



Fall 2022

Five Fridays for Building Healthy Relationships!

- October 7th to November 4th – 6:30pm to 8:30pm – in person classes
- Some classes are for individuals & couples, some for couples only
- Low-cost dinners (i.e.: Costco pizza and salad) at 5:45pm
- Childcare available - newborn to 6th grade – plus BONUS week on 11/11!
- Participants choose ONE of the following five-week classes:

CORNERSTONE MARRIAGE: *Beyond Conflict Resolution - Seven Core Values That Assure Marital Harmony*

Two walls cannot be joined without the cornerstone. “Cornerstone Marriage” focuses on the absolute necessity of building our marriage relationship on the firm foundational principles that join two people together. Seven core beliefs - we call them “Marriage Values” - guide our interactions with our mates. They define who we are as a husband or wife.

MARRIAGE VALUES: Seven Core Beliefs that Shape Our Marital Relationships

1. Oneness In Marriage Requires Constant Cultivation.
2. I Am A Person Of Value.
3. I Value My Mate’s Viewpoints, Opinions and Behavioral Style Preferences.
4. I Openly Share My True Thoughts and Feelings with My Mate.
5. My Thoughts, Feelings And Behaviors Are My Individual Responsibility.
6. Forgiveness Is A Gift, and Refusing To Give It Will Destroy Oneness.
7. Mutual Submission And Sacrifice Are Crucial Oneness Builders.

This interactive workshop will help you become the best marriage partner you can be, by embracing these seven core values - essential “building blocks” - for creating marital harmony and building oneness in your marriage. Compiled and facilitated by longtime marriage leaders Sandi and Mason Dickerson, this couple’s class is open to seriously dating, engaged, and married couples. Class fee includes notebooks.

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

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 Mitch Fierro, our Shepherd for Care and Missions. Class fee includes the book *Grace//Truth 1.0*.

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

HEALING THE WOUNDS OF YOUR PAST

Past wounds leave scars. Teacher, licensed therapist, 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, church disputes, 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 wounds. Class fee includes notebook.

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

COUPLE TALK - Part One - *Cracking the Code to a Deeper Connection*

This workshop-style class teaches couples healthy skills for speaking, listening, and understanding each other. Topics include:

- Listening with Empathy
- Speaking the Truth in Love
- Communicating Effectively
- Really Understanding Each Other

The class includes lots of practice time with your partner. Every couple will benefit from this fun, practical class, whether seriously dating or long-term married! Facilitated by the program authors, Don and Alex Flecky. Class fee includes a workbook for each partner.

Note: This class is a prerequisite for taking CoupleTalk - Part 2, **Handling Conflict**, which will be offered later.

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

THE ART OF MARRIAGE – this class was cancelled due to unforeseen scheduling conflicts for the class leaders.