

# ***St. Paul the Apostle Catholic Church's Separated / Divorced Support Group***

**Volunteer Coordinators: Sherry Reitzel + JoAnn Rote**

*We are so glad you came! We launched this group in November 2011 at the urging of our pastor because we had sought out the comfort and guidance of The Church during our separations. We wanted to offer a safe place for people to share and to assure them that they are not alone. We know it takes courage to decide to join us and even more courage to show up. We all have brokenness and fears. Our hope is that you will leave our gathering feeling a little lighter of your burden, a little more hopeful of your future, a little peace knowing your presence has likely been an inspiration for someone else, and knowing you are a precious child of God...and He loves you and will continue to love you whether you think of Him or not.*

## **Guidelines + Info:**

### **1. Our purpose, what we are + what we are not –**

- This group's purpose is to provide spiritual support through fellowship with Christ during an uncharted path of your marriage (separation, divorce, stages in between + after).
- The group is not led by licensed, trained counselors; any advice or suggestions given are based on personal learning of those who have shared.
- No one is required to speak. While we provide a safe, confidential platform for sharing, all sharing is optional.
- Everyone is welcome, regardless of marital or separation status.
- Monthly attendance is encouraged, but not mandatory. Come as often or as little as is comfortable. The door is always open.
- We encourage same-role friendships ((ex)wives+(ex)wives and (ex)husbands+(ex)husbands) born from this group; the dating group meets on a different night.

### **2. Things to remember when speaking + listening –**

- Understand that everyone has their own unique circumstances and is in a different stage.
- NOTHING spoken or heard during our meetings, beyond encouraging words, is to EVER be shared with ANYONE. Even though we understand that our members would intend no malice, this inflexible rule of confidentiality is critical to the survival of our mission.
- When someone is speaking, everyone shows respect by listening quietly.
- When you are speaking, try to do so in 2 minute increments to allow everyone a turn.
- This is a judgment-free group. We leave the judging to God because we are unqualified.
- Give encouragement freely + often and give advice **only when asked**.

### **3. Housekeeping –**

- Please forgive us if we have to interrupt your sharing to end the meeting. We are committed to ending promptly at 7:45 to allow our facilitators to maintain their family obligations.

**St. Paul the Apostle Catholic Church's  
Separated / Divorced  
Support Group**

**Meeting Agenda**

- 6:15 pm** Welcome and sign in  
*(please provide your email for meeting changes + reminders; we do not share your email within the group or otherwise)*
- 6:30 pm** Opening prayer, introductions + review of group rules for newcomers
- 6:50 pm** Topic / question
- 7:35 pm** Five-minute notice to wrap up
- 7:40 pm** Closing prayer
- 7:45 pm** *Meeting adjourns + invitation to join the next session (3<sup>rd</sup> Sunday of following month)*

***\*Those with children in the child-care room, please proceed promptly to collect your kids from our generous volunteers they must remain until you arrive to pick up***

**St. Paul the Apostle Catholic Church  
Separated + Divorced Support Group  
Local Resources**

Our monthly meetings may be helpful for those going through any stage of separation or divorce. This includes if you or your spouse is *contemplating* separation, are currently separated or divorced, or have reconciled after a separation or divorce. Our group is intended to augment, not replace, a more structured, individual and/or group counseling service. We have compiled a list of local resources that have helped several attendees of our group. We are happy to help you make initial contact with any of these if desired.

**\*\*Those notated with \*\* are for women (and their minor children) only.**

**1. Your Church**

St. Paul members contact Fr. Joe Mack for an appointment [frjoemack@stpaulcc.org](mailto:frjoemack@stpaulcc.org) While we welcome attendees who are non-members of St. Paul the apostle, we recommend your first counsel be sought from your parish priest or other religious leader recommended by your pastor. If you are not a current member of any local church, please contact our church office [secretary@stpaulcc.org](mailto:secretary@stpaulcc.org) for information on joining St. Paul or to ask questions about other church options. You may also inquire at our parish office for contact information of an **Annulment Advocate** who can assist with questions regarding the annulment process.

**Phone # 336.294.4696 / website <http://stpaulcc.org/parish-staff/>**

After that, we recommend reaching out to one or more of these listed below:

**2. Wisdom Within – Barbara Vaughan**

Affordable Christian Counseling  
1201 Battleground Ave, GSO 27408  
**Phone # 336.314.2412 (call or text)**

**3. Dr. Mary Ann Garcia (English + Spanish)**

Licensed Psychologist specializing in individual + family therapy  
915 Olive Street, GSO 27401  
**Phone # 336.271.2666**

**4. Catholic Charities – Darlene Stanley**

Licensed counseling specializing in individual + family therapy  
(other services available from Catholic Charities: <http://ccdoc.org>)  
2311 W Cone Blvd, Suite 145, GSO 27408  
**Phone # 336.288.1984 / email [ccdocgso@charlottediocese.org](mailto:ccdocgso@charlottediocese.org) / website <http://ccdoc.org/services/counseling>**

**5. The Women’s Resource Center of Greensboro \*\***

Free + affordable classes, counseling, workshops, networking and more  
628 Summit Ave, GSO 27405  
**Phone # 336.275.6090 / website <http://www.womenscentergso.org>**

**6. Restoration Place Counseling \*\***

Affordable individual + group therapy for women  
1301 Carolina St, Suite 114, GSO 27401  
**Phone # 336.542.2060 / website <http://rpcounseling.org>**

**7. Divorce Care Program**

Nationally recognized 13-week recovery + support program (multiple locations + start dates; see website)

- [Lawndale Baptist Church](#) 3505 Lawndale Drive, GSO 27408  
**ph# 336.288.3824x303**
- [Westover Church](#) 505 Muirs Chapel Rd, GSO 27410  
**ph# 336.299.7374 / 336.543.8800**

**Divorce Care website <https://www.divorcecare.org/findagroup> to learn more or find other locations**

**8. First Baptist Church Greensboro Divorce Recovery + Rebuilding Program**

9-week Recovery followed by 12-week Rebuilding programs  
1000 West Friendly Ave, GSO 27401  
**Phone # 336.3286 x288 (Adult Learning Office) / website <http://fbcgso.org/divorce-recovery/>**