



CATHOLIC DIOCESE  
of FORT WORTH

ANNUAL  
DIOCESAN APPEAL  
CATHOLIC *stewardship* IN ACTION



# CANA COMMANDMENTS

## *Marriage Retreat*

A one-day retreat for couples to deepen their marital bond through the lens of the ten commandments. **Register at [www.fwdioc.org](http://www.fwdioc.org)**



Guest speaker  
**DANA  
NYGAARD**

Licensed Professional Counselor, speaker, wife, and mother. Her unique blend of cognitive Behavioral Therapy techniques, authentic Catholic spirituality, and a splash of humor provide her clients and audiences with practical solutions that have life-changing effects.

Cost per couple  
**\$30**  
Lunch Included

**Immaculate Conception**  
2255 N. Bonnie Brae St.  
Denton, TX 76207

**OCTOBER  
14**

**St. Andrew**  
3312 Dryden Rd  
Fort Worth, TX 76109

**OCTOBER  
28**

**Sacred Heart**  
1504 10th Street  
Wichita Falls, TX 76301

**JANUARY  
13**

SCAN TO  
REGISTER

