

# Does Your Marriage Bring Joy To Your Heart?

## *Retrouvaille ~ Rediscovery*

### Life's Journey...

#### Falling In Love

It is a time when a great sense of joy and comfort blinds us to faults in our relationship or in our partner. We seem to know each other better than any one else in the world. We don't ever want to be separated. We look forward to marriage and spending our lives together.

#### Disillusionment

Disillusionment begins with the slow and dreadful realization that our partner is not perfect. We may experience pain and anger, ending up in conflict with our partner. At this time we are faced with a different side of our partner's personality – a side we ignored in the bliss of first love. But now our love begins to see and is challenged.

Our own woundedness and selfishness is paraded before us. As the relationship begins to deteriorate we may seek comfort in alternative ways, alcohol, another relationship, or work. We can go through the motions of a relationship for the sake of children or appearance. Facing the disillusionment alone, without understanding, can be the destruction of the relationship. It is sad to see people giving up after many years of difficulty and missing the deep joy that can follow.

#### Then Love Truly Sees

There is a wonderful place on the other side of disillusionment. This is a place where acceptance and supportive love between hurt and broken people can be deeper and immeasurably more beautiful than even the early feelings of being in love. This place is ours for the taking. Having come through the pain of a marriage in trouble, couples can enter into a new and enhanced relationship where acceptance, gentleness, kindness, forgiveness, generosity and commitment are very much a part.

#### Retrouvaille Can Help You

It can take a lot of effort and soul searching to find a way through the disillusionment to a new and deeper relationship. The Retrouvaille process will help you get in touch with your deepest feelings and to understand, in a way you never imagined, the profound feelings of your partner. Retrouvaille can help you to communicate and stay together as you journey through disillusionment.

#### The Weekend

You will discover how listening, forgiveness and, above all, communication can fan the ember of a troubled marriage into life again. Retrouvaille can renew the grace of the sacrament on a daily basis in you lives. The program is rooted in the Catholic tradition but couples of all faiths or none are more than welcome to participate in a weekend.

This part of the program is presented by three married couples and a priest. The team couples, who have experienced disillusionment, pain, anger and conflict can offer hope as they share their personal stories of struggle, reconciliation and healing. You will find courage and strength in the realization that you are not alone in your struggle.

You will not be asked to share your problems with anyone else. However, you will be encouraged to put the past behind you, to look beyond the hurt and pain, in order to rediscover each other in a new and positive way.

### **Post Weekend Sessions**

A series of follow-up presentations, which provide a time and place to work on your relationship, is an important phase of the Retrouvaille healing process. The hurt and pain of falling out of love cannot be healed in a single weekend experience. This phase of the Retrouvaille program offers a more relaxed setting to explore other subjects relating to marriage and love, to renew your commitment and to develop new insights and skills.

### **Information and Registration**

If you would like to talk with someone or to register, please call: 800/470-2230 or 614/296-9704. Information, dates, locations and registration fees can also be found at [www.retrouvaille.org](http://www.retrouvaille.org) or [www.helpourmarriage.com](http://www.helpourmarriage.com).