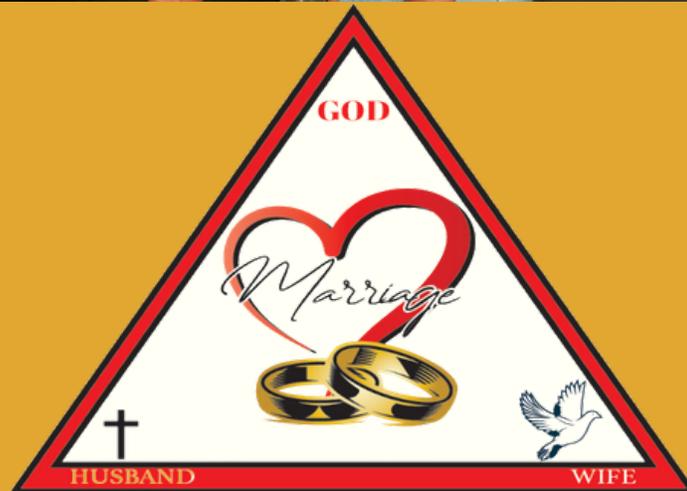




Christian Couples Retreat

2026



PROGRAM & DIRECTORY

Sheraton Oceanfront Hotel
Virginia Beach, VA

Couples Retreat History

In 1994, 32 years ago the Popes and the Faulkner's with their churches alongside them, began the ministry of the Christian Couples Retreat. The thoughts of such a gathering began at our traveling to the Lott Carey Foreign Missions Convention. Every year at the Convention 4 couples, including the Faulkner's, the Popes, the Watkins, and the Monroe's would meet on Monday nights and play the Newly Wed Game. It was our way of identifying marital disagreements and releasing marital frustrations. The idea became evident to us that we could help others by taking the gatherings to others.

By coincidence, Pastor Pope received a brochure inviting him to come to Virginia Beach, VA, and bring a group for a weekend. He took them up on the offer and gathered couples from White Oak Grove and White Oak Fork Baptist Churches and off we went to Virginia Beach, VA with 25 couples in attendance on March 4th & 5th, 1994!! We had so much fun that everyone wanted to extend the two days to three, so we did, and we included a Saturday night Banquet. To God be the glory!

We would love to take the credit for such a wonderful successful ministry for 27 years but all the glory goes to God. It is His ministry and we are grateful that He allowed us to be a part of it.

The Popes & The Faulkner's

Welcome to The Christian Couples Retreat 2025

Welcome to our 30th retreat, celebrating love on the Atlantic Ocean. We are excited that you have decided to join us. We are excited and thankful that we were given this great opportunity to continue this ministry. We look forward to your continued support and we promise to bring you continued satisfaction as we seek God's will.

We believe one of the greatest institutions God left on earth is the home. Marriage should be a taste of heaven on earth. For this reason, we've prepared an exciting weekend packed with unforgettable memories, fellowship, food, and fun. We hope you enjoy the game night, instructional time, preaching, and moments to relax together. Our purpose is to help you and your spouse share the rewarding experience of a holy, healthy, and happy marriage. Our prayer is that every home is ruled by our Lord Jesus Christ, and every couple following His leadership.

Enjoy this weekend. You owe it to yourself! Remember that you are not under any obligation to participate in every activity. Relax and enjoy the time together!

At the end of this program, you will find our Directory. Please use it to get to know one another; we are family!

As we open this weekend, know that our sincere wish is that you have a pleasant weekend, and one you will remember long after it is over. If there is anything that is not satisfactory, please let us know. Thank you again for spending this time with us, as we explore this weekend's theme: *"The Marriage Triangle: 'See an Example, Be an Example.'" (Eph. 5:32-33)*

Your hosts,
The Popes and The Scarboroughs

THE MARRIAGE TRIANGLE:

OUR MISSION

- To build Christ-centered marriages based on biblical principles and practical applications,
- To model before others through our marital relationships a lifestyle that exemplifies the relationship of Christ and His church,
- To cultivate and maintain an intimate fellowship with Jesus Christ our Lord and our spouse.

OUR VISION

- To see the world transformed by the impact of Godly marriages enhanced through workshops, preaching God's Word, and fellowship with other Christian married couples in a free and relaxed atmosphere.

OUR CORE VALUES

- **Respect** your husband who is the head, the protector, and the provider of your home just as you would Christ who is the head of the church.
- **Romance** your wife and love her as Christ also loved the church and gave Himself up for her.
- **Remember** the best security system is to rely on the Word of God.
- **Remove** all enemies of marriage that hinder a vibrant, growing relationship such as toxic friends, poor music and media choices, false doctrine, anger, and poor communication.
- **Rejoice** in the Lord, always thanking Him for every blessing He allows you to enjoy together. Guard against offending and being insensitive to each other's feelings. Celebrate each moment you can together, encouraging and appreciating each other's strong points, and being patient with the weak ones. Together we are on the road to guarding our homes and making them a safe haven of peace.

What We Believe:

- **About the Bible:** We believe the Bible is divinely inspired, infallible, and the final authority of God's purpose, plan, and priority for marriage. 2 Timothy 3:16, 2 Peter 1:19-21
- **About Salvation:** We believe salvation is by grace through faith in Jesus Christ alone. We believe it is essential that both husband and wife be saved in order to experience the marriage that pleases God. Ephesians 2:8-9
- **About Leadership:** We believe that male headship is of divine origin and that male leadership is to be expressed in the home, the community, and the church. Genesis 3:16, 1 Corinthians 11:3, Ephesians 5:23, 1 Timothy 2:12-14, 3:4-5
- **About Submission:** We believe in the submission of husband and wife to God first and then to each other. The submission of the wife to the husband and the love of the husband of the wife as Christ loved His church is a divine order that is not to be taken lightly. The submission of the wife in no way indicates inferiority. We believe the submission of the wife is partly a response to a self-sacrificing love initiated by the husband. Ephesians 5:21-33
- **About the Permanence of Marriage:** We believe God's plan for marriage is one man and one woman for a lifetime. We believe that divorce should not be an option, especially among believers. We should be willing to practice the principles of love and forgiveness as taught by our Lord. Matthew 19:8, Mark 10:4-9, 1 Corinthians 7:10-11, Ephesians 4:32

WHAT YOU NEED TO KNOW ABOUT KISSING

1. Kissing is not just meant for sex
2. You can tell how your spouse feels about you through the kiss. Are you being kissed back?
3. Kisses are a good thermometer to gauge your spouse's emotions. If your spouse is emotionally not OK, it will reflect on the kiss
4. After talking about issues, kiss each other. Kissing helps to heal
5. Kissing is good for intimacy as it says what words can't
6. Kissing invites love making. If you want more love making, kiss more
7. If you want to be kissed, maintain good oral hygiene. Brush your teeth at least two times a day
8. If you want to be kissed, watch what you say and your tone. Lips that say hurtful things are not desirable
9. After lovemaking, before you black out and sleep, kiss your spouse. It shows affection and that you were not just after an orgasm
10. Randomly kiss your spouse. Surprise kisses are sweet
11. Relax when kissing. There is a difference between being passionate and being forceful
12. Flow with your spouse's rhythm. Get to learn if your spouse likes tongue kissing or not. Make it enjoyable
13. Gentlemen, the more a woman is kissed the more she feels wanted and desired. Kissing is part of the watering that makes her feel special
14. Learn to kiss more than the lips. Kiss your spouse's forehead, cheeks, closed eyes, back, arms, hips. It brings you two closer
15. As you explore your spouse's body with kisses, you will unearth secrets about your spouse's body that were unknown. The skin is your ticket

~ Dayan Masinde

FRIDAY, MARCH 28



2:00 - 4:45 pm

Welcome

Icebreaker

Movie

Fireproof

6:30 - 9:00 pm

Ocean Grand Ballroom

Grace

Dinner Buffet

MENU

Green salad w/Ranch, Balsamic Vinaigrette,
Honey Mustard Dressing

Buttermilk Fried Chicken/Baked Chicken/Grilled Tilapia
Peas & Carrots/Mashed Potatoes w/Gravy/Corn on the Cob

Lemon Meringue Pie/Cookies/Brownies

Coffee/Tea & Rolls

Group Games with
Pope's and Scarborough's

How Well Do You Know Your Mate

Wait, Wait Don't Tell Me

Work For Your Gift

Family Feud

SATURDAY, MARCH 29



Breakfast (on your own)

9:00 - 11:15 am Workshops:

Session I

(9:00 - 10:00)

Preachers and Wives

Cape May

Financial Seminar

Cape Henry I

Wholly Caregiving

Cape Charles

Session II

10:15 - 11:15

The Idea of Biblical Romance

Cape May

Forgiveness in Marriage

Cape Henry I

Communication in Marriage

Cape Charles

Break time

11:15 - 11:30

Skit and Q & A

11:30 - 11:45

Mental Health and Wellness with Panel Discussion

12:00 - 12:45

Ocean Grand Ballroom

Bonding time

1:00 - 5:30 pm

Banquet Dinner

(Doors Open 5:30 PM)

Ocean Grand Ballroom

6:00 - 8:30 PM

SUNDAY, MARCH 30



9:00 - 10:30 am

Breakfast on your own

10:45 am - 12:00 pm

Worship Service

Special Music, Testimonies, Scripture,

Morning Message from

Mr. Timotheus Pope

CEO of Citikids

Presentations and Closing Prayer

Couples In Healthy relationships...

also argue, have different
opinions, feel frustrated,
insecure, and bored at times.

Healthy doesn't mean perfect.
What makes a relationship perfect
is how you choose to move
through those challenges
TOGETHER with Christ at the
center. ~Unknown
(Proverbs 3:5-6)

WORDLES

1. SIDE SIDE

2. F A C E

3. MILONELION

4. ONCE
TIME

5.F.		F
R		R
I.		I
E.	STANDING	E
N	MISS	N
D.		D
S.		S

6. NOON LAZY

7. GETTING
YOU

8.

potatos, potatos
potatos, potatos, potatos
patotos potatos

Our Facilitators

Bill & Frankie Wright



Frankie Wright is a retired Licensed Professional Counselor whose heart for ministry continues to inspire women seeking hope and biblical encouragement. After a distinguished career with the Federal Reserve System, Frankie followed God's call into Christian counseling, earning a Master's Degree from Capital Bible Seminary.

Honored for servant leadership, Frankie served women through Wrightway Ministries, offering Christ-centered counseling rooted in Scripture and compassion. She is currently pursuing certification as a Professional Mental Health Coach, aiming to provide biblically grounded support to the body of Christ.

Frankie is an active member of United Baptist Church in New Carrollton, Maryland, serving faithfully in Women's Ministry. .

She and her husband, Bill, have been joyfully married for 52 years, blessed with two children and seven grandchildren. Frankie treasures time with family, friends, and her church community, grateful for every opportunity to witness God's faithfulness in each new season of life. Frankie's life verse is Proverbs 3:5-6

Demond and Jamelle Bolden



Demond Bolden is the Founder of Bold Financial Strategies, based in Lynchburg, VA. Before establishing his own firm in 2018, Demond serves as a financial planner at Merrill Lynch and Bank of America.

Demond has been married to his wife, Jamelle, for 23 years. She serves as Vice President of Human Resources at J.Crew Group, and together they have a son, Demel. In 2019, they co-founded The Health & Wealth organization alongside Chef Dana Saunders—an outreach providing churches with education grounded in biblical principles for physical and financial wellness. Faith plays a central role in their lives as active members of Shiloh Baptist Church, where Demond's father has pastored for over 30 years. In their free time, the Boldens enjoy traveling, cooking, and giving back through mentoring, financial education, and nonprofit work.

Pastor Everett & Mrs. Myra Pope



Everett is married to Myra Pope and has two adult sons Kenny (Natallie) and Marquez (Juliet) whom he loves dearly. They have two grandchildren (Elijah and Alora). He desires to bring God glory in everything that he says, does, and thinks.

He graduated from Old Dominion University with a Bachelor of Science in Electrical Engineering Technology . He worked at NASA on the Hubble Space Telescope Project for 10 years. While there, he attended Capital Bible Seminary and received a Masters of Divinity degree.

In 2009, he was called to pastor the United Baptist Church in New Carrollton MD. God has given him a passion to declare, dialogue, and defend the message of the cross until he sees Jesus face to face. His goal is to reproduce that passion for God in those whom he may reach.

Myra and Everett have a burden in their heart to see people, especially couples transformed by a powerful Encounter of God. We strive to be like Christ in every way and depend on His grace in our lives to live a life of love everyday. Life verses are Romans 1:16 and 2 Corinthians 5:15 respectively.



Minister Robert & Mrs. Charlene Mosley

I Cor. 15:10-By the grace of God I am what I am

Minister Robert Mosley was born on July 27, 1959. He was born a second time in July 1977 when he received Jesus as Savior. Minister Robert is currently a member of Genesis Bible Fellowship Church, Wayne Cockrell, Pastor. He was licensed to preach in July 2014 by Pastor Wayne Cockrell. He is a graduate of The Baltimore School of the Bible where he currently is an instructor. He currently teaches Pauline Epistles.

He is also a graduate of Lancaster Bible College with a Bachelor of Science in Biblical Studies. Minister Robert has been married to Charlene Mosley since May 9, 1981, and they have two adult children, Sheree and Robert. Charlene is a co-labor in marriage ministry that they lead at GBFC. She is also an interior designer and she is completing her studies at the Baltimore School of the Bible and will graduate this June. Minister Robert and his wife Charlene have co-authored a book entitled "The Design of Marriage, God's Way"

He counts it a privilege to have the opportunity to preach and teach the Word of God.



Brother Derrick & Sister Doreen Scarborough



Brother Derrick Scarborough resides in Richmond, Virginia with his wife, Doreen of 36 years. They have two adult children and two wonderful grandchildren. At the age of 16, Derrick made the most important decision of his life while attending Triple “C” Bible camp. He prayed to receive Jesus Christ as his personal savior. A decision he has never regretted.

Derrick has over four decades of educational experience, including 25 years as an administrator. He holds an M. ED in Educational Leadership from Lynchburg College and a BS in Health and Physical Education from Liberty University. Derrick says “Working with and mentoring our youth is my passion, and has been for over 40 years.” After retiring from public education Derrick worked as a Health and Physical Education teacher at a private school in Richmond , Va. In 2023 he accepted a position as Principal at Imago Dei Neighborhood School. He believes that we are all created in the Image of God



Deacon Michael & Mother Janice Hicks

The Hicks are retired and reside in Erwin, North Carolina. Janice worked for the Anne Arundel County Maryland Department of Social Services for 27 years. Michael served in the U.S. Air Force for 22 years and then worked as a federal government civilian employee for 28 years.

They have been married 55 years and have 4 children and 5 grandchildren. They attend Mt. Pisgah Harnett Original Free Will Baptist Church, Erwin, North Carolina, where the pastor is Bishop Reginald S. Hinton, Sr.

They are actively involved in their church serving on the Deacons and Mothers Ministries, Michael is the Superintendent of Sunday School and Janice teaches the Teen Sunday School class. They both develop and teach workshops for the churches Christian Education Ministry Teachers and are members of the Marriage Ministry leadership team and session facilitators. They received their B.A. Degree in Religious Education from Eastern Theological Seminary in Lynchburg, VA in May 2017 and May 2024 respectively

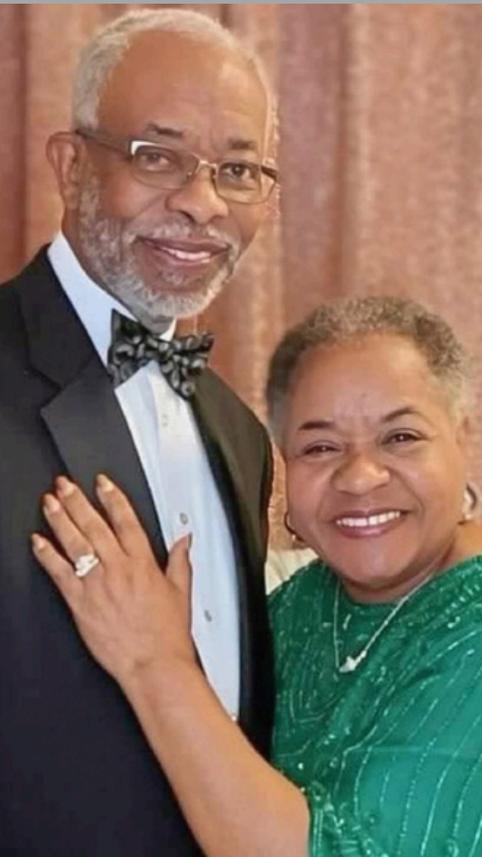
The Hicks have been blessed to serve as facilitators at the Annual Christian Couples Retreat held in Virginia Beach, VA. Deacon Hicks is serving in his 15th year as an instructor at The Baltimore School of the Bible, in Baltimore, MD, where he is a member of the Board of Directors and serves as Dean of Education. Deacon Hicks also serves as an instructor at the Original Cape Fear & Southwestern Free Will Baptist Conference Ministers Training Institute where he teaches the Doctrine of the Holy Spirit. In April 2008, the Lord led the Hicks to establish “Called To Teach Ministries,” a Christian Education & Teaching Ministry, through which they exercise their gifts of teaching God’s Word by conducting workshops and seminars on Relationships, Spiritual Warfare, Discipleship, and Servant leadership. God has abundantly blessed the Hicks, and to Him, they give all the glory and praise.

Mr & Mrs Timotheus & Kendra Pope



Timotheus and Kendra Pope have been married for over 19 years. Both are public speakers, entrepreneurs, and professional coaches. Kendra's story inspires those disoriented by life's "sucker punches" to move forward in faith, no matter how slowly. In Christ, she believes everyone can find the hope they need to face any adversity life brings. She most often wears a genuine smile, is full of joy, and continually encourages audiences and individuals wherever she goes. Timotheus is a passionate, fun-loving, cartoon-crazed, out of the box, little boy trapped in a grown man's body. He is the CEO of Citikidz a Christian sports ministry where the staff is dedicated to teaching, training, and transforming urban America through redemptive business. Together, they have eight beautiful children.

Pastor & Mrs. Allen & Doris McFarland



Pastor Allen R. McFarland has served as Senior Pastor of Calvary Evangelical Baptist Church in Portsmouth, Virginia for 43 years. A native of Charleston, South Carolina, he pursued his education at South Carolina State University, Washington Bible College, and Liberty University, where he earned a B.A. in Pastoral Studies, followed by a Master of Divinity, Doctor of Divinity, and Doctor of Ministry from Liberty Baptist Theological Seminary. Answering God's call to preach in 1972, he was licensed in 1973 and ordained in 1974 at Evergreen Baptist Church in Washington, D.C. In recognition of his influence and faithful service, he was honored by the Black Christian News Network (BCNN1) as one of the nation's 70 most influential living Black Christian History Makers.

Known affectionately as "Pastor Mac," he is a respected bridge builder and servant leader who has served on numerous boards, including Liberty University, Rawlings School of Divinity, ABWE, Atlantic Shores Christian Schools, Kids Across America, and the Southern Baptist Convention Executive Committee. He also served as President of the Southern Baptist Convention of Virginia from 2019–2021 and is the founder and Chancellor of Angelos Bible College. Passionate about biblical literacy and spiritual faithfulness, Pastor McFarland has taught at Liberty University and Angelos Bible College for over two decades and has preached nationally and internationally.

He and his wife Doris, have been married for 58 years, are the proud parents of five children, grandparents of sixteen, and great-grandparents of one.

**Pastor and Mrs. Everett & Myra Pope
United Baptist Church**

**Preachers/Preachers Wives Class - The Belief for a
Blended Family**

A healthy biblical blended family believes:

God Restores and Redeems

Isaiah 61:3 — He gives beauty for ashes.

Past relationships or broken situations do not disqualify a family from God's purpose.

Love Is a Choice and a Command

1 Corinthians 13:4–7 — Love is patient and kind.

Blending requires intentional love, not just natural affection.

Unity Must Be Built

Ephesians 4:3 — “Endeavoring to keep the unity of the Spirit in the bond of peace.”

Unity does not happen automatically in blended families — it must be cultivated through grace, communication, and prayer.

Honor and Respect Flow Both Ways

Exodus 20:12 — Honor father and mother.

Colossians 3:21 — Fathers, do not provoke your children.

Children must feel secure, and parents must lead with fairness and wisdom.

Pastor and Mrs. Everett & Myra Pope

United Baptist Church

The Application of a Blended Family (Living It Out)

Here's how biblical principles are applied practically:

Establish Spiritual Leadership

The husband and wife must be united spiritually first.

Pray together. Set house values. Create clear expectations.

Don't Force Bonding — Build It

Relationships take time. Allow children space to adjust emotionally.

Create New Family Culture

Develop:

- Family traditions
- Weekly devotion time
- Open communication spaces
- Shared responsibilities

Psalm 133:1 — “Behold, how good and pleasant it is for brethren to dwell together in unity!”

Guard Against Comparison

Avoid:

- “Your child vs. my child”
- Favoritism
- Reopening past wounds

Operate as one household under one vision.

It is a covenant opportunity for redemption, healing, and legacy building. When Christ is at the center, the family becomes whole — even if the journey began in pieces.



As Christian couples, we are called to be good stewards of the resources God has entrusted to us. This seminar is designed to help you strengthen your understanding of financial habits, align your financial goals as a couple, and create a faith-based strategy for managing money with wisdom, unity, and purpose.

What you need to know...

- Market updates
- Conflict with Iran
- U.S. Economy

Financially Born Again

- The Reset
- Stewardship versus Ownership
- Leading the Freedom & Purpose conversation

7 Lifestyle Priorities Deep Dive

- In depth spousal knowledge
- Preparing your family
- Student to Teacher transition

Q&A

Notes

“WHOLLY CAREGIVING”

Presenters: Timotheus & Kendra Pope

Isaiah 46:3-5

Deuteronomy 1:29-33

Matthew 11:28-30

- I. Recognizing the Caregiver (Isaiah 46:3-5)
 - Held - sustained over time
 - Carried - supported along the way
 - Served - strengthened from the beginning

- II. Reflecting the Caregiver (Deuteronomy 1:29-33; Ephesians 5:21)
 - Define Sacrifice and Submission
 - Distinguish Self Sacrifice and Self Denial
 - Defend Time Alone and Away

- III. Reminding the Caregivers (Matthew 11:28-30)
 - Use your **R**esources
 - The Ring Theory
 - Who is there to help?
 - Above all, **E**ndure
 - How does self care look as you care for others?
 - In what ways do you need to put on your own oxygen mask?
 - Self Care Assessment Survey
 - Join in the **S**uffering (2 Timothy 2:3-10; Hebrews 2:10; 5:7-10)
 - The MUST of **T**rust (Proverbs 3:5-10)

**Pastor and Mrs. Everett & Myra Pope
United Baptist Church**

The Idea of Biblical Romance

Biblical romance is not driven by feelings alone — it is rooted in covenant, character, and Christ-centered love.

Modern culture defines romance as passion and chemistry. Scripture defines romance as:

- Commitment before emotion (Genesis 2:24)
- Sacrifice before self (Ephesians 5:25)
- Purity before pleasure (1 Thessalonians 4:3-8)
- Covenant before convenience (1 Corinthians 7:1-5; Hebrews 13:4)

Biblical romance is covenant love modeled after Christ and His Church.

Illustration of Biblical Romance

Song of Solomon

The Belief of Biblical Romance

1. Love is intentional.

It is a choice, not just chemistry.

2. Romance is holy.

God created desire — but within covenant boundaries.

3. Purity precedes promise.

You don't build a covenant on compromise or convenience but on promise.

4. Marriage reflects the Gospel.

Every godly marriage is a living sermon about Christ.

**Pastor and Mrs. Everett & Myra Pope
United Baptist Church**

The Application of Biblical Romance

For Married Couples:

- Romance your spouse intentionally.
- Speak life and affirmation.
- Protect your covenant.
- Continue to pursue, not just coexist.

Ask yourself:

- How does my love reflect Christ?
- What action proves my relationship is built on covenant not convenience?
- Would my spouse say I am loving sacrificially or selfishly? Why?

Summary Statement

Biblical romance is:

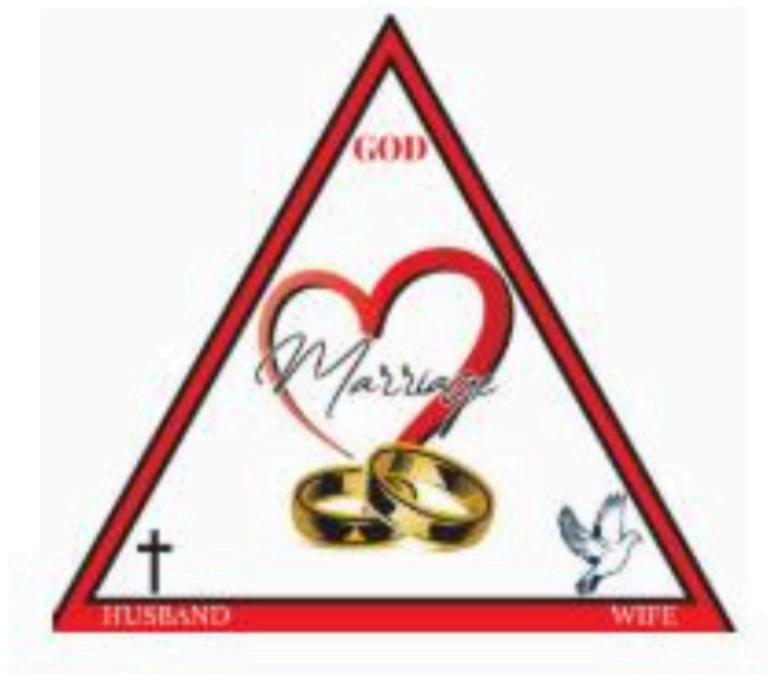
- Rooted in covenant
- Guarded by purity
- Sustained by sacrifice
- Modeled after Christ
- Designed for God's glory

It is not a fairy tale romance — it is a faithful romance.

THIRTIETH ANNUAL
Christian Couples Retreat
2026

“The Marriage Triangle: See an Example Be an Example”
(Forgiveness in Marriage)

Ephesians 5:22-33



MARCH 27 – 29, 2026

FACILITATORS

DEACON MICHAEL & MOTHER JANICE HICKS

CALLED TO TEACH MINISTRIES

COMBINED SESSION. – FORGIVENESS IN MARRIAGE

OBJECTIVE: To help couples reflect, discuss, and practice biblical forgiveness in marriage.

I. Marriage Requires Forgiveness (Ephesians 4:31-32):

- 1) Marriage is a covenant, not a contract (Malachi 2:14)
- 2) We spoke and committed to vows:
 - to have and to hold, from this day forward,
 - for better, for worse,
 - for richer, for poorer,
 - in sickness and in health,
 - until death do us part.
- 3) Nothing is outside the bounds of forgiveness!

II. Understanding Forgiveness the Way God Does (Colossians 3:12-13):

- 1) Biblical forgiveness is **NOT**:
 - Excusing
 - Ignoring hurt
 - Forgetting
 - Pretending nothing happened
- 2) Biblical forgiveness **IS**:
 - Releasing the right to retaliate
 - Choosing reconciliation when possible
 - Trusting God with justice
- 3) Defining forgiveness – the decision, based upon God’s standard, to not hold something against another, despite what they may have done to you. It is a deliberate action and demonstration to grant mercy, grace, and love, and has no limit.

III. The Risks of Unforgiveness (Matthew 6:14-15) :

- 1) Unforgiveness:
 - Hardens hearts & bitterness roots
 - Blocks intimacy & joy
 - Shortens marriages
 - Fellowship and relationship disrupted with God and man
- 2) Many marriages don’t fail suddenly; they drift quietly.

IV. Create a Culture of Confession & Grace in Marriage (James 5:16):

- 1) What a “culture of confession & grace” look like in marriage:
 - Confession/Truth in marriage
 - Grace in marriage
 - Balance of grace & truth
 - Practical application
 - Restoration
- 2) Apologize quickly & specifically
- 3) Anger, resentment, & unspoken hurt affect communication
- 4) Allow room for growth, not perfection

V. Put Christ at the Center, Not Just Your Marriage (Ephesians 4:32)

- 1) When husband & wife are actively walking with Christ:
 - Forgiveness becomes a **response to grace**, not a favor
 - Pride shrinks; humility grows

- Love becomes sacrificial, not transactional

VI. Understanding There Will be Seasons & Storms (Psalm 28:7):

- 1) Seasons change—commitment should not.
- 2) Recognizing marriage seasons: growth, strain, rebuilding, renewal:
 - Embracing Physical Changes with Grace.
 - Navigating Emotional Changes Together.
 - Growing Through Spiritual Seasons.
 - Maintaining during life changes.

VII. Extend the Same Grace You Hope to Receive (Proverbs 17:17; Luke 6:37):

1) A forgiving marriage says:

- “I choose covenant over convenience”
- “I reflect Christ, even when it costs me”
- “We heal together, not apart”
- We choose to LOVE

VIII. Practicing Forgiveness in the Mist of Conflict (2 Cor. 13:11):

- 1) Letting go of past offenses (1 Cor. 13:5)
 - Don’t weaponize past mistakes
 - Your flesh tempts you to bring up past mistakes
 - Keeping a record of wrongs, damage unity and trust.
- 2) Put on love (Colossians 3:14; 1 Peter 4:8))

3) Fight for unity, not victory (Mark 3:25):

- Speak truth ***in love***
- Listen to understand, not to win
- Refuse to let resentment take root
- Does not mean there will be no conflict
- Choose patience over sarcasm
- Extend grace over being “right”
- Let go of minor offenses without a lecture

IX. Preventing Situations Requiring Forgiveness (Colossians 3:23-24):

1) Know yourself/Know your spouse (Johari Window):

- Open Area
- Blind Area
- Hidden Area
- Unknown Area

2) Benefits:

- Helps recognize strengths, weaknesses, and behavioral patterns.
- Encourages open dialogue and reduces misunderstandings.
- Promotes collaboration and trust.
- Feedback and self-disclosure facilitates emotional intelligence, empathy, and metacognition.

X. Wrap-up

A Forgiveness Covenant for Spouses

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:32)

Our Covenant

Before God and in sacred commitment to one another, we enter into this **Covenant of Forgiveness**.

Because we have been forgiven through Jesus Christ, we choose to forgive each other freely, faithfully, and continually. We acknowledge that marriage is refined through grace, strengthened by humility, and sustained by love.

Our Promise

We promise to:

- Choose forgiveness over resentment and grace over anger
 - Release past offenses and refuse to keep records of wrongs
 - Confess humbly, apologize sincerely, and reconcile quickly
 - Speak truth in love, even during conflict
 - Protect the unity of our marriage above our pride
 - Rely on God’s strength when forgiveness feels difficult
-

Our Prayer

*Lord, we cannot forgive perfectly without You.
Soften our hearts, renew our love, and guard our marriage.
Teach us to forgive as You forgive—fully and without condition.
May our marriage reflect Your grace, bring You glory,
and stand as a testimony of Your faithfulness.
In Jesus’ name, Amen.*

Our Commitment

Today, we reaffirm our covenant marriage and our commitment to live in forgiveness. We choose love over pride, reconciliation over resentment, and covenant over convenience.

Husband: _____ **Date:** _____

Wife: _____ **Date:** _____

What God has joined together, let no one separate.
— Mark 10:9

Communication in Marriage

Presenters: Minister Robert & Charlene Mosley

James 1:19 – So then my beloved brethren, let everyone but quick to hear, slow to speak, slow to wrath

Hindrances to Effective Communication

1. Our sin nature.
2. Lack of Self-Control
3. Communicating Commitment with words only

Effective Communication

1. Replace the judgmental, critical, demanding, demeaning, bitter spirit with loving, encouraging, forgiving, accepting spirit.

Eph. 4:2 – With all lowliness and gentleness, with longsuffering, bearing with one another in love.

2. Don't call evil, good.
3. Be a "good" listener.
4. Before I speak, make sure I do a "heart check".
 - a. Is what I'm about to say, "precise." Do I have the facts. Prov. 18:13
 - b. Is what I would like to say, "profitable." Will it help or hurt? Prov. 20:15, Rom. 15:1-3
 - c. Is this the "proper time" for me to say it, or would it be better for me to wait.
Prov. 15:23 – A man has joy by the answer of his mouth, and a word spoken in due season, how good it is!!
 - d. Is my "attitude" right? Eph. 4:15
 - e. Are the "words" that I will use the best possible way to say it? Prov. 12:25
 - f. Have I "prayed" about this matter, and am I trusting God to help. Prov. 3:5-6

Openness and honesty cannot develop without handling communication properly.

“Making the Most of Marriage”
Ephesians 5:21-33

- I. The Determined Will to Submit vss. 21-24
 - A. The Definition of Submission
 1. accepting or yielding to a superior force or to the will or authority of another person.
 2. Hupotasso: to arrange under, to subordinate
 3. This word was a Greek military term meaning "to arrange [troop divisions] in a military fashion under the command of a leader". In non-military use, it was "a voluntary attitude of giving in, cooperating, assuming responsibility, and carrying a burden".
 - B. Submission is about authority, NOT about ability.

- II. The Divine Work of Sacrifice (cref. vs 2) vss. 25-31
 - A. The Passion of Christ's Love vs. 25
 - B. The Purpose of Christ's Life vs. 26-27
 - C. The Presentation of Christ's Love Life vs. 28-31

- III. The Dynamic Wonder of Service (cref. Vs. 21)

A Christ-Centered Guide for Couples

Understanding Mental Health and Its Impact in Marriage

Mental Health-- Your emotional, psychological, and relational well-being. Every person has mental health. It affects how you handle stress, process emotions, and relate to your spouse.

Mental Illness-- A diagnosable condition affecting mood, thinking, or behavior (e.g., depression, anxiety, PTSD). It is **not** a spiritual failure, character flaw, or lack of faith.

Scripture: *“And you shall love the Lord your God with all your heart, with all your soul, with all your **mind**, and with all your strength. This is the first commandment.”* Mark 12:30

“The Lord is close to the brokenhearted and saves such as have a contrite spirit.” Psalm 34:18

Seven Key Challenges in a Christ-Centered Marriage

1. Communication — Grace in Conversation—The Doorway to Understanding

- ❓ Communication is the place where marriage breathes. When communication is healthy, the marriage has oxygen. When communication is strained, everything else becomes harder—conflict becomes sharper, comparison becomes louder, confidence becomes shakier.
 - ❓ In seasons where mental health is tender, communication becomes even more important. It’s not just about the words we say—it’s about the tone, the timing, the posture of our hearts.
 - ❓ Healthy communication creates emotional safety. Speak gently. Listen to understand. Slow down.
- **Mental Health Impact:** Misunderstanding, withdrawal
 - **Action Item:** Practice forgiveness and pray together

Scripture: *Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.* Colossians 4:6

“Grace-filled communication creates emotional safety—and emotional safety is the soil where healing grows.”

When communication becomes more grace-filled, it changes the way we handle conflict.

2. Conflict — The Opportunity for Growth Through Grace

- ❑ Conflict is not the enemy of marriage. Disconnection is. Every couple has conflict—but not every couple knows how to navigate it with tenderness.
- ❑ Conflict is normal; disconnection is dangerous.
- ❑ Stay on the same team. Repair quickly.

- **Mental Health Impact: Escalation, emotional wounds**
- **Action Item: Seek Peace and Extend Forgiveness**

Scripture: *“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; James 1:19 “A soft answer turns away wrath, but a harsh word stirs up anger.” Proverb 15:1*

**Healthy conflict says, ‘We’re on the same team, even when we disagree.’
And when conflict becomes healthier, comparison loses its power.**

3. Comparison — The Thief of Joy and Unity

- ❑ Comparison is one of the enemy’s favorite tools. It steals connection.
- ❑ Comparison steals gratitude and unity. Your marriage has its own God-written story.

- **Mental Health Impact: Insecurity, resentment**
- **Action Item: Affirm Identity in Christ and Pray for Contentment**

Scripture: *“But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. Galatians 6:4*

Comparison turns your spouse into a project instead of a partner. And comparison almost always leads to competition.

4. Competition — The Silent Killer of Intimacy— Love, Not Scorekeeping

- ❑ Competition in marriage is subtle. It sounds like: “I’m doing more than you.” “I’, trying harder than you. “I’m carrying more weight than you.”
- ❑ Marriage is not 50/50 — it’s 100/100. Honor each other’s burdens.

- **Mental Health Impact: Power struggles, disunity**
- **Action Item: Emphasize partnership and pursue peace**

Scripture: *Be kindly affectionate to one another with brotherly love, in honor giving preference to one another;” Romans 12:10; “Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken. Ecclesiastes 4:12*

And when honor grows, confidence grows.

5. Confidence — The Foundation of Emotional Safety

- ❑ Confidence in marriage is about emotional safety. It’s about knowing: “I am loved.” “I am valued.” “I am not a burden.”
- ❑ Your words can either wound or water your spouse’s soul. Affirm identity in Christ.

- **Mental Health Impact: Low self-worth, isolation**
- **Action Item: Offer Affirmation and Pray for one Another**

Scripture: *“Death and life are in the power of the tongue, and those who love it will eat its fruit.”* Proverbs 18:21

Confidence grows when we speak Life. And confidence becomes sustainable when we practice consistency.

6. Consistency — Steady Love; The Anchor in Emotional Storms

- ☐ Consistency is one of the greatest gifts you can give your marriage. Not perfection—presence. Not big gestures — small, steady ones.
- ☐ Small rhythms build trust and stability. Presence matters more than perfection.
- ☐ Consistency creates an environment where connection can flourish.

- **Mental Health Impact: Anxiety, insecurity, emotional withdrawal, mistrust**
- **Action Item: Commit to faithfulness and healthy routines**

Scripture: *“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”* Galatians 6:9

Love “bears all things, believes all things, hopes all things, endures all things.” 1 Cor. 13:7

Consistency creates an environment where connection can flourish.

7. Connection — The Heartbeat of Intimacy

- ☐ Connection is the glue that holds a marriage together.
- ☐ Connection grows through small, daily touches of grace.
- ☐ Connection binds, heals and restores.

- **Mental Health Impact: Loneliness, depression, resentment, emotional detachment**
- **Action Item: Be Present and Express Love Intentionally**

Scripture: *“But above all things put on love which is the bond of perfection.”* Colossians 3:14

Connection binds. Connection heals. Connection restores.

Seven Practical Steps for Supporting Mental Health

1. Sleep—Rest as a Spiritual and Emotional Foundation

- ☐ Rest is spiritual. Protect each other’s rest. Rest is a gift from God
- ☐ Sleep is not just a physical need—it is a spiritual one. When we are exhausted, everything feels heavier. Small frustrations feel bigger. Communication becomes harder. Emotions become sharper.
- ☐ As a couple, protecting each other’s rest is an act of love. Sometimes the most spiritual thing you can do for your marriage is go to bed earlier.

Scripture: *“It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep.”* Psalm 127:2

2. Nutrition—Fueling the Body to Support the Mind

- ❑ Nourish your body to support your mind
- ❑ Our brains are part of our bodies, and our bodies respond to what we feed them. When we're not eating well—or not eating at all—our mood, energy, and emotional resilience suffer.

Scripture: *“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price: therefore, glorify God in your body and in your spirit, which are God’s.”* 1 Corinthians 6:19

This isn't about dieting, it's about nourishment. It's about giving your mind the fuel it needs to function well.

3. Movement—Exercise as Emotional Regulation

- ❑ Movement helps regulate emotions.
- ❑ Practice emotional honesty and grace
- ❑ Healthy marriages make room for real emotions.

Scripture: *But those who wait on the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.* Isaiah 40:31

But reject profane and old wives' fables, and exercise yourself toward godliness. 1Tim. 4:7-8

Not every day is strong. Not every season is easy. Naming emotions without shame—and listening without judgment—builds trust. Grace-filled honesty says, ‘You don't have to pretend with me.’

4. Rhythms—Creating Predictability in Unpredictable Seasons

- ❑ Healthy rhythms like consistent sleep, shared meals, and predictable routines reduce stress and emotional friction.
- ❑ Create predictable routines that anchor your marriage.
- ❑ Healthy mental rhythms create healthy relational rhythms.

Scripture: *“To everything there is a season, a time for every purpose under heaven”* (Ecclesiastes 3)

God built rhythm into creation—work, rest, renewal—and our marriages thrive when we honor that same pattern.

5. Boundaries—Protecting Peace and Preventing Overload

- ❑ Boundaries aren't walls — they're guardrails
- ❑ They protect your time, your energy, and your connection
- ❑ Sometimes the most spiritual thing a couple can do is say no—no to overcommitment, no to unhealthy expectations, no to constant busyness

Scripture: *“So He Himself often withdrew into the wilderness and prayed.* Luke 5:16

“Keep your heart with all diligence, for out of it spring the issues of life.” Proverbs 4:23; (1 Corinthians 7:3-5)

Jesus withdrew to quiet places. Boundaries create space for peace and prevent overload.

6. Community—We Heal Better When We're Not Alone

- ❑ Seeking support as an act of strength, not failure
- ❑ Support is a gift, not a weakness
- ❑ Healing grows in safe relationships.

Scripture: *Bear one another's burdens and so fulfill the law of Christ.”* Gal 6:2; *“Rejoice with those who rejoice, and weep with those who weep.”* Romans 12:15

7. Spiritual Practices—Inviting God Into the Emotional Journey

- ❓ Invite God into your emotional world.
- ❓ Nurture Joy, Play, and Shared Purpose
- ❓ Spend time together in God's presence and individually, daily (Singing, Praying, sharing Devotions, Reading the Word, etc.)

Scripture: *“And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”* Philippians 4:7

ANTIDOTES TO MENTAL STRAIN IN MARRIAGE

Love as the Climate – Prayer, Forgiveness, Gratitude, Peace, Love

This session is intentionally shaped like spiritual progression. Each antidote softens the heart, clears emotional space, and prepares the marriage to receive the next one.

The climate of the entire session is **LOVE** – the atmosphere in which all healing grows.

1. Prayer: Opening the Heart to God: Connecting with Each Other

- ❓ **Prayer recenters the couple, quiets the mind, and invites God into the emotional landscape of the marriage. Couples who pray together often report stronger emotional bonds.**
- ❓ **Prayer reduces anxiety, builds intimacy, and aligns the couple with God's wisdom.**
- ❓ **Prayer is the doorway to every other antidote**

Scripture: *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”* Philippians 4:6

- **Reflect:** When was the last time you prayed together? What happens in your heart when you pause and pray before reacting?
- **Action:** Pray together daily – even if it's 30 seconds.

PRAYER IS THE DOORWAY TO EVERY OTHER ANTIDOTE

2. Forgiveness: Releasing the Weight; Healing the Heart

- ❓ **Forgiveness clears emotional debris so love can breathe again.**
- ❓ **Unforgiveness breeds resentment, bitterness, and emotional distance. Mental health thrives in environments of grace and release.**

Scripture: *“bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. Col 3:13*

- **Reflect:** Is there anything you need to release and forgive your spouse for today? What small offenses have you been holding onto?
- **Action:** Practice daily forgiveness – especially for the small things.

3. Gratitude: Reframing the Mind and Softening the Atmosphere

-
- ❑ **Mental strain narrows our focus to what is wrong; gratitude widens our vision to what is true, noble, and praiseworthy.**
 - ❑ **Shifts the emotional climate**

Scripture: *“In everything give thanks: for this is the will of God in Christ Jesus for you. 1 Thess. 5:18*

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Philippians 4:8

- **Reflect:** What do you appreciate about your spouse that you rarely say out loud? How might gratitude change the tone of your home?
- **Action:** Share one thing you’re grateful for in your spouse every day.

4. Peace: Cultivating Calm in the Home

- ❑ **Mental health thrives in peaceful environments.**
- ❑ **Peace is both a fruit of the Spirit and a relational goal.**
- ❑ **Peace is not the absence of conflict – it is the presence of Christ in the middle of it.**

Scripture: *“And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful.”*

- **Reflect:** What can you do to create a more peaceful atmosphere at home? What disrupts peace in your home? What helps restore it?
- **Action:** Use peaceful language, gentle tone, and slow responses.

5. Love: The Climate of Healing

- ❑ **Love is the atmosphere in which all the other antidotes take root.**
- ❑ **Love covers, restores, protects, and renews**
- ❑ **Love is not just a feeling – it is a daily choice to show up with grace, tenderness, and commitment.**

Scripture: *“And above all things have fervent love for one another, for “love will cover a multitude of sins.” 1 Peter 4:8*

- **Reflect:** How can you express love more intentionally this week? What does your spouse need to feel loved in this season?
- **Action:** Practice one intentional act of love each day – small, steady, consistent.

SUMMARY of ANTIDOTES TO MENTAL STRAIN IN MARRIAGE

- ❑ **Prayer** opens the heart.
- ❑ **Forgiveness** clears the heart.
- ❑ **Gratitude** softens the heart.
- ❑ **Peace** steadies the heart.
- ❑ **Love** fills the heart.

This is the spiritual progression that transforms marriages.

Encouragement for Couples

- You are not alone
- Your marriage is not beyond God's reach
- Struggle does not mean failure
- Healing is possible
- Christ is present in your journey

Closing Blessing

“May the Lord strengthen your communication, soften your conflicts, silence comparison, remove competition, restore confidence, build consistency, and deepen connection. May His peace guard your hearts and minds in Christ Jesus.”

REFLECTION QUESTIONS FOR COUPLES

A Christ-Centered Guide for Honest Conversation

1. Reflection on Mental Health & Marriage

- When you think about your own mental and emotional health, what season would you say you're in right now — full, stretched, weary, hopeful, overwhelmed, or something else?
- How do you respond when you feel emotionally or mentally drained?
- How do you think your mental health impacts your spouse?
- What is one thing you wish your spouse understood about your inner world?

2. Communication

- When conversations get tense, what do you most need from your spouse — space, reassurance, clarity, gentleness?
- What makes you feel most heard and understood?
- What communication habit would you like to grow in together?

3. Conflict

- How do you typically handle conflict — pursue, withdraw, shut down, over-explain?
- What makes conflict feel unsafe or overwhelming for you?
- What would help conflict feel more like “we're on the same team”?

4. Comparison

- Where do you find yourselves comparing your marriage to others?
- How does comparison affect your gratitude, intimacy, or expectations?
- What truth from Scripture helps you refocus on *your* God-written story?

5. Competition

- Are there places in your marriage where you feel like you're keeping score?
- What would it look like to honor each other's burdens instead of comparing them?
- How can you practice "we" instead of "me vs. you"?

6. Confidence

- What words from your spouse make you feel valued, loved, or safe?
- What insecurities or fears do you carry that you rarely talk about?
- How can you speak life into each other more intentionally?

7. Consistency

- What small daily or weekly rhythms help you feel connected?
- Where do you feel inconsistency in your marriage — and how does it affect you?
- What is one simple rhythm you can commit to together this week?

8. Connection

- When do you feel most connected to your spouse — emotionally, spiritually, physically?
- What drains connection for you?
- What is one small act of connection you can offer each other daily?

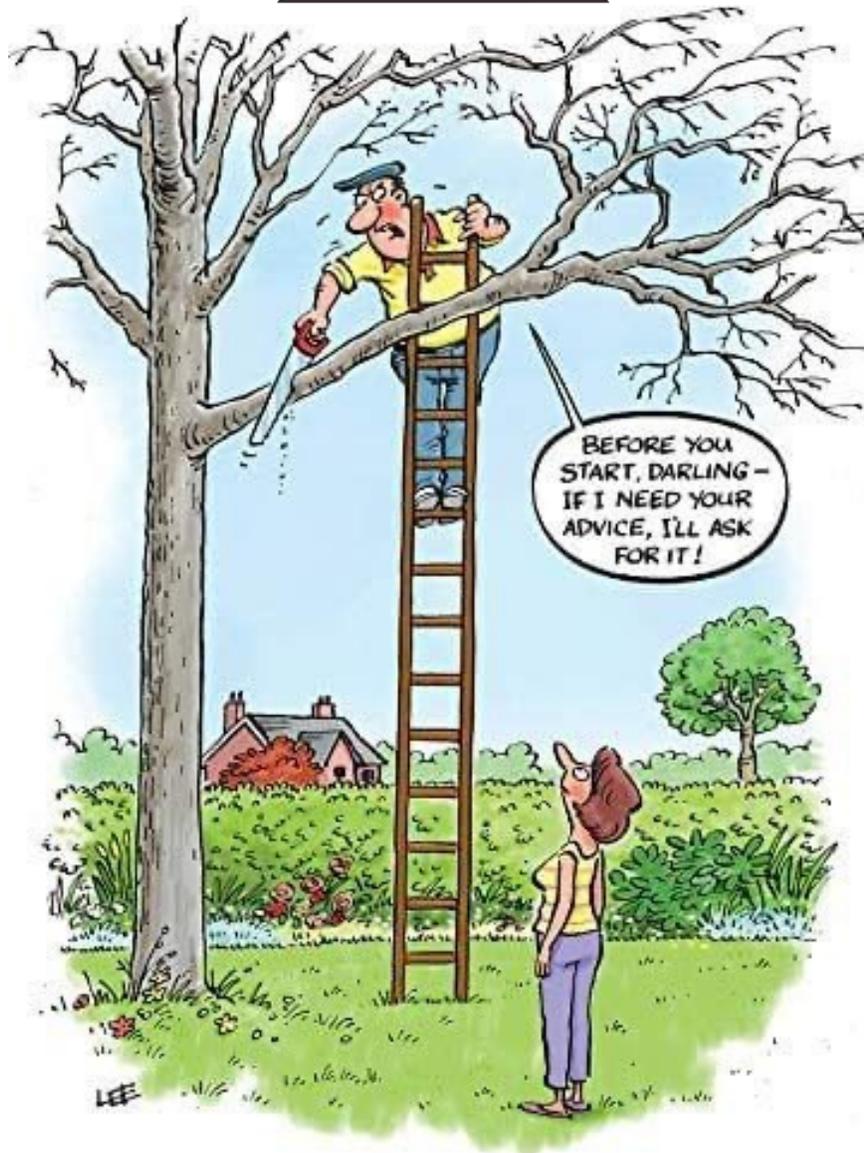
9. Practical Mental Health Support

- How are you doing in the areas of sleep, nutrition, movement, and rest?
- Which of the seven practical steps (sleep, nutrition, movement, rhythms, boundaries, community, spiritual practices) do you most need to strengthen?
- How can you support each other in building healthier habits?

10. Faith & Hope

- Where do you see God at work in your marriage right now?
- What Scripture brings you comfort in seasons of emotional heaviness?
- What are you praying for in your marriage in this next season?

DIRECTORY



WIDOWS

Fuller, Brenda

1108 Cody Road - Nathalie, Va 24577
(434)572-7414

Rone, Anna

1079 Beulah Road - Nathalie Va 24577
(434)349-9971

Hariston, Olivia

3307 Winterboure Road - Baltimore, Md. 21216
(410) 945-8956

MINISTERS

Albert - Mosley

Albert, Herb & Jeanette

158 Shearingham Drive – Madison Heights, VA 24572
(434) 665-6571 / Anniversary - May 30, 1976

Carpenter, Lawrence & Novella

3719 Norburn Road – Randallstown, MD 21133
(410) 922-9315 / Anniversary - June 17, 1972

Cheek, Jasper & Dara

6204 Philpott Road – South Boston, VA 24592
(434) 470-0798 / Anniversary – August 31, 1985

Dews, Charlie & Derenda

10588 Rockford School Road – Gretna, VA 24557
(434) 324-4090 / Anniversary - July 8, 1972

Drayton, Tommy & Diane

5030 Old Union Road - Charles City, VA 23030
(804) 839-4902 / Anniversary - August 4, 1990

Faulkner, Glenn & Laurietta

103 Forest Court – South Boston, VA 24592
(434) 575-5575 / Anniversary - October 9, 1981

Fenstermacher, Shawn & Hope

6615 Greenland Street – Riverdale, MD 20737
(301) 918-9451 / Anniversary – September 9, 1995

Hamlette, Donald & Lisa

220 Oakland Drive - Madison Heights, VA 24572
(434) 333-4037 / Anniversary – July 2, 1983

Hargrove, Andy & Rita

2539 Mill Creek Road - Clarksville, VA 23927
(434) 252-0348 / Anniversary – June 6, 1987

Hutcheson, Tereke & Erica

1725 TW Alexander Dr. Unit 105 - Durham NC 27703
(757) 343-1934 / Anniversary – July 12, 2015

Lovelace, Ronald & Melvenia

1371 Lynbrook Rd - Rustburg VA 24588
(434)610-7722 / Anniversary - July 26, 1980

McFarland, Allen & Doris

4403 Woodland Dr. Chesapeake, VA 23321
(757)685-1077 / Anniversary - August 26, 1967

Mitchell, Quincy & Aubree

5068 Howard P Anderson Rd - Halifax VA 24558
(434)579-2487 / Anniversary - July 24, 1999

Mosley, Robert & Charlene

9019 Bruno Road – Randallstown, MD. 21133
(410) 206-1990 / Anniversary – May 9, 1981

**Marriage lets you annoy one special person
for the rest of your life” -**

~Unknown

MINISTERS

Mosley - Williams

Mosley, Ronald & Jacqueline

42 Pilot View Road – Concord, VA 24538
(434) 401-4722 / Anniversary – March 20, 1982

Nelson, J. Michael & Perlina

3365 Union Grove Church Rd - Hurdle Mills, NC
27541
(336) 504-2486 / Anniversary - May 5, 1973

Penn, Ernest & Ingrid

125 Farley Branch Dr - Lynchburg, VA 24502
(434) 237-0779 / Anniversary - January 1, 1994

Pope, Edward & Pearl

6620 Rockford School Road - Hurt, VA 24563
(434) 324-4810 / Anniversary - November 7, 1970

Pope, Everett & Myra

4407 72nd Avenue – Hyattsville, MD. 20784
(240) 417-5409 / Anniversary – July 3, 1997

Pope, Timotheus & Kendra

421 Weavermill Rd Rector PA 15677
(814)521-0901 / Anniversary - October 21, 2007

Ray, James & Arlene

156 Penn Lane – Madison Heights, VA, 24572
(434) 846-3512 / Anniversary – September 16, 1972

Thomas, Leroy & Carolyn

2033 Mill Avenue - Eden, NC 27288
(434) 251-7590 / Anniversary – January 15, 1983

Turner, Keith & Hazel

382 Woodys Lake Road – Madison Heights, VA 24572
(434)942-6313 / Anniversary – May 11, 1991

Watkins, Harold & Marian

1177 White Oak Forks Road - Virgilina, VA 24598
(434) 579-4234 / Anniversary – March 4, 1978

Williams, Robert & Marsha

4910 Lashalle Ave - Baltimore MD 21206
(443) 529-2473 / Anniversary – August 20, 1980

Ybarra, Gregory & Caitlyn

13120 LP Bailey Memorial Highway,- Nathalie VA
24577
(434)579-7684 / Anniversary -June 23, 2018



ALUMNI

Adams - Handy

Adams, Willie & Mary

5117 Black Walnut Rd - Randolph VA 23962
(434)222-5681 / Anniversary May 6, 1975

Bevill, Bryce & Stacy

1000 Executive Dr. Unit 312A West Orange NJ 7052
(862)400-2122 / Anniversary - February 14, 2012

Bolden, Demond & Jamelle

103 Declaration Terrace - Forest VA 24551
(434)401-3929 / Anniversary - September 1, 2001

Bradley, Jimmy & Tammy

1525 Redbud Drive - Fayetteville, NC 28311
(910) 261-3050 / Anniversary - August 18, 2001

Brandon, James & Shirley

2122 Traynham Grove Rd, Alton VA 24520
(434)446-5348 / Anniversary - December 5, 1999

Brooks, Charlie & Ardell

1173 Black Walnut Road - Randolph, VA 23962
(434) 454-6978 / Anniversary - June 6, 1970

Brooks, Reneno & Shanita

P.O Box 6821 - Columbia, MD 21045
(410) 961-7485 / Anniversary - July 20, 2003

Brown, Jimmy & Sharon

1309 Gilmore Circle - Lynchburg, VA. 24501
(434) 238-4341 / Anniversary - May 27, 1989

Bundy, Lorenzo & Gwen

9105 Field Road - Baltimore, MD. 21208
(410) 207-3139 / Anniversary - September 14, 1996

Carter, Jerry & Connie

3229 Taylors Mill Road - Gretna, VA 24557
(434) 656-6426 / Anniversary - October 20, 1979

Claughton, Jerome & Joyce

4239 Bold Springs Road - South Boston, VA 24592
(434) 222-8306 / Anniversary - June 28, 198

Covington, James & Robin

3304 Royal Fern Way - Windsor Mill, MD 21244
(410) 701-8667 / Anniversary - July 7, 2007

Crawley, Berle & Debra

154 Liggon Road - Madison Heights, VA 24572
(434) 665-4143 / Anniversary - July 14, 1984

Dawkins, Anthony & Andrea

2188 Burton Run Rd - High Point, NC 27262
(336)870-6836 / Anniversary - May 28, 1994

Day, Lawrence Edward & Carolyn

160 White House Road Nelson VA, 24580
(434)917-0196 / Anniversary - October 5, 1996

Drakes, Damien & Joy

4601 Gladys Ct - Lanham, MD 20706
(240) 755-5494 / Anniversary - October 15, 2010

Echols, Joe & Linda

4646 Dry Fork Road - Dry Fork, VA 24549
(434) 432-0863 / Anniversary - May 20, 1961

Escudero, Alfredo & Cynthia

3418 Inverwood Lane - Bowie, MD 20721
(301) 257-2096 / Anniversary - January 6, 2018

Finely, Beverly & Winona

4800 Hwy 49, Nelson VA, 24580
(434)917-0217 / Anniversary - November 15, 2003

Ferrell, Vernard & Annie

468 Parrish RD Chatham VA, 24531
(434)724-4568 / Anniversary - June 9, 1973

Handy, James & Carla

5315 Clifton Avenue - Baltimore, MD 21207
(410) 944-2014 / Anniversary - August 2, 1980

“

“It's not always about the sex, sometimes the best type of *intimacy* is where you just lay back, laugh *together* at the stupidest things, hold each other, and *enjoy* each others' company.”

ALUMNI

Hargrove - Reed

Hargrove, Sterling Jr. & Aleice

6824 Barnett Road – Baltimore, MD 21239
(410) 821-1918 / Anniversary – May 24, 1975

Harris, Bobby & Patrice

928 Merriweather Way – Severn, MD 21144
(410) 768-2120 / Anniversary – July 31, 1976

Haskins, Charlie & Carolyn

685 Ratterlers Branch -Pamplin
(434)209 - 3468 / Anniversary - July 21, 1990

Heath, Jimmy & Iris

3827 Elkader Road – Baltimore, MD 21218
(410) 804-5027 / Anniversary – October 21, 1994

Henson, James & Deardria (Dee)

8637 Shadymist Drive – N. Chesterfield, VA 23235
(804) 648-3005 / Anniversary - October 2, 1993

Hicks, Michael & Janice

1738 N. Lily Meadow Court – Fuquay-Varina, NC 27526
(443) 955-1506 / Anniversary – October 3, 1970

Holland, Vaughn & Dolreen

15204 Shapswick Place Upper Marlboro
(301)538-1314 / Anniversary - April 26, 2007

Hunter, Ronald & Alexis

7411 Hendricks Dr. Hyattsville MD 20784
(240) 416-1093 / Anniversary - March 24, 2017

Hutching, Percy & Joanne

124 Tuggle Court - Danville, VA 24541
(434) 792-3907 / Anniversary – May 30, 1987

Jennings, Sidney & Barbara

P.O. Box 734 - Halifax VA 24558
(904)703-4771 / Anniversary - June 10, 1973

Leigh Sr., Derwin & Helen

107 Meadow Drive – South Boston, VA 24592
(434) 517-1136 / Anniversary – July 2, 1983

Mason, Jr. George & Linda

3882 Bent Arrow Drive – Powhatan, VA. 23139
(804) 317-3809 / Anniversary – August 26, 1978

McBride, Richard & Petronia

108 Alexander Lane – Spring Lake, NC 28390
(910) 797-6917 / Anniversary – July 7, 2007

Motley, Jelani & Martese

202 Mansfield Drive, Richmond VA 23223
(804)833-5431 / Anniversary - July 18, 2015

Nelson, Wayne & Arlene

282 Lawsons Drive – Clarksville, VA 23927
(434) 374-2093 / Anniversary – October 4, 2014

Patton Jr., Frank & Carol

3423 Danbury Road – Richmond, VA 23234
(804) 233-1744 / Anniversary – April 7, 2002

Patton III, Frank & Yvonne

113 New Towne Road – Lynchburg, VA 24502
(434) 239-6645 / Anniversary – October 9, 1999

Patton Jr, Robert & Kimberly

5429 Sherman Oakes Court - Haymarket, VA 20169
(804)822-0799 / Anniversary - September 29, 1990

Polk, Joseph & Sharon

2102 Belfry Lane - Bowie Md 20721
(301)249-3575 / Annersvary - June 17, 1978

Reed, James & Gracie

317 Erich Road - Richmond, VA 23225
(804) 231-6990 / Anniversary – August 9, 1986

8. SMALL POTATOES
6. LAZY AFTERNOON
4. ONCE UPON A TIME
2. RED IN THE FACE

WORDLESS

7. GETTING OVER YOU
5. MISS UNDERSTANDING BETWEEN FRIENDS
3. ONE IN A MILLION
1. SIDE BY SIDE

ALUMNI

Robertson - Younger

Robertson, Alphonso & Wilhemina

329 Lennox Loop - Raeford, NC 28376
(910) 848-0293 / Anniversary – March 11, 1978

Scarborough, Derrick & Doreen

11485 New Town Court – Glen Allen, VA 23059
(540) 314-5060 / Anniversary – June 24, 1989

Sheffield, Darnell & Lanee

15914 Edgevies Terrace, Bowie, MD 20716
(301)367-4014 / Anniversary - May 26, 2007

Smalls, Terrell & Kelly

6126 Marglenn Ave Baltimore MD 21206
(443)243-9667 / Anniversary - July 20, 2024

Smith, Steven & Lynn

242 Oak Spring Ln, Madison Heights, VA 24572
(434)660-6410 / Anniversary -May 29, 1999

Springs, Ezekiel & Glory

115 Myrtle Street, South Boston. VA 24592
(434)446-3619 / Anniversary – June 27, 2009

Stephens, Dominic & Stephanie

602 Edgewood Circle, - Halifax VA, 24558
(434)470-1415 / Anniversary - September 14, 2002

Tanner Sr., Carl & Tanya

2118A Saint Lukes Lane – Baltimore, MD 21207
(443) 520-8108 / Anniversary – July 2, 1982

Taylor, Bruce & Valerie

202 Wynn Street – Portsmouth, VA 23701
(757) 355-1253 / Anniversary – January 10, 1986

Thomas, George & Bernice

136 Magnolia Lane – Appomattox, VA 24522
(434) 485-6261 Anniversary – August 15, 1998

Thomas, Michael & Mary

4706 Postbridge Drive – Greensboro, NC 27407
(336) 674-9948 / Anniversary – June 30, 1984

Thompson, Samuel & Gail

827 Grayson Ave NW - Roanoke, VA 24016
(540) 354-8875 / Anniversary – November 6, 1976

Tomlin, Cliff & Camille

1029 Evesham Avenue – Baltimore, MD 21212
(410) 435-10704 / Anniversary – November 5, 1966

Tomlin, Neal & Valerie

5554 Cedonia Avenue – Baltimore, MD 21206
(410) 905-0833 / Anniversary – July 14, 2007

Watkins, Ervin & Etta

2440 Averett Church Road - Nelson, VA 24580
(434) 374-0328 / Anniversary – June 23, 1979

Wayne, Rodney & Sylvia

165 Stoney Creek Drive - Madison Heights, VA 24572
(434)841-7905 / Anniversary - July 19, 1992

West, Gregory & Mary

6051 Clarkton Rd – Nathalie, VA 24577
(434) 517-1720 / Anniversary – October 15, 1994

Wilkins, Stanley & Charlotte

P. O. Box 1381 – South Boston, VA 24592
(434) 470-5983 / Anniversary -April 6, 200

Williams, Willie & Mary

1168 Cherry Hill Church Road – South Boston, VA 24592
Anniversary – October 16, 1999

Willis, Raymond & Kimberley

3601 Clifmar Road, Windsor Mills MD 21244
(443)610-2799 / Anniversary - September 1, 2006

Wright, William (Bill) & Frankie

1601 Sundew Court – Bowie, MD 20721
(301) 807-2758 / Anniversary – August 24, 1973

Younger, Wayne & Barbara

2064 Dudley Road - Halifax, VA 24558
(434) 476-5014 / Anniversary – August 25, 1979

Newcomers

Chauncey - Weatherford

Chauncey, Shariff & LaTanya

8618 Myrtle Avenue - Bowie, MD 20517
(240)821-4993 / Anniversary - August 12, 2000

Creekmur, Mud & Shelia

562 Harvell Road - Coats NC 27521
(757)576-6384 / Anniversary - August 23 1996

Eldridge, Reginald & Necole

2024 Gaithersburg Street, Temple Hills Md, 20748
(347)328-4888 / Anniversary - June 25, 2026

Elam, Harvey & Angela

662 Slaughter House Road, Saxe VA 23967
(434)568-7475 / Anniversary - August 7, 1999

Franklin, Lawrence & Felicia

36 Turning Point Dr. - Evington, VA 24550
(434)420-2506 / Anniversary - August 29, 1992

Horne, Henry & Therussel

15481 Thomas Jefferson Hwy - Pamplin, VA 23958
(434)660-8091 / Anniversary - May 11, 1968

Hutcheson, Calvin & Brenda

7887 Redlawn Rd, Bracey VA 23919
(434)247-1418 / Anniversary - October 25, 1980

Jones, Gregory & Cynthia

201 Sudbrook lane, Pikesville MD, 21208
(443)865-2055 / Anniversary - September 14, 2002

Keene, Malik & Kisha

1106 Patuxent Greens Drive, Laurel MD, 20708
(202)359-0493 / Anniversary - August 9, 2025

Lacy, Steve & Priscilla

1398 Doss Road, Concord VA, 24538
(434)229-2407 / Anniversary - April 20, 2025

Mullen, Raedric & Shaniya

4 South Betty St, Laurel Md, 20724
(240)604-1709 / Annensary - November 21, 2001

Osagie, Arese & Abigale

7671 Rona Court Apt A, Glen Bernie, MD, 21061
(862)899-4120 / Anniversary - September 14, 2024

Preston, Eddie & Charlene

2016 Mount At His Road, Lynchburg VA 24054
(434)221-5457 / Anniversary - April 5, 2003

Robinson, Robert & Dia

108 Bluestone Court, Marginsburg, WV 25401
(410)207-4253 / Anniversary - February 11, 2017

Stevens, Travis & Carmisha

14129 LP Bailey Memorial Hwy, Nathalie VA 24577
(434)534-5303 / Anniversary - August 24, 2018

Tate, Edward & Sherry

9533 Whitehurst Drive, Owings Mills MD, 21117
(443)822-7295 / Anniversary - September 17, 2005

Weatherford, Phillip & Demetrius

5061 Summer Day Lane, Columbia MD 21044
(410)206-5036 / Anniversary - July 26, 1997

**I want a marriage more beautiful
than my wedding**

Christian Couples Retreat
In Loving Memory of



Pastor James Hudson
April 2025



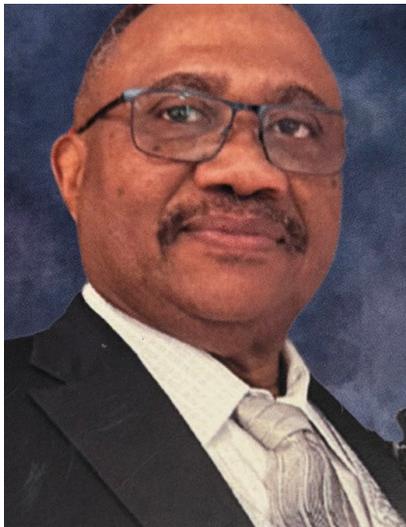
Mr. James Lewis
June 2025



Mr. Charles Cook
July 2025



Jesse Rone
Dec 2025



Pastor Roy Fitzgerald
Dec. 2025



Mrs. McNoarice W Clements.
Dec 2025



Mrs. Millie Jackson
Feb. 2026

We are so thankful that over 30 years ago the Lord placed the idea for a Christian Couples Retreat in the heart of the Pope's and the Faulkner's. Their obedience to the Lord, has transformed the lives and marriages for countless couples through the years. We join the Pope's and Faulkner's in giving Him glory for what He has done.

Through the years they were true to the Word of God and provided the attendees with a wonderful retreat experience. We are so thankful to the Lord for the manner in which they hosted the Christian Couples Retreat with such dignity and class. Over the last three years, we (the other Pope's and Scarborough's) were given a high bar to reach and with God's Grace we did our best.

It is our hope that in the coming years there will be Christian Couples Retreats coming up all over. You have a list of names in the Directory to start and we are here to provide advice and share what we have learned through the years. This is not a goodbye but more of a "we will see you at a retreat in the future."

To God be the glory for the great things He has done.

The Pope's and the Scarborough's
Philipians 2:13

"Always strive to give your spouse the very best of yourself, not what's left over after you gave your best to everyone else." ~Unknown

Christian Couples Retreat

The Marriage Triangle



Sponsored by

United Baptist Church

Pastor Everett and Mrs. Myra Pope

Brother Derrick and Sister Doreen Scarborough
Richmond, VA

Ephesians 5:32-33

“This is a great mystery: but I speak concerning Christ and the church. Nevertheless, let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.”

Ephesians 5:32-33