ALLIANCE UNIVERSITY

Course: MFT709: Marriage and Family Enrichment

Assignment

Write a 3 page paper describing a Weekend Marriage Enrichment Retreat that you would construct. Page 1: Outline of the Retreat with times and topics. Pages 2-3: Answer the following questions:

a) What is the focus or goal(s) of the retreat?
b) What is the rationale behind the scheduling of the retreat?
c) What is the balance between group sessions, group fun activities; couple activities or assignments and free time?
d) How do the topics of the sessions fit together and build upon one another?
e) How will you know if this was a successful retreat?
Show some ways you are integrating spirituality into this event

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February 2023

Marriage Enrichment Retreat over the weekend of March 10-11, 2023

Schedule

Friday March 10

- 8:00 a.m. – 8:30 a.m.: Welcoming of participants as a couple
- 8:30 a.m. – 9:30 a.m.: Lunch
- 9:30 a.m. – 11:30 a.m.: Presentation of the objective of the retreat
- 11:30 a.m. – 12:00 p.m.: Recreation
- 12:00 p.m. – 12:30 p.m.: Midday prayer
- 12:30 p.m. – 2:30 p.m.: Break – Dinner
- 2:00 p.m. – 4:00 p.m.: Presentation of the purpose of the retreat program
- 4:00 p.m. – 6:30 p.m.: Break – dinner
- 6:30 p.m. – 8:00 a.m.: Devotional part

Saturday March 11

1. 8 a.m. – 8:30 a.m.: Welcome of participants
2. 8:30 a.m. – 9:30 a.m.: Lunch
3. 9:30 a.m. – 11:30 a.m.: Reminder;

- Times to do group sessions, fun group activities, couple activities;

- Questions and suggestions about group activities

4. 11:30 a.m. – 12:00 p.m.: Midday prayer
5. 12:00 p.m. – 1:30 p.m.: Break – Dinner
6. 1:30 p.m. – 3:30 p.m.: Evaluation of the retreat

    - Suggestions et recommandations des participants

7. 3 h 30 Pm – 4 h 30 Pm : Dévotion finale et renvoi

Introduction

Marriage in the Christian tradition is the alliance of a man and a woman, to form a couple and found a family. The Christian religion formalizes this natural institution through a religious rite (the sacrament of marriage) while inspiring it (presenting an ideal of spiritual communion) and regulating it in the experience of the people concerned.

Marriage is very important. It aims to create the family as the basic unit of society. If in the pagan environment there are many derivatives, for us who believe that it is a sacred commitment, it is necessary to make it one of enrichment, that is to say a work of transmission of essential values aimed at its sustainability. This is what leads us straight to our retirement goal.

I. Purpose of the retreat

The objective of the retreat is to open our eyes to the importance of marriage as a sacred commitment, to show consequently how to manage it well in all its aspects, in order to leave a good legacy for our descendants.

II. The rationale for retirement planning

We note that there is a great loss of the fundamental values of marriage, because many are ascendants who neglect to form their offspring for future generations, in the sense that they do not promote Christian education in the home and the premarital training for their children who will soon be married. On the contrary, they argue quite often in full view of these children who are, in this sense, real victims psychologically. Thus, we find ourselves obliged to make a marriage enrichment retreat program in order to reinforce the achievements and correct the mistakes.

III. The balance between group sessions, group play activities; couple activities or homework and free time?

Everything must be done in its time in a balanced way for the exclusive benefit of the group.

3. 1. Group sessions

They will be done at the time assigned to them by participatory approach or by induction.

3. 2. Group play activities

They will be done throughout the sessions in order to stimulate the attention of the couples on all the approaches.

3. 3. Couple activities or homework and free time

Topics that generate debate and especially case studies will be written in small pieces of paper and will be chosen by the participants who divide into groups of five or seven to analyze and comment together. Then, each group will choose a Spokesperson to report to the general public on the work done together.

IV. How do the session topics fit together and how do they build on each other?

Everything that is planned has a starting point and an ending point. We know, in this sense, where to go to land. Thus, the topics of the sessions will complement each other in order to achieve the objective set without hesitation.

V. How to determine if retirement is successful

Nothing should be done without having a moment of evaluation. Moreover, after each session, we will do practical work to be sure that we have instilled the essential notions in the participants. In all the sessions, we will therefore do a formative evaluation and at the end of the retreat, we will do a summative evaluation. In addition, we will follow the new behavior in the daily life of each couple after the retreat to know if the retreat is really successful.

VI. The way we will integrate spirituality in this event

In John 15:1 c, Jesus says, "…without me you can do nothing." This lets us understand that no one can do anything efficiently without Jesus. This is why, in the timetable, we include specific times for prayer. Only the presence of God can enable us to make exploits in all that we will undertake.

VII. Conclusion.

Ultimately, it is always good to bring an adequate solution to a problem observed. Since our goal was to open our eyes to the importance of marriage as a sacred commitment, to consequently show how to manage it well in all its aspects, in order to leave a good legacy for our descendants. We hope this bears much fruit to see a positive change at the household level.