



# SOLO PARENT NEWSLETTER



Solo Parent Ministry

Centacare Catholic  
Social Services

Volume 31 Issue 4

November 2010

## ARE YOU LOOKING OUT FOR HIM?



Recently I was reflecting on the story in Matthew's Gospel of Jesus coming to the disciples on the water. (Mt.14 22-33)

The disciples went on the boat at Jesus' invitation, and they had to quickly learn, as we do, that responding to Jesus' invitation to follow him and do the "right" thing according to God's will, is no guarantee that we will be spared adversity.

In the very thick of the storm Jesus says to His disciples, something like, "It is like this, guys; you can trust me. You have been around me long enough to know my character and my competence. You can safely place your destiny in my hands. I am here with you. Take courage! It is I!"

The disciples did not fully grasp it at the time, but God was visiting them on the water ... living, walking flesh.

Maybe one of the reminders we can take from Matthew's account of this story is that Jesus often comes when we least expect Him. Yes, even at 3.00am! In the middle of a storm! He is not sitting on the shore watching us drown; he is in the storm with us reaching out to us with love and reassurance!

*Our lives may involve many stormy patches,  
and if we are not looking for Him,  
we might just miss Him  
who is there with us  
in the very midst of our crisis.*

Christmas is a time when we are reminded that Jesus has come in the flesh and continues to come and reveal Himself to us over and over again; yes even in the midst of our storms. But are we looking out for Him? Will we miss Him because we do not expect Him to be there?

Thomas Merton, in his book, "New Seeds of Contemplation" has something to say to us about this kind of faith when he writes:

*"When the time comes to enter the darkness  
in which we are naked and helpless and alone;  
in which we see  
the insufficiency of our greatest strength  
and the hollowness of our strongest virtues;  
in which we have nothing of our own to rely on,  
and nothing in our nature to support us,  
and nothing in the world to guide us  
or give us light:  
then we find out whether or not  
we live by faith."*

## A CHRISTMAS BLESSING

May there be harmony in all your relationships.

May sharp words, envious thoughts and hostile feelings be dissolved.

May you give and receive love generously.

May this love echo in your heart like the joy of church bells on a clear December Day.

May the hope of this sacred season settle in your soul.

May it be a foundation of courage for you when times of distress occupy your inner land.

May the wonder and awe that fills the eyes of children be awakened within you.

May it lead you to renewed awareness and appreciation of whatever you too easily take for granted.

May the bonds of love for one another be strengthened as you gather with your family and friends around the table of festivity & nourishment.

May you daily open the gift of your life and be grateful for the hidden treasures it contains.

May the coming year be one of good health for you.

May you have energy and vitality.

May you care well for your body, mind and spirit.

May you keep your eye on the Star within you and trust this luminous Presence to guide and direct you each day.

May you go often to the Bethlehem of your heart and visit the One who offers you peace.

## Stress

# Management!!!



A lecturer when explaining stress management to an audience, raised a glass of water and asked; 'How heavy is this glass of water?'

Answers called out ranged from 20g to 500g. The lecturer replied, 'The absolute weight doesn't matter.

It depends on how long you try to hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'

He continued,

'And that's the way it is with stress management.

If we carry our burdens all the time, sooner or later,

As the burden becomes increasingly heavy, we won't be able to carry on.



As with the glass of water, you have to put it down for a while and rest before holding it again,

When you're refreshed, you can carry on with the burden.

So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow.

Whatever burdens you're carrying now, let them down for a moment.

Don't pick them up again until after you've rested a while.'



## JOURNEYING

I have a sense that those of you who have experienced the loss of your spouse/partner have been sent forth on a journey that no other life experience could compare. It is a special journey that requires much courage and trust. Your journey came to my mind as I read these words of Mary Oliver in her book "Dream Work". I wonder if you can identify with this poem?

*"One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice –  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
It was already late enough,  
and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice,  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world determined to do  
the only thing your could do –  
determined to save  
the only life you could save."*

*As you continue to journey through life  
determining "to do the only thing you  
could do", take on board this wonderful  
wisdom from Rumi, a Sufi poet*

"This human being is a guest-house;  
every morning a new arrival:

a joy, a depression, a meanness,  
some momentary awareness  
comes  
as an unexpected visitor.

Welcome and entertain them all!

Even if they're a crowd of sorrows  
who violently sweep your house  
and empty you of all your furniture;  
still treat each guest honourably.

He may be clearing you out for some new  
delight.

The dark thought, the shame, the malice.

Meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes  
because each has been sent  
as a guide from beyond."



"The greater part of  
our happiness depends  
on our disposition and  
not our circumstances."  
Martha Washington

# TURN MINDLESS SHOPPING INTO MINDFUL SHOPPING

*“It’s on sale!”  
“I deserve it!”  
“It’ll cheer me up!”*



Sound familiar? Maybe you have said such things to yourself to justify buying something you don’t need. But what’s the harm, if you can afford it, if you engage in recreational shopping only occasionally, if it’s not affecting your life negatively in any way, and if you’re not binge buying because of a psychological disorder?

With Christmas just around the corner and the pressure of extra buying for gifts or for holiday treats etc. is looming large, it maybe timely to think and reflect on your buying habits and how they are affecting your quality of life.

April Lane Benson PhD is the author of *“To Buy or Not To Buy: Why We Overshop and How to Stop”*. (Trumpeter Books) She specializes in the treatment of compulsive buying disorder.

Here is something of what she has to offer us!

*“Ours is largely a culture of spur-of-the-moment, impulsive, recreational mindless shopping; we typically put about as much conscious thought into it as we do into digesting.*

*With the current economic crisis, now more than ever it’s crucial to stay emotionally centered and mindful of what you plan to buy, of what you can comfortably afford to spend, of what you’re responding to, and above all, of who you are and what really matters to you.*

*By now we all know that a transaction need not occur within the walls of a store for it to be “shopping”. And no matter how clearly you know what you’re shopping for, there are always pressures to overshop. Shopping at a mall, on the internet, or even from a catalogue is almost guaranteed to stir up feelings and impulses. Mindful shopping can help in all these cases.*



**The key to any successful, reasonable shopping experience is a plan for each shopping trip you make.**

*Whether the trip is virtual or physical, **guidelines must be set** in order to maintain control of shopping desires, and your money. If you’re shopping on the internet or by phone, keep the specific plan open beside you. If you’re shopping away from home, have your plan with you and review it before you begin.*

*This plan should always start with a list of the specific items that you intend to purchase. Once this list is complete, evaluate the necessity of each item on your list and assign each item a score.*

*Scoring:*

<i>This item seems totally unnecessary:</i>	<i>0</i>
<i>This item is somewhat necessary:</i>	<i>1</i>
<i>This item is very necessary:</i>	<i>2</i>
<i>This item is essential:</i>	<i>3</i>

*Any items with low scores should be seriously reconsidered.*

*Then note where you’ll shop, how long you will shop for, who you will shop with, who you will shop for, and finally, what you can comfortably afford.*

**Regardless of where you plan to shop, limit your browsing time: the longer you browse, the more you’ll buy.**

*Before you enter a shop (or hit the Internet Shopping line) have a “Mindful Pause” to give yourself space between your impulse and the action of buying. In this “limbo” time ask yourself and answer these six key questions:*

- 1. Why am I here?*
- 2. How do I feel?*
- 3. Do I need this?*
- 4. What if I wait?*
- 5. How will I pay for it?*
- 6. Where will I put it?*

*Then, only make the purchase if you're very certain that it's something you need and can afford.*

*Use cash, cheque or debit card only!*

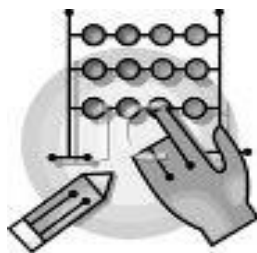
*When you come home, check on yourself. If you went well with your shopping plan and action then why not give yourself a reward? (One of those priceless rewards, like a warm bath, a walk in the garden, or something else that makes your heart sing!)"*

Go to April's website:

**[stoppingovershopping.com](http://stoppingovershopping.com)** for more from April.



## **SOME HANDY WEBSITES TO HELP YOU MANAGE YOUR FINANCES**



- For the latest information about the use and management of money go to the website **"Money Minded"**.
- The Website **"Youth – NSW Office of Fair Trading"** has information on consumer issues for people between the ages of 14 and 24. Parents will also find this page helpful.
- **[www.moneystuff.net.au](http://www.moneystuff.net.au)** has a great online game called "Master of the Mall" that is a fun and interactive way to learn more about your rights as a shopper or a worker.
- Go to **"Understanding Money- Home Page"** (Australian Government initiative) and download a Budget Planner for yourself and your family, or give yourself a "Financial Health Check" or look at all the other tips to help you better handle your money. A few simple tips can really make a difference!
- The Consumer Credit Legal Centre NSW website **<http://www.cclcnsw.org.au>** gives you some sample letters that may help you in writing a request for a copy of your

Credit Report, for Documents, for Hardship Variation, for Offer of Settlement etc.

- **Shopping and Legal with Choice.com.au** gives you a number of details to look out for when shopping for things like Broadband plans, Funeral costs, Shopping Loyalty Cards etc.
- The Australian Securities and Investments Commission has put out some tips on their website, under the title: **"My Financial Survival Guide"**. They also some sound advice about loans. Go to **<http://www.fido.gov.au>**
- Have you heard of **NILS NSW?** (No Interest Loans Scheme) It is community managed small loan program developed by the Good Shepherd Youth and family Service, designed to assist low income people. Loans for approx \$1000.00 are available for essential household items, medical goods and services or other worthwhile purposes. They are not for emergency relief. Call them on **1800 509 994**

Bill Vogels, is a Financial Counsellor with CCSS, who has an Office at Blacktown. You can call him on 96712011 for free financial counselling. This year Bill ran two workshops on "Managing Family Finances" and will run another next year.



# PEACE BEGINS IN THE HUMAN HEART

On Social Justice Sunday this year the Australian Catholic Bishops put out an excellent statement which challenged me about the way I live or do not live “in peace.” They made reference to how peace begins in the human heart. Some of their points are very relevant and poignant to all of us, especially for those of us who may be experiencing conflict or misunderstandings of any kind.



*“Anger is a normal emotional response to loss, frustration or the experience of injustice, either towards oneself or others. It is an emotion that needs to be managed and controlled. At its worst, it becomes an intense, disproportionate rage.”*

*Even if we have good role models in life, controlling our anger and being peacemakers will be a lifetime’s work. It is natural to feel angry if our desires are frustrated, if we see others being treated unjustly or if our trust is betrayed. The key to acting in a peaceful way lies in shaping our desires and handling our anger creatively. In some circumstances, for example, the expression of a righteous anger can be entirely appropriate.*

Anger is a good *servant*,  
but not a good *master*.

*In day-to-day life we can all speak of examples of impatience or anger that result in verbal abuse, arguments and fights. This is just one of the ways in which the personal cycle of violence finds expression.*

*Although both violence and peacemaking are ultimately matters of the human heart, they are played out where human beings meet. In particular, the home is the place where we see the most striking and generous ways of peacemaking. Yet that is also the place where violence often takes place.*

*If the home is a place of hidden violence, it is also the place of hidden heroism. People struggle bravely with their anger, forgive one another for their behaviour and make peace in difficult situations.*

*We are aware of the angers that overflow into violence. We are less aware of the courage of those who control their feelings, soothe the angry and try to find a better way to resolve conflict. Patience and strength is apparent in family members who struggle with normal feelings of frustration and anger.*

*That does not mean that violence should be endured passively. There can be situations where feelings are not dealt with adequately and violence can ensue. We recognise the great strength displayed by those who seek professional support when violence threatens the wellbeing of their family.*

*Jesus offers a vision: to act peacefully and to work for a just and peaceful world; **he also becomes the power to make this vision reality.***

*The heart of the vision is the God who loves each of us intensely and passionately.”*



*Let there be  
peace on earth  
and let it begin  
with me.*

The Bishops go on to give us some practical ways we can be peacemakers in our homes and communities. The Australian Catholic Social Justice Council ([www.socialjustice.catholic.org.au](http://www.socialjustice.catholic.org.au)) have also put out a pamphlet entitled “Ten Steps Towards being a Peacemaker”. I have combined some points from both of these publications. These may be beneficial for you as individuals and families to ponder as Christmas draws near and we are challenged to be better peacemakers in our world.

## a) Acknowledge the Dignity of Others.

Listening respectfully to another’s point, even if we disagree, bestows a dignity that is fundamental to all relationships. Even in times of uncertainty or tension there is scope to speak and act kindly. Other people are not competitors whom we must defeat to gain the prizes of life. They are not obstacles that we must push out of the way in order to get what we want.

## b) Respond Positively to Anger.

Anger, even when justified, can lead to blame and personal insults that divert people from addressing the cause of any problem. Instead, we can take a conscious decision not to 'get personal' but to take responsibility in our relationships.

Small gestures of peace can restore relationships.

To engage non-violently with the other person who may be your "opponent", or the person with whom you are in conflict, remember these four steps: a) Centre yourself.

b) Articulate and share your piece of the truth.

c) Listen and receive the other's piece of the truth.

d) Agree on a way forward .

## c) Forgive.

All spiritual traditions speak of the value of forgiveness, but many people still find it to be a nearly impossible ideal. Just start somewhere! Look truthfully at one hurt you have not been able to forgive. Identify any feelings of anger, denial, guilt, shame or embarrassment. Imagine what it would be like to live without feeling this offence. Other steps may be necessary for healing, e.g. letting go of past hurts, an admission of your contribution to the conflict, making amends, changing behaviour, a renewed commitment to peace.



## d) Reject Violence.

Safe and strong communities/families reject violent language and action. Think about how you can respond to these situations. Speak and act kindly when there are disagreements or tensions. Speak up when you hear others make derogatory remarks about others. Ensure fair play. Object when you see another person bullied or demeaned. Stand by those who have no voice when there are disagreements or conflicts.



## e) Cultivate an Attitude of Gratitude.

A nonviolent stance is one of deep gratefulness for our life and for all life. Take some time in a quiet place and think of five people who have given of themselves so that your life could be better. Call to mind their faces. Remember in some details what they have done for you. Cultivate this awareness throughout the day, increasingly acknowledging how your entire life, and everything that passes through it, is a gift from God.

## f) Attend to Prayer and Spiritual Development

Our merciful God is the source of love and compassion who transforms and heals all wounds. Prayer creates a renewed sense of the presence of God, and peace fostered in our hearts lifts our vision above the trivial to consider what really matters.

Create space to be reflective about your life and the needs of your family and friends.

Consider how your prayer and the prayer of your parish can change the world.



## g) Reflect on your day as a Peacemaker.

If you want to see how you are doing as a peacemaker, look at how you behaved during the day: at breakfast, on the way to work, at school, in your reaction to people around you, on the way home etc. Who were the people you encountered during the day? How did you respond to them? What moment in your day made you feel good? What moment in your day made you feel some discomfort? Reflect on these moments and think about what you will do the same or differently tomorrow.

## Christian Meditation

In our last Newsletter, I suggested a few steps that may help you to meditate. I hope you have successfully begun to introduce regular meditation periods into your life, (even if only for five or ten minutes a day), and that you are already reaping the benefits.

A goal for meditation is often stated as “quietening the mind”.

**With Christian Meditation our goal is to be in communion with God, through Jesus Christ.**

In practicing Christian meditation begin with, the steps as described in our last Newsletter: i.e.

- 1) Find a suitable quiet environment
- 2) Sit still
- 3) Relax your body.
- 4) Focus.

The difference with Christian Meditation is in where you focus!

We are blessed in our Catholic tradition to have numerous saints and wise teachers who have taught us various methods of meditating.

St Ignatius of Loyola suggests that you take a Gospel story, read it slowly and picture yourself in the scene with Jesus, and from that “place” speak from your heart to Jesus. Let your focus be on Jesus whom you see and experience in the scene.

St Teresa of Avila might suggest you read the Gospel text and ponder two questions: “What is Jesus thinking? What is Jesus feeling?” Get inside the text and be there with Jesus and speak or sit with him from your own life situation. Let this be where your focus or concentration goes.

Thomas Merton would tell you to be before God as you see Him and let your prayer be a kind of praise rising up out of the center of nothing and silence. He would say that you do not have to “think about” anything but simply seek the Face of the Invisible Lord. The voice of the Spirit within you is the heart of your prayer, be attentive to that Spirit and let it speak.

Thomas Keating, who teaches “Centering Prayer”, will tell you to simply be in faith and love to the God who dwells in the centre of your being. In love, for the five, ten or fifteen minutes of your meditation time, give your whole attention to God. To help you keep thus focused, concentrate on a sacred word; that word may be “Jesus”, “Love”, “My Beloved”, “Abba”,

“Lord” or any other one of your choosing that expresses your intention of opening and surrendering to God. Gently say this word deep within and let it quietly repeat itself. Don’t let it be an effort. Just let it be there, to help you keep present, open and at ease with the Lord.

In “The Cloud of Unknowing” the unknown author tells you that the fewer words you use in meditation, the better. He would say that a word that surges up from the depths of your spirit - it being the expression of your whole being – touches the heart of God more than some long psalm mumbled mindlessly. If that word is the prayer of your whole being it is enough.

**Simply bind yourself to Jesus in faith and love during your meditation.**

St John of the Cross tells us to go to prayer or meditation to “make room for God in order to receive.” Where God finds space, He enters and brings us life! Make the space for Him! Empty yourself.

Surrender! He says,

**“Contemplation is nothing but a hidden, peaceful, loving inflow of God.**

**If it is given room,  
it will inflame the spirit with love.”**

If you want to stay with the method of focusing on your breath whilst meditating, Mary Jo Luddy suggests that you do this in the context of God being the source and completion of your breath ... of your very life. And so she suggests that you use these words during your meditation, as you slowly breathe in and out.

Still.

I breathe in You.

You breathe in me.

I live in You,

You live in me.

I come from You.

I go to You.

You in the beginning.

You in the end.

From You.

With You.

For You.

Forever.

As you might have gathered by now, I love the writings of Joyce Rupp. I have often quoted from her books. Another of her gems is, "The Star in My Heart". In this book Joyce refers to the Wisdom within us as "Sophia"; Sophia is feminine and is given to us as one who not only gives us direction for our lives but is intimately bonded with God. She is the breath of God. She is a manifestation of God. Thomas Merton speaks of "Sophia" as "my sister."

With this in mind, reflect on this poem by Joyce Rupp in the light of our topic of Christian Meditation.

*"Inside each of us  
there awaits  
a wonder  
full  
spirit of freedom.  
She waits  
to dance  
in the rooms  
of our heart  
that is closed  
dark and cluttered.  
She waits  
to dance  
in the spaces  
where negative feelings  
have built barricades  
and stock-piled weapons.  
She waits  
to dance  
in the corners  
where we still  
do not believe  
in our goodness.  
Inside each of us  
there awaits  
a wonder  
full  
spirit of freedom.  
She will lift light feet  
and make glad songs  
within us  
on the day  
we open the door of ego  
and let the enemies  
stomp out."*

And now quiet your body, become centred, and picture Sophia (Spirit of Freedom)) waiting to "dance in the rooms of your heart" ... welcome her, allow her to speak; be there in the experience and respond in whatever way you are moved to do so. This too is Meditation!

References:

- Iain Matthew: The Impact of God
- Collected Works of John of the Cross
- Teresa Of Avila: Way of Perfection
- The Cloud of Unknowing
- Thomas Keating: Open Mind, Open Heart
- Mary Jo Leddy: Radical Gratitude
- Joyce Rupp: "The Star in My Heart."



**"I've been driven many times to my knees  
by the overwhelming conviction  
that I had nowhere else to go."**  
Abraham Lincoln

*The very least you can do in your life,  
is to figure out what you hope for.  
And the most you can do is live inside  
that hope.  
Not admire it from a distance  
but live right in it,  
under its roof."*  
Barbara Kingsolver

## SOME HANDY TIPS FOR COMMUNICATING WITH YOUR CHILD

- **Connect before you direct:** Before giving your child directions, squat to his or her eye level, and engage in eye-to-eye contact to get attention. 
- **Address the child:** Open the request with the child's name, "Lauren, will you please..."
- **Stay brief:** Use one sentence. The longer you ramble the more likely your child will turn off.
- **Ask the child to repeat the request:** If she/he can't, it is too long or complicated.
- **Make an offer she/he cannot refuse:** You can reason with a two or three year old, especially to avoid power struggles. Give him/her a reason to do what you want. "Get dressed so you can go outside to play."
- **Be positive:** Instead of "no running." Try "Inside we walk, outside you may run."
- **When ...then:** "When you get your teeth brushed, then we can begin the story."
- **Legs first, mouth second:** Instead of shouting: "Turn off the TV, it's time for dinner." Walk into the room, join in the TV watching for a few minutes, then during a commercial break, have him/her turn off the TV. 
- **Give choices:** "Do you want to put on your pyjamas or brush your teeth first?"
- **Don't ask a question when "No" is not an option:** Rather than "Will you please pick up your coat?" say "Pick up your coat, please."
- **Take and give:** "You can't go by yourself to the shop, but you can play next door."
- **When you say it mean it:** "No teeth cleaning ... no stories!" 
- **Coax a bit, then follow through:** Use logical consequences. If a child leaves a bike on the footpath too often, lock it away for a few days.

From "Little Angels" by W & M Sears (1995)

## ENDINGS AND BEGINNINGS



As this year draws to a close and a new year emerges it reminds me of all the endings and beginnings we have been through in our lives.

Loss has changed the world dramatically for you who are grief-stricken over the death or separation of your spouse or long-term partner.

The person you loved is no longer present in your personal or social environment.



An ending has occurred that requires new beginnings.

During this time of transition, it might be helpful for you to reflect on what has been lost and what has been gained as a result of the "ending".

I suggest you take some quality time to actually do some journaling and write down your reflections to these questions:

- ❖ *What has really changed?*
- ❖ *What continues the same?*
- ❖ *What is new?*
- ❖ *What experiences, roles, expectations, values, opportunities and dreams are to be given up?*
- ❖ *What experiences, roles, expectations, values, opportunities and dreams are now available?*



## PROGRAMS & WORKSHOPS

You must register for each of these Programs or Events through the Ministry or Centacare Catholic Social Services Offices. To find out more information or to register phone Ministry Office - Eileen: Ph 9933 0205  
CCSS Office: Ph 9933 0222  
Email: [eileen.quade@ccss.org.au](mailto:eileen.quade@ccss.org.au)

### *Recovery*

**A seven week program/workshop for those who have been separated or divorced.**

**Wednesdays, commencing 2<sup>nd</sup> March, 2011**

Time: 7.30 - 9.45 pm

Venue: 1- 5 Marion St Blacktown.

Cost: \$10.00 per session

Coordinator: Sr. Eileen Quade, assisted by trained and accredited facilitators.

### *Seasons for Growth*

**A six week Program for those who have lost a partner/spouse through death.**

**Tuesdays, commencing 25<sup>th</sup> Jan. 2011**

Time: 10.00 am – 1.00 pm

Venue: CCSS Centre 2A Villiers St., Parramatta

Cost: \$50.00

Facilitator: Sr. Eileen Quade

### *Stepping Beyond*

**Monthly workshops for those who are separated or divorced from their spouse.**

**Last week of each month.**

**Wed. 23<sup>rd</sup> Feb, Tues 29<sup>th</sup> Mar.**

**Wed 27<sup>th</sup> April, Wed 25<sup>th</sup> May.**

Time: 6.30 pm gather for 7.00 pm formal start

Venue: 1-5 Marion St, Blacktown.

Cost: \$5.00

Facilitators: Oscar Modesto Ramirez, Eileen Quade

Topics for Discussion: To be advised

### *Prayer and Reflection Day*

**A day for quiet reflection and prayer with guided facilitation for meditations .**

**Open to anyone.**

**Sun. 27<sup>th</sup> March 2011**

Time: 10.30 – 3.00 pm

Venue: Mercy Centre, 36 David Rd, Castle Hill

Cost: \$10.00 Morning tea provided

BYO Lunch

Facilitator: To be advised

### *Blacktown Bereavement Group*

**A monthly gathering for discussion on topics relevant to those whose spouse or partner has died.**

**Second Thursday of each month.**

**March – August 2011**

Time: 10.00 am – 11.30 pm

Venue: CCSS Centre. 51-58 Allawah St, Blacktown

Facilitators: Sr. Eileen Quade, Mrs. Karolyn Ellis

Focus areas:

- Physical effects of grief.
- Images, Tasks and Phases of Grief
- Normal Grief Reactions.
- Differences Between Grief and Depression
- Dealing with Relatives and Friends Whilst Grieving
- Continuing Bonds with the Deceased.

### *Penrith Bereavement Group*

**A monthly gathering for discussion on topics relevant to those whose spouse or partner has died.**

**Second Wednesday of each month.**

**June – November 2011**

Time: 10.00 am – 11.30 pm

Venue: St Nicholas Parish Centre, Penrith

Facilitator: Sr. Eileen Quade

Focus Areas:

- Physical effects of grief.
- Images, Tasks and Phases of Grief
- Normal Grief Reactions.
- Differences Between Grief and Depression
- Dealing with Relatives and Friends Whilst Grieving
- Continuing Bonds with the Deceased

### *Keeping Kids in Mind*

**For separated parents with children where there is ongoing conflict over parenting.**

**Five Thursdays. One commencing 6<sup>th</sup> Jan and the other on 17<sup>th</sup> Feb 2011**

Time: 6.00pm – 8.15pm

Venue: CCSS Centre 51-59 Allawah St Blacktown

Cost: \$75.00

Contact: Karolyn Ellis 9933 0222

## *SOCIAL ACTIVITIES*

Due to limited interest in Solo Parent Ministry social events this aspect of our Ministry has been disbanded.

However, you can contact

**Wendy Thompson: Ph 9809 3957, 0415 946 296,**

**Email: [blackpearl7@optusnet.com.au](mailto:blackpearl7@optusnet.com.au)**

for information about a Christian friendship group that she runs, independently of the Solo Parent Ministry, for those over 40 & single again.

**For information on all our Services at  
Centacare Catholic Social Services visit  
our website  
<http://ccss.org.au>**

*Solo Parent Ministry*

2a Villiers St, Parramatta 2150  
P.O. Box 2458, Nth Parramatta 1750  
COORDINATOR: Sr. Eileen Quade rsm  
Phone: 02 9933 0205  
Email: [eileen.quade@ccss.org.au](mailto:eileen.quade@ccss.org.au)  
Programs, Workshops, Bereavement Groups,  
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