

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 43 years with three children and six grandchildren. Fred has also been a Capuchin for many years. He is on staff at Capuchin Retreat where he presents many programs for different groups of people. 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 the most popular programs at Capuchin Retreat. Many couples attend this Dinner Program with your Spouse on a regular basis to come away and be inspired in this very sacred and peaceful setting.

For further information about Fred or this program, call him at 248 362-3340 or email him at Fredcavi@yahoo.com.

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

DINNER DATE WITH YOUR SPOUSE

Discovering Joy in our Communication with Each Other

Sunday, Sept 17, 2017

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



At times, marriage can become a bit stale. The routine of everyday life can sometimes get in the way of discovering the joy of becoming better connected with one another. We find that “right” person when we were dating. That person really listened and understood me. Then we get married. The daily struggles of married life, raising kids, becoming older and developing routines of life: all this can cause us to forget about the purpose of accurate communication and listening to one another.

Sometimes we can get so caught up in the activities of life that we forget how to slow down and look and listen to and with our partner. The joy we once felt now can seem to elude us. That careful listening we thought we once had now seems to have disappeared. We almost didn’t realize that it had disappeared because we began to glimpse of how the two of us have not been listening that carefully to each other. We still love each other but we are not enkindling that love into a more emotional connection. Every time we talk to each other it feels like we are somewhat being judged or criticized. Or it may seem that we are just talking about things but not about any real feelings.

We as women and men hunger for a deep emotional connection. We want more joy and enthusiasm out of our life with each other. We are beginning to ask ourselves: “how do we learn how to become more joyful and more connected with each other.” Sometimes we get some glimpses of good conversations with each other. But then we return to the old ways of just talking about external problems, the world, the weather, the kids, the grandkids. But it can appear that we have somewhat stopped talking about what we are really feeling inside and what we most desire from each other. Sometimes we find some joy in having a good conversation with each other. We want more of this joy now and want to have more meaningful time to share with each other.

Schedule

4:00 - Registration

4:30 - Drinks and Appetizers

5:15 - Dinner

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



Reserve this day. Come to beautiful Capuchin Retreat as fall colors just begin to bloom. Come and be renewed.

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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