



# COUPLES CAMP

MARRIAGE COACHING SESSIONS

## Theme: Effective Communication

Time: 4-8 pm -- Date: 3 September, 2022

Place: Seafarers Building ----- Price: \$40 per couple



Our Couples Camp is a series of marriage coaching sessions designed to strengthen your love and friendship as a married couple. Since you are the head of your family, everything depends on you. A happy home is not just about making sure bills are paid and repairs are done. It is about living your best possible life with your family and loved ones. God's will is for us to have an abundant life, here and now, as well as in eternity-- and He created the idea of the family to be the foundation of it all.

*John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. (KJV)*

Tips to benefit from this camp:

### **1. Enjoy the Unique Environment With Other Married Couples**

This is a good time to bond with other couples and learn of similar and unique family customs, struggles and successes. Come with your mind open to receive from others. The bottom line is, couples who avoid mental distractions during this event will find that the experience will make a meaningful difference in their lives in both the short-term and the long-term.

### **2. Rebuild or Reinforce Your Family Values**

Our purpose is for you to work on your relationship and emerge with takeaways that ultimately strengthen your bond for years to come. This is your opportunity to reestablish a foundation that proves sturdy when conflicts, disagreements, and drama arise. Such problems are guaranteed to occur in due time, and when they do, you'll be prepared to draw upon your camp experience.

### **3. Experience Personal Growth**

This Couples Camp is not just about making progress as a family. View it as an opportunity for self-improvement, as well. Consider how you can grow, become more open, and communicate more honestly, to ultimately enhance the relationship. Keep in mind change always starts with yourself. If you personally focus on listening, communicating, forgiving, and healing, you are sure to experience personal growth that will help your relationship evolve.

### **4. Be A Good Sport**

Please do participate in the pre-camp projects as well as the activities on camp day. You and your family will reap the benefits for years to come and you will feel great.

For additional information, feel free to contact our camp facilitators:

Pastor Winslow Johnson - Tel/WhatsApp: 926-5228

Pastor Diana Johnson - Tel/WhatsApp: 926-4228

# Couples Home Work Project #1 Build Your Dream House

(To be completed prior to camp day)

When we were kids, most of us had ideas about how our dream house would be. Fast-forward 20-30 years, and maybe the house you are living in right now is not quite there yet. No worries, you have a chance to live out this childhood fantasy by building your dream house just the way you want it and who knows, your dream might just come true.

## Instructions

Your project is to build your dream house using nothing but craft or naturally occurring items such as cardboard, paint, sand, epoxy, glitter, popsicle sticks, paper, rope, decor lights, faux greenery, office supplies (staples, paper clips, tacks, pencils, etc.) toy furniture/fittings/animals, etc. Each couple will be given 5 minutes to introduce their dream house to the group.

## Rules

- 1) It must be a joint effort reflecting the desires of both parties.
- 2) You may use construction materials such as wood, nails, etc. for stability, so long as the main parts are paper and craft items.
- 3) Size is maximum 3ft by 3ft
- 4) You may not use a store bought house kit
- 5) There is no need to stick with logic, use your imagination as well.
- 6) You may use family members and friends to help
- 7) This is not a competition, so, no pressure, just “do you”



## Couples Home Work Project #2

### Family Mantra T-shirts (To be completed prior to camp day)

Each couple will create their family motto, saying or mantra and have it printed on t-shirts to be worn on the event day. Use glitter, sharpies, fabric paints, t-shirt transfers or have it professionally done. It is up to you. Couples may team up with other individuals to get this done if necessary. *(T-shirt iron-on transfers are available from the local store or ask Pastor Wins/Di. They require a computer designed image).* Here are some samples:



## Harvest Church – Couples Camp - Registration Form

Husband Name \_\_\_\_\_ Tel: \_\_\_\_\_

Wife Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Church Status: \_\_\_\_\_ Member \_\_\_\_\_ Follower \_\_\_\_\_ Visitor

### The following are secret questions for our trivia games. Shhhh...

Engagement Date: \_\_\_\_\_ Wedding Date \_\_\_\_\_

Children's First & Middle Names \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In which town were you married? \_\_\_\_\_

What colour did your bridesmaids wear? \_\_\_\_\_

What was your wedding venue \_\_\_\_\_ church \_\_\_\_\_ beach \_\_\_\_\_ other (please state)

	Husband	Wife
Favourite Colour	_____	_____
Birth Month	_____	_____
Most Disliked Chore	_____	_____
Favorite Dessert	_____	_____
Favorite Past Time	_____	_____
First Job	_____	_____
Dream Job	_____	_____
Unique Skill	_____	_____
Favorite Chore	_____	_____

Please return this form to Pastor Diana Johnson.

Payment may be made in cash, cheque or direct bank deposit.

Harvest Church, A/C# 011-15599, Cayman National Bank (Chequing Account).

