

About the Presenter:

Fred Cavaiani, LMFT, LLP is a Psychologist, Marriage counselor and Spiritual teacher. He is very familiar with the 12 steps being a member of AA for 29 years. Fred is an inspiring speaker and teacher. He has put on many programs on personal and spiritual development at the Retreat Houses in the area. Fred does many programs on prayer and meditation. Every two months he presents a dinner date evening on Intimacy and Communication here at Capuchin Retreat for couples. His Cracks In the Armor program has also been very popular along with the many other programs he presents here at Capuchin Retreat. Fred has an office in Troy where he has been practicing as a psychologist and marriage counselor for the past 38 years. Fred also has taught courses at Davenport University for ten years where he was twice awarded Teacher of the year. Fred is married to his wife Alice for 38 years. They have three adult children and five grandchildren.

CAPUCHIN RETREAT
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62460 Mt Vernon Rd
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Phone: 248 651-4826
Web: www.capretreat.org
Email: info@capretreat.org

STRENGTHENING OUR SPIRITUALITY THROUGH THE 12 STEPS

April 13-15, 2012

**Retreat for Members of 12 Step
Programs and for those Interested
in 12 Step Spirituality .**

***(AA and Al-Anon, NA and GA, OA
and members of other 12 step
programs. Spouses of members of
12 step programs are invited.) .***



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The 12 steps of AA have been a groundwork for positive spirituality for the past 80 years. So many other groups have embraced these principles to help with their own addictions. All of us are addicted in some way. Understanding powerlessness and helplessness and the need to surrender to SOMETHING OR SOMEONE GREATER THAN ourselves is the foundation of freedom from addiction. The 12 steps facilitate this surrender. Thousands of people have developed a profound relationship with God through practicing the **Twelve Steps**.

This weekend retreat will explore the depths of prayer and meditation, the joy of surrender and the importance of being with others on your spiritual journey through life. For those who are in a Twelve Step Program, it will deepen your appreciation of the Twelve Steps. For those who have a family member in a Twelve Step Program it will help you to appreciate and understand what he or she is doing and inspire you to improve your own spiritual life.

If you are in any Twelve Step program, or interested, this Retreat will be of tremendous value for you.

Come Away to beautiful Capuchin Retreat on this weekend in April. Walk among 95 acres in a most beautiful and peaceful setting.



It is a hidden treasure of peace, tranquility and spiritual depth.

The Retreat begins with registration Friday evening between 6:30 and 7:30 p.m. and ends with lunch at Sunday noon. There will be ample time to reflect, share, listen and be inspired. You will leave with a warm glow in your heart and a deeper experience of God. The smile on your face as you leave will result from experiencing yourself, God and others in a profound and soul-enriching manner.

Call 248 651-4826 soon and make your reservation, or you may register on-line at www.capretreat.org. You can't beat the price. \$160.00 for two nights in an Oasis of Peace, private room, with your own bath and shower and five delicious meals with enlightening conferences and great sharing.



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