

## About the Presenter



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

inspiring people for 47 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 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

**DINNER DATE WITH  
YOUR SPOUSE**

**Will You Be  
My Valentine?**

**Sunday, February 10, 2019**

**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**



This Dinner Date with Your Spouse is a renewal of love for each other. To be someone's Valentine is to put yourself in the background and make a decision to bring more love to the other person. Each year in February we celebrate Valentine's Day and give cards, probably go out to dinner, and then reflect on what it means to feel loved. Valentine's Day seems to originate from a Christian martyr, Valentine, who was a priest who performed marriages for couples who loved each other and were about to be killed for their faith. His love for other people extended to everyone even those who had imprisoned him. He cured his jailer's daughter from blindness. Her whole family became Christians. Right before Valentine was killed for his faith, he wrote this young girl a note wishing her a good relationship with God. He signed the note "From your Valentine". This appears to be the origin of sending each other notes of love and compassion on Valentine's Day.



Be a Valentin message of love to your spouse. Have this day be a reminder of the importance of bringing Love to everyone you meet. Reserve this Sunday to come to Capuchin Retreat and be renewed in your love for each other and once again ask, "Will you be my Valentine?"

### Schedule

**4:00 - Registration**

**4:30 - Drinks and Appetizers**

**5:15 - Dinner**

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



**COST: \$60/couple  
(includes dinner)  
Call Capuchin Retreat at  
248 651-4826 or register  
online at  
([www.capretreat.org](http://www.capretreat.org))  
\$20 Deposit required at  
Registration**

