

## 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

**The Best Times are Always Now  
Living in the Present  
in our Marriages**

**Sunday, October 7, 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**



To live with each other in the present moment in a peaceful and also energized manner is the purpose of this October 7<sup>th</sup> Dinner Date with your Spouse. On this beautiful fall day at Capuchin Retreat, you will have a chance to come away with your spouse and live in the present moment in a more connected manner.

Couples have been attending this Dinner Date with your Spouse for over seven years now. This inspiring and intimate evening is made just for you. It will help you to deepen your relationship with one another.

The present moment, embraced and experienced, can always be a best time when we put our own egos aside and focus lovingly on our partner. We discover in this present moment that God is Love. When we are loving toward one another we deepen our experience in God.



Reserve October 7th to come to Capuchin Retreat. Become more renewed in your love for one another and also more renewed in your relationship with God. It will be a most enjoyable evening and you will leave enriched and renewed.

### 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))**

