

**“A VALENTINE’S DAY GIFT TO EACH OTHER”
FOR COUPLES**

**10:00 AM TO 4:00 PM SATURDAY, FEBRUARY 14, 2015
AT FRIENDS CENTER**

Give yourself and your partner the gift of a day just for the two of you to explore:

What are you grateful for?

How can I help you know yourself better?

What sadness do you feel some days?

How can I be more genuine with you?

What worries do you carry?

What are you grateful for?

After Pat and Brad have welcomed you and given an overview of the day, they will have a conversation on a topic prompted by one of the questions listed above; or perhaps by something said as we introduced ourselves as couples.

Each couple will have time for a private conversation on some topic of their choosing, again prompted by one of the questions above, or by something said by someone else.

It is a good idea to start out with something about which you are very grateful in your relationship.

Next we gather as a whole group to hear how the previous activity was experienced by others.

Gathering in groups of three couples we continue our conversations with the support of attentive and confidential listening by the other couples. We will have a break for lunch.

We will continue these small group conversations with breaks to review our experiences.

Patricia McBee and Brad Sheeks, who bring forty years of experience with the Couple Enrichment Program of Friends General Conference will guide the day’s activities.

While there is no registration fee, we will ask for a contribution to cover costs including child care if needed.

For further information or to register, contact Brad Sheeks at bsheeks@verizon.net or Patricia McBee at pmcbee@juno.com or call them at 215-349-6959.