



## **The Five Love Languages**

**Just in time for Valentine's Day, Fr. Chad Martin will be offering a five-week study on how we express and receive love based on Dr. Gary Chapman's book "The Five Love Languages"**

**In this introductory study, participants will explore how to strengthen their marriages and relationships with others by discovering their own love language and the language of others.**

**According to Chapman, the five ways in which we express and receive love include: words of affirmation, quality time, receiving gifts, acts of service, and physical touch.**

**Please join us on Sunday mornings beginning January 29 in room 103 of the high school building from 9:30-10:15 a.m. Childcare will be provided.**

**For more information contact  
The Rev. Chad Martin at [martin.chad@stes.org](mailto:martin.chad@stes.org) or 713-559-1637.**