

About the Presenter



FRED CAVAIANI,
Psychotherapist,
Marriage Counselor
and Spiritual Director
has been helping and

inspiring people for 44 years by his presentations, counseling and direction. He is a man filled with joy, optimism and spirituality. He has been married for 45 years with three children and six grandchildren. Fred was a Capuchin for many years. He is on staff at Capuchin Retreat where he presents many programs for different groups of people. His “Dinner Date with Your Spouse” program is one of his most popular programs at Capuchin Retreat. Many couples attend these programs on a regular basis. They appreciate the peaceful and sacred setting.



Here is what others have said who have attended this evening at Capuchin Retreat:

“This is our date night and my favorite. The food is fantastic, the environment is surrounded by ‘wonders of God’ and the discussions are fuels of wisdom and knowledge and love. My grandparents said that we need to ‘allow’ ourselves one day per week for quality time investing in our relationship’s future. They were so right.” - L. B.

“This evening meant so much to me. I think just coming here with my loving wife made me feel that we both want a better relationship—one blessed by God and all his goodness.” - R. M.

“This was a very well-put-together program. I liked everything about it and it was a beautiful opportunity to enjoy God and ourselves. These evenings have been deeply encouraging and thought provoking. A breath of fresh air. The Capuchin Retreat is a refuge and a safe place to embrace God’s love. Excellent food too.” - C. S.

“We don’t do this often enough. Programs such as this remind us to communicate.” - A. P.
“Reflective Listening involves putting others first and facilitates a more intimate dialogue.” - M. M.

“This program gives me insight to what a successful marriage is and allows me to see the sacrament in action in couples of all ages.” - S. B.

“This was a wonderful, insightful experience. Thank you, Fred.” - C. S.

CAPUCHIN RETREAT

...A Beautiful Place To Pray

VALENTINE DINNER DATE WITH YOUR SPOUSE

The Gift Of Loving Each Other in 2018

Sunday, February 11, 2018

4:00—Registration

4:30—Social Hour

5:15—Dinner

6:15—Program

At

Capuchin Retreat

A Ministry of the Province of St. Joseph of the Capuchin Order

62460 Mt. Vernon Rd.

Washington, MI 48094

Phone: 248-651-4826



This second week of February in the midst of cold and snow and often dismal weather we celebrate a feast of Love: Valentine's Day. This day has been unconsciously adopted into our culture to remind us all of the im-



portance of loving one another and having loving people in our lives – especially our Spouse.

Who is your Valentine? Who is the person with whom you share your inner life? Who is the person whose side you will always be beside? Each of us needs a loving person in our life who is a Valentine of Love. We see many heart symbols on Valentine's Day. The heart represents Love.

The greatest joy in life comes from loving someone else. Contrary to popular opinion the greatest joy doesn't come from how much we feel loved by others. It originates first from our actions of love toward another person. This profound connection brings energy and wisdom to each of us.

There is such joy that is experienced when we show love toward our spouse and simply accept them with all their limitations and all our limitations. What a blessing to love your spouse without criticizing them or putting pressure on our selves to change. When we can simply tell our partner who we are and what is going on inside of our self, we can allow each other to see us clearly. When we affirm each other and consistently tell our spouse what is good about them and what we love about them, we give the greatest Valentine gift: It is the gift of Affirmation and Love. Our affirming words of love toward each other bring a sense of well-being and healing.



Schedule

4:00 - Registration

4:30 - Drinks and Appetizers

5:15 - Dinner

6:15-8:30 - Inspiring and Relaxing Program

This Dinner Date With your Spouse will help you to become more connected with each other. It will powerfully deepen your friendship.



COST: \$60/couple (includes dinner)

Call Capuchin Retreat at 248 651-4826 or go online (www.capretreat.org) to reserve your place in the beautiful, peaceful atmosphere of Capuchin Retreat.

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