



## PRESS RELEASE

### The Marriage Course

As part of its vision to help meet the needs of the community Gillingham Community Church (GCC) is running the popular Marriage Course starting Monday 7 March.

#### **What is the Marriage Course?**

The Marriage Course is a very practical course, giving any couple the tools to build a strong and healthy marriage that lasts a lifetime. Each night each couple shares a candlelit meal at their own table and watches a talk on video.

Over seven evenings spent together couples talk about important issues that can get swept under the carpet in the rush of daily life.

Topics covered include: recognizing each other's needs, learning to communicate effectively, resolving conflict, healing past hurt, knowing how to make each other feel loved, relating to parents and in-laws, good sex, making time for each other and having fun together.

The setting is welcoming, relaxed and non-threatening. Privacy as a couple is always respected. There is no group discussion and no requirement to disclose anything about your relationship to anyone else.

#### **When is it?**

The Marriage Course starts at 7:15pm on 7 March 2005 and runs for seven Mondays.

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#### **Where is it?**

Gillingham Bowling Club (near the rear of Lidl, not the one on the industrial estate).

**How much does it cost?**

The Marriage Course is free. It costs us around £6 per head to provide the meal and opportunity will be given to contribute towards this each evening.

Places are limited, so book early to avoid disappointment.

**Full details and booking forms available from Gillingham shops or from Pete Duke on 01747 821499.**

**Gillingham Community Church ...*in* the community**

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For more information, contact Graham Palmer 01747 829595 or [graham@kyrios.co.uk](mailto:graham@kyrios.co.uk)