

Dear God,

*Pease energize me
in all ways -
physically, emotionally
and spiritually. Help me
to take good care of
my body so that I am strong
and healthy enough
to care for my children
and do all the work I must do.
Help me to be strong emotionally.
The process of divorce and starting
a new life is all so draining,
sometimes I feel I'll never
make it through. Help me to let
my feelings out gently, so they
do not hurt anyone else.
Help me to be as strong
as an oak but as flexible
as a willow. Help me to be
spiritually powerful.
Let me hold fast to my faith,
it is my lifeboat in these
turbulent times.
It has gotten me through
tough times before.
I know that it will help me
survive these days, too.
So please energize me
in all these ways!*

From "Praying Through Your Divorce"
by Karen O'Donnell
St. Anthony Messenger Press
www.AmericanCatholic.org



"When I was going through my divorce, it was a very scary and lonely time. But through New Beginnings, I found comfort and support, and realized that I was not alone in my struggles. New Beginnings showed me that God, the Catholic Church, and the diocesan community were there to provide help and support."

-Jay Buckley, *Immaculate Heart of Mary*

"Before I began the New Beginnings program, I thought I knew what I needed to do to move forward in my life: personally, emotionally and spiritually. Yet, I spent far too many years in the same uncomfortable place. With the prayerful support of the New Beginnings group, I was able to reconnect with my true self and feel God working in my life in a way that I had not experienced in longer than I could remember. Before the first meeting, I sat in my car contemplating whether I really could share the painful experiences of my marriage—and now my divorce—with a group of strangers. Just a few weeks later, I understood what a blessing I had received when God brought the men and women of New Beginnings into my life, and I was able to recognize and accept the healing that God had been offering but which I had been too distracted by my own hurt to see before. I am in a significantly better place in my life because of this ministry.

- Jennifer

NEW BEGINNINGS

Support Groups for Separated and Divorced



*God's grace gives us the choice
to transform loss into life.*

Dept. of Catechesis and Formation
Diocese of Covington, Kentucky
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STATEMENT OF PURPOSE

In response to persons suffering the loss of a spouse due to divorce or separation, the Diocese of Covington offers the support of a faith-based community through **New Beginnings**, a ministry for separated, divorced, or widowed men and women.

New Beginnings provides opportunities for healing and personal ongoing growth. Led by a team of persons who themselves have experienced the loss of a spouse, our program invites participants to move toward a new beginning in life.



Introductory Group Separated or Divorced

8 Weekly Sessions, 7:00 – 8:30 p.m.

This is a beginning group for those who are experiencing divorce or separation.

Participants focus on such questions as:

- ❖ What does this crisis mean for me?
- ❖ What can I expect of myself and others?
- ❖ How can I best survive?

Facilitators for the group are sensitive, caring people who have also experienced the loss and trauma of separation or divorce. Persons completing this group find new understanding of themselves and their relationships and gain courage to discover new life.

New sessions begin in January, February, March, September, and October.

For information call Mr. Isaak Isaak, (859) 392-1533

Ongoing Support Group

**Third Monday of Each Month
7:00-8:30 p.m.**

For those who have completed the Introductory Group, this time is made available for anyone who feels the need for extra support in a small group atmosphere. A focus topic is usually chosen for the evening.

Personal Growth Seminars

(Check *The Messenger* and parish bulletins for times and dates.)

Seminars examine a variety of themes:

- ❖ What is an Annulment?
- ❖ Taking Charge of Your Finances
- ❖ Loss and the Holidays

Each seminar is presented by a resource person qualified through expertise and experience on the topic.

To register for any group, call
(859) 392-1500

All group sessions are held at
Catholic Charities

3629 Church St., Covington (Latonia), KY.
(859-581-8974)

Directions to Catholic Charities

From I-75:

Take I-75 to I-275 East. Go 5 miles. Take Exit 79 for KY-16/Taylor Mill Rd. Turn left onto KY-16. Go 2 miles. Turn right at East Southern Ave. Go 377 ft. Turn left at Church St. Go 335 ft. Catholic Charities will be on the left next door to Holy Cross High School.

From I-471:

Take I-471 South to I-275 West. Go 3.5 miles. Take Exit 79 for KY-16/Taylor Mill Rd. Turn right onto KY-16. Go 2 miles. Turn right at East Southern Ave. Go 377 ft. Turn left at Church St. Go 335 ft. Catholic Charities will be on the left next door to Holy Cross High School.