SAINT BRIGID
PARISH

RECOVERING FROM DIVORCE:

A JOURNEY OF HOPE & HEALING

A SUPPORT GROUP FOR SEPARATED AND DIVORCED MEN AND WOMEN

Thursdays, January 30—April 16, 2019*
7–8:30 pm
Saint Brigid Ministry Center

Are you separated or newly divorced? Have you been divorced for a while but are still in need of healing? You are not alone. Come join other separated and divorced men and women for this 11-week series. Using materials from *Divorced Catholic*, this group will offer support and address the most pressing challenges of divorce.

The Recovering from Divorce Support Group will cover:

- **Praying in Times of Distress**
- **Anger with Our Spouses**
- **Why Did God Allow This to Happen?**
- **What Does the Church Really Teach About Divorce?**
- **Dealing with Your Former Spouse**
- **How Are the Children?**
- **Our Own Self-Worth**
- **Working on Forgiveness**
- **Sex and Dating as a Divorced Catholic**
- **Hope for the Future and Our Vocation in Life**

Sponsored by the Saint Brigid Parish Divorce Support Ministry. $30 suggested donation.
(Arrangements can be made for those experiencing financial difficulty.)
*Due to the Celebration of Holy Thursday, there will be no meeting on Thursday, April 9.

To register, or for more information, email divorcesupport@saintbrigidparish.org, visit saintbrigidparish.org/divorce, or call 858.483.3155.

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