

# WELLSPRING SUPPORT MINISTRY



**For All the Seasons of Life**

**Caring about you ...**

**Caring about others ... In Christ**

First United Methodist Church Plano's *Wellspring Support Ministry* provides emotional support and spiritual encouragement during life transitions through Christian fellowship and guidance.

- Bariatric Support Group (2nd Tuesdays)
- *Boundaries, Saying Yes...Saying No* (8-week seminar)
- Building Healthy Relationships (6-week seminar)
- Career Transition Support (Tuesdays)
- *Celebrate Recovery*® addiction recovery connection
- Co-Parenting with a Difficult Ex (4-part seminar)
- Divorce Recovery (6-week seminar)
- Grief Recovery (8-week seminar)
- *Life's Healing Choices* (8-week seminar)

## The Reality of Divorce

Divorce is a reality that is never part of anyone's life dream. It's also a reality that people can survive and then live rich, full lives.

*Divorce Recovery* is a reality where people support, listen, and encourage each other to enable healing and hope.

### For More Information

1st UMC Plano & Custer Road UMC partner to provide this ministry to our community.

For the **spring** class please contact **Taci Kistler** at **Custer Road UMC**.

(972) 618-3450 x242  
tkistler@crumc.org  
6601 Custer Road  
Plano, TX 75023

For the **fall** class, please contact **Rev. Alice Coder** at FUMC Plano

acoder@firstmethodistplano.org  
972-423-4506 x123  
Fax: 972-423-0293  
3160 E. Spring Creek Pkwy  
Plano TX 75074  
www.firstmethodistplano.org

**FIRST**  
United Methodist Church  
**PLANO**

# DIVORCE RECOVERY



**April 11-May 16**  
**5-6:30 pm**  
**Custer Road UMC**

**WELLSPRING  
SUPPORT MINISTRY**



**For All the Seasons of Life**

FIRST UNITED METHODIST CHURCH PLANO

## Registration

Please return this form to FUMC Plano  
or email the information to

[wellspring@firstmethodistplano.org](mailto:wellspring@firstmethodistplano.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: Home \_\_\_\_\_

Work \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

## Child Care

Names and age(s) of child(ren)

Any special needs? \_\_\_\_\_

**Cost \$25**

*Includes all materials.  
Scholarships are available.*

- reaching more people
- growing deeper in faith
- feeling smaller
- acting more compassionately

# DIVORCE RECOVERY

## Goals

1. To provide a safe place where divorced and divorcing people can seek support
  - by listening
  - by sharing experiences
  - by discussion, reading and prayer.
2. To help each person become familiar with the process of divorce.
3. To facilitate the expression of feelings and problems associated with divorce.
4. To let go and adapt to new circumstances.
5. To discover new meaning and direction for life without a marriage partner.
6. To assist in setting new goals as single adults.

**When Jesus healed the blind man, the Pharisees asked, "Is this his fault or his parents' fault?" Jesus simply healed the man. Each person involved in divorce is in pain and needs healing, regardless of "fault."**

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## Objectives

This course will help you

- Understand the divorcing process.
- Address unresolved issues that prohibit or impede recovery.
- Accept personal responsibility for decisions in the past, present and future.
- Consider a personal action plan for recovery and future decisions.
- To be with others who will understand. You are not alone.

## Program Outline

**SESSION 1:** Stages, process and pain

**SESSION 2:** Coping with ex-spouse, families, friends, and 'crazy' feelings

**SESSION 3:** Newly single identity, parenting and adjusting.

**SESSION 4:** Discovering barriers and opportunities.

**SESSION 5:** Forgiveness and other tough issues.

**SESSION 6:** What now?

**People who know each other will not be in the same small group. Marriage partners cannot attend the same session.**