

Where are meetings held?

Currently, all *Transitions* meetings are held in Erie at:

St. Mark Catholic Center
429 East Grandview Blvd.
Erie, PA 16504
(Front Entrance)

When do meetings occur?

Generally, all meetings are held on the last Sunday of the month (except Holidays) from 2 pm to 4 pm unless otherwise noted.

How much does it cost?

Transitions is **free**. Participants may bring a snack to share with the group if possible.

How can I get more information?

You can learn more about *Transitions* in three ways:

~ Visit our website at:

www.eriercd.org/familylifeoffice/transitions.html

~Email your questions to:

familylife@eriercd.org

~call us at:

814-824-1265

or 1-800-374-3723 ext 265

RULES OF THE ROAD

- *Things shared in the group remain in the group. Everyone's privacy is respected.*
- *Our time here is limited; please allow everyone their turn to contribute to the topic.*
- *The person who is speaking deserves the group's attention without interruption.*
- *No one will be asked to talk out loud, except to introduce themselves.*
- *Tears are okay; they are a means of cleansing a wound to help in healing.*
- *We respect our host's no smoking policy on diocesan property.*
- *We will silence our cell phones and use them only for emergencies.*

Updated 11/29/2018

Transitions



***A peer ministry for
those who are
Widowed, Divorced or
Separated***

**A Healing Ministry of
the Diocese of Erie**

WHAT IS TRANSITIONS?



***Transitions** is a monthly peer ministry that provides a safe place for healthy grieving the loss of one's marriage because of death, divorce or separation.*

*Through its monthly support groups and specialized programs, **Transitions** offers companionship and hope to all who are currently traveling the journey of grief.*



A PRAYER FOR THOSE IN TRANSITION



O God, speak your comfort to me when the pain of my hurts places me in a foreign land where I do not feel at home with myself or others. Help me to believe that you will lead me into a future, rich with growth and peace. Show me where to rest, how to lay down my burdens and what to do in order to be healed. Come, bandage my wounds and grant me the strength to go on. Amen

~Joyce Rupp



WHAT CAN I EXPECT WHEN I ATTEND TRANSITIONS?

Sample Program Outline

- I. Gather/Welcome/Prayer
- II. Theme for the Day
 - ~Reflection Topic
 - ~Facilitator's Story
- III. Private Journaling
 - ~Reflect privately on an open-ended question using personal notebook
- IV. Small group discussion
 - ~led by trained facilitator
- V. Large group gathering
 - ~announcements; new business
 - ~date/time of next gathering
 - ~spiritual reflection (poetry, psalm or other)
 - ~closing prayer/Sign of Peace
- VI. Social Time
 - ~refreshments & conversation