

SFED CALENDAR



QUOTE FOR THE QUARTER

“The genius of communication is the ability to be totally honest and totally kind at the same time.” - James Powell

NEW ENGLAND

July 2009

- 21 How to Avoid Marrying a Jerk*
24-26 **Marriage Enrichment Retreat**

August 2009

- 07-09 **Marriage Enrichment Retreat**
11 How to Avoid Marrying a Jerk*
25 How to Avoid Marrying a Jerk*

September 2009

- 08 How to Avoid Marrying a Jerk*
11-13 **Marriage Enrichment Retreat, Wells, ME**
22 How to Avoid Marrying a Jerk*

* This is a full day workshop held at the SFD office (bldg 84) SUBASE

All Retreats and workshops are FREE (including meals), and are open to active duty, retired, reservists, DoD personnel and dependents.

For more information or to register please call CREDO Groton at (860) 694-1144 Bldg 84 Room 103

CREDO

SUMMER '09



The CREDO Spiritual Fitness Division is your one stop shop to strengthen and tone those parts of you that matter most—your relationships with Self, Family and Higher Power. Spend 2 hours, 4 hours or a weekend with our team and firm up your skills to be a better person, spouse or parent. Free books and CD's are given to participants. Call 694-1144 to sign up for these exciting workshops and retreats. The SPC promises *"Ease the Pain on your way to Gain."*

***Sign-ups required for all retreats
and workshops
860-694-1144
Bldg 84 room 103***

Also on the Calendar this year

***Men's Retreat
Fall '09***

***Marriage Enrichment Retreats
(MER)***

This 48 hour romantic retreat in Southbridge Hotel and Conference Center in Southbridge, MA is for married couples looking to rediscover themselves, increase intimacy and learn the skills necessary for a successful marriage. A trained chaplain facilitator leads this **no-cost** Marriage experience which starts on Friday night and ends at noon on Sunday. It's not the Newly Wed Game and all couples' talk time is confidential.

**Jul 24-26 2009
Aug 7-9 2009
Sept 11-13 (Wells, ME)
Oct 23-25 2009
Dec 4-6 2009**

***"Love Thinks -
(How to Avoid Marrying A
Jerk/ette)"***

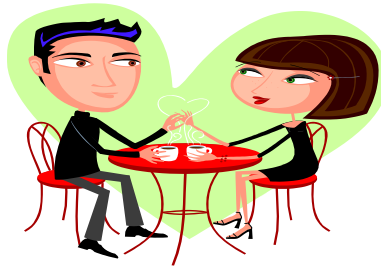
Many couples wished they knew back then what they know now! The proverbial "love is blind" syndrome occurs from a problem with either your mind or your heart. This workshop is designed to empower the individual to make right choices by exploring **Five** crucial areas in the premarital process. Exploring the areas of Knowledge, 2) Trust, 3) Reliability/Compatibility, 4) Past Patterns, 5) Skills for Relationships will allow you to *follow your heart without losing your mind.*

2nd and 4th Tuesday of the month from 0830-1430 held at the SFD office in bldg 84 room 103

FREE ROMANTIC WEEKEND GETAWAY!!



MARRIAGE ENRICHMENT RETREATS



Retreat Dates:

48 HOUR RETREATS

24-26 JULY (Southbridge, MA)

07-09 AUG (Southbridge, MA)

11-13 SEPT (Maine)

For Information and Registration
Call: The SPIRITUAL FITNESS DIVISION
Groton, CT
(860) 694-1144