



# You're invited to Friends Camp for a Couple Enrichment Weekend

May 6 to May 8, 2016

With Jacob and Gretta Stone & Debbie and John Humphries

**What is a Couple Enrichment Workshop?** It is an opportunity for a couple to focus on their relationship, enhance communication skills, and deepen their appreciation of each other. Couple Enrichment workshops help couples celebrate their relationship's joys and strengths, and develop skills to deepen and improve them. A Couple Enrichment program is not therapy, but it is a way to make good relationships even better.

**Who can participate in a Couple Enrichment workshop?** The workshop is open to all couples in a committed relationship, regardless of sexual orientation, marital status, or religious affiliation. Virtually any couple that gives a good faith effort to a Couple Enrichment program can benefit.

**We've already been in a Couple Enrichment program. Is it worthwhile to do it again?** Many couples find that episodically participating in a Couple Enrichment program enhances their relationship skills and reaffirms their commitment to their partner. Whether this will be your first program or your tenth, the benefits are the same.

**Will we have to share everything with the group?** The workshop emphasizes creating a safe and comfortable community, learning concepts and skills, and giving couples the time and space to focus on each other. Some sharing is expected, but no one has to share on any particular topic. Much of the couples' work is done in private. The program is not confrontational, and the ground rules assure safety and comfort for all participants.

**Is there any leisure time during the weekend?** In addition to our time together in large and small groups there will be ample time to relax with your partner, walk the Friends Camp nature trail, explore the shore of China Lake and enjoy the fellowship of other couples. We will share excellent food and have the chance to socialize, sing and worship together. Having fun together is a way to nurture ourselves and our relationships, and it will be an important part of the program.

**What is the couple cost for the weekend?** The cost for this weekend is on a sliding scale. Registrants can choose among three options. The fees per couple are as follows - Full: \$430, Medium: \$380, Basic: \$330. This fee includes the program, two nights of private accommodations in one of our rustic cabins and six meals. If you live in central Maine you can sleep at home and take \$75 off the cost of the weekend. We do ask that all participants attend all meals and all sessions. A \$100 deposit will hold your place; the balance of the retreat fee needs be paid prior to April 26, 2016.

**Questions?** You are welcome to e-mail Jacob and Gretta at [jdsfrombucks@gmail.com](mailto:jdsfrombucks@gmail.com) and/or e-mail Nat Shed at [director@friendscamp.com](mailto:director@friendscamp.com).

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[www.friendscamp.org](http://www.friendscamp.org)

## Friends Camp - Couple Enrichment Retreat - May 6 to May 8, 2016

**Winter Address: 25 Burleigh Street, Waterville, ME 04901** - Please Register for this couples retreat online at [www.friendscamp/couplesweekend](http://www.friendscamp/couplesweekend) or use this registration form.

Names \_\_\_\_\_ and \_\_\_\_\_

Address \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mails \_\_\_\_\_ & \_\_\_\_\_

Couple payment options: [ ☐ ] Full - \$430 or [ ☐ ] Medium - \$380 or [ ☐ ] Basic - \$330 [ ☐ ] Commuter Rate (-\$75)

Health Issues \_\_\_\_\_

Diet Restrictions \_\_\_\_\_

[ ☐ ] We would like a bathroom in our cabin. [ ☐ ] We would like a bathroom near our cabin.

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

-----Detach Here and Return to winter address -----

Your registration is confirmed when we receive your check or online deposit of \$100 per couple. If you need additional financial aid please contact your Friends Meeting/Congregation and/or the camp office.

**Schedule:** You may arrive as early as 4:00 PM to register. The weekend program begins with dinner at 6:00 PM on Friday, May 6th. The weekend will conclude at about 2:30 PM on Sunday, May 8th.

**Food:** Meals are mostly vegetarian. Participants will share in kitchen chores before and after each meal.

**Lodging:** Sleeping accommodations will be in one of our rustic cabins with a bathroom nearby. Cabins with bathrooms are very limited; guests with health concerns will be given priority. Each couple will have their own cabin. Please bring sleeping bags or sheets/blankets, pillows, soap, flashlights, quilt/small blanket and slippers.

**Refund Policy:** All of your deposit will be returned to you if you cancel prior to April 26, 2016.

**Transportation:** Directions can be found on the Friends Camp web site: [www.friendscamp.org](http://www.friendscamp.org). We can help you with car pooling and or pick up and drop off at the bus station in Augusta, Maine.

## ABOUT THE LEADERS

This couples weekend will be facilitated by **Jacob & Gretta Stone**, sojourning at Plainfield Meeting, and **Debbie & John Humphries** of Hartford Friends Meeting.



Jacob and Gretta Stone are members of Doylestown Friends Meeting in Pennsylvania, now sojourning at Plainfield Meeting. They relocated to Montpelier, Vermont last year to be closer to family, most especially their young granddaughters. They have been married for forty-eight years, and have been leading Quaker Couple Enrichment retreats for twenty-one years.



Debbie and John were married in 1990 and began attending Quaker meeting shortly after. They moved to Connecticut in 1998 and have served New England Yearly Meeting in a variety of roles since then. They have participated in several couples enrichment workshops, and completed the couples enrichment leader training in the summer of 2015. Debbie is part-time faculty in nutrition and public health. John is a community organizer working on climate change. They live in Hartford and have two sons in college. When their younger son moved out this past fall, Debbie bought five chickens to fill the empty nest.