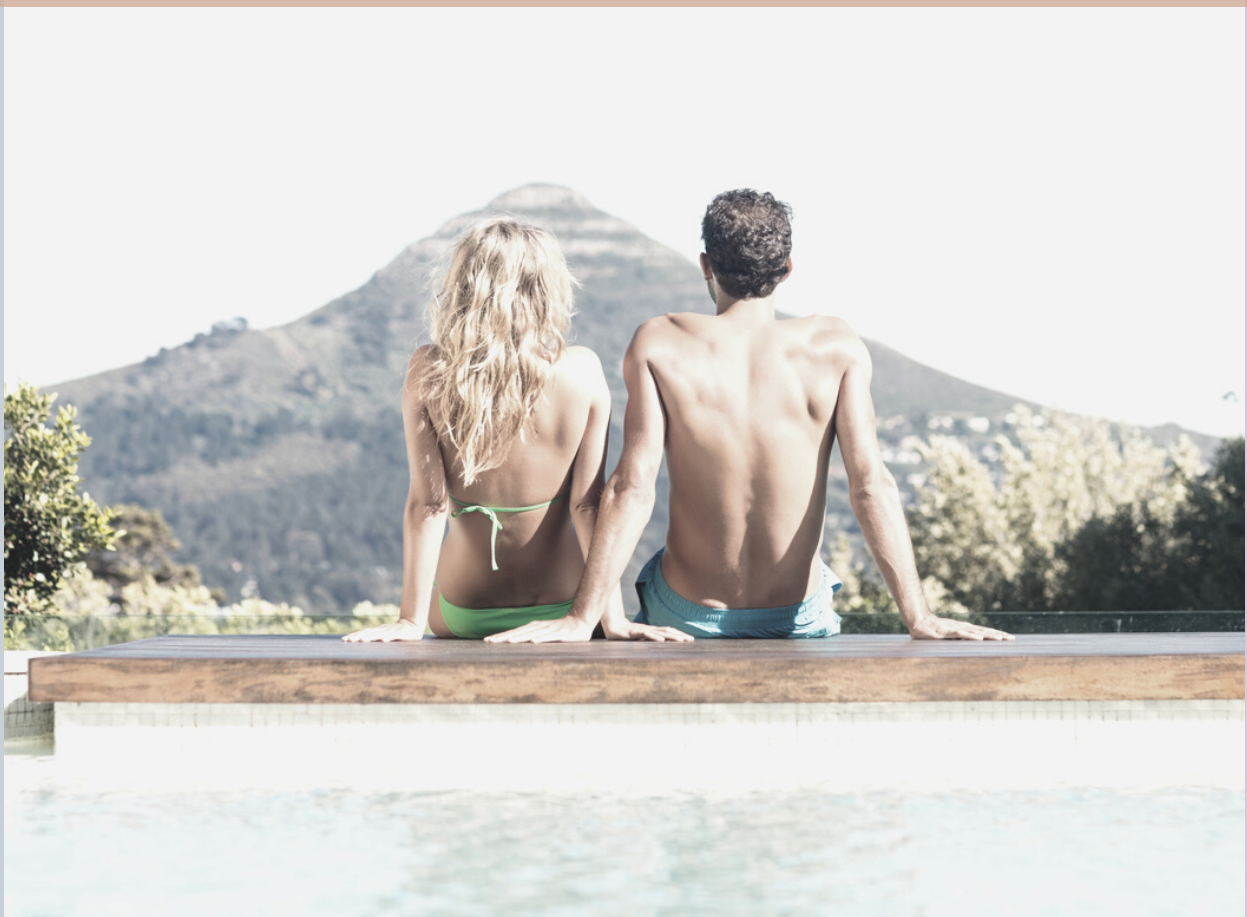




MARRIAGE & GO

**A Guided DIY Marriage Retreat That
Creates Space For Restoration
and Re-engagement**



DONANDRENE.COM

SUN VALLEY CHURCH

Marriage & Go

A Guided DIY Marriage Retreat That Creates Space For Restoration and Re-engagement



How It Works...

- You book 2 nights at a hotel or Airbnb for Friday 26th – Sunday 28th, 2020.
- We'll email you a digital workbook that will guide you through each session.
- There's 4 sessions total: Friday evening, Saturday morning, Saturday evening, and Sunday morning.
- Each session will include a video and is approx 1.5 hours long. This will be a time for you and your spouse to laugh together, worship, learn from Dr. Don and Renee, and participate in an activity that focuses on the health of your marriage.
- In between sessions, do what your marriage needs: sleep, read, exercise, hike, play golf, relax by the pool, get a massage, etc. The goal is to spend time together and re-connect!

Register for free at

marriage.sv.cc

Hey There!

We're Dr. Don + Renee Worcester
Relationship Renovators, Storytellers, Podcasters,
People-Lovers and your new friends who will
celebrate your marriage successes and sit with you in
the messes.

Dear Sweet Friends,

We are so thankful to be a part of the good work Sun Valley is doing in your community. We are so blessed that we can be with you (via video) in this crucial time of your life, navigating changes, family dynamics, and the hurdles you have been given over the past few months. This retreat will look a bit different than what we are all used to. We absolutely love having in-person marriage retreats. However, given the current circumstances, we hope and pray that this shift will give you a break from life and allow space to be created for God to work in your marriage.

We will guide you throughout the weekend and have left plenty of free time for you to meet your specific relationship needs. If you have a billion kids at home and never sleep, you'll have time to relax or nap. If it's been a long time since you and your spouse were intimate with each other, you'll have opportunities to prioritize that. At the heart of all this, we want you to be aware of and prioritize the areas in your marriage that need attention, and we'll help you reconnect. Think of us as your marriage Yoda's. You make the weekend reservations and we'll guide you through the rest!

We want you to know that you are deeply loved, and God has goodness for your marriage. We love people and would love to meet you and stay in touch! Please find us on FB, IG or DonandRenee.com and say hello to us!

- Don and Renee



PACKING LIST & FAQ'S

#1

WHAT SHOULD WE BRING?

1. Your bible(s)
2. Something to write in. Whether it be a journal, notebook, or the note app on your phone. We ask you to participate in activities after each session.
3. Your favorite scented candle - Make it an experience and go buy one together! Research shows that our sense of smell is closely linked with memory (more so than any of our other senses.) We are asking you to bring a candle that has a scent that will create a lasting memory of your time together.
4. Communion items - Bread or crackers and grape juice or wine.
5. Ipad or laptop for watching the retreat videos (don't forget the charger!)
6. A small Bluetooth speaker if you have one (we ask you to turn on peaceful background music during an activity.)
7. Yummy snacks

#2

DO WE HAVE TO GO AWAY TO HAVE A MARRIAGE RETREAT? CAN'T WE DO THIS AT HOME?

You can certainly do this at home, but there's something magical that happens when you carve out time to get away. At home, you're easily distracted by the never-ending to-do list. However, when you intentionally go away, your focus changes, and you're able to be present with each other.

#3

HOW MUCH WILL THIS DIY MARRIAGE RETREAT COST?

This is totally based on your budget. We will not ask you to spend any money besides buying a candle. The hotel reservations and food are totally up to you!

PACKING LIST & FAQ'S

continued

#4

SHOULD WE TAKE OUR KIDS?

Kids are lovely (we like them, really!), but they're big distractions. We believe great marriages don't just happen. They are the result of a consistent investment of time, intentionality, focus, and thoughtfulness. If possible, we highly encourage you to make this a kid-free weekend.

#5

DO WE HAVE TO SPEND THE ENTIRE TIME IN THE HOTEL ROOM TALKING?

Nope. There will be 4 sessions: Friday night, Saturday morning, Saturday evening, and Sunday morning. In between sessions, we want you to do what you need, whether that's sleep, read, exercise, hike, play golf, relax by the pool, get a massage, etc.

#6

HOW LONG IS EACH SESSION?

1.5 hours and will include four parts to do together: laugh, worship, learn and connect.

#7

DO I HAVE TO DO THIS WITH MY SPOUSE?

This may come as a big surprise, but we encourage you to participate in this marriage retreat TOGETHER :)



THE SCHEDULE

Fri Evening Session

What kind of marriage do you desire? There's a place inside of us that wants to be awakened, but we're not sure how to navigate through the hurts. In this session, we invite you to experience connection and understanding with one another.

Sat Morning Session

All marriages are sequels. We all bring our history in relationship with one another. In this session, we invite you into oneness and get you started on how to create a new narrative.

Sat Evening Session

In this session, we help you create a new place in your marriage by inviting you to BYOB - bring your own brokenness. (and we show you how!) As you shift, you will find deep healing and a new way of connecting.

Sun Morning Session

As we wrap up the weekend, we give you tools for transitioning back to real-life with a renewed posture of kindness and tenderness in your marriage.

1 Week Follow up

