

## Unificationist couples' Energize! Couples Retreat over Valentine's Day weekend

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February 14, 2021



Cupid has been busy during the month of February, refreshing the marriages of more than two dozen Unificationist couples during the virtual Energize! Couples Retreat over Valentine's Day weekend.

Twenty-five new and older Unificationist couples from the U.S., Canada, and even Europe participated in the first-ever online retreat hosted by the Blessed Marriage Project ([BMP](#)), an initiative of [High Noon Couples](#) which is a branch of the grassroots nonprofit High Noon ([HN](#)).



"Is there a better time to celebrate love than Valentine's Day, the traditional day of romance?" said BMP Director Rev. Mari Curry. "Couples received great marriage enrichment from the comfort of their homes, but a few opted for a real getaway by renting a hotel room and changing up their routine."

The BMP offers interactive educational content for married couples through online retreats and courses. Organizers of the two-day retreat on Zoom, from February 13 to 14, aimed to 'refresh, recharge, and reconnect' the participants.

"Despite the challenges of juggling multiple time zones, these couples committed their weekend to investing in their marriage and were able to enjoy content offered via live presentations in real time."

Couples explored new skills designed to support and deepen their love and appreciation for each other. Seven interactive sessions—shared by BMP staff couples Crescentia and Leighton DeGoede; Lena and Christoph Yasutake; Sun-kook and Sunmarie Burns; and John Williams—included presentations and activities on topics of building strong marriages, communication, and sexual intimacy.

"In the beginning when you first get together, it's easy to be romantic with your spouse," said presenter Christoph. "But then as real life starts to set in, it can be hard to be romantic when opportunities seem to have vanished... We experienced this and it was very difficult and we were looking for support."



The Yasutakes shared their personal stories, along with other presenters, giving guidance on several topics like "Romance in Real Life," "Talking Safely," "Doing Something Different," and "Marriage Inspiration."

"Solving problems through talking might not always be the most effective," said presenter Pastor Crescentia of Clifton Family Church. "However, other times it's really important to talk and you want it to be as effective as possible, so that is what we're helping these couples do."

Couples engaged in fun activities; multiple breakout sessions, including "The Art of Kissing" and "A Recipe for Happiness;" and completed special workbook exercises together.

"Despite the need for social distance, this virtual experience seemed to transcend technology to create a closeness of heart as the couples and staff shared the experience," said Rev. Curry.

Couples also wrote letters to themselves as a reminder of their goals and then exchanged vows in a marriage renewal ceremony.

"This was such a precious moment for the couples and many were touched by this experience," said Rev. Curry. "The retreat weekend was special for everyone and a profound experience for me to connect with couples over the internet and witness God work through this avenue."

The BMP staff is currently creating a "retreat in a box," which will be available in the next few months for local communities who support making the ideals of the [Marriage Blessing](#) a reality in their lives.

To learn more about High Noon Couples and the Blessed Marriage Project, click [here](#).

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## About

Led by a passionate team of married couples, the [Blessed Marriage Project](#) (BMP) is a project of *HN Couples*. The BMP offers interactive educational content for married couples through retreats, courses, and online content. We focus on marriage education within the realm of creating a fulfilling sexual relationship.



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