

“Spending a few enjoyable hours a week with your spouse will do more for your health than the same amount of time at a health club.”

~John Gottman, Ph.D.
Marital Researcher

Weekend Schedule

Friday

7:30-8:45 p.m. Opening Session at
Sierra Presbyterian Church

Saturday

8:45 a.m. Coffee & light breakfast at the
church

9:15 a.m. Saturday sessions begin
Lunch provided

4:00 p.m. Sessions conclude

On Saturday afternoon and evening, you are free to return home, or enjoy time with your spouse. Some groups of couples will be going out to dinner and you're welcome to join a dining group.

Breakout sessions will cover topics such as:

- Sex and Communication
- The Five Love Languages
- Communication in Marriage
- The Secret of Joining--"I'm on Your Side"

Bidwell Presbyterian Church

208 W. 1st Street
Chico, CA 95928
530.343.1484

[Wwww.bidwellpres.org](http://www.bidwellpres.org)

2010 Marriage Retreat



November 5-6, 2010

Sponsored by

Bidwell Presbyterian Church
Adult Discipleship Ministries

Our Retreat Facilitators



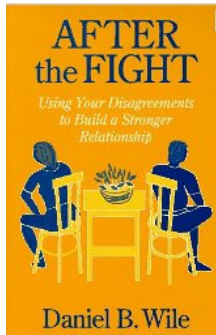
Steve Koch, Ph.D. is a Psychologist who has led numerous marriage enrichment retreats and classes at BPC and other churches. He will be the main presenter along with teaching by Greg Cootsona and elective speakers. Steve and his wife Lynn, “event coordinator,” have been married for 35 years, and have two children.

We will also hear from Greg Cootsona this weekend. Greg is pastor of our Adult Discipleship Ministries. He and his wife, Laura, have two daughters.



YOUR HOST AND LIFE OF THE PARTY...

Steve Schibsted is our Senior Pastor. He and his wife, Leslie, have two children.



Recommended Reading:

In preparation for the retreat, we recommend reading Daniel B. Wile's, insightful book, **After the Fight**. Available for purchase at these online book retailers:
www.Amazon.com
www.bn.com

Retreat Information

COST: \$45 per couple

Price includes snacks, beverages, Saturday lunch and training materials.

Price does NOT include lodging (you will find your own lodging accommodations).

Retreat Sessions:

Our retreat sessions will be held at the Nevada City's Sierra Presbyterian Church, 175 Ridge Road, Nevada City.

Please make your own hotel reservations.

Lodging Suggestions:

We have 35 rooms on reserve for the night of November 5th at the Northern Queen Inn in Nevada City (phone: 530-265-5824)

When you contact them, indicate that you are with the “Bidwell Retreat.”

After October 5th, they are releasing the hold on the rooms, so book early! A second night's stay in Nevada City is optional and it is up to each individual couple to plan and reserve.

For a listing of other hotels, inns and B&Bs in the Nevada City area:
visit www.nevadacitychamber.com

How to Sign Up:

1. Make/pay for your own room reservation for the night of 11/5. Some couples will also be staying the night of 11/6 as an option, however, the scheduled program will conclude by 4pm on Saturday, 11/6.
2. Complete the registration below and turn in to the church office with your payment. (make checks payable to BPC)
3. Start arranging child care, if you need it.
4. We will contact you closer to the retreat date with final details.

Marriage Retreat Registration

Husband's Name _____

Wife's Name _____

Address _____

City _____

Zip _____

Phone _____

Email _____

For Office Use Only

Amount received _____

Cash/Check# _____