

About the Speaker



The Power Smart Marriage Weekend presenters for 2008 are Mike & Nancy Nichols. Mike is a co-pastor at Capilano Christian Community on the North Shore. Nancy is a life coach and a spiritual director. Mike and Nancy have been married for 33 years and know the joys and struggles of pursuing a good marriage. They have two grown sons, Christopher and Justin.

For over 30 years Mike has been involved in premarital preparation and marriage enrichment in local churches, at Barnabas Family ministries, and throughout the Vancouver based Marriage Project. Mike also has a small private practice as a marriage counselor in North Vancouver. Nancy is building a business in life coaching and spiritual direction and delights in assisting individuals to discover their untapped potential. She's having the time of her life.

Registration:

Begins: February 3/08

Deadline: March 2/08

Cost: early registration
\$65 per couple

(to receive early bird price
must be paid on or before Feb 17th)

after Feb 17th
\$75 per couple

*Must pay at time of registration

Optional: Gratuities for Saturday night's dinner will go
to support a Sardis Community Church
Fundraiser TBA

Invite Your Friends!

*Brought to you by...
Sardis Community Church
Marriage Committee
Sherry Erler,
Verna Isbister,
Charlene McDonald,
Marg Petker
& the*

SCC Fellowship Committee

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Sardis Community Church presents...

POWER SMART



Marriage Weekend

March 7 & 8, 2008

So let's agree to use all our energy in getting
along with each other.

Help others with encouraging words;
Romans 14:19



Experience the Joy of a Power Smart Marriage

“We just don’t communicate,” is the frequent cry of many marriages. The assumptions are clear: better communication means more connection and increased intimacy. Partly true, mostly false. The reality is that all marriages covertly settle on a pact of limited communication because “open” communication is too vulnerable—it can allow unspoken needs, hurts and resentments to spring forth. Limited communication is safer even though much is lost—a closer connection and the experience of being deeply loved.

To chance better communication you need two things—trust and some skills—trust that your partner wants to understand you, is “for you” and does not want to “fix you” when you don’t agree. Such trust is earned. And you need some skills—some skills in listening to your partner’s heart and some skills in being able to tell your story. Trust creates safety to open up. Skills allow for good communication. With both trust and good communication couples can go deeper and deal with the “clutter” that may be exposed.

My advice—run from workshops that simply teach communication techniques. These techniques do not in and of themselves make a better relationship. But, run to workshops that build trust and give you some skills for the adventure of growing more intimate on a gentle and safe path.

So, “Flick Off” and come Experience the Joy of a Power Smart Marriage

What People Have Said About the Previous Marriage Weekends!

- This was a breath of fresh air...
- I’d be interested in doing this again...
- Better than I expected and left with a good feeling about future challenges...
- Enjoyed the transparency of the speakers...
- Well presented – good handouts...
- Delicious food...
- Funny...
- Great value...
- Well prepared...
- Good Handouts...
- Very easy to understand...
- Reinforcing...
- Very practical means to problem solving...
- Enlightening...
- Thought provoking...
- Good table interaction...
- Lots of prizes...
- Glad we came...
- Great weekend...
- Highly recommend to others...

Schedule

Friday, March 7

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|-----------|---------------------------|
| 7:00 p.m. | Sign In |
| 7:15 | Power Smart Communication |
| 9:15 | Snack |

Saturday, March 8

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|-----------|-------------------------|
| 8:30 a.m. | Continental Breakfast |
| 9:00 | Power Smart Listening |
| 10:30 | Coffee Break |
| 11:00 | Power Smart Challenging |
| 1:00 | Lunch |
| 1:45 | Power Smart Pillow Talk |
| 3:00 | Free Time |
| 6:30 p.m. | Refreshments |
| 7:00 | Dinner |
| 9:30 | Close |

