

## Separation and Divorce

Those whose marriages have failed have known great pain and the death of a dream of a healthy, life-long marriage. There is grieving involved and healing needed. You are still part of us and we care about you.

"The Church encourages Catholics who are divorced to remain close to the Lord through the sacraments, especially Holy Communion. Some Catholics have divorced and remarried civilly. In these cases, the Church does not consider the second marriage valid; however, it encourages these Catholics to participate in parish activities and to attend Sunday Mass, even though they cannot receive Communion." --United States Catholic Catechism for Adults, pg. 287

Separation need not necessarily lead to divorce. See "Stressed Marriage" section.

North American Conference of Separated & Divorced Catholics: [www.nacsdc.org](http://www.nacsdc.org). Offers helpful resources and an annual gathering.

Retrouvaille: [www.Retrouvaille.org](http://www.Retrouvaille.org) (pronounced retro-v-eye; French for "rediscovery") - A supportive network led by couples who understand the pain and have healed their own marriages. Some separated and even divorced couples have saved/reclaimed their marriages through Retrouvaille. A follow-up group (C.O.R.E. Continuing Our Retrouvaille Experience) for those who have experienced Retrouvaille is held monthly at the Family Life Office. Call the office for more information.

BOOKS: (Can be borrowed from the Family Life Office)

Where Do You Stand with the Church? by John T. Catoir, JCD

Rebuilding When Your Relationship Ends by Dr. Bruce Fisher & Dr. Robert Alberti

Kids are Non-Divorceable (Two versions: ages 6-11, 12-18) by Sara Bonkowski. A book to help parents and children.

Child Custody: Achieving a Parenting Partnership by Kenneth M. Dimick and Janice M. Dimick

Healing the Divorced Heart by Rose Sweet (a survivor of divorce)

Offers pocket-sized prescriptions for various symptoms that come as a result of divorce. Rose Sweet invites those who have been damaged by divorce to take their spiritual temperature and examine emotional s-rays. The book is full of practical advice, encouragement, and hope centered on daily doses of God's Word.

## Programs:

For Catholics who have experienced the heartbreak of DIVORCE Renewing your Passion and Purpose Weekly Facilitated Workshop on Discovering a renewed Passion and Purpose for Life after the loss of a spouse through divorce. Based on Workshop Series by Rose Sweet--A Divorce Survival Guide for Catholics. 12 week series started Tuesday, March 11, 2014 from 6:30 to 8:30 p.m. Held at the Family Life Office, Lilly. Cost: \$24 (includes Personal Survival Guide). Program already started but contact the Family Life Office if interested or you would like more information.

## What can Parishes do for the Divorced?

Those who have experienced the heart break of divorce know a lot about change. It's hard work dealing honestly with the death of a marriage, yet many find their faith and trust in God growing as a result.

## GENERAL INTERCESSIONS AT MASS

~For the spiritual and emotional healing of those experiencing divorce...

~For children of divorce, that they find the support and love that they need...

The Annulment Process can help bring clarity and healing, so one can move on. For more information look under Diocesan Offices, then Tribunal on the menu to the left.

For those who choose and are able to marry again, deep healing after divorce is an essential part of preparing for a truly sacramental, life-long marriage in the future.

## Grown Children of Divorce

Your parents' divorce, even if "friendly", has indelibly marked your life. The following books, whose authors all came from divorced parents, can help you understand and deal with your situation.

BOOKS: (Can be borrowed from the Family Life Office)

Making Your Way After Your Parents Divorce by Lynn Cassella

Adult Children of Divorced Parents by Beverly Rodgers & Tom Rodgers. Explains how to make your own marriage work.

Between Two Worlds: The Inner Lives of Children of Divorce by Elizabeth Marquardt. The author, a child of divorce, shares interviews of other grown children of divorce. Even "friendly" divorces bring lasting inner-conflict to children, who move to between the two differing worlds of their parents.

#### Divorce & Teens

Parents are supposed to give a good example of getting along, but that isn't the way it always is. When parents separate, they are hurting, and so are you! Here's a good BOOK written by someone whose parents divorced:

"Now What Do I Do? A Guide to Help Teenagers with Their Parents' Separation or Divorce" by Lynn Cassella-Kapusinski. Sample chapters include:

"Feeling Bummed Out"

"Anger: How Do I Get Past It?"

"God, Where Are You When I Need You?"

"Forgiveness: What If I Don't Want To?"

(This book can also be borrowed from the Family Life Office)