



Surviving Divorce: Hope and Healing for the Catholic Family

By Rose Sweet

Marriage is meant to last a lifetime. Most engaged couples approach their wedding days fully believing and intending this. Sadly, however, too many hearts and homes end up experiencing the pain of divorce. This often brings about unexpected and unimaginable heartache, questions, and challenges. Is healing possible? Yes! That's the good news this program offers.

Surviving Divorce was created to bring hope and healing to those who have experienced the pain and loneliness of a broken marriage. It is for the newly separated and divorced and those still struggling with issues many years later. It will help them answer their questions, restore hope, and begin authentic healing. Developed and hosted by Rose Sweet, *Surviving Divorce* features experts Dr. Ray Guarendi, Ph.D., Fr. Donald Calloway, M.I.C., Fr. Steve Porter, S.T.L., Fr. Mitch Pacwa, S.J., and Christopher West. It also includes personal testimonies of Catholic men and women who have experienced the breakdown of their families. They courageously share their stories with heart, humor, and wisdom. As they witness to their pain and the healing power of Christ in their lives, participants will laugh, cry, and identify with their journeys from heartache to healing.

This program will help you:

- Work through the emotional upheaval of separation and divorce.
- Find personal healing and hope.
- Discover a deeper understanding of God's love for you.
- Gain wisdom and comfort from experts and others who share your experiences.
- Navigate new concerns like custody, court hearings, and finances.
- Provide resources for counselors if you need personal assistance.
- Help you experience the grace of God through the sacraments as you journey through the hurt and pain of divorce.

Our next *Surviving Divorce* session will begin on Wednesday, February 2, 2022, at 6:45 pm, at St. John the Baptist Catholic Church, St. Elizabeth Center. You may register by contacting the facilitators, or on the first night of our program. The cost of \$25.00 for the program includes the *Surviving Divorce* Personal Guide and all program materials. **The facilitators for *Surviving Divorce* are Cindy Gilbert, cynthiasgilbert1@gmail.com or Pat Smith, dontel972@aol.com.**

THE VIDEO TOPICS

Every situation is unique and divorce is complex so we can't cover every issue you may be facing...but we cover the most important from the aspect of our CATHOLIC FAITH. Full healing is centered in Jesus Christ.

Part 1 – FINDING PERFECT PEACE

Session 1 – Getting your Bearings

Session 2 – Finding Strength and Help

Session 3 – Getting Through Your Anger

Session 4 – Dealing with Depression

Part 2 – FINDING PERFECT POWER

Session 5 – Learning to Forgive

Session 6 – Dealing with Your Family

Session 7 – Handling Money Wisely

Session 8 – Learning to Let Go

Part 3 – FINDING PERFECT PASSION

Session 9 – Seeing God in Romance

Session 10 – Deciding About Dating

Session 11 – Loving All Church Teachings

Session 12 – Finding Love that Lasts