

Register Soon!

Space is limited to 25 couples. Complete the registration form and deliver it to the church office with your payment.

You may also visit the church website to complete an online registration.



DIRECTIONS

There are two routes to Trout Lodge from St. Louis.

Route 1:

- I-270 South to MO-21/Tesson Ferry Rd. Turn right and continue on MO-21 for 40 miles
- Take a slight right onto N. Missouri St. for 1.5 miles.
- Turn right onto MO-8 W/West High St. for 10 miles.
- Continue to State Hwy AA for 3 miles until you reach the YMCA of the Ozarks!

Route 2:

- I-270 to I-55 S. for 22 miles, until you reach Festus and Hwy. 67.
- Hwy. 67 S. another 28 miles, until you reach Desloge and Hwy. 8.
- Hwy. 8 W for 32 miles through Potosi to AA.
- At AA, turn right and drive 2 miles— you're at the YMCA of the Ozarks!

YMCA of the Ozarks (Trout Lodge)

13528 State Hwy AA
Potosi, MO 63664
Phone: 314.241.YMCA (toll-free)
573.438.2154 (direct)
www.ymcaoftheozarks.org

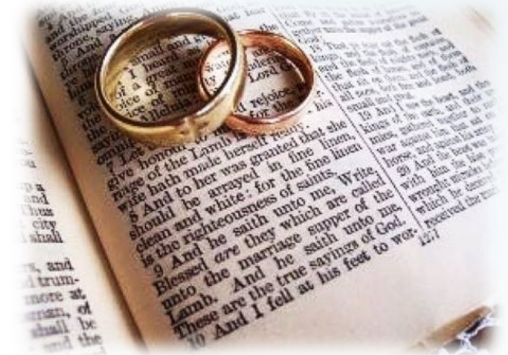
St. Paul's Lutheran Church

12345 Manchester Road
Des Peres, MO 63131

Phone: 314.822.0447
E-mail: church@stpaulsdesperes.org
www.stpaulsdesperes.org

"I Still Do"

Marriage Enrichment Retreat



October 12 - October 14
Trout Lodge
Potosi, Missouri



Marriage Enrichment Retreat

St. Paul's is offering a new Marriage Enrichment Retreat, *I Still Do*, for couples of all ages and stages of married life. The retreat takes place Friday, October 12–Sunday, October 14, at Trout Lodge in Potosi, MO. It will include Bible study, renowned guest-speaker Katie Walker, and free time for recreation (hiking, canoeing, etc.) in beautiful surroundings. Prior to attending, each couple will complete an online marriage enrichment inventory called Enrich. Registration is limited to 25 couples.

The Weekend

The Bible study titled, *Seventy Times Seven*, will focus on the topic of forgiveness, a very practical topic for Christians in general, but especially for married couples.

On Saturday morning, Katie Walker will offer *Refueling the Tank*, a presentation which she describes as: In the mystery of marriage, two become one flesh and yet remain unique individuals. Throughout our married lives, there will be lots of things that drain our physical, mental, emotional, and spiritual energy. How do we refresh/refuel such energy so we can continue building strong marriages? In this session, we'll discuss both individual differences (how to respect and allow your spouse to refuel) as well as ways to put more fuel in your tank as a couple.

Katie will also offer an optional breakout session on Saturday afternoon titled *Setting Boundaries to Avoid 'Leaks' in the Tank*. In this session, participants will learn ways to set healthy boundaries, whether in defense of simple busyness or to prevent further harm from emotionally destructive behaviors.

The retreat will conclude on Sunday morning with a worship service that will include a renewal of marriage vows.

The cost for the retreat is \$200/couple, which includes all meals and lodging, as well as the Enrich inventory. For more information, contact Sharon Shearman, Leslie Rudzinski, or Pastor Thomas.

Marriage Enrichment Retreat Registration Form

Names:

Address:

Email(s):

Phone(s):

Wedding Date:

Payment can be made online or submitted with this registration. Checks can be made payable to St. Paul's Lutheran Church.

Total paid _____ Check # _____