

DIVORCE & BEYOND

Interested in joining a facilitated Divorce & Beyond group?

This will be a closed group, limited to 12 participants who have been through a divorce. It will be facilitated by Betsy Knapp, a trained facilitator with 15+ years experience facilitating small groups in a variety of settings including business, parishes, and the community at large. Betsy has five years experience as Renewing Life facilitator for people with chronic illnesses. She holds a Masters degree in Adult Education, was married for 25 years and has been divorced for six years.

Choose Fall or Winter/Spring Session

FALL SESSION

Thursday evenings, 6:30-8:30 pm
October 20–December 15, 2011

St. Hubert Catholic Community

To register call:
Diane Potts, Pastoral Minister
St. Hubert Catholic Community
952-374-5049

Cost is \$11 for materials.
Register by October 3.

WINTER/SPRING SESSION

Monday evenings, 6:30-8:30 pm
February 13–April 2, 2012
Church of St. Patrick

To register call:
Patti Brady, Pastoral Minister
952-941-3164, x113

Cost is \$11 for materials.
Register by Monday, January 30, 2012

PARTICIPATING CHURCHES

Guardian Angels Church
215 W 2nd St, Chaska, MN 55318
Jean Rief – 952-227-4095
jrief@gkachaska.org

Immaculate Heart of Mary
13505 Excelsior Blvd, Minnetonka, MN 55345
St. Eleanor Wartman – 952-935-1432
e.wartman@ihmcs.org

Our Lady of Grace
5071 Eden Avenue, Edina, MN 55436
Beryl Schewe – 952-929-3317
berylschewe@olgparrish.org

Pax Christi Catholic Community
12100 Pioneer Trail, Eden Prairie, MN 55347
Jane Schmitz – 952-405-7238
jschmitz@paxchristi.com

Church of St. Edward
9401 Nesbitt Ave So, Bloomington, MN 55437
Chris Sorensen – 952-835-7101
csorensen@stedwardschurch.org

St. Hubert Catholic Community
8201 Main St, Chanhassen, MN 55317.
Mary McDonald – 952-934-9106
mary.mcdonald@sthubert.org
Diane Potts – 952-374-5049
diane.potts@sthubert.org

Church of St. Patrick
6820 St. Patrick's Lane, Edina, MN 55439
Patti Brady – 952-941-3164, x113
pbrady@stppatrick-edina.org

MINISTRY
OF THE
SEPARATED
AND DIVORCED



2011-2012 SERIES

FALL SPEAKER SERIES

MONDAY EVENINGS, 6:30-8:30 PM

OUR LADY OF GRACE CHURCH

September 26, 2011

Reconnecting Our Hopes and Dreams: Spirituality and Divorce

In times of crisis we have the opportunity for tremendous personal growth and change. How do we strengthen our resiliency to become open to a new journey of possibility?

Speaker: Paula Bidle has worked with patients, families and communities in crisis through her work as a Chaplain at Abbott Northwestern Hospital and as a missionary in Mexico.

October 3, 2011

Demystifying the Stress Response: From Monkey Brain to Mindfulness

Stress triggers more than an emotional response in our bodies; our stress response is also chemical and the stress response affects our attitudes, moods, outlook and creativity. If divorce has left you feeling like you are losing your mind or you feel like you are watching a bad movie as your divorce unfolds, come learn how to reconnect your mind with your body and spirit.

Speaker: Paula Bidle has worked with patients, families and communities in crisis through her work as a Chaplain at Abbott Northwestern Hospital and as a missionary in Mexico.

October 10, 2011

Choosing a Healing Path: Labyrinth as a Path of Prayer and Healing

Divorce and beyond is an unplanned journey, one we did not expect or hope for on our wedding day. But the journey forward can bring hope and healing. The Labyrinth in an ancient meditation used by "pilgrims" as a pilgrimage "walk" without leaving home. We will use the imagery of "walking the labyrinth" as our prayer guide.

Speaker: Zara Renander, Turning Point Consultants and International Pilgrimage Leader has worked with churches and communities following Katrina and is interested in using the labyrinth as part of a healing path.

WINTER SPEAKER SERIES

MONDAY EVENINGS, 6:30-8:30 PM

IMMACULATE HEART OF MARY

January 16, 2012

Anger - Putting It To Good Use

Divorce is a major life transition and one we usually didn't expect to face. It is normal and healthy to feel angry, sad and hurt but we don't always have great skills at managing those feelings. We will take a look at the power of big emotions to give us a better life.

Speaker: Maureen Campion, MS LP, is a private practice psychologist, marriage counselor and relationship expert in Apple Valley. She writes a free weekly e-newsletter *Notes from a Marriage Geek* with tips for healthy relationships. For more information visit her website at www.marriagegeek.com

January 23, 2012

What About the Kids?

Whether the kids are babies or adults, a parent's divorce can be very difficult for our children. Divorce means different things at different stages. Come talk about supporting your kids through this and how to use tough times to build better relationships.

Speaker: Maureen Campion, MS LP, is a private practice psychologist, marriage counselor and relationship expert in Apple Valley. She writes a free weekly e-newsletter *Notes from a Marriage Geek* with tips for healthy relationships. For more information visit her website at www.marriagegeek.com

January 30, 2012

Separation/Divorce and Shattered Dreams: Storying and Re-Storying After Losses

Separation and divorce interrupt individual and family stories. Expectation and dreams are changed. In addition to all other decisions, it can be crucial to face shattered dreams in order to move forward, whatever the circumstances.

Speaker: Ted Bowman, is a family and grief educator who has worked often with families facing losses. Ted also teaches at both the U of M and at St. Thomas.

All presentations are free of charge. No registration is necessary and you may attend any or all of the presentations. A pastoral minister will be available for personal consultation after the presentation.