

*Thought for the Month*

How might your life be different?  
- Judith Duerk -

# On Eagle's Wings

The monthly newsletter of the Separated and Divorced Catholics  
of the Bay Area

November 2006

Vol. X, No.11

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### ACTIVITIES

#### SATURDAY, NOVEMBER 25, 2006

##### ANNUAL SDCBA THANKSGIVING

##### MASS AND RECEPTION

5:30 P.M. St. John of God Chapel 1290 5<sup>th</sup> Ave.(Irving) in San Francisco. Please bring Sweet or Savory hors d'oeuvres to share. For more information please contact Susan Fox at 415.752.1308.

### CASA MARIN

#### SATURDAY, NOVEMBER 4, 2006

5 PM MASS AT ST MARY'S STAR OF THE SEA CHURCH - In Sausalito. To be followed by dinner at a local restaurant.

#### SATURDAY, NOVEMBER 11, 2006

Live music at Rickey's Restaurant in Novato. 415.883.9477.

#### SATURDAY, NOVEMBER 18, 2006

Movie night to be followed by dinner and discussion.

#### FRIDAY, DECEMBER 1, 2006

Christmas Party at San Rafael Joe's Music by Charley Baker.

#### SATURDAYS AT ST. HILLARY'S CHURCH

9:30 A.M. - Prayer Meeting

12:30 P.M. - Bible Study

For more information about the CASA events please call Bob at 415.397.0639

## HEAVEN CAN'T WAIT

By Jay Cradeur

Heaven is here among us, *right now*. *Can you feel it?*

Do you know this to be true?

I was driving in my car thinking about a conversation I had with my soon to be ex mother-in-law. She was born Catholic and still attends daily mass. She kept talking about going to heaven, and what one needs to do to get there. It reminded me of the cramming done in preparation for college finals.

I noticed a feeling of anger arising in me as I was revisiting this conversation. My anger was directed at all of those institutions that speak with such great and self-righteous authority for "God". I'm speaking of those talking heads who tell us how to live in order to insure our place in heaven with the most divine. How do they know? They tell us... Do this! Don't do that! Do this and you will get into heaven. Don't do that or else you will go to hell. And, these mandates apply to life eternal. *Life Eternal!* We are taught in many religions that there are no second chances. *If you blow it buddy, you are in for some serious damnation, hellfire and brimstone*, for the rest of your lowly existence.

This to-do list of life is a heavy load to carry. Take a moment to feel that. Wow! When *I* actually get into that space, that belief that one wrong move may just be the thing that tips the scales out of *my* favor, and as a result, *I* will live out the rest of *my* life in some unspeakable hell, that is one crazy, and unhealthy way to live. No wonder so many of us are feeling sick, and depressed, relying on pharmacology for relief, and dying prematurely from incurable diseases. Our physical bodies, our energy bodies, and our emotional bodies can't handle this much pressure. It seems so unnatural.

So what am *I* left with? *I* either live the life of a saint (and die in the comfort of *my* belief that *I* am going to heaven), or *I* wake up to the reality of heaven on earth (and die in the comfort of *my* belief that *I* am returning home), or *I* live *as so many of us do*, (and die in utter frustration of it all, thinking the worst may lie ahead).

If ever there was a time for Atlas to shrug, now might be it.

**RESOURCES**

**BEGINNING EXPERIENCE**

[www.beginningexperience.org](http://www.beginningexperience.org)

**NORTH AMERICAN CONFERENCE OF SEPARATED AND DIVORCED CATHOLICS**

[www.nacsdc.org](http://www.nacsdc.org)

**SHEMATRIX**

[www.shematrix.com](http://www.shematrix.com)

**THE BRIDGE**

[www.thebridge33.com](http://www.thebridge33.com)

**RETREATS**

**NOV.17.2006-NOV.19.2006**

**"KEEPING IN FIT SPIRITUAL CONDITION"**

**12-STEP RECOVERY RETREAT IN THE LANGUAGE OF AL-ANON, FOR WOMEN**

In the Big Book of Alcoholics Anonymous we read, "...And we have ceased fighting anything or anyone—even alcohol.....That is how we react if we keep in fit spiritual condition. The twelve steps is the kit of spiritual tools laid at our feet that can keep us in "fit spiritual condition". Pat Mullin, C.M.

El Retiro Retreat Center - Register on-line at [www.jrclosaltos.org](http://www.jrclosaltos.org)

**NOV.24.2006-NOV.26.2006**

**THANKSGIVING FOR OUR LIVES, OUR RECOVERY, OUR FELLOWSHIP**

Take time out of our busy schedules to rest, to talk with one another, and enjoy and share some of the many gifts we have been given in Recovery, in life. We will look gratefully at the 12 Traditions. Thomas Weston, S.J. El Retiro Retreat Center Register on-line at

[www.jrclosaltos.org](http://www.jrclosaltos.org)

**DEC.1.2006-DEC.3.2006**

**GRIEF RETREAT**

**THE MYSTERY OF SAYING GOOD-BYE**

- This grief retreat will address issues of loss. Whether it is a person, a relationship, an ideal or a vocation, when you love something and lose it, you experience grief. Come and learn how to deal with grief and move forward in life. Carol Kaplan, MFT. San Damiano Retreat Center - Register online @

[www.sandamiano.org](http://www.sandamiano.org)

<b>Support Groups</b>			
<b><u>Group/Location</u></b>	<b><u>Leaders/Chaplains</u></b>	<b><u>Meeting Place</u></b>	<b><u>Date/Time</u></b>
New Tomorrow San Francisco	Gail Castro 650/591.8452 Fr. Al Grosskopf 415/422.6698	St. Stephen Parish Center, 451 Eucalyptus, San Francisco	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays 7:30 p.m.
New Hope Pacifica	Diane Patrino & Joe Brunato (650)359-6313	St. Peter Parish, The 'Cove' in the Religious Ed building 700 Oddstad, Pacifica, 94044	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays, 7:30 p.m.

**RETREATS**

**NOV. 3, 2006**

**THE GIFTS OF GRIEF WORKSHOP**

In this workshop we will come together in a safe and supportive setting to rediscover our own essential nature through sharing our experiences; exploring how loss impacts and transforms our lives and working with the emotions of grief through music, poetry and ceremony. A video called The Gifts of Grief, produced by Nancee Sobonya will be used in this workshop. The video explores how a unique group of people have embraced their pain, learned to live with their loss, and now engage in life with more compassion and awareness. San Damiano Retreat Center - Register online @ [www.sandamiano.org](http://www.sandamiano.org)

**NOV.10.2006-NOV.12.2006**

**A MOMENT'S PAUSE FOR GRATITUDE**

**THANKSGIVING RETREAT FOR MEN AND WOMEN**

We all desire to be close with God, though we also seem quite adept at keeping our distance. If we could only ever see ourselves how God sees us-that we are made in his own Divine image and likeness, male and female (Gn1:27), we would be overwhelmed with a deep and life - giving gratitude. Employing aspects of the Spiritual Exercises of St. Ignatius Loyola, this retreat will offer us an opportunity to do just that. Do come, take time, and be grateful. Michael Dorrlor, S.J.

El Retiro Retreat Center - Register on-line at [www.jrclosaltos.org](http://www.jrclosaltos.org)

**DIRECTORY**

**Separated and Divorced Catholics of the San Francisco Bay Area**

Chaplain	Fr. Al Grosskopf	415/422.6698
Coordinating Chair	Gail Castro	650/591.8452
Coordinating Council	Jack Breslin	415/566.4230
	Susan Fox	415/752.0766
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Membership	Kathi Barnes	415/693.0208
Newsletter	Grenville Berliner	650/756.8520

Please check the mailing label for the subscription date. If you believe it is in error, please contact Kathi Barnes at 415/693.0208.

# November 2006- At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Tomorrow 7:30 p.m. St. Stephen's Church Parish Center, S.F.	2 New Hope St. Peter Parish, Religious Ed building, Pacifica	3 Gifts of Grief Workshop San Damiano.	4
5	6	7	8	9	10 Thanksgiving Retreat at El Retiro.	11 Thanksgiving Retreat at El Retiro.
12 Thanksgiving Retreat at El Retiro.	13	14	15 New Tomorrow 7:30 p.m. St. Stephen's Church Parish Center, S.F.	16 New Hope St. Peter Parish, Religious Ed building, Pacifica	17 12-Step Recovery Retreat at El Retiro.	18 12-Step Recovery Retreat at El Retiro.
19 12-Step Recovery Retreat at El Retiro.	20	21	22	23	24 Thanksgiving Recovery Retreat at El Retiro.	25 SDCBA - Thanksgiving Mass - St. John of God Chapel
26 Thanksgiving Recovery Retreat at El Retiro.	27	28	29	30	1 Grief Retreat at San Damiano Retreat Center.	2 Grief Retreat at San Damiano Retreat Cen- ter.

## A Mass of Thanksgiving

**Saturday, November 25, 2006**

**Mass at 5:30 p.m. with reception following.**

Father Al Grosskopf will concelebrate with other priests from the Archdiocese.

**St. John of God Chapel**

**1290 Fifth Avenue (at Irving)**

**San Francisco**

**Please bring sweet or savory hors d'oeuvres to share.**

**For more information, call Susan at 415/752-1308.**

**If you're Not Already On Our Computerized Mailing List...Or If You Are Renewing Your Subscription,** please send in the following TODAY! You will receive the next 12 issues of ON EAGLE'S WINGS by First Class mail. *(The digits above your name and address on the mailing label indicate the expiration date.)*

**YES.** Enroll me as a member of SDCBA for the next 12 months, and send me ON EAGLE'S WINGS each month. Enclosed is a check in the amount of \$25.00 payable to "SDCBA". We also welcome monetary donations to help with expenses.

**CHANGE OF ADDRESS**

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

Support Group (Optional) \_\_\_\_\_ E-mail address \_\_\_\_\_

Mail to: Miriam Escajadillo – 57 Fairway Drive, Daly City, CA 94015

Has Your Address Changed? Please Use The Slip Above, and Check The "Change Of Address" Box.



The Monthly Newsletter of  
Separated & Divorced Catholics of the Bay Area (SDCBA)  
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