

THRIVE! Fall 2019

Five Fridays for Building Healthy Relationships!

October 18th to November 15th
6:30–8:30 pm

Participants choose ONE of the following five-week classes

Classes for Individuals or Couples:

THE ENNEAGRAM AND YOUR RELATIONSHIPS

Have you ever wondered why you gravitate towards some people, or get along with some people and not others? Have you ever wondered why you think and act the way that you do? Using the personality-typing tool of the Enneagram, you will gain a better understanding of who you are, and WHY.

In this class, facilitated by Becka Burke, you will identify your Enneagram personality type, and use this knowledge to dive deeper into your relationships and learn how to navigate them successfully. The Enneagram has historical roots dating back to 500 AD, and while it is not derived from Scripture, your faith journey will be enriched and strengthened because of your greater knowledge of yourself. The Enneagram gives us words, language, and a path – not to put us in a “box”, but rather to help us get out of the box we’re already in. Class fee includes the cost of the Enneagram assessment.

(5 weeks, individuals or couples; faith content: mild)

HEALING THE WOUNDS OF YOUR PAST

Past wounds leave scars. Teacher and author Karla Downing, M.A., LMFT will help you identify your wounds and understand how they impacted you in the past, and continue to impact you in the present. These wounds include those from dysfunction, loss, abuse, abandonment, rejection, divorce, betrayal, and more. We will explore childhood and adult wounds. We will learn about causes of wounds and their resultant scars. We will explore the grief process, guilt, shame, protective defenses, core wounds, core beliefs, coping styles, intimacy struggles, self-validation, life-scripts, forgiveness and personal empowerment. You will learn how to reconstruct your story. There will be interactive exercises and discussion that will provide opportunities for you to apply the concepts to your own wounds.

(5 weeks; for individuals or couples; faith content: moderate)

In addition, on Friday November 22nd there will be an optional art therapy class available for those who want to participate for an additional cost of \$15 (paid later). Presented by special guest Rose Larson, Art Therapy Instructor.

GRACE//TRUTH: *Faith, Sexuality and Gender*

Based on a theologically faithful view of marriage and sexuality, GRACE//TRUTH 1.0 by Dr. Preston Sprinkle is a five-week small group learning experience that introduces Christians to LGBT+ people, teaches the language to use and avoid, and gives practical guidance on how to embody the love of Christ to people who are wrestling with these issues or have differing points of view.

The five conversations are:

- Dear Church: I'm Gay
- Grace/Truth – the Jesus Way
- What is Marriage?
- What Does the Bible Say about Same-Sex Relations?
- Six Relational Do's and Don'ts

Each week of GRACE//TRUTH includes a short teaching video and a number of discussion questions designed to facilitate our small group conversation, which will be respectfully moderated by Don and Alex Flecky. Class fee includes a copy of the book *Grace//Truth 1.0*.

(5 weeks; individuals or couples; faith content: moderate)

Questions? Call Don (714-240-4245) or Alex (714-240-4046)

Classes for Couples Only:

CORNERSTONE MARRIAGE: *Essentials for Building Oneness*

Oneness refers to the bonding of two into one. We do not give up our individuality when we marry, but it is God's plan that husband and wife live in unity and harmony. "Cornerstone Marriage" examines what is required to achieve marital oneness. Compiled and facilitated by Sandi and Mason Dickerson, this class focuses on six "building blocks" or core values for creating marital harmony that lasts. They are presented as "Oneness Value Statements" as follows:

- I value me.
- I value my mate.
- I accept personal responsibility.
- I give and receive forgiveness.
- I communicate honestly.
- I submit and sacrifice.

Class participants are encouraged to concentrate on how they, as individuals, can embrace these values and adapt in ways that will contribute to building oneness in their marriage. This couples class is open to seriously dating, engaged, and married couples.

(5 weeks; couples only; faith content: moderate)

LOVE AND RESPECT

What is Love and Respect? These two words surface in social research and in the Bible (Ephesians 5:33) as the two key ingredients for a successful marriage. The core principle is that love best motivates a woman, and respect most powerfully motivates a man. Research reveals that during marital conflict, reactions are strongest when a husband feels disrespected and a wife feels unloved.

In this class, couples learn how to resolve conflict and motivate closeness by meeting these love and respect needs in each other. You will learn how to deal with the negative reactions of feeling disrespected (men) and unloved (women). Love and Respect is based upon the international best seller by the same title, and this video curriculum led by Dr. Eggerich himself, coupled with experienced facilitators Amber and Michael Descalzo, will help you recognize and stop those negative patterns, and replace them with a positive, energizing cycle in your relationship.

(5 weeks; couples only; faith content: moderate)