

CELEBRATE VALENTINES DAY DIFFERENTLY



RENEW YOUR MARRIAGE IN 2015

The Power of Forgiveness: We harm one another and we experience harm from third parties. We sometimes feel the pain of anger and resentment from this wrongdoing. Learning a forgiveness process can help heal anger and pain as well promote personal and spiritual growth. Practicing forgiveness, a person can create a new life story, no longer focused on the wrongdoing but instead illuminated by the courageous choice to forgive. This leads to new hope, purpose, even joy. Relationships can be renewed and strengthened.

Our trainer is Dr. Gayle Reed, a former psych nurse who teaches Human Development, Conflict Resolution, and Forgiveness at the University of Wisconsin. She leads forgiveness workshops as well as offering individual forgiveness consultation. Her focus is spiritual growth, personal development, and enhanced relationships through forgiveness.

To learn more about Gayle and her work, see:
<http://www.forgivenessrecovery.com/>

SCHEDULE, SATURDAY, FEBRUARY 14

- 10:00 Registration
- 10:30 Forgiveness workshop: Intro, Uncovering, Decision
- 12:30 A simple lunch, on site, included
- 1:30 Forgiveness workshop: Our work, Deepening
- 4:30 Break
- 5:15 Appetizers and festive beverages
- 6:00 Church Service: Renewal of Marriage Vows
- 7:00 Valentines Dinner

FOR MENU AND REGISTRATION, SEE REVERSE

RENEW YOUR MARRIAGE REGISTRATION

MENU: **APPETIZERS** *served with cocktails (alcoholic or non)*: Chicken paté mouse with red wine glazed prunes, homemade crackers, butternut squash and tahini dip with warm roasted root vegetables, black olives tapenade with figs and mint, walnuts roasted with rosemary and thyme. **DINNER first course** Beet Carpaccio, Onion Marmalade & Frisse Lettuce. *entrée choice* Slow-cooked duck with green olives and herbes de Provence OR dry aged roast beef with sides and optional wine pairing. **FINALE** Strawberry tiramisu, chocolate semifreddo, cherry strudel, dark chocolate truffles, Fresh Fruit.

NAME	PRIMARY PHONE & EMAIL
	entrée: <input type="checkbox"/> Beef <input type="checkbox"/> Duck
	beverage <input type="checkbox"/> Non alcoholic <input type="checkbox"/> Alcoholic

SPOUSE NAME	PRIMARY PHONE & EMAIL
	entrée: <input type="checkbox"/> Beef <input type="checkbox"/> Duck
	beverage <input type="checkbox"/> Non alcoholic <input type="checkbox"/> Alcoholic

YOUR ADDRESS

RETURN FORM, SEND \$125 PER COUPLE, AND ATTEND WORKSHOP

St Luke’s Episcopal Church
4011 Major Avenue
Madison, WI 563713

Questions? stlukesmadisonrector@gmail.com

Deadline Sunday February 8, or when workshop is full. Space is limited. Cancellations will be refunded minus \$25 per person. Some scholarships are available, contact Mother Paula Harris at 608-222-6921.

