

Rocky River
United
Methodist
Church



A Beacon for Christ on the North Coast

DivorceCare Winter 2009 REGISTRATION

Name _____
Address _____ Apt. _____
City _____ Zip _____
Phone Contact: Home _____ Cell _____
E-Mail _____

Age Group (Check One) ___ 20's ___ 30's ___ 40's ___ 50's ___ 60+

Choose one:

___ I am in the process of divorce.
Years married: ___ Months separated: ___

___ My divorce is final
Years married: ___ Date of Divorce: ___

Do you need childcare during the DivorceCare workshop? ___ Yes ___ No

- If yes, list ages: _____

THERE IS A \$15.00 REGISTRATION FEE TO COVER THE COST OF LUNCH AND MATERIALS. PLEASE ADD \$3.00 FOR CHILD CARE
PLEASE MAKE CHECKS PAYABLE TO:

Rocky River United Methodist Church
19414 Detroit Rd
Rocky River, OH 44116
(440) 331-7676

Questions? Please contact us

Amy Leopard Wilkens
Karl Wilkens

cell 440-759-3564
cell 216-973-1918

email: aleopard60@gmail.com
email: kwilkens@multiweb.com

Separated or Divorced? Find help here.

DIVORCE *Care* Support Group

**Rocky River United Methodist Church
(440) 331-7676**

RRUMC Divorce Recovery Small Group Sharing Covenant (Ground Rules)*

1. We will be a safe, honest, open place to experience growth and renewal. We will respect the confidentiality of what is shared in the group – what is said here stays here.
2. We will respect boundaries about when and how to share. We will allow each other the freedom to share as each feels led and give each group member the opportunity to participate. No one should monopolize the discussion nor always leave the discussion to others but members are free to pass at any time.
3. We will not try to “fix” each other nor tell one another who to be and how to feel. Instead, we share our own personal experience and avoid judgment.
4. We will talk about our own individual issues, focusing on what we personally need to do to move forward, not focusing exclusively on what others have done to us in the past. (No ‘war stories’ after week #3).
5. We will pray for each other during the week and support each other in our own individual growth.
6. Dating between group members is strictly prohibited!

- Adapted from various sources, including the Divorce Recovery Workshop.

10 Commandments for Formerly Marrieds

1. Thou shalt not live in thy past.
2. Thou shalt be responsible for thy present and blame thy past for it.
3. Thou shalt not feel sorry for thyself indefinitely.
4. Thou shalt assume thy share of the blame for thy marriage dissolution.
5. Thou shalt not try to reconcile thy past and reconstruct thy future by a quick new marriage.
6. Thou shalt not make thy children victims of thy past marriage.
7. Though shalt not spend all thy time trying to convince the children how terrible and evil their departed parent is.
8. Though shalt learn all thou can about being a one parent family and get on with it.
9. Thou shalt ask others for help when thou needest it.
10. Thou shalt ask God for the wisdom to bury yesterday, create today and plan for tomorrow.

-- Jim Smoke, *Growing Through Divorce*