

## Contact Information

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**This is Where Hope and Healing Begin...**

***Roman Catholic Diocese of Louisville***

**Thursdays**

**August 1, 2019 to November 14, 2019**

**Maloney Room,  
St. Joseph Parish Office**

**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

8/1 Welcome, Introductions, Discussion on Prayer  
8/8 Ch. 1: Getting Your Bearings  
8/22 Ch. 2: Finding Strength and Help  
8/29 Ch. 3: Getting Through Anger  
9/5 Ch. 4: Dealing with Depression  
9/12 Ch. 5: Learning to Forgive  
9/19 Ch. 6: Dealing With Your Family  
9/26 Ch. 7: Handling Money Wisely  
10/3 Ch. 8: Learning to Let Go  
10/10 Ch. 9: Seeing God in Romance  
10/17 Ch.10: Deciding on Dating  
10/24 Annulments in the Archdiocese of Louisville  
10/31 Ch.11: Loving All Church Teachings  
11/7 Ch.12: Finding Love that Lasts  
**11/14 Closing 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 Leader  
Telling others how they feel or what to do...

*(Please see the full sheet of ground rules provided in your folder)*