

## Why prepare?

Preparing for our wedding day may take a year or more: church, reception, clothes, and honeymoon all take time, effort and money to arrange.

Preparing ourselves also takes time if we are to truly know what we want, understand commitment, be able to overcome frustrations, and give and accept love. We probably continue learning forever! We are not born with an understanding of being in a permanent married relationship; we learn about it from our parents, family and those around us. It's fulfilling when we do it well, and there are some things we can learn to make it great!

Love and Cherish provides some ways of looking at Marriage and allows couples to explore, alone or with others, some techniques for communicating with their partner.



Love and Cherish is a charitable trust.

## About Us

Love and Cherish was originally devised by Churches Together in Fareham who recognised that Christian churches should work together on all that they share in common – such as marriage.

Individual Churches still provide aspects of marriage preparation according to their specific requirements. **Love and Cherish** does not seek to duplicate this but provides a programme that is common to all the Christian churches.

The weekend is presented by couples who have many years' experience of being married, of working with engaged couples and in sharing tips to help couples say "I do" each and every day.

## Booking your places

To book places on Love and Cherish please use the form on the website [www.loveandcherish.org.uk](http://www.loveandcherish.org.uk) Alternatively a paper booking form is available from your church, or you can contact the administrator:  
Email: [admin@loveandcherish.org.uk](mailto:admin@loveandcherish.org.uk)  
Phone: 01329 827694

A list of dates is provided with this leaflet and on the website. Do book early for the greatest choice of dates.

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## Love & Cherish Marriage Preparation



a guided exploration  
for engaged couples  
getting married in church

## What is "Love and Cherish"?

Love and Cherish is for engaged couples to explore together what marriage will mean for them. Two facilitating couples will discuss with up to 6 couples, a range of topics about marriage, including

- ◊ Really Knowing each Other
- ◊ Tools for Communicating
- ◊ Exploring inner Hopes and Ambitions
- ◊ Resolving Conflict
- ◊ The Meaning of Commitment
- ◊ The Marriage Vow

It runs over just one weekend, Friday evening and Saturday morning.

### Format

Each discussion topic has input from the presenters after which the couples move to their own tables for a private discussion. They have a question sheet to guide their exploration of the topic and to get the most from their quiet time together.

There is no need or pressure for couples to say anything they do not wish to.



### How much does it cost ?

In most cases payment is arranged for engaged couples through the church in which they are to be married. If your wedding is taking place outside Fareham, we suggest a contribution of £25 per couple to the cost of the programme.

### Time and place

The programme normally runs monthly but you are advised to enrol 6-12 months before your wedding because of the high demand. Sessions are held in a church in central Fareham and run from 7.30 to 9.45pm on Friday, and 9.30 am to 1.00pm, on Saturday.

### Special Circumstances

If your circumstances make participating in the session difficult it may be possible for us to help; mention this to your church coordinator or our administrator

## Already wise?

Amongst the participants who have found the sessions enjoyable and valuable have been couples who have been together a long time or who are widowed and are re-marrying. The private discussion and topics present an opportunity to review or uncover their sometimes differing views!

### What Couples say

Feedback is hugely positive; look at the website to see real quotes.

### After your wedding

Once you are married your church would love you to keep in touch as you settle in to being a married couple. The churches are there to be a support for you in your everyday life and at special occasions such as baptisms and Christmas. They also provide a range of support for families.

