



Divorced?  
Separated?  
Widowed?

THERE'S A SPECIAL HEARTACHE FOR THOSE WHO FIND THEMSELVES SINGLE AGAIN. NOW THERE IS HELP.

# The Beginning Experience

## YOU ARE SINGLE AGAIN

Be it through divorce, separation, or the death of your spouse.

You need to start a new life of your own — and at times you feel lost and alone.

You feel isolated and do not know who you could possibly turn to.

## WE UNDERSTAND HOW YOU FEEL

BEGINNING EXPERIENCE WEEKEND PROGRAM is run by people who have shared a similar experience.

We want to help you

- \* work through your grief and put the past behind you
- \* be healed
- \* find new hope in life
- \* be free again to love — yourself, God and other people.

A Weekend Away for a Lifetime of Change



## The pain of loss

The loss of a loved one through separation, divorce, or death is one of life's most traumatic experiences. It can result in nearly unbearable feelings of loneliness and grief.

Many people who have suffered such a loss feel left out by their church, uneasy around married friends, unsure of themselves and uncertain about their futures.

## Hope for a new beginning

Beginning Experience is a weekend program to help grieving single again persons move from the darkness of their grief into the light of a new beginning and move into the future with renewed hope. It helps deal with the natural grief process and offers an opportunity, through God, for turning the pain of loss into an experience of positive growth.

Rooted in the Catholic tradition, its open, ecumenical spirit serves those of all faiths.

## An experience of community

From Friday evening through Sunday afternoon, the Beginning Experience is presented by a team of persons who have suffered the loss of a loved one and are willing to share their experience to help others.

Team members lead participants through a program of presentations, personal private reflection, and small group sharing. A sense of community develops in an atmosphere of care and concern that is a hallmark of each Beginning Experience weekend.

## Who should make a Beginning Experience?

The Beginning Experience is designed to be a time of closure on the past and new beginning in the present. Those who come should be beyond the initial feelings of anger and despair which usually follow the loss of a loved one. They should be at the point of wanting a new beginning and ready to work to make that desire a reality.

Once the application for the Beginning Experience is received, someone is available to help each person determine his or her readiness for the program.

## Participants say...

"I was nervous about going to the Beginning Experience, but I'm glad I did. I feel more alive than I have in years."

"...my first step out of grief and self pity. I took a fresh look at the choices I have now to make my life a good one."

"I found people all around who accepted me without judgment and cared for me."

"It was a time just for me, to explore where I've been in my life and where I'm going."

"I have so much more energy now for my children and my job."

"...worth every dollar and many more. It was the best gift I ever gave myself."

## The results

Those who've made the weekend program report:

- Increased emotional health and self respect
- New skills to deal with the pain of loss
- Healthier family relationships
- Renewed energy to be more effective parents, return to their church, and improve the standard of living for themselves and their families.

## The invitation

Whether you choose to attend the Beginning Experience weekend only, or in addition to other support for the single again, the program's invitational process offers the opportunity to move toward a new beginning in life. Its quality and effectiveness are well documented.

- Developed by respected professionals in grief psychology, ministry, organizational process, and education, the program is psychologically and spiritually sound.
- At the invitation of the World Mental Health Organization, Beginning Experience participated in a grief resolution panel at the 1996 WMHO International Conference in Ireland.
- To ensure the integrity and quality of the copyrighted program, the International Ministry Center periodically certifies the 145 peer ministry teams worldwide to present the Beginning Experience weekend.

For more information, contact your local team or [www.besingapore.com](http://www.besingapore.com)



### The Beginning Experience

The Cross symbolizes our identification as Christians with Christ's death. The anchor symbolizes hope. The Rising Sun symbolizes the beginning of a new day.