

About the Presenters:

Fred Cavaiani, LLP, LMFT

Fred has been in practice as a Psychologist and Marriage Counselor for the past 37 years. He presents many programs at Capuchin Retreat and has put on programs in over 190 parishes. He also has taught at Davenport University and was twice honored as the Teacher of the Year. Fred has presented the program on meditation "Soothing the Inner Spirit" for many years to various groups.

Fr. Jerry Kessel, OFM Cap

Fr. Jerry is currently a member of the preaching staff at Capuchin Retreat. He has spent 16 years in the preaching ministry, and has spent the last 8 years at Capuchin Retreat. He has furthered his studies in Spirituality at the Franciscan School of Theology in Berkeley, CA. Fr. Jerry also ministers with the Spanish speaking in the area.



Capuchin Retreat

62460 Mt Vernon Rd
Washington, MI 48094

Phone: 248 651-2426
E-mail: info@capretreat.org
Web: www.capretreat.org



Capuchin Retreat

...a beautiful place to pray

How to Meditate

Two Evenings of
becoming Closer to God.



7–9 p.m.

Tuesday, March 6, 2012

Tuesday, March 13, 2012

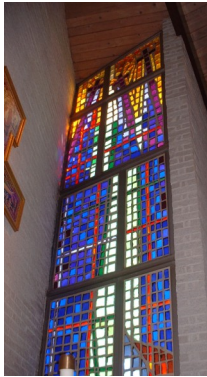


62460 Mt Vernon Rd
Washington, MI 48094

Phone: 248 651-4826
Email: info@capretreat.org
Web: www.capretreat.org



How to Meditate



Everyone hungers for a deeper union with God. Even if a person doesn't believe in God there is an inner longing for something deeper in life. The difficulty is that people have equated an experience of God with going to Church on Sunday or hearing an inspiring (or not so inspiring)

talk. We may read a book and be inspired or motivated to deepen our union with God, but we don't quite know how to deepen that experience. We find ourselves too busy to be quiet.

These two evenings will be an experience of discovering the simple and profound depth of meditation and contemplation. They will help us understand how to be quiet and listen to God speaking to us. These evenings are designed to help everyone know the simple and powerful principles of Meditation, Lexio Divina (divine words), and Contemplation which is a quiet way of learning to listen to God without analyzing, organizing or worrying what is going to happen.

Reserve these two dates. These two evenings at the warm surroundings of Capuchin Retreat will have a profound and powerful presence and influence on your life. It will be two evenings of experiencing God in a deeper manner and discovering the importance of practicing this in your everyday life.

Quotes

"Our Hearts are Restless until they Rest in You, O God."

These are the words of one of the greatest theologians: St Augustine of Hippo. They speak to the heart of every person. We are restless until we learn to rest in God. Come and learn how to rest in God. Come and learn how to listen to God.

"Earth is filled with Heaven and every common bush afire with God. Only he who sees takes off his shoes. The rest sit around and pluck blackberries."

These are the words of Elizabeth Barrett Browning. She understood the presence of God in all things. Meditation teaches us to experience the presence of God in everything and everyone.

Schedule

Tuesday, March 6 — What is Meditation and How to do it correctly.

Tuesday, March 13 — How to experience God through Contemplation and How to do it.

The presenters of this program are Fr. Jerry Kessel, OFM Cap, on staff at Capuchin Retreat, and Fred Cavaiani, Psychologist/ Marriage Counselor and Spiritual Director. You will be inspired by their presentations and ability to bring out the wisdom and spirituality of the group attending the program.

Suggested cost for each evening is \$15 which includes refreshments. As always, at Capuchin Retreat, no one is turned away if they can't afford the program.

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



Capuchin Retreat

62460 Mt Vernon Rd
Washington, MI 48094

Phone: 248 651-2426
E-mail: info@capretreat.org
Web: www.capretreat.org