

The Five Love Languages: A St. Valentine's Day Workshop

with Sarah Donnelly

Date and Time: Friday February 14, 5:30pm supper (*optional*)
6:30 – 9:00pm workshop

Cost/person: \$25 - workshop/person
\$15 – supper/person (add \$5.00 to enjoy wine with your meal)

*Ten or more participants are needed in order to provide supper – registration deadline: **Monday February 10**. Please call ahead to ensure that supper is being offered. Thank you!*

Detail: In his bestseller book *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* Dr. Gary Chapman suggests that the many ways in which we express our love and appreciation to our spouses, family members and dear friends comes down to five basic “languages.” And conflict or hurt feelings can arise when we continue to use our own “love language” rather than that of our loved one. In this lighthearted and informative workshop you will have the opportunity to learn the unique way in which you give and receive affection, and that of your loved one, so that communication between you is more fruitful and life-giving. An excellent workshop for those preparing for marriage, those who have been married for decades, and for family members or dear friends. It is strongly recommended that you attend this workshop with a companion.

Presenter: Sarah Donnelly was born and raised in southern Ontario, receiving her undergraduate degree from the *University of Waterloo*, her Masters of Divinity from *St. Peter's Seminary (University of Western Ontario)* and her spiritual direction training from *The Haden Institute: Spiritual Direction in the Jungian, Mystical, Christian Tradition*. Sarah has been offering retreats and workshops since 1994. Her areas of interest include the deepening of our spiritual life and journey, our relationships with those we love, and the often lonely path of grief and loss. Sarah also offers the listening ministry of spiritual direction and grief support retreats. She is the Programming Director at Queen's House and part-time Pastoral Assistant at St. John's Anglican Cathedral. Visit her website: www.sarahdonnelly.ca

To register please call Queen's House, 306-242-1916 or email receptionist@queenshouse.org
Registration deadline: Monday February 10, 2020