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JOURNEY OF HOPE

This is Where the Healing Begins...



Tuesdays, 7:00 PM

February 4 to March 25, 2025

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

2/4/25	Opening comments; introductions; “ground rules” Ch. 1 Praying During Times of Distress
2/11	Ch. 2 Anger with Our Spouse, others & God Ch. 3 Why Did God Allow this to Happen? Ch. 6 Staying Close to the Sacraments
2/18	Ch. 7 Dealing with the Ex-Spouse Ch. 8 How are the Children?
2/25	Ch. 9 The Healing Begins Ch. 11 The True Value of Suffering
3/4	Ch. 10 Our Own Self Worth
3/11	Ch. 12 Letting Go Ch. 13 Working on Forgiveness
3/18	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?
3/25	Ch. 14 Gratitude Ch. 16 Mary, Our Mother Ch. 17 Hope for the Future & Our Vocation in Life

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)