

## Contact Information

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## JOURNEY OF HOPE

**This is Where the Healing Begins...**

***Roman Catholic Diocese of Louisville***



**Thursdays**

**January 11, 2018 through April 26, 2018**

**St Joseph Church**

**Bardstown, Kentucky**

**Come, Holy Spirit**

Replace the tension within us with a holy relaxation.

Replace the turbulence within us with a sacred calm.

Replace the anxiety within us with a quiet confidence.

Replace the fear within us with a strong faith.

Replace the bitterness within us with the sweetness of grace.

Replace the darkness within us with a gentle light.

Replace the coldness within us with a loving warmth.

Replace the night within us with your light.

Straighten our crookedness, fill our emptiness.

Dull the edge of our pride, sharpen the edge of our humility,

Light the fires of our love, quench the flames of our lust.

Let us see ourselves as you see us

that we may see you as you have promised

and be fortunate according to your word:

“Blessed are the pure of heart for they shall see God”.  
(Mt. 5:8)

### **Prayer of a Separated or Divorced Person**

Father, I belong to you.  
I place myself anew in your hands  
and acknowledge you as Master and Lord of my life.  
Grant me the gift of a forgiving heart  
and cleanse me of any anger,  
hostility or revenge.  
Heal my hurts and wounds and teach me to rely on your love.  
Grant me wisdom of heart  
and strengthen me by your grace to move on in faith,  
in trust and in love.  
Thank you Lord for your love in my life.  
Amen.

### **Schedule**

- 1-11 Ch. 1: Praying During Times of Distress
- 1-18 Ch. 2: Anger with Our Spouses, Ourselves, and God
- 1-25 Ch. 3: Why Did God Allow This To Happen?
- 2-1 Ch. 7: Dealing with the Former Spouse
- 2-8 Ch. 6: Staying Close to the Sacraments
- 2-15 Ch. 8: How Are the Children?
- 2-22 Ch. 10: Our Own Self-Worth
- 3-1 Ch. 11: The Value of Suffering
- 3-8 Ch. 12: Letting Go
- 3-15 Ch. 4: What Does The Church Really Teach About Divorce?  
Ch. 5: What is an Annulment?
- 3-22 Ch. 15: Sex and Dating as a Divorced Catholic
- 3-29 open date (Holy Thursday)
- 4-5 Ch. 13: Working on Forgiveness
- 4-12 Ch. 14: Gratitude  
Ch. 9: The Healing Begins
- 4-19 Ch. 16 Mary, Our Mother  
Ch. 17: Hope for the Future and our Vocation in Life
- 4-26 Closing Mass and Reception with Family and Friends

### **Ground Rules**

#### **Practice ...**

- Beginning each session with prayer...
- Attending all sessions...
- Confidentiality, Honesty, Sincerity, and Openness...
- Sensitivity to the feelings of others...
- Responsibility for your actions...
- Preparation - Read the Chapter; Do the Workbook Questions...

#### **Eliminate ...**

- Negativity through Spouse bashing or Church bashing...
- Sharing information about your Group outside of the Group...
- Criticizing or Blaming...
- “Over sharing” – There are others in the Group...
- Using Group Time to vent anger or frustration...
- Attempts to date other Group Members or Leaders...
- Telling others how they feel or what to do...

*(Please see the full sheet of ground rules provided on the first day)*