

# Heart to Heart 2014

**A Weekend Retreat for Couples to enrich and strengthen your relationship.**



**Heart to Heart** - a retreat for couples, sponsored by The Fox Valley Unitarian Universalist Fellowship, will be held on **Friday, October 24th – Sunday, October 26th, 2014** at The Pilgrim Center in Ripon, WI.

The Pilgrim Center is located on beautiful Green Lake and is a 75- minute drive from the Fox Valley and less than two hours drive from the Milwaukee area.

The Heart to Heart retreat is open to all couples committed to each other and their relationship. As couples, you are welcome to the Heart to Heart Retreat if you are married or unmarried, same-sex or opposite-sex.

The retreat is an opportunity to **focus on your relationship** and to deal with important issues that arise in your day-to-day lives. Heart to Heart is designed to enrich the communications and intimacy of your relationship using written personal reflection and private conversation with your partner. **Participants are not asked to share with the group.**

Throughout the weekend, a team of experienced volunteer couples will lead you through a series of presentations. The information provided is appropriate for couples of all faiths. The retreat is a weekend long program that includes full days and evenings of activities. (*Approximate program hours are: Fri 6:30 PM to 10:00 PM; Sat 7:30 AM to 10:00 PM; Sun 7:30 AM to 2:00 PM*).

There is a scheduled short block of free time late Saturday afternoon for you to enjoy the outdoors and/or to relax. This is a casual weekend, so dress/pack informally. Our group has reserved the entire "Retreat House" building where you and your partner will have a private sleeping room, most with a shared bath.

**Space is limited to the first 15 couples** that send in their completed registration forms and full payments. The cost includes two nights lodging, five meals Saturday and Sunday, and program expenses.

***The following are excerpts from the evaluations of previous Heart to Heart participants:***

*"The focused and uninterrupted time as a couple was extremely valuable."*

*"The well-crafted structure of the weekend made me comfortable enough to share my deepest feelings with my partner."*

*"The amount of time we had together to discuss the topics was fantastic. This was exactly what we needed right now."*

*"Having time alone with my wonderful husband - no kids, no house, no meals, no 'should do's'."*

*"The one on one time with my partner was a rare opportunity to focus on our relationship free of distractions."*

*"Having this time to specifically focus on aspects of the most important relationship in my life has been life-changing. It is surprising, and sad, but I have never done this much direct thinking about my marriage for this amount of time."*

***\*Please note: For couples in severe crisis the retreat may not be appropriate; it is not a substitute for therapy.***

# The Fellowship

a Unitarian Universalist congregation

We are a liberal religion and a vibrant community welcoming all who wish to grow spiritually, no matter what your background. Unitarian Universalism includes people who are inspired by Christianity, Buddhism, atheism, agnosticism, Hinduism, Humanism, Judaism, Islam, Paganism, and other diverse and divergent spiritual inclinations. As a faith, we don't identify exclusively with any of these, but offer ways of deepening spirituality on whatever path each individual chooses.

The guiding principles that we affirm and promote are:

- The inherent worth and dignity of every person
- Justice, equity and compassion in human relations
- Acceptance of one another and encouragement of spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and society at large
- The goal of world community with peace, liberty and justice for all
- Respect for the interdependent web of all existence of which we are a part



The Fox Valley Unitarian Universalist Fellowship is a Welcoming Congregation, which means we affirm same-sex marriage and the equal rights of gay, lesbian, bisexual, and transgender people. ALL are welcome here.

## **The Fox Valley Unitarian Universalist Fellowship Mission Statement:**

Welcoming, Growing, Leading  
Welcoming everyone  
Growing in mind and spirit  
Leading in social justice

**For more information about The Fellowship please visit <http://fvuuf.org>**



## Heart to Heart Retreat 2014

### **Weekend Cost:**

\$395 per couple, which includes 2 nights lodging, 5 meals and all programming.

### **Registration:**

Registration forms are available by request at email [h2hfvuuf@gmail.com](mailto:h2hfvuuf@gmail.com)

Space is limited to: 15 couples

Reservation Deposit: \$100 minimum

**Deadline** and Full Payment Due: August 1, 2014

Reservations are on a first come/full payment basis

Checks payable to: ***Fox Valley Unitarian Universalist Fellowship***

Mail to: c/o Heart to Heart

P.O. Box 1791 Appleton, WI 54912-1791

Due to our contract obligations with The Pilgrim Center, **registrations canceled after August 1, 2014 will not be refunded** unless an alternate couple is found.

### **Leaders:**

Tim Watson & Pete Smaby

Beth & Bart De Stasio

Cheri Bricco & Paul Reiser

For further retreat information, please email us at [h2hfvuuf@gmail.com](mailto:h2hfvuuf@gmail.com)



## HEART-TO-HEART

A COUPLES' ENRICHMENT WEEKEND RETREAT

October 24 – October 26, 2014

Friday – 6:30 PM to Sunday – 2:00 PM

Pilgrim Center, Green Lake, WI

[h2hfvuuf@gmail.com](mailto:h2hfvuuf@gmail.com)

**Cost: \$395.00 per couple**

**Payment and Registration Information:**

Please make checks payable to:

*Fox Valley Unitarian Universalist Fellowship*  
**(Please include Heart to Heart in the memo line)**

Mail this completed form and payment to:

*FVUUF – Heart to Heart Retreat*

*PO Box 1791*

*Appleton, WI 54912-1791*

(Please use back of form, if you need more space)

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**Couples' Names:**

**Address(es):**

**Email Address(es):**

**Telephone Number(s):**

**Emergency Contact(s):**

**Please note any special needs or limited mobility to allow us to provide for your full participation:**

**To assist us as we plan this and future retreats, we would appreciate your answers to the following:**

Where did you hear about this retreat (if a church, please specify)?

How long have you been in this relationship?

What do you hope to gain by attending this retreat?

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A minimum deposit of \$100 is due with your registration with the balance due by August 1st. If the retreat fills, we will maintain a waiting list for use in the event of cancellations. If space does not become available, you will receive a full refund.

- Because of our retreat center obligations, registrations cancelled after August 1, 2014 cannot be refunded unless an alternate couple is found.
  - Space is limited to 15 couples. If space is available, we will accept registrations until the retreat begins.
  - Pilgrim Center will be serving delicious vegetarian meals during the weekend. They will happily accommodate any special food needs with prior notice. There is also a refrigerator and a microwave oven so that those with medically necessary dietary restrictions can store and heat a private reserve of food.
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