

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. 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

The Joy of Christmas for Couples

Sunday, Dec 3, 2017

4:00—Registration

4:30—Social Hour

5:15—Dinner

6:10—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



Christmas is a time to be helpful and joyful with each other. The music and the shopping of the next couple of weeks set a tone for compassion and kindness. For married couples these next few weeks before Christmas are about getting the home ready, planning on who will be coming over and whom we will be visiting during this beautiful Christmas season. What can be overlooked is sharing with each other the real meaning of Christmas. We can become so busy planning events and buying presents that we can forget to deepen our own relationship with each other.

There is so much emphasis on good will and making everyone feel happy and loved during the Christmas season. This is as it should be. God is with us. Christ has come. Emmanuel: God with us. The problem is that we can forget to deepen our own spirituality and our own emotional connection with each other. Because of the music in the air and the preparation and planning for Christmas our emotions can surface in a deeper way. Our ability to think about God seems deepened during the Christmas season.

However, because we are often so busy we find ourselves not talking about these deeper feelings that are surfacing like **WHAT DOES CHRISTMAS MEAN TO ME?** Another question we can forget to share with each other is **WHAT HAPPENS TO YOU SPIRITUALLY DURING CHRISTMAS** or **WHAT HAPPENS TO YOU EMOTIONALLY DURING THIS CHRISTMAS SEASON?** There are so many feelings that can surface but so often we can neglect sharing these feelings with our spouse.

This Dinner Date with Your Spouse will be a wonderful chance to prepare for Christmas and to become more emotionally and spiritually connected with each other. At various times during the year we are challenged to go deeper in our emotional and spiritual life. This Dinner Date with Your Spouse is to help you embrace this challenge so you can become closer to one another and to your whole family.

Real Christmas joy consists in careful listening and sharing with one another. It also consists in attentive listening to God and sharing what we learn from this with our spouse and our children and grandchildren. But we first must learn how to listen to each other and to listen more carefully to God speaking to us throughout the day. This is a season where we are meant to have deeper joy with each other and deeper joy in God. Some come and learn more about this.

Schedule

4:00 - Registration

4:30 - Drinks and Appetizers

5:15 - Dinner

6:10-8:15 - 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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P O Box 396
Washington, MI 48094

Phone: 248 651-4826

Internet: www.capretreat.org

E-mail: Info@capretreat.org