

## **Marriage and family life newsletter**

### **1. Last chance to attend the Building A Better Marriage (BABM) course on July 10th 2021,**

An online 'Building a Better Marriage' opportunity is being held on JULY 10th 2021 running from 9am -1pm. The course offered means that you can attend the course from your own living room and there is no group sharing!

A recent Building a Better Marriage course received the following comments from married couples who logged on ...

'The topics were chosen well and we could really relate to them. The personal stories you shared were very insightful and helped us to reflect on our own relationships more deeply... It was relaxed and you put us at ease, being friendly and personable...'

'We thoroughly enjoyed attending the course and have certainly been practicing a few of the things we learnt already. It puts a smile on our faces when we do because we know that we are certainly richer from participating in the course.'

For further information contact: Carole - Tel: 07983524727 - email: [mflkent@rcaos.org.uk](mailto:mflkent@rcaos.org.uk)

**2. 'Grief in Loss, Hope in the Lord' retreat** for those who have lost a loved one through death. A time to mourn and share with others. Aylesford Priory 8-10th October 2021. For more information, please contact the Retreat House 01622 717272 or email [enquery@thefriars.org.uk](mailto:enquery@thefriars.org.uk)"

**3. Diocesan Annual Marriage Mass Sat October 9th 2021** St George's Cathedral, Southwark at noon. Please contact Carole on [mflkent@rcaos.org.uk](mailto:mflkent@rcaos.org.uk) if you are celebrating your 1, 10, 25, 40, 50 or 60, year wedding anniversary and would like to attend the annual Marriage Mass.