



Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Matthew 7:24

September 19 – 21, 2025

Crowne Plaza Atlanta SW Peachtree City, GA 30269 www.heartofmarriageretreat.com

Welcome to the 19th Annual Heart of Marriage Retreat! On behalf of the Heart of Marriage Planning Committee, I am overjoyed to greet you as we come together once again for a weekend dedicated to strengthening and celebrating the sacred bond of marriage.

This year's theme, Solid as a Rock,

reflects our belief that Christ is the unshakable foundation upon which all strong marriages are built. Our prayer is that during this time, you and your spouse will feel God's presence, hear His voice, and be renewed in your commitment to one another.

The team behind this retreat has been covering you and your marriage in prayer throughout the planning process. We have thoughtfully and purposefully designed this weekend with you in mind—believing that through each session, every activity, and even the quiet in-between moments, God will move in powerful and personal ways.

Our hope is that you'll embrace this weekend fully immersing yourselves in the experience, leaning into each other, and allowing God to reveal the next version of your marriage journey. We believe that every marriage is uniquely designed, yet we all face common challenges. That's why community, connection, and shared testimony are such an important part

of what makes this retreat so impactful.

We are deeply thankful for the ongoing partnership and support of the marriage ministries from our host churches: Ben Hill United Methodist Church, Cascade United Methodist Church, and Providence Missionary Baptist Church. Their commitment to helping couples grow with Christ at the center is the heartbeat of this ministry.

As we begin this special time together, I humbly ask just two things: Be fully present. Leave behind distractions and allow yourselves to focus solely on each other and what God has in store for your marriage. Be a blessing forward. If this weekend impacts your marriage in a meaningful way, we encourage you to share that blessing with another couple and invite them to join us next year. We are honored to walk this journey with you. It is our prayer that the Heart of Marriage Retreat becomes an annual time of refreshing, renewing, and rejoicing in your relationship. May your marriage be strengthened, encouraged, and forever grounded in the One who is truly Solid as a Rock.

With love and gratitude, Trennis Harvey Chair, Heart of Marriage Committee

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The Heart of Marriage Retreat Planning Committee

We're available for any questions or concerns you may have





Letter from the Pastor

Welcome to the 2025 Heart of Marriage Retreat—where love finds its footing and forever is forged on faith! We're overjoyed you made the journey—bags packed, hearts open, and spirits ready—to this sacred space where we'll dig deep, laugh loud, and lean in close.

This year's theme, "Solid as A Rock," isn't just a slogan—it's a summons. Because let's be honest: love isn't always soft and sweet like honey from the comb. Sometimes it's hard like stale toast and heavy like wet laundry. Storms come. Winds howl. Bills pile up, tempers flare, in-laws visit, and babies cry. But Jesus says the difference between surviving the storm and being swept away lies in what you're built on.

Some folks build their marriages on trends, trips, and TikTok—but those are sandcastles in a hurricane. Here, we build on the **Rock**. Not pebbles of pride, not shingles of shame, not the slippery slope of selfishness—but the Rock of God's Word, wisdom, and work-in-progress grace.

You'll hear real stories—not fairy tales. You'll laugh until your ribs hurt and reflect until your heart heals. We've got sessions that are part sermon, part soulsearching, and part stand-up comedy (because, let's face it, who hasn't argued over the thermostat, toothpaste, or which way the toilet paper roll should face?).

So, breathe deep. Let down your walls. Get ready to be restored, renewed, and rerooted. Let your love be built—not just on feelings that flicker but on faith that **fortifies, frames,** and **fights** for what matters most.

As you settle in, remember you're not alone. You're surrounded by couples just like you—some thriving, some surviving, all striving to keep their hearts tethered to the truth: *marriage works when you work the Word*.

Let's build something beautiful. Let's build something lasting. Let's build it... solid as a rock.

With love and expectation,

Rev. Dr. Derrick Rhodes

Senior Pastor of Ben Hill United Methodist Church



Letter from the Pastor

Dear Friends, It's great to have you at this year's Heart of Marriage Retreat!

I know how much it takes to set time aside, to rearrange schedules, find childcare, and step away from the demands of everyday life just to be present — not just physically, but emotionally and spiritually. The fact that you're here says something powerful: you still believe in what you've built together. And you believe it's worth strengthening.

This retreat is about more than marriage enrichment. It's about remembering. Remembering why you said "yes." Remembering that love is more than a feeling — it's a foundation. And remembering that even when life gets heavy, even when the winds blow and things get uncertain, what you've built together can still stand — because it's built on something solid. That's why this year's theme is "Solid as a Rock." Not perfect. Not without cracks. But secure. Grounded. Tested — and still standing.

Jesus said, "Anyone who hears these words of mine and puts them into practice is like a wise person who built their house on the rock." That's what we're after this weekend. You may have come here tired. Frustrated. Or maybe in a really good place. Wherever you are, you're not alone. We're walking this journey together. And we believe God is going to meet us in a real and powerful way.

Let this be a weekend where love gets deeper, trust grows stronger, and your hearts remember what they're capable of — together.

We're so glad you're here.

With deep love and gratitude,

Rev. Dr. Kevin Murriel

Senior Pastor, Cascade United Methodist Church



Letter from the Pastor

Dear Beloved Heart of Marriage Retreat Couples, Dear Beloved Couples in Christ,

We greet you in the strong, steadfast, and sure name of Jesus Christ—our Rock, our Redeemer, and the Chief Cornerstone upon which all lasting love is built. It is our joy, our honor, and our holy responsibility to welcome you to the 2025 Heart of Marriage Retreat—an experience, not just an event. Over the next few days, we will laugh, learn, pray, reflect, and yes... we will stand—solid as a rock—upon the unshakable truth of God's Word.

Now, before we go further, let us confess something: Khalia and I did not come here merely to hand you a packet, smile politely, and send you to a breakout session. No, beloved—this is *not* that kind

of gathering. This is an immersion, a baptism in the blessings of marriage, and a revival for your relationship. We came to help you build, fortify, and anchor your marriage so deeply in Christ that the storms of life may huff, puff, and beat upon your house, but they shall not—they cannot—tear it down.

Why? Because you'll be standing on the Rock.

Jesus told us in Matthew 7:24 that those who hear God's words and put them into practice are like the wise builder who built his house upon the rock. Not sand, not shifting gravel, not last week's promises—but the rock. In marriage, as in life, the storms will come. Bills will come. Disagreements will come. Children will come...and go...and sometimes come back. Health will shift. Seasons will change. But when your love is rooted in the Rock—when Jesus is not just in your vows, but in your vision—then you can stand.

We've learned that in marriage, the Rock of our faith is Jesus; the Rock of our marriage is the love of Jesus flowing through us; and the Rock of our future is the hope we share in Him. On that Rock, we can weather the storms and dance in the sunshine. And yes—if the spirit so moves—we can even rock and roll as partners in purpose.

We promise you this weekend will be a little bit like a rock concert—minus the pyrotechnics, plus the prayer. There will be songs (of praise), headliners (Jesus Christ), breakout sessions (no mosh pit), and an afterglow of joy that will follow you home. You will be surrounded by couples of every age, every background, and every love story, all of us gathered for the same reason: to make our marriages immovable in a world that tries to shake them.

And here is where the humor meets the holy - rocks are not glamorous. They don't glisten like diamonds, but they hold mountains together. They don't float like balloons, but they hold bridges in place. They may be overlooked in the garden, but they are the very thing that keeps the house from sinking. The same is true of the habits, prayers, and commitments we will cultivate this weekend. They may not be flashy, but they will make your marriage unshakable.

Our prayer is that you will leave this retreat not merely encouraged but *anchored*. That you will carry home a faith so deep and a love so rooted that nothing—and no one—can uproot it. That you will rediscover the joy of loving and being loved, not as the world gives, but as Christ gives fully, faithfully, and forever.

So come ready to listen, ready to laugh, ready to learn—and yes—ready to rock. And when the retreat ends and you return to the familiar rhythms of home, may your marriage still be moving to the beat of grace, standing in the groove of the Gospel, and keeping time with the timeless truth:

"On Christ, the solid Rock, we stand; all other ground is sinking sand."

We are overjoyed to share this sacred, spirited, and joy-filled journey with you.

Sincerely,

Rev. Khalia J. Williams, PhD

Rev. Damon P. Williams, Ph.D.

Weekend Schedule – Day 1

The 2025 Heart of Marriage Retreat - "Solid as a Rock"

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock." Matthew 7:24

Friday, September 19, 2025

Aberdeen Pre-Function Area

5:00–7:00pm Registration 6:00pm Reception

Aberdeen Ballroom

6:45pm Praise and Worship –

D'Maestro Musical Group

7:00pm Welcome

7:15pm Pastor's Welcome

Rev. Dr. Derrick Rhodes -

Ben Hill UMC

Rev. Dr. Kevin Murriel -

Cascade UMC

7:25pm Ice Breaker – "Last Letter"

7:55pm Introduction of Lead Facilitators

8:00pm Opening General Session

Rev. Drs. Damon & Khalia Williams

Providence Missionary

Baptist Church

9:00pm Wrap-up and Overview of Saturday

McIntosh Ballroom

9:00-9:30pm Registration 9:15-10:30pm "Love & War –

A Couples Challenge Experience"

Weekend Schedule – Day 2

The 2025 Heart of Marriage Retreat - "Solid as a Rock"

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock." Matthew 7:24

Saturday, September 20, 2025

Aberdeen Pre-Function Area Hosts: Pellum & Robin Peters

7:00am Continental Breakfast

Registration

Aberdeen Ballroom

8:00am Praise & Worship

D'Maestro Musical Group

8:15am Welcome/Opening Prayer

8:30-10am General Session - Seasons of Life

10:00 – 10:15am Break & Registration 10:15 – 11:45am Gender Breakout

Men (Rev. Dr. Damon Williams) - Salon C

Women (Rev. Dr. Khalia Williams) - Salon B

11:45am Registration

Restaurant

11:45am -1:00pm Lunch

Conference Rooms (see below)

1:15-2:30pm Breakout Session 1

Social Media Pitfalls, Awareness & AI influence

Rev. Dr. Brian & Shanika Tillman - Room 234

The Importance of Praying in Your Marriage

Rev Dr. David Anthony Spencer, Jr- Room 223

Leaving a Legacy - Estate Planning

Attorney Thua Barlay - Room 237

Sex/Intimacy: Expectations vs Reality

Dr. Shaneka & Leonardo McClarty - Room 238

Balancing the Stresses of Life – Mental Health in Your Marriage

Dr. Michael Cook, LMFT-S - Room 225

Weekend Schedule – Day 2/3

The 2025 Heart of Marriage Retreat - "Solid as a Rock"

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock." Matthew 7:24

Saturday, September 20, 2025

2:30 -2:40pm Break

Conference Rooms (see previous page)

2:40-3:55pm Breakout Session 2

Aberdeen Ballroom

4:05-5:00pm Wrap Up with Date Night

presentation

Mcintosh Ballroom

9:00pm-12am Kickback Party –

"Boots Down, Fans Up, Rock Solid"

Attire: Casual

*Counselor on site -

Dr. Charles Houston. MA, LPC, NCC, Embrace Counseling and Consulting LLC

Sunday, September 21, 2025

Aberdeen Ballroom

Hosts: Derek & Katrina M. Walker

9:30am

Praise and Worship Llewon Felder-Price & Kenneth Price

Welcome and Opening Prayer

Scripture

Musical Selection Llewon Felder-Price & Kenneth Price

Message Rev. Drs. Damon & Khalia Williams

Altar Call

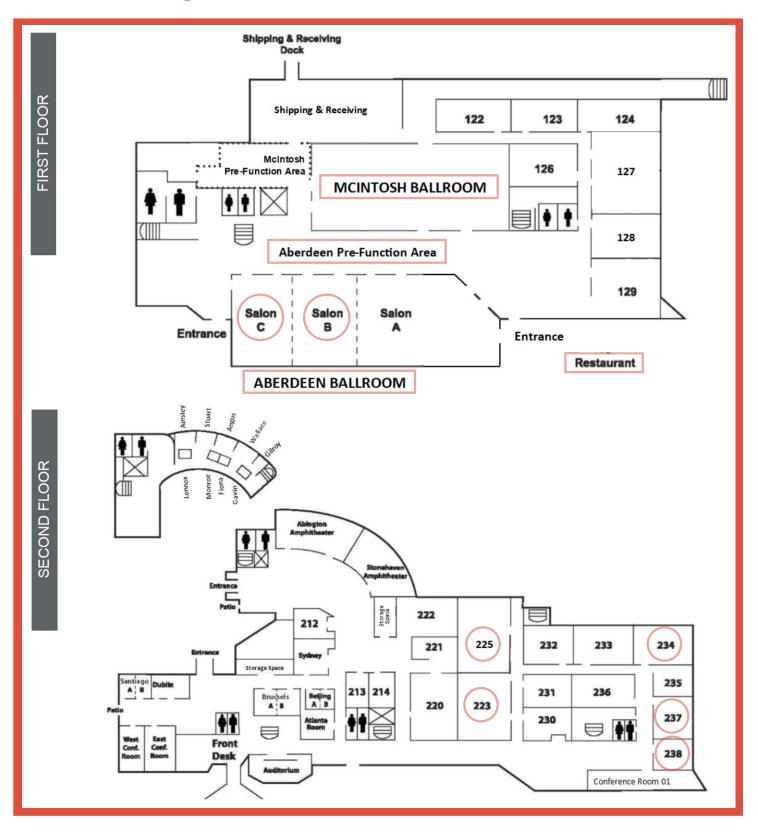
Recommitment Ceremony Rev. Drs. Damon & Khalia Williams

Litany

11:30pm

Closing Remarks Trennis and Tiffany Harvey

Hotel Map



Speakers



Rev. Drs. Damon & Khalia Williams LEAD FACILITATORS

Married June 2013, Rev. Drs. Damon and Khalia Williams blend their love for Christ, ministerial passions, and strong family values into a powerful partnership of marriage and ministry. Rev. Damon P. Williams, Ph.D. is the Senior Pastor of the historic Providence Missionary Baptist Church in southwest Atlanta, and a professor at Georgia Institute of Technology. A native of Ellicott City, Maryland, Damon holds several academic degrees including Bachelor of Science in Industrial and Systems Engineering (Georgia Institute of Technology), Master of Science and Doctor of Philosophy in Industrial and Operations Engineering (University of Michigan), and Master of Divinity (Columbia Theological Seminary). In 2006, while a doctoral candidate at U of M, Damon answered God's call to the gospel ministry and has since served as a leader in various ministerial capacities.

In addition to pastoring and teaching, Damon is occasionally called upon to speak nationally on higher education and diversity in academia and is a committed mentor to youth and young adults in the Atlanta area. He is a passionate leader, dynamic teacher, powerful preacher, and an anointed Page 10

visionary. In ministry and professionally, Damon has a zeal for practical Christian Education, through which he works to make the doctrine of the grace of God, which is inherent in the Scriptures, applicable to daily living.

Rev. Khalia J. Williams, Ph.D. is the Assistant Dean of Worship and Music, and Assistant Professor in the Practice of Worship at Candler School of Theology, Emory University. She is an ordained minister and liturgical artist, with several academic achievements including Doctor of Philosophy in Liturgical Studies (Graduate Theological Union), Master of Arts in Theological Studies (Columbia Theological Seminary), master's in business administration (Nova Southeastern University), and Bachelor of Science in Business Administration (Florida Memorial University).

A native of Los Angeles, California, Khalia is a professionally trained classical ballet and modern dancer and answered her call to the ministry of worship and arts at the young age of nine years old. Over the years, churches and conferences throughout the country and abroad have called upon her ministry as a worship artist. She is sought after for her ability to train dancers, and to teach ministries in the areas of worship planning and leadership, as well as the integration of worship and the arts. In addition, Khalia spent several years in the corporate sector as a consultant in human resources management and executive recruiting. Khalia mentors' young women across the country and is driven by her passion to empower God's people to reach their full potential in Christ. She is an associate minister and First Lady at the historic Providence Missionary Baptist Church in southwest Atlanta.

Fully focused on marriage and family, Damon and Khalia are the proud parents of two sons, Thomas Christian and Ethan Miles. Together, they share in the passionate work of supporting and equipping healthy marriages built upon God's purpose and are committed to God's call in their partnership.



Dr. Michael Lee Cook, LMFT-S WORKSHOP FACILTATOR

Michael Lee Cook is a licensed marriage and family therapist (LMFT) whose special interest is Bowen Family Systems Theory (BFST) and its extensions and applications to individuals, families, and organizations. He is the proprietor of Micah Counseling Services offering counseling, coaching, consulting, and supervision that integrates theology and psychology in helping clients meet their needs and concerns. Dr. Mike is also a professional member and approved supervisor of the American Association for Marriage and Family Therapy (AAMFT). He has also written an array of articles and conducts workshops that focus on applying Bowen Theory to a variety of relationship and personal issues and concerns. He is a systems thinker that examines the impact and implications of cultural, economic, and social factors on families, relationships, and institutional life. He is a combatveteran and holds degrees in business, theology, and counseling. He is the author of Black Fatherhood, Adoption, and Theology (2015).

Speakers



Rev. Dr. David Anthony Spencer, Jr. WORKSHOP FACILITATOR

Reverend Dr. David Anthony Spencer, Jr., a native of Chicago, Illinois, is married to his beloved wife, Cha'Ke'Sha S. Spencer. Together, they are blessed with two children, Trinity Grace and David III.

Dr. Spencer earned his Bachelor of Arts degree in English, with a concentration in Literature, from Talladega College in Talladega, Alabama. While there, he accepted his call to the Gospel ministry and served as chaplain for campus ministries. In 1994, he was licensed to preach and later ordained in 1998.

He continued his theological education at the Morehouse School of Religion (MSR) at the Interdenominational Theological Center (ITC) in Atlanta, Georgia, earning a Master of Divinity in 2001 and a Master of Arts in Christian Education with a concentration in Pastoral Care in 2002. During his time at ITC, he served as President of the MSR Baptist Student Fellowship and later as President of the ITC Student Body. Dr. Spencer went on to earn his Doctor of Ministry degree from United Theological Seminary in Dayton, Ohio.

Following seminary, Dr. Spencer pursued chaplaincy, serving in several clinical units across the Metro Atlanta area, including Children's Healthcare of Atlanta (Egleston and Scottish Rite), Emory University Hospital, Wesley Woods, Midtown Hospital, and Piedmont Hospital. In 2013, he was recruited as a Family Care Coordinator at LifeLink of Georgia, where he evaluated patients for organ and tissue donation, partnered with medical teams to secure brain death documentation, and counseled families regarding organ donation opportunities.

Dr. Spencer later became the first African American Board-Certified Chaplain in the Children's Healthcare of Atlanta system through the Association of Professional Chaplains. His ministry has extended into correctional facilities, homeless outreach, and community service, including work with Fulton County Jail, Newton House (formerly Georgia Baptist Hospital), St. Luke's Homeless Ministry for Men, and the Open-Door Community.

In 2018, he was hired as the first Chaplain in the history of WellStar North Fulton Medical Center in Roswell, Georgia. His leadership and service led to his promotion to Manager of Spiritual Health and, most recently, to Regional Director of Spiritual Health—making him the first African American male to hold this position in the WellStar Health System.

Dr. Spencer is a proud member of Omega Psi Phi Fraternity, Inc., the 100 Black Men of North Metro Atlanta, and Foundation Lodge #592 in Smyrna, Georgia. He has been featured as a CNN contributor during coverage of the Newtown school shootings, published articles including The iPastor and Where is God in Healthcare, and co-authored the book The Power of Prayer.

Dr. Spencer recently completed his assignment as Senior Pastor of Dixon Grove Baptist Church in Jonesboro, Georgia. Above all, he is a devoted husband, father, and servant of Christ who seeks to minister to all humankind with the love and mind of Jesus Christ.



WORKSHOP FACILITATORS

Married since February of 2008, Rev. Dr. Brian and Shanika Tillman cherish their team mindset in marriage. Through it all, they've had each other's back and have won every battle relying on each other and God. Rev. Dr. Tillman serves as the pastor of Central United Methodist Church in Atlanta and Mrs. Tillman is a supply chain supervisor for a logistics firm.

They love their blended family with 4 kids (2 boys and 2 girls) and cherish family time. The Tillman's also believe in an annual week-long vacation without the kids, which they've done each year they've been married.

Speakers



Atty. Thua G. Barlay WORKSHOP FACILTATOR

Atty. Thua G. Barlay, originally from Monrovia, Liberia (West Africa) with family roots in neighboring Sierra Leone, is a partner with the law firm of Lueder, Larkin & Hunter LLC. He manages the operations and affairs of the firm's Conyers and Covington offices and comanages the firm's Estate Planning and Probate group. His areas of practice are Estate Planning (Wills & Trusts) and Real Estate (Residential Closings). He is responsible for building and maintaining relationships with existing clients in addition to creating new opportunities. He received his law degree from Indiana University Robert H. McKinney School of Law. During law school, he was a board member of the Indiana International and Comparative Law Review. He also received a Master's in Business Administration (Finance) from the Indiana University Kelley School of Business. Thua earned his Bachelor of Science degree in Computer Technology from Purdue University (Indianapolis). While in school, he served as president of the student government, president of the local chapter of Alpha Phi Alpha Fraternity, Inc., and a four-year letterman with the men's soccer team. In addition to being named an Alpha Lambda Delta Freshman Honorary, he was the recipient of the Charles K.

Barker Award for the most outstanding minority Computer Technology major. He remains an active participant in his community having served as Chairman of the Convers-Rockdale Chamber of Commerce (2013), twice President of the Rotary Club of Conyers (2014-15 and 2019-20), and Chairman of the March of Dimes Rockdale/Newton/ Walton March for Babies Campaign (2019). He also serves or has served on the boards of the Real Property Law Section of the State Bar of Georgia, Children's Museum of Atlanta, Conyers Rockdale Economic Development Council, Family Promise of New Rock, and the Rockdale County Public Schools Foundation.

Thua believes strongly in developing his leadership skills and is an alumnus of Leadership Rockdale (2009), the State Bar of Georgia's YLD Leadership Academy (2011), the Atlanta Regional Commission's Regional Leadership Institute (2011), the Georgia Academy for Economic Development (2013), New Leaders Council Institute (2015), Leadership Atlanta (2018), and Leadership Georgia (2014). He received the 17th Annual Justice Robert Benham Award for Community Service in 2016. In addition, he was the 2014 Jerry Barboe Small Businessperson of the Year award for the Conyers-Rockdale area. He has the unique honor of receiving young professional awards from two major publications (in the same year): "40 Under Forty - Georgia's Best & Brightest" award by Georgia Trend magazine; and the "40 Under 40 - Atlanta's Rising Business & Community Leaders" award by the Atlanta Business Chronicle.

Thua is married to the former Andrea R. Miles. They are blessed with two sons, Emmanuel, a junior Architecture major at Florida A&M University and Ethan, a senior at the Rockdale Magnet School for Science and Technology. In his leisure time, he enjoys spending time with family and playing golf and soccer.



Leonardo and Dr. Shaneka McClarty WORKSHOP FACLILTATORS

Leonardo and Dr. Shaneka McClarty are a dynamic duo with 22 years of marriage, three amazing daughters, and a shared passion for building strong families and thriving communities. Leonardo, a proud College Park native, serves as President of the Fayette County Chamber of Commerce and is known for his heart for service and love for family. Shaneka is a licensed psychotherapist who helps people nourish their minds through therapy and faith. Together, they blend leadership, laughter, and love showing that with faith, purpose, and obedience, marriage can flourish through every season.

Marriage Counselor available on Saturday

Inquire at the Registration Table if you're interested

Workshops

Social Media Pitfalls, Awareness & Al influence – Rev. Dr. Brian & Shanika Tillman

Technology and social media have woven themselves into nearly every aspect of our lives—including our most treasured relationships. In marriage, the digital world brings both opportunity and challenge. While social media can be an effective tool to share memories, keep families connected, and even encourage your spouse, it can also easily become a distraction or a substitute for real communication if left unchecked.

Managing social media in your marriage requires intentionality. Ask yourselves: Is social media serving us as a tool, or is it becoming a weapon that drives a wedge between us? Are we sharing passive-aggressive complaints online that we haven't spoken about in person? It's vital to honestly assess whether your online life is enhancing or eroding your connection. Social media doesn't have to be an enemy of your marriage. Consider how you can utilize it together. Come and learn how technology can support your bond.

The Importance of Praying in Your Marriage-Rev. Dr. David Anthony Spencer, Jr.

Explore how shared spiritual practices can deepen your connection and help you navigate life's challenges together. This workshop will emphasize the significance of prayer in marital relationships by identifying couples from the Bible who encountered situations where prayer was undertaken or considered necessary and then modern scenarios will be used to illustrate the points. The session will involve roleplaying based on these scenarios. Participants will also be presented with a scenario and asked to suggest what a prayer might be in that context. Models of praying with a spouse will be provided, along with reflection. Example prayers will be shared, and couples will have an opportunity to pray for each other.

Leaving a Legacy - Estate Planning – Attorney Thua Barlay

When it comes to building a strong and lasting marriage, preparing for the future is just as vital as nurturing your present. Too often, families are left vulnerable and unprepared after the loss of a spouse—not out of neglect, but from the difficulty of

facing these conversations and the complexity of planning.

That's why this workshop is so essential. It will guide you through the importance of getting organized, understanding key planning documents, and ensuring your loved ones are provided for—no matter what tomorrow may bring. You'll walk away with a practical strategy, a clear roadmap, and the resources needed to take meaningful steps in securing your family's legacy.

Sex/Intimacy: Expectations vs Reality – Dr. Shaneka & Leonardo McClarty

Every marriage encounters seasons where intimacy can feel more like a battlefield than a bond. In this transparent and biblically grounded workshop, we will explore how couples can navigate the gap between what they hoped for and what they're actually experiencing in marriage—at any stage of life. Through the lens of faith, personal testimony, and psychological insight, we'll unpack: The different types of intimacy that deepen connection Common threats that erode closeness Medical, emotional, and spiritual barriers to sexual fulfillment

Honest communication about desires, disappointments, and needs
God's purpose for intimacy in marriage—and how He refines us through it

Whether you're newly married, seasoned in love, or in a difficult season, this workshop offers a safe space to rediscover what it means to grow together—and get refined in the fire.

Balancing the Stresses of Life: Mental Health in Your Marriage – Dr. Michael Cook, LMFT-S

This workshop will deliver an insightful discussion centered on mental health, rather than mental illness. The session will define mental health, examine its influence on marriage, and describe its characteristics in individuals. How mental health manifests within marital relationships will be explored and how couples perceive themselves within this context will be discussed. Effective tools and strategies that couples employ to manage stress will be reviewed and valuable resources to support mental well-being in marriage will be provided.

Resources

The Five Love Languages – Gary Chapman

Boundaries in Marriage – Henry Cloud & John Townsend

The Power of a Praying Wife/Husband – Stormie O'Martian

Choosing To Cheat –Andy Stanley

Married Life, Married Life -Sentence – Otis & Laura Pickett

Guardrails: Avoiding Regrets in Your Life –Andy Stanley

The Creative Marriage – Ed & Lisa Young

Uncommon Marriage –Tony & Lauren Dungy

The Meaning of Marriage – Tim Keller

The Seven Rings of Marriage: Your Model for a Lasting and Fulfilling Marriage – lackie Bledsoe

This Is How We Do It – Montell & Kristin Jordan

Men Are Like Waffles, Women Are Like Spaghetti –

Bill & Pam Farrel

Us Against the World – David & Tamela Mann

Kingdom Marriage – Tony Evans

Sacred Marriage – Gary Thomas

Host Local Churches

Ben Hill United Methodist Church
Worship Service:
Sunday, 9:15am
In-person and Live-streamed @
www.benhillumc.org
Sunday School, 11:30am-12:30pm
In-person or via Zoom

2099 Fairburn Rd, SW Atlanta, GA 30331 Phone: 404-344-0618

The vision of Ben Hill United Methodist Church is to share God's Love and make disciples of Jesus Christ by connecting people to God and one another wherever they are and across generations.



Midtown location 458 Ponce De Leon NE Atlanta GA 30308 Worship Service at 10:15am

Stream both services live @

WWW.Cascadeumc.org
The mission of Cascade United Methodist
Church is to bring others to make disciples of
Jesus Christ by making church relevant.

Providence Missionary
Baptist Church
Worship Service:
Sunday, 10am
In-person and Live-streamed @
https://pmbcatlanta.com/
Sunday School, 9am

2295 Benjamin E Mays Dr SW Atlanta, GA 30311 Phone: 404-752-6869







Special Thanks to:



The Best People...Using the Best Equipment...Creating the Best Production!

Jeff Greene, Owner 770-378-6583 info@unity-productions-llc.com

www.unity-productions-llc.com









Counseling Resources



Abiding Grace LLC 11845 SW 216th St Goulds, FL 33170

Phone: +1 786-622-2285 Email: hello@abidinggracellc.net

Goumah Conde

Licensed Marriage & Family Therapist Certified in Prepared & Enrich Premarital Counseling Assessment



Lewis T. Kola, D.Min., LPC, LMFT

Professional Counselor & Marriage and Family Therapist

New Horizons Counseling Center Turner Chapel AME 480 North Fairground Street, NE Marietta, Georgia 30060 678.291.9029





Embrace Counseling and Consulting LLC

Where Grace. Love and Hope Greet You at the Door

Dr. Charles A. Houston Jr.

Practicing therapist

848 Hiram Acworth Hwy, Bldg 100 (in the rear) Hiram GA 30141

https://embracecounselingandconsulting.com/

DCH Counseling & Consulting LLC (678) 661-5861 charlesh

charleshouston.dch@gmail.com





THERAPY GIRL

counseling · consulting

Shaneka McClarty

Licensed clinical therapist, author, documentary producer, & plant-based chef. Passionate about mental & physical health.

www.shanekamcclarty.com



Other Opportunities for Marital Growth & Fellowship



Enjoying this experience and would like more?

Join us for PMBC Marriage Chats!

Providence's Marriage Chats Ministry meets Sundays at 8:30 am in "The Den"!

Upcoming activities and events include:

Fellowship and Football

(enjoying Sunday football at our host family's homes)

Outreach Ministry, Coat Drive

for Shirley's Haven (November)

Providence Missionary Baptist Church 2295 Benjamin E Mays Dr SW Atlanta, GA 30311 Phone: 404-752-6869 https://pmbcatlanta.com/







Enjoying this experience and would like more?

Join us as Couples Who Care Ministry offers a unique VIRTUAL study to enhance married life -

Couples Who Care Ministry presents

The Marriage You Want by Sheila & Dr. Keith Gregoire

Moving Beyond Stereotypes for a Relationship

We all want a marriage that feels like home. We long for a partner who is there for us through all of life's challenges and griefs, who is in on all our inside jokes, who looks with hope toward the future with a shared faith and an arm firmly around our shoulder. But what actually works to get us there?

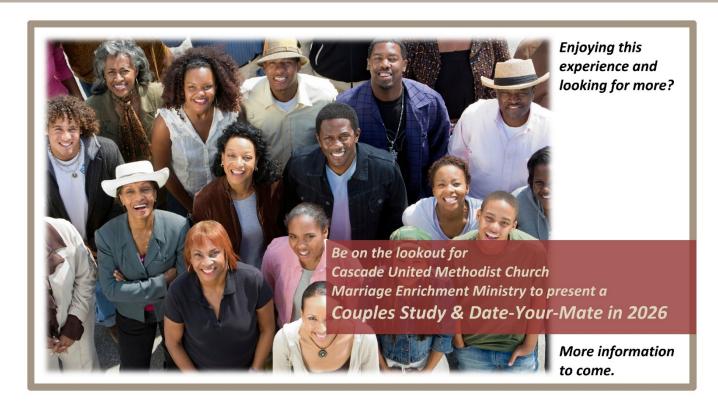
Rather than looking at gender stereotypes, we'll look at what actually creates intimacy, emotional health and connection, asking deeper questions.

Class will meet 1st & 3rd Fridays from October 3rd, 2025 thru May, 2026 7PM-9PM EST

JOINING US? send an email to: coupleswhocare@yahoo.com



Other Opportunities for Marital Growth & Fellowship



Pate Night Pinner Suggestions

Borgo Italia

1200 N. Peachtree Pkwy. Peachtree City, GA 30269 www.borgoitaliaptc.com

Positano Pizza Napoletana

300 City Circle, Suite 1520 *Peachtree City*, GA www.positano.pizza.com

The Curious Pig

114 Huddleston Road Peachtree City, GA 30269 www.thecuriouspigptc.com

Grinds & Wines

290 Highway 74 N Peachtree City, GA 30269 www.grindsandwines.com

The Georgia Shrimp Company

100 N Peachtree Pkwy Peachtree City, GA 30269 www.georgiashrimpco.com

Crosstown Grille

620 Crosstown Dr. Peachtree City, GA 30269 www.crosstowngrille.com

The Beirut

1025 Peachtree Pkwy. Peachtree City, GA 30269 www.beirutptc.com

Big Shots Kitchen and Bar

102 B Guthrie Way Peachtree City, GA 30269 www.bigshotsptc.com

LongHorn Steakhouse

2633 Floy Farr Pkwy.
Peachtree City, GA 30269
www.longhornsteakhouse.com

Carrabba's Italian Grill

500 Commerce Dr. Peachtree City, GA 30269-3533 www.carrabbas.com

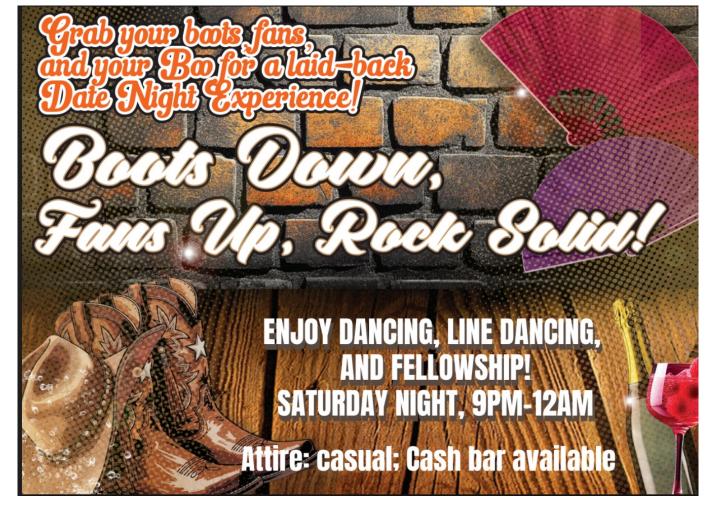
Star of India

256 Commerce Dr. Peachtree City, GA 30269 www.starofindiaptc.com

Pascal's Bistro

217 Commerce Dr. Peachtree City, GA 30269 www.pascalsbistro.com





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Congratulations to The Heart of Marriage Retreat



Methology is a proud supporter of the Heart of Marriage Retreat



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1731 Commerce Dr. NW, Suite 111, Atlanta, GA 30318 jmappjr@level-cs.com 770-363-3556

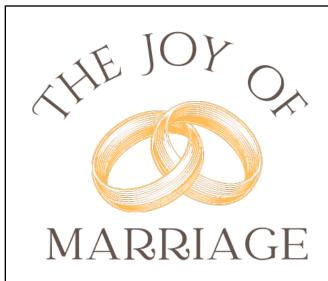
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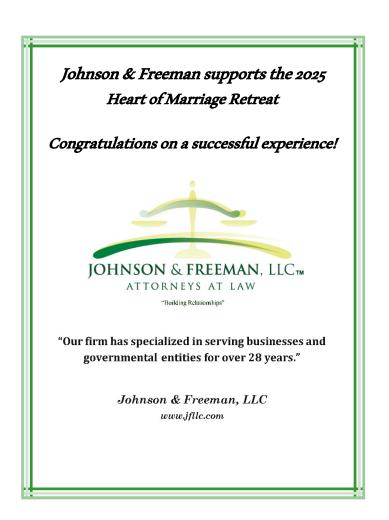
Congratulations
and may you have a
successful
Retreat!





Happy to support.

May your Retreat be exciting & informative!







Collins Family Dentistry Dr. James E. Collins, DDS

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Services We Provide:

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Evening Appointments as late as 10PM

For busy families and back to school schedules

To the Heart of Marriage Retreat Committee

Congratulations to the entire team on a phenomenal yearly event! Your collective efforts and unwavering commitment made this possible. It's a testament to the power of collaboration and shared purpose. We're so proud to be a part of this journey with you.





Atlanta, GA

To the Heart of Marriage Retreat

Congratulations on a beautifully organized and impactful event! The seamless execution and positive atmosphere you bring every year are a testament to your exceptional teamwork and leadership.

Thank you for bringing so many couples together to make such a meaningful difference in the life of marriage.







Ben Hill United Methodist Church Atlanta, GA