

Beginning Experience Support Group for Widowed, Divorced or Separated

The loss of a spouse through death, separation or divorce is one of life's most traumatic experiences leading to nearly unbearable feelings of loneliness and grief. The ***Beginning Experience*** program helps grieving "single-again" persons travel through the darkness of their grief toward the future with the support of others on the same journey. The program helps deal with the natural grief process and offers an opportunity, through God, for growth.

The weekend and optional post weekend sessions focus on a personal inward journey to begin a new life with renewed courage and hope. Grief, regrets, confusion, self-doubt? You don't have to go through this alone. There are others walking this hard road. We know the pain. Come to a safe place, be among us.

These programs are presented by a team of people who have also suffered the loss of a love relationship and are willing to share their own experience to help others. The *Beginning Experience Weekend* is designed to move grieving people through a transformational process toward healing. Founded by a Catholic nun and rooted in the Catholic tradition, the ministry's open, ecumenical spirit serves those of all faiths.

We believe that through the grief resolution process, individuals participate in the death and resurrection of Christ as he lives in the world today; that those of us working through this experience can effectively walk with others for whom the experience is new and hard; and that the invitation to recover offers an opportunity for transforming one's life, thus freeing individuals to love self, others and God in new and deeper ways.

Weekend retreats are held twice/year around March and September of each year at the Gilmary Center in Moon Twp, PA. Payment arrangements and possible financial assistance are available. We turn no one away because of finances. For more information, www.BeginningExperience.org or make a confidential call to Steve Smith at 412-367-4948 or 412-720-8694 or Lyn at 412-448-9019.