

## Healing Prayer

Remember,  
The pain will pass.  
Your brokenness will heal.  
The sun will rise again in  
your soul.  
Peace will come.  
You will survive.  
You are not alone...ever.  
God walks with you.  
God holds you tenderly and  
close.  
God's grace will sustain you.  
You are loved.

May you be blessed by God,  
God's Son,  
and their Holy Spirit,  
now and forever. Amen

### Doug Goodman

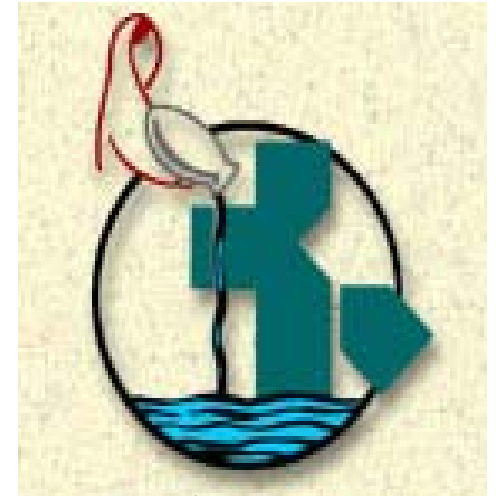
Facilitator  
317-696-4077  
Our Lady of Grace Parishioner

### Susan McIntosh

Facilitator  
317-846-8459  
St. Elizabeth Seton Parishioner

### Maureen Longenecker

Facilitator  
317-846-4761  
St. Luke Parishioner



## *Divorce Recovery Workshop*

*Gentle guidance toward  
recovery from the tragedy of  
divorce and pathways to  
growth through self-recovery.*

*February 3, 2009 ~ March 31, 2009*

## DIVORCE RECOVERY WORKSHOP

**Under the direction of the  
Diocese of Lafayette and  
Indianapolis**

Facilitators have received training through the Diocese of Lafayette.

Each participant **must** be divorced or a **legal separation** must be in place. (i.e. one member of the marriage must have filed for divorce with the court.)

The session consists of eight consecutive Tuesday evenings from 7:00 to 9:00 pm.

Each session begins and ends with a prayer.

The Workshop is progressive, and while attendance is not mandatory, the best results are obtained when the attendee is present.

This is not a support group! Weekly assignments help participants to arrive at positive decisions regarding their emotional trauma. This is meant to be a healing experience.

Special encouragement is given towards increasing the spiritual, emotional, and physical stability of the participant.

## WORKSHOP FORMAT

Text: *Divorce and Beyond*  
By James Greteman, CSC  
& Leon Haverkamp, MSW

Supplemental Reading:  
*Rebuilding When Your  
Relationship Ends*  
By: Dr. Bruce Fisher  
Dr. Robert Alberti

Session One: Process of Divorce

Session Two: Self-Image

Session Three: Stress

Session Four: Anger

Session Five: More on Anger

Session Six: Blame and Guilt

Session Seven: Loneliness

Session Eight: Pathways to Growth  
and Forgiveness

Cost: **\$25** Includes both texts  
and handout  
materials

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Divorce: \_\_\_\_\_

Or Filing Date: \_\_\_\_\_

Parish you attend: \_\_\_\_\_

Date: Tuesday, February 3 – March 31,  
2009 (no meeting on March 17<sup>th</sup>)

Signature: \_\_\_\_\_

ALL INFORMATION IS HELD IN  
STRICT CONFIDENCE

Detach and mail completed registration form to:  
St. Elizabeth Seton  
10655 Haverstick Road  
Carmel, IN 46033  
Attn: Susan McIntosh