



1401 Rt 10E ▪ Whippany, NJ 07981
 Phone: 973-538-8811
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Could you and your marriage use a mid-winter rejuvenation?

Cornerstone's Couples' Retreat is designed to give you and your spouse (or fiancé) a brief but meaningful time away from the normal cares of life to focus on your relationship and our God.

Whether you need a "tune-up" or just some "fun in the Sun" midway through the winter, the retreat will recharge your relationship batteries and provide opportunities to get to know other couples from Cornerstone Christian Church.

The retreat setting — the Hanover Marriott in Whippany — features newly redesigned guest rooms, a comfortable lobby, a heated indoor pool, and a state-of-the-art fitness center. The hotel is also home to the Auld Shebeen, an authentic Irish Pub fashioned in Ireland and reassembled at this Marriott.

With the hotel just a 30-minute drive from Bergen/Passaic counties, engaged couples and those on a tight budget may choose to commute to the retreat. For maximum benefit, however, married couples are encouraged to stay overnight and even arrive early Friday for a leisurely dinner on their own. Standard check-in time is 4 p.m., but rooms may be ready earlier, and couples may call the hotel Friday morning to verify. The retreat officially begins with a 7:30 p.m. group session on *refreshing your marriage through humor and pleasure* — a perfect segue to the **Beach Party** that will follow!

Hotel reservations are being made by the CCC Retreat Registrar on your behalf.

Directions to the hotel:

- Take I-287 South to Exit 39B-Route 10 West.
- Take Cedar Knolls U-turn and hotel will be on your right. Complimentary on-site parking.

To learn more about the hotel, visit www.marriott.com/hotels/travel/ewrho-hanover-marriott

Please return registration form to:

Couples' Retreat Registrar, Sarah Shotmeyer
 Cornerstone Christian Church
 495 Wyckoff Ave, Wyckoff, NJ 07481
 or

Retreat Registration Box

Sundays on the Welcome Counter in the McGill Ministry Center Gallery

Registration deadline is February 14.

After this deadline, registrations will only be accepted as space is available and a \$10 late fee will apply.

Questions?

See a retreat host: Wendy & Dave Chennault,
 Roni & Steve Dorsey, Denise & John Kish,
 Debbie & Pastor Fred Provencher,
 Mary & Don Westra

or contact Hotel Coordinator:

Denise Kish (201-803-2969) • dkish@chccnj.org
 Prayer Coordinator: [Donna Hoitsma hoitfam6@aol.com](mailto:Donna.Hoitsma@hoitfam6@aol.com)



**Cornerstone
 Christian Church
 Couples'
 Retreat**

Friday-Saturday
 February 26-27, 2010

The Hanover Marriott
 1401 Rt 10E, Whippany, NJ



**Refreshed &
 Renewed**

**...those who hope
 in the Lord will
 renew their strength.
 Isaiah 40:31**

Refreshed & Renewed Couples' Retreat 2010 Schedule

Friday

- **Check-in beginning 4:00 p.m. or earlier***
*Most rooms ready earlier; please call the hotel Friday a.m. to confirm your room's availability.
- **Dinner on your own**
Your retreat confirmation will suggest local restaurants or you can check the hotel website. The hotel's Auld Shebeen Pub is open for lunch/dinner.
- **7:30 p.m. Session I:** Come ready to relax, dressed casually for the Beach Party to follow. Sam & Melissa Macy will lead us in Worship, and **Pastor Fred** will inspire us with a talk:
Refreshed: How Humor & Pleasure Renew Us.
- **8:45 p.m. Beach Party!** The next best thing to the tropics... Enjoy games, contests, and Beach Boys tunes while getting to know other CCC couples. The hotel pool will also be open.

Saturday

- **Breakfast on your own** — The hotel's restaurant, Allie's American Grille, opens for breakfast at 7 a.m.
- **9:00 a.m. Group Worship** followed by two optional **Breakout Sessions for Renewal**. Sessions II and III will feature three seminar topics to choose from (each will be repeated) and a **Coffee Break** in between:
 - ♦ *Physical Intimacy: The Celebration of Marriage, taught by Dr. Andrew Mercurio*
 - ♦ *Overcoming Communication Barriers, taught by Stephen Dorsey*
 - ♦ *Growing Pains: Conflict Resolution in Marriage, taught by Denise Kish*
- **12:30 p.m. Group Lunch Buffet**
- **Session IV: *Leaving & Cleaving: Breaking the Family Ties that Don't Bond***, taught by Dr. Andrew Mercurio
- **3:15 p.m. Dismissal**

Group Session Speakers

Dr. Andrew Mercurio serves as Director & Prof. of Marriage and Family Therapy at Alliance Graduate School of Counseling in Nyack, NY. He is also a licensed sex therapist, and has a decade of pastoral experience with the C&MA. He and his wife, Gillian, have been married 19 years and have three children.

Rev. Fred Provencher serves as senior teaching pastor of Cornerstone. He and his wife, Debbie, have been married 23 years and have four teens.

Cost & Registration Info

Total retreat cost: \$215 per couple (tax & gratuities included). This fee covers your hotel room Friday evening, Saturday coffee break, lunch for you and your spouse, plus the Beach Party and other misc. speaker/conference costs. *Please note: Dinner and breakfast are on your own to keep the retreat cost affordable.*

Commuters' Option (no hotel room): **\$115 per couple.**

Payment & Registration: Retreat cost is payable directly to Cornerstone, and our Registrar will make hotel reservations on your behalf.

Late Registration: Registration deadline is February 14. After this deadline, registrations will only be accepted as space is available and a \$10 late fee will apply.

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2010 Registration Form

Please return this form to the Retreat Registrar asap (see back panel). We will make your room reservation for you. Hotel rooms are non-smoking and feature king-sized beds. **No refunds can be made after February 11, due to hotel policy.** We would like a **Beach Photo** of every couple for use in our opening session. Please enclose now or email later to registrar (sarahshotmeyer@gmail.com). We look forward to seeing you!

Names: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Primary Email Contact: _____

Wedding Year: _____ Wedding Location (state or country): _____

Lunch Seating: Some lunch tables will feature themed discussions; please check your preference:

- Handling Your Finances Parenting Young Children Parenting Teens General
 Newlyweds New to the Church We're too Busy Our Kids Are Gone

Please check the options that apply & make check payable to Cornerstone Christian Church. Thank you!

Married Couples Staying Overnight at Hotel:

- We are registering for the retreat & paying in full before February 14. Enclosed is \$215.**
OR
 Late registration: We are registering for the retreat after February 14, if space is available. Enclosed is \$225.
 Extend our stay: We want to stay an additional night (Saturday) for discounted retreat rate. Enclosed is extra \$107.

Commuting/Engaged Couples:

- We are a married couple **not** planning on staying at the hotel. Enclosed is \$115 for the **Commuters' Option**, which includes all Friday & Saturday sessions, Saturday coffee break & lunch.
OR
 We are an engaged couple and plan to commute to the retreat. Enclosed is \$115 for **Commuters' Option**.
 Enclosed is a **DONATION** of \$ _____ toward a Retreat Scholarship to help another couple attend.

Today's date is: ___/___/___ Check # _____ Total amount enclosed: _____