

## PART 1: *Finding Peace*

Recovery requires mental and emotional stabilization before action. Too often the divorced person wants to run from the pain either by withdrawing from or attacking life, allowing their emotions to take charge. These first four sessions point to Christ—the perfect Peace that surpasses all understanding—as the first place to begin a new life after divorce.

### *Session 1 – Getting Your Bearings*

Covers initial shock or areas in which the viewer may still be in denial, how worry and fear may be overwhelming and how God can bring full healing.

### *Session 2 – Finding Right Direction*

Reminds the viewer to avoid looking for love “in all the wrong places,” how to find help in the Church, and how to begin making a specific “survival plan.”



### *Session 3 – Getting Through Your Anger*

Replaces the popular concept of “managing” anger by going deeper to the root causes; shows how and when anger is not necessarily a sin and can actually be helpful.

### *Session 4 – Finding Perfect Peace*

Points to a conscious union of the cross of divorce with Christ on His Cross as a way to perfect peace, including handling the normal feelings of isolation and depression.

## PART 2: *Finding Power*

Most divorced people feel powerless at the loss of a spouse, their identity, family and friends, possessions, security, and dreams. Family court can be a place where people battle for power. But our Catholic faith teaches that true power is interior: in the counter-cultural concepts of humility, acceptance, suffering and forgiveness. Easy to say . . . hard to do! That's where grace comes in.

### *Session 5 – Learning to Forgive*

Helps the viewer understand the difference between emotions and will, forgiveness and trust, and to choose forgiveness as the right response to the injustices of divorce.

### *Session 6 – Dealing with your Family*

Explores the common problems of being in emotional bondage

to the ex-spouse, the pitfall of parental dependence on children as personal lifesavers, and how to begin to depend totally on Christ above all others.

### *Session 7 – Handling Money Wisely*

Offers practical advice on reorienting the way divorced people view money (and the loss of it), how to live on a budget and how to grow in generosity.

### *Session 8 – Finding Perfect Power*

Gives insights into knowing when and when not to go to court and how to be generous with money and time, especially in sharing custody and granting visitation time with the other parent.



## PART 3: *Finding Passion*

When divorced people are feeling better, they'll usually be anxious to find new love. But most people make “false gods” out of relationships that in some sense will ultimately fail them. These last shows introduce the powerful principles founding Pope John Paul II's “Theology of the Body.”

### *Session 9 – Seeing God in Romance*

Introduces how romantic relationships are only meant to mirror the more profound “courtship” and eternal marriage of Christ the Bridegroom with every human soul, and how our culture lies about that Love.



### *Session 10 – Relearning How to Date*

Advises the viewer to reconcile the broken marriage if possible and to seek an annulment if not, giving practical advice on the right way to seek a new spouse or choosing to stay single.

### *Session 11 – Loving All Church Teachings*

Challenges the viewer to open their mind to deeper truths found in the Catholic Church, to seek the gifts She offers (especially in Confession), and to desire holiness as a way of life.

### *Session 12 – Finding Perfect Passion*

Encourages the viewer to think past the divorce and more about the eternal picture, to know and love Jesus, and to say “Yes!” in letting Him to feed the hungry heart through the Eucharist.

## ABOUT *Rose Sweet*



Rose is a Catholic author, teacher, and motivational speaker whose messages offer real solutions for people with real problems. She has authored several books on surviving and healing after a divorce and has served as a diocesan advocate in helping people through the annulment process. As a former “Cafeteria Catholic,” Rose realized the pain and problems that come with picking and choosing a personally directed faith. As a result of her experiences, her teachings are firmly rooted in the spiritual treasures found in Scripture and Sacred Tradition of the Church. She offers real solutions for the needs of Catholics who have been divorced and those who have also remarried.

### WHAT PEOPLE ARE SAYING . . .

“We shall pray for the success of your series on divorce, clearly a timely and relevant topic in our society. With God's blessing . . .”

– *Father John Corapi, SOLT, STD*

“Rose, you have created a beautiful series, with the power to heal broken hearts and really change lives.”

– *Msgr. James C. Kidder, Diocese of Sacramento CA*

“Wow! This series need to be in every parish, and we'll help to make that a reality. Thank you, Rose, for all you do for divorced and separated Catholics.”

– *Lorrie Gramer, President - National Association of Catholic Family Life Ministers (NACFLM)*

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