

FINDING MORE LOVE

..IN OUR FAMILIES ...OUR RELATIONSHIPS ...AND WITH GOD

TRINITY UNITED METHODIST CHURCH—GRAND ISLAND, NY
APRIL 2ND, 9, 16 AND 23RD



**How can we find lasting love? ...in our relationships? ...our families?
...and with God?**

Answers to these questions will be explored in a free, four week program that offers insights from Christianity, other religions and psychology. Strategies to improve communication, reduce stress and deepen prayer will be taught.

The program teaches:

Love from God and others is always available.

Fear, anger and guilt keep us from seeing that love.

The same steps that can grow our love with others, can grow our love with God.

Finding More Love focuses on Greatest Commandment, the Golden Rule, the Ten Commandments and the Lord's Prayer as its major themes. It also explores the use of the *Satisfaction Skills* to improve relationships with others and God..

This four part program will be offered at Trinity United Methodist Church,
2100 Whitehaven Road, Grand Island, NY from 9:30 to 11 AM on
Tuesday, April 2nd, 9th, 16th and 23rd.

To register, please call Trinity at 773-3366.

The course is offered by Tom DeLoughry, Ed.D., whose *Being Your Best* program for seniors, adults and teens was honored with AARP's *Social Impact Award* as "a simple mind-body-spirit program." He currently serves as chair of Older Adult Ministries for the United Methodist Church Upper New York Annual Conference and the associate director of the Northeast Forum on Spirituality and Aging, an inter-faith outreach program.