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# JOURNEY OF HOPE

This is Where the Healing Begins....



**Thursdays**

**February 1 to March 21, 2024**

**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

2/01/2024	Opening comments; introductions; “ground rules”
	Ch. 1 Praying During Times of Distress
2/8	Ch. 2 Anger with Our Spouse, others & God Ch. 3 Why Did God Allow this to Happen? Ch. 6 Staying Close to the Sacraments
2/15	Ch. 7 Dealing with the Ex-Spouse Ch. 8 How are the Children?
2/22	Ch. 9 The Healing Begins Ch. 11 The True Value of Suffering Ch.
2/29	Ch 10 Our Own Self Worth – Family of Origin
3/7	Ch. 12 Letting Go Ch. 13 Working on Forgiveness
3/14	Ch. 15 Sex and Dating as a Divorced Catholic Ch. 4 What Does the Church Really Teach about Divorce Ch. 5 What is an Annulment?
3/21/24	Ch. 14 Gratitude Ch. 16 Mary, Our Mother Ch. 17 Hope for the Future & Our Vocation in Life Closing

## 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 emailed prior to first session*)