

Presenter:

The presenters will be:



Fred Cavaiani, LLP, LMFT, Psychotherapist, Marriage and Family Therapist, Spiritual Director and Staff Member at Capuchin Retreat.



Here are the comments of those who have attended programs at Capuchin Retreat.

"Fred did a great job. I loved the sharing. It was so inspiring.

"Great fellowship, words of wisdom, insight and good sound spiritual principles."

"I have a better awareness of God in my life and really appreciated a deeper sense of spirituality.."

"Let go of your fears and try this. Probably the most important thing I have done for myself and my family this year."

"Take the time to attend this program-make the special effort. Enriching, thought provoking. Sharing relaxed atmosphere. Fred's expertise, was so encouraging."

"I felt uplifted, a sense of community. The experience strengthened my faith. The meditation and contemplation at the beginning set the perfect tone and mood for the program."

CAPUCHIN RETREAT

A MINISTRY OF THE PROVINCE OF ST JOSEPH OF THE CAPUCHIN ORDER

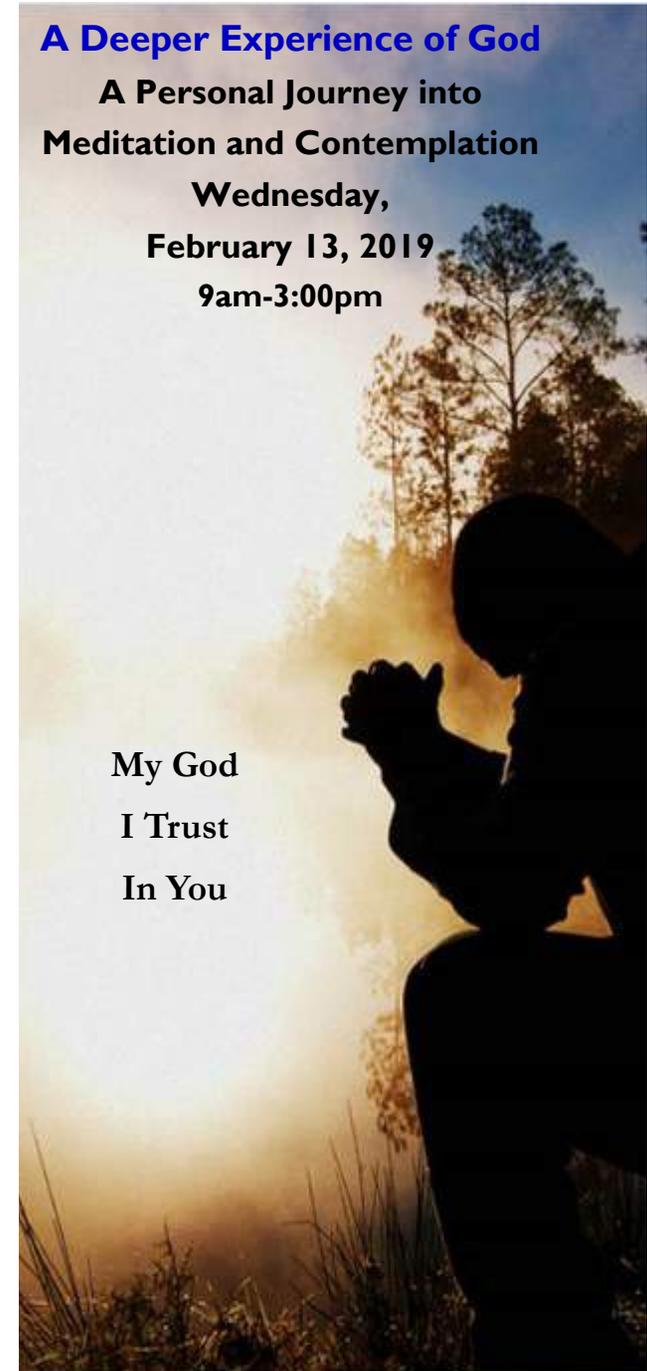
62460 Mt Vernon Rd
P O Box 396
Washington, MI 48094
Phone: 248 651-4826

Web: www.capretreat.org
E-mail: info@capretreat.org



A Deeper Experience of God
A Personal Journey into
Meditation and Contemplation
Wednesday,
February 13, 2019
9am-3:00pm

My God
I Trust
In You



A Personal Journey into Meditation and Contemplation

It is important to deepen our experience with God. Religion is supposed to do this. Often though, it may not, because we have not learned how to sit quietly and listen to God speaking to us. Sometimes we can become judgmental and condemning toward others and toward ourselves in our professing what we believe. This is not helpful in deepening our experience of God. In fact, when we become this way, we put blocks between ourselves and our experience of God. Our attendance at church may not help us appreciate our faith if we do not take quiet time with God and really have an experience of God.

It is important to come away each day and spend a good amount of quiet time with God. Those who have become saints have known how to do this and have spent much daily time being quiet with God. They knew and realized the importance of experiencing God in a deeper manner. Their lives were a journey of profound peace and joy because they knew how to experience God in the daily events of life. All of this was a result of spending much time each day in meditation and contemplation.



Reserve this day to come away and learn how to meditate and how to spend time in contemplative silence with God. Fred Cavaiani LLP, LMFT, Psychologist, Marriage and Family Therapist and Spiritual Director and staff member at Capuchin Retreat has had a group that has been meeting weekly in meditation and contemplation for the past 19 years. Fred has given numerous programs on meditation and contemplation and how to deepen our experience of God to many groups of people. Reserve this day and you will come away inspired and renewed to deepen your experience of God.



Registration & continental
breakfast begin at 9am

Suggested offering: \$45 includes
continental breakfast & lunch

To register call 248 651-4826, or
you may register on-line at
www.capretreat.org

CAPUCHIN RETREAT

A MINISTRY OF THE PROVINCE OF ST JOSEPH OF THE CAPUCHIN ORDER

62460 Mt Vernon Rd
P O Box 396
Washington, MI 48094

Phone: 248 651-4826
Fax: 248 650-4910
Web: www.capretreat.org
E-mail: info@capretreat.org