

Couple Comments: Retrouvaille Calgary 2014

- It really opened my eyes to proper communication techniques. Some of the examples that the couples gave really struck home for me and my wife. Some things that I was feeling that she did not understand really bothered me and hearing about it from others really helped. We have lots to work on and now I feel like we have the tools to be successful. (Male)
- We were the “Angel Couple”. This allowed us to take a refresher of our original Sept. 2012 weekend. It was a little less stressful doing it this time and it allowed me the luxury of looking to what I wrote originally supplement anything that had changed and go further with additional questions. That had last been addressed eg 90/90. Suggestion: What about Retrouvaille – Advanced? We noted that it would be useful to have an advanced or supplementary weekend that dealt specifically with 5D and dealing with conflict resolution. (Male)
- I am very pleased with the weekend. I was unsure of it initially. I think having Father Jack there added tons of credibility. I’m glad you didn’t sell items after (shirts etc.). The food was fantastic. I volunteer a lot but our team was “top shelf”. The presenting couples were so impressive. Wow! If they can share affairs and abuse in public surely I can share with my spouse. Overall – a life changing weekend. A Gift. (Male)
- It was good and hard work. We made some progress so that was good. Not enough time to dialogue sometimes. (Male)
- We haven’t communicated like this in years. I am more written than oral so this approach benefits me immensely. The shared stories from the presenters I found most valuable. (Male)
- I explored areas of my life that I did not even realize were holding me back in my marriage. The dialogue approach is fantastic. Such a simple concept that we didn’t even know we’d lost along the way. The honesty of the presenters was so soul baring, but so appreciated. It made me realize I am not alone. (Female)
- The weekend was such a precious gift to me and my husband. I found hearing from Fr. Jack and the presenting couples was so inspiring and helpful to me. I really appreciated their honesty and candor in sharing their deeply personal stories. Learning this new technique of communicating through writing and dialoguing has completely changed the way I plan to communicate with my spouse moving forward. It is such a helpful tool for problem solving and for helping me to better understand my husband’s feelings and for me to communicate my feelings to him. Thank you for this gift and for helping to strengthen our marriage.(Female)
- All in all, the weekend was very valuable. We have a new tool (dialogue) and can meet each other on an emotional level, rather than the intellectual level. Much healthiness. (Male)
- I feel like someone open my eyes and I think that was God guiding all the people in charge to this beautiful course. I just can say: Thank you so much for your help. (Female)
- I truly valued the personal sharing done by the program presenters. It made / helped me put my concerns and fears aside knowing others had also gone through

what we are going through, and were able to save their marriages. I think it was very helpful being in a setting with no distractions. Learning new dialogue techniques has given me hope for our long term success that I had not had in years' Really understanding for the first time that Love is a choice has proved to be a turning point in our relationship. (Female)

- The weekend was great. I learned a lot, found hope and skills to use in my marriage. I would note – Saturday was long and hard – some of us are not as strong – one woman was late pregnant and stated she was fading in and out on Sat. I am a senior and at pointed as very exhausted . I carefully conserved my strength otherwise I would not of made it. (Male)
- I rate it high because this course takes you out of our comfort zone and try something new. The stories shared were very touching and helped because I related to everything they shared. Thank you all for that. (Male)
- I came here feeling like there was no hope and that hope was a four letter word or a magical unicorn that was unattainable. After this weekend I know there is hope and I have trust that together we can get through our challenges. (Female)
- It is very supportive and encouraging to hear how marriages can work and do work instead of the typical response to give up and start again. Adversity in marriage is an opportunity for growth. This is encouraging and hopeful to hear. We are grow stronger through our trials. (Female)
- I really enjoyed the intimate sharing from each of the presenting couples and their ability to speak clearly and from the heart. I found it comforting to be able to relate to part, all or sometimes none of their story. It has also helped me to take a really good look at myself and to focus on feelings, not facts, and to really concentrate and live in the moment. Thank you all for opening up to us and sharing your experiences, good and bad, and giving us some valuable tools to improve and grow our marriage. (Male)
- Loved sharing of couples (pain, struggle, feeling) very heartfelt – opened up my heart. Dialogue opened up a different world for me – got to know how important sharing of feelings are – and I had completely withdrawn from the them during our separation. Such a wonderful experience to know my husband more and to read his dialogue. Loved retreating to room by myself to write and partner joining me. Loved the service (mass). (Female)
- This material is valuable enough that I am sure that we will be able to repair our marriage. If we use the tools and do the work in the future. (Female)

