DRIVING DISTANCES FROM:

- Los Angeles: 365 miles, 6.5 hours
- Sacramento: 150 miles, 2 hours, 45 minutes
- San Francisco: 90 miles, 2 hrs and 15 minutes
- San Jose Intl Airport: 35 miles, 50 minutes
- Santa Cruz, 12 miles, 25 minutes

PUBLIC TRANSIT:

- **Amtrak:** Take the train to the San Jose Diridon Station
- **From the San Jose Diridon Station:** Take the 17 Express bus to the Cavallaro Transit Station in Scotts Valley.
- **From the Scotts Valley or Santa Cruz:** Take the 35 or 35A bus to Ben Lomond.
- **In Ben Lomond:** Get off at Highway 9 and Main Street and walk or call for a ride.

QUAKER CENTER

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