

HOPE

HOPE is transferred only through human beings; hope comes when we are able to reach out to one another; or it does not come at all. This is not to say that hope is other than the work of the Spirit, but it is to ratify in practice God's way of working according to human ground rules.

HOPE is not the stuff of dreams nor of distant silver linings; neither is it the result of miracles that astound us as they blot out the tracks we necessarily make in our ordinary journey across our human condition.

HOPE is not outside us; it sings in our bruised hearts when some person other than a mysterious angel of the Lord reaches out to us at the moment we feel like giving up. The Spirit works through the touch of the person who believes enough in us not to give up on us; this action of another makes the deadened filaments of the soul glow once again; it is their light when we are in darkness that we experience the power of the Resurrection.

One day a man saw a butterfly shuddering on the sidewalk, locked in a seemingly hopeless struggle to free itself from its now useless cocoon.

Feeling pity, the man took a pocket knife, and carefully cut away the cocoon to set the butterfly free.

To his dismay, it lay on the sidewalk, convulsed weakly for a while, and died.

A biologist later told him..."that was the worst thing you could have done!"

A butterfly needs that struggle in order to develop its muscles to fly.

By robbing him of the struggle, you made him too weak to live."

*Author Unknown
02/98*

**HAMILTON
SUPPORT
GROUPS
For**

**SEPARATED
AND
DIVORCED**



**GOD, grant me the
SERENITY
to accept the things
I cannot change,
COURAGE
to change the things
I can, and
WISDOM
to know the difference.**

WHAT ARE THE HAMILTON SUPPORT GROUPS?

We are self-help support groups open to men and women of all ages and all denominations who are going through a separation or divorce. We are not a therapy group. We are here to share our own feelings and experiences in complete confidence. We are not here to judge, but to welcome. We are not a social club or a dating service.

WHAT IS OUR AIM?

Our aim is to have people realize that there is life after divorce. By working through and accepting our emotions, we can work towards building a new life: a life based on strength, forgiveness, trust and hope. With faith in God and in ourselves, we will ultimately reach the goals of freedom and wholeness.

HOW CAN WE HELP?

Time is needed to mourn the loss of the relationship. We help each other by sharing our own experiences in complete confidence and trust. We also respect your right to say nothing if you so choose. We offer ideas and encouragement so that you may develop new ways of coping with the stresses in your life. Our caring atmosphere, encouragement and support can give you renewed hope for the future.

Topics vary - presentations may include:

*Coping
Loneliness and Aloneness
Lawyers, Therapists,
Spiritual Advisors
Video Tapes and Open Discussions*

**INFORMATION ON SOCIAL ACTIVITIES
THAT MAY BE OF INTEREST ARE
PROVIDED TO ATTENDEES**



WHAT WILL IT COST?

There is no fee.

The Support Group functions as part of the

*Diocesan Office for Family Ministry
700 King Street West
Hamilton, Ontario L8P 1C7
(905) 528-7988 ext. 2249*

MEETINGS:

7:00 - 9:00pm

*Chancery Office
700 King Street West
Hamilton
1st and 3rd Fridays of each month*

*Contact: Lena
905-528-7988 ext. 2249*

