



## Life Transition Resources

SON Ministry (Singles of Nativity) is a Catholic organization whose membership consists of unmarried Christian adults. Typically, our members became “single again” through the painful and oftentimes turbulent process of divorce or death of one’s spouse. In addition, SON is occasionally contacted by individuals who are still in the process of becoming single again through divorce. Because the mission of SON Ministry is not designed to address the special needs of individuals “in transition”, we believe that SON is not necessarily the best place for them to turn for help. However, help is needed. Therefore, out of a strong desire to act with compassion and understanding towards our brothers and sisters in Christ, SON Ministry has developed the following list of Life Transition Resources.

If you are an individual currently going through the transition to unmarried life, please know that SON Ministry prays for you. We pray that the love of God heals your broken heart. We pray that now more than ever, you turn toward God for healing, for hope, for reconciliation, for growth.

### Separated or Divorcing (Still Legally Married)

**Retrouvaille** -- Peer Ministry for Troubled Marriages

[www.retrouvaille.org](http://www.retrouvaille.org) “a lifeline for married couples...a program to help couples heal and renew their own marriage relationship...10’s of 1000’s headed for divorce have successfully saved their marriages by attending.”

**Beginning Experience** – Peer Grief Resolution Ministry

[www.beginningexperience.org](http://www.beginningexperience.org) “Beginning Experience Weekend is a Friday evening to Sunday afternoon program for adults grieving the loss of a love relationship through death, divorce or separation, who are ready to come to terms with their loss and begin to move forward with their lives.” Information and dates for upcoming retreats are published in local church bulletins, The Leaven and The Catholic Key newspapers. For questions or to register, call Rhea in Kansas City @ 913-642-2117 or Jerry in Lawrence @ 785-843-2079.

**(In KS) Catholic Community Counseling (affiliated with Catholic Charities) -**

[www.catholiccharitiesks.org](http://www.catholiccharitiesks.org) tab to “Catholic Community Health Care”, tab to “Mental Health Counseling”. In Kansas, call 913-262-1160 for more information. Several counselors are available, including:

Jeanne M. Mills, BSN, LSCSW @ 913-262-0878 ext 207

Mark Fenton, MA (Hospice Chaplain) @ 913-621-5090 ext 191

## **Separated or Divorcing (Still Legally Married) (cont.)**

**(In MO) Counseling Solutions (affiliated with Catholic Charities) --**

[www.catholiccharities-kesj.org](http://www.catholiccharities-kesj.org) tab to “Services”, tab to “Counseling Solutions”.

In Missouri, call 816-333-2040 x107 for more information.

**Separated / Divorced Sharing & Discussion Group** – meets on Monday evenings, 7-8:30pm at Holy Cross Catholic Church, 8311 W.93<sup>rd</sup> St., Overland Park, KS For more information, call Jean Humphrey (with JoCo Family Life Office) @ 913-262-9037

**H.U.G.S.sm – Healing, Understanding, Growth and Support** -- a new support group experience for separated and divorced individuals offering Healing, Understanding, Growth and Support. Open to those going through the difficult process of separation and divorce. For more information, contact Kathy Oades-Kelly, MS LPC, (founder of The Ministry of Wellspring, LLC a counseling practice) via e-mail at [ministryofwellspring@kc.rr.com](mailto:ministryofwellspring@kc.rr.com).

**Divorce and Beyond** -- This six-week structured class is designed for Catholics who are divorced or have filed for divorce. Small group meetings will focus on the difficulties and emotions prevalent during the transition or mourning period of the divorce process. The goal is to help participants reach some understanding and stability in their lives within a “safe” environment. The primary source of learning will be through the sharing of experiences, feelings, and insights with others. Many Catholics have found the hope and healing they need through the support and sharing of people who are experiencing similar pain and suffering and also share their religious philosophy. Facilitated by Kathy Whited. Announcement of upcoming session will be published in parish bulletins at Church of The Nativity, and St. Michael The Archangel, Leawood, KS.

**Divorce Care** – seminars, support groups and resources; meets in local churches [www.divorcecare.com](http://www.divorcecare.com) “led by people who understand what you are going through & want to help...offers seminars with experts and a support group with focus”. Find a program close to you, by zip code. A search on 66211 in a 30 mile radius brought up 68 entries, including phone numbers and addresses.

Example: The Methodist congregation called “Church of the Resurrection (COR)” in Overland Park offers this program.

**HeartConnexion Ministries** – a Christian organization, seminars & more [www.heartconnexion.org](http://www.heartconnexion.org) “Offers learning tools for creating and growing a spiritual life while living in the real world with real challenges. We honor every person's spiritual journey and faith tradition.”

**Surviving Divorce in Kansas City** -- a book published by Linda Sanchez, written by her and other contributing writers.

**Kids' Voice** – Kids' Voice is a nationally acclaimed educational support group for families going through separation or divorce. The program is designed to provide a safe place for kids to talk with other kids who are experiencing the same difficulties with their parents' divorce or separation. Parents and children attend together (co-parents are in separate groups). Parents learn how to focus on their children and how to communicate more effectively with their ex-spouse. Children are given the opportunity to freely express their feelings and concerns. *This program is sponsored by CASA (Court Appointed Special Advocates) of Johnson & Wyandotte Counties, KS*  
Contact: Program Director, Amorita Johnson (913) 715-4040 or (913) 715-4036  
e-mail: [Amorita.Johnson@jocogov.org](mailto:Amorita.Johnson@jocogov.org)

**The Family Life Office in Johnson County, KS** -- Supported & funded by the Catholic Churches of Johnson County. For information about upcoming programs, contact Jean Humphrey, Family Life Director @ (913) 262-9037 and (913) 262-6596  
e-mail: [jean@jocofamilylife.org](mailto:jean@jocofamilylife.org) or [edandjean@everestkc.net](mailto:edandjean@everestkc.net) [www.jocofamilylife.org](http://www.jocofamilylife.org)

## Newly Divorced

*All resources listed above are designed to assist newly divorced individuals, with the exception of "Retrouvaille -- Peer Ministry for Troubled Marriages"*

### Books

- Growing Through Divorce, by Jim Smoke
- Moving Forward: A Devotional Guide for Finding Hope and Peace in the Midst of Divorce, by Jim Smoke
- Single Again and Secure in God's Love, by Jim Smoke
- The Five Love Languages for Singles, by Gary Chapman
- Theology of the Body for Beginners: A Basic Introduction to John Paul II's Sexual Revolution (2004), by Christopher West
- Good News About Sex & Marriage: Answers to Your Honest Questions about Catholic Teaching (Revised Edition 2004), by Christopher West
- Self Matters; Life Strategies; Relationship Rescue; Family First, by Dr. Phil McGraw

## Death of Spouse

**Beginning Experience** – Peer Grief Resolution Ministry  
[www.beginningexperience.org](http://www.beginningexperience.org) “Beginning Experience Weekend is a Friday evening to Sunday afternoon program for adults grieving the loss of a love relationship through death, divorce or separation, who are ready to come to terms with their loss and begin to move forward with their lives.” Information and dates for upcoming retreats are published in local church bulletins, The Leaven and The Catholic Key newspapers. For questions or to register, call Rhea in Kansas City @ 913-642-2117 or Jerry in Lawrence @ 785-843-2079.

**Solace House** ([www.solacehouse.org](http://www.solacehouse.org)) - located in Kansas City, MO

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“Mental Health Counseling”. In Kansas, call 913-262-1160 for more information.  
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## **Children Experiencing Loss**

**Solace House** ([www.solacehouse.org](http://www.solacehouse.org)) – helping children whose parent has died  
Located in Kansas City, MO. The mission of Solace House is to provide a safe and  
understanding environment where grieving children and their families can obtain support  
from counselors, trained volunteer facilitators, and other families in similar situations.  
We recognize and honor the unique experience of every family’s journey toward healing.  
Solace House provides support groups, counseling services, professional referrals and  
resources to assist grieving families.

**Kids’ Voice** – Kids’ Voice is a nationally acclaimed educational support group for families  
going through separation or divorce. The program is designed to provide a safe place for kids to  
talk with other kids who are experiencing the same difficulties with their parents’ divorce or  
separation. Parents and children attend together (co-parents are in separate groups). Parents learn  
how to focus on their children and how to communicate more effectively with their ex-spouse.  
Children are given the opportunity to freely express their feelings and concerns. *This program is  
sponsored by CASA (Court Appointed Special Advocates) of Johnson & Wyandotte Counties, KS*  
Contact: Program Director, Amorita Johnson (913) 715-4040 or (913) 715-4036  
e-mail: [Amorita.Johnson@jocogov.org](mailto:Amorita.Johnson@jocogov.org)

**Camp Carousel (sponsored by Kansas City Hospice) --** A special weekend camp,  
which provides a supportive, fun environment for grieving families with children ages six to  
sixteen. For more information contact Grief Support Services at (816) 363-2600.  
[www.kansascityhospice.org](http://www.kansascityhospice.org)

## The Catholic Church

For more information on the teachings of the Catholic Church, these local, national and international resources are invaluable.

**The Holy See -- Official Website of The Vatican** ([www.vatican.va](http://www.vatican.va))

Words cannot describe the wealth of information contained at this website! View these texts in their entirety at this website: The Holy Bible, The Catechism of The Catholic Church, The Code of Canon Law, Vatican II Documents

**US Council of Catholic Bishops** ([www.usccb.org](http://www.usccb.org))

The United States Conference of Catholic Bishops (USCCB) is an assembly of the hierarchy of the United States and the U.S. Virgin Islands who jointly exercise certain pastoral functions on behalf of the Christian faithful of the United States.

**(KS) Archdiocese of Kansas City in Kansas** ([www.archkck.org](http://www.archkck.org)): *Links to each parish provide access to information about programs offered at the local parish level. View parish's weekly bulletin on-line.*

**(MO) Diocese of Kansas City – St. Joseph** ([www.diocese-kcsj.org](http://www.diocese-kcsj.org)): *Links to each parish provide access to information about programs offered at the local parish level. View parish's weekly bulletin on-line.*

**Newspapers** -- *Publishes announcements of upcoming events related to separation, divorce, annulments, family support, etc. These include retreats, seminars, speakers, and programs offered by local parishes and the dioceses.*

- [www.theleaven.com](http://www.theleaven.com) Official Newspaper of the Archdiocese of Kansas City in Kansas. Look for announcements of upcoming events such as retreats, seminars, speakers, programs, etc.
- [www.catholickey.org](http://www.catholickey.org) Official Newspaper of the Diocese of Kansas City – St. Joseph

**Radio** ([www.kexs.org](http://www.kexs.org)): Catholic radio station KEXS AM 1090 in the Kansas City area

**Television** ([www.ewtn.com](http://www.ewtn.com)): EWTN -- Eternal Word Television Network  
*Check local cable listings (Channel 70 on Everest Connections)*

## **Annulments**

Although legally divorced, marriage is still valid as a sacrament in the Catholic Church until annulled by the Tribunal Office.

It is recommended that you first contact your parish priest for information regarding the annulment process. He will direct you to an advocate who is specially trained to assist individuals through the process.

### **Books**

- Annulments and the Catholic Church: Straight Answers to Tough Questions, by Edward Peters, JD, JCD written in question / answer format
- Annulment: The Wedding That Was, by Rev. Michael Smith Foster

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(rb)*

*6 of 6 pgs.*