



Solo Parent Ministry

# SOLO PARENT NEWSLETTER



Centacare Catholic  
Social Services

Volume 31 Issue 2

May 2010

## THE JESSICA – THE SPIRIT FACTOR

No doubt I am not the only one whose attention and imagination was caught up in the Jessica Watson story. Jessica and her family have taught us many things. Amongst other things for me it has been something to do with power and powerlessness, about having control and feeling a victim.

She would not have felt totally in control as she set out on her epic journey on the open seas. She had no control of all the facts, all the outcomes, all the unpredictabilities, yet she did not allow this to render her powerless. When will we ever have enough knowledge and information to act? How much do we really need to feel some sense of control in our lives? How much is enough? We all need to have some modicum of control in our lives yet we also inevitably live with mysterious realities that are beyond our control, that challenge us to be willing to take risks and venture forth in to the unknown.

Jessica's aching desire to sail around the world was the motivating energy that freed her from any sense of captivity or powerlessness. What is the "aching desire" you have, that will be your motivating energy that will free you from a sense of captivity and powerlessness?

It has been said that "power corrupts", but it is also true that "powerlessness corrupts", in ways that are less obvious but equally disastrous. Powerlessness destroys dreams and leaves people consumed with jealousy and resentment, and makes violence more possible.

Powerlessness is the seed bed for resentment, cynicism, jealousy, envy, hatred and fantasies of revenge. These bitter seeds grow when we no longer have any conviction that we can change our particular life circumstances. It will never



create the possibility of something new, it will lead only to destruction. Resentment signifies powerlessness. Violence often arises from a sense of powerlessness. The desire to be totally in control and the feeling of being totally out of control and powerless, can lead to violent acts. The problem also with powerlessness is that it becomes a self-fulfilling prophecy.

For want of a sense of power, the dream of something new and someone new, dies. When we don't believe we can make a difference, some small part of God's dream for us and for our world, dies.

Nevertheless, powerlessness still remains an attractive option for many, because as a powerless victim we do not have to take control of, or assume responsibility for our present situation or our future dreams.

In maintaining a position of powerlessness we present ourselves as repeatedly being victimized by something and someone. Even when some of the wrongs have ceased to exist and persecutors can't be found, new oppressors must be created so that the status of victimhood (powerlessness) can be sustained. The blame must be perpetuated.

Power and control are often seen as something to be both desired and feared. They are feared when the desire for power and control becomes a craving for more power and more control merely for the sake of it.

Power is energy. It is not a thing that can be possessed and retained by a solitary individual. It is only activated when at least two or three or many people come together and interact. Jessica, her family and her team together created a positive powerful energy that enabled Jessica to sail the world.

We all have some real power, probably much more than we think or are willing to admit.



Once we have overcome our false sense of powerlessness, we can assume some sense of power. We can begin to distinguish false powerlessness from the very real powerlessness that we do experience in some areas of our lives. In making such a distinction, we begin to have the wisdom to know where we can make changes and where we can't.

You would have heard of the story that is told of the rabbit and the little chick that were walking along the road. All of a sudden there was a bolt of thunder. The rabbit ran off along the road yelling, "The sky is falling. The sky is falling." He looked back only to see the little chick was lying on her back with her feet thrust up into the sky. The rabbit ran back and asked: "Little chick, the sky is falling! What are you doing?" "One does what one can," replied the chick.



We have just celebrated the Feast of Pentecost; a feast that celebrates the outpouring of the Spirit of Jesus on Mary and Jesus' disciples. This Holy Spirit empowered them beyond their wildest dreams, to "work miracles" as they fulfilled their aching desire to make the Word of Jesus come alive in peoples' lives. When once they felt powerless, as they sat around after Jesus' crucifixion and as they pondered on what might lie ahead of them following the death and loss of Jesus, now, filled with the Holy Spirit and united in their beliefs they mobilized the power that was given to them and began to evangelize the world.

We have that same Spirit, that same powerful energy, to fulfill our aching desires. Let us not be amongst those who sit around entertaining powerlessness, killing our dreams and the dreams of those around us!

*Flame-Dancing Spirit,  
come sweep us off our feet  
and dance us through our days.  
Surprise us with your rhythms;  
dare us to try new steps,  
explore new patterns  
and new partnerships.  
Release us from old routines  
to swing in abandoned joy  
and fearful adventure.  
And in the intervals,  
rest us in Your Still Centre.*

*Amen*

*Esther de Waal "Lost in Wonder"*



## 21 MEMOS FROM YOUR CHILD



I recently came across this list of memos from a parenting skills program; I think they are worth passing on to you!

1. **DON'T SPOIL ME:** I know quite well that I ought not to have all I asked for. I am only testing you.
2. **DON'T BE AFRAID TO BE FIRM WITH ME:** I prefer it; it makes me feel more secure.
3. **DON'T MAKE ME FEEL SMALLER THAN I AM:** It only makes me behave stupidly "big".
4. **DON'T LET ME FORM BAD HABITS:** I have to rely on you to detect them in the early stages.
5. **DON'T CORRECT ME IN FRONT OF OTHERS IF YOU CAN HELP IT:** I'll take much more notice if you talk quietly with me in private.
6. **DON'T MAKE ME FEEL THAT MY MISTAKES ARE SINS:** It upsets my sense of values.
7. **DON'T PROTECT ME FROM CONSEQUENCES:** I need to learn the painful way sometimes.
8. **DON'T BE TOO UPSET WHEN I SAY "I HATE YOU":** It isn't you I hate but the power you have to thwart me.
9. **DON'T TAKE TOO MUCH NOTICE OF MY SMALLER AILMENTS:** Sometimes they get me the attention I need.

10. **DON'T NAG:** If you do, I shall have to protect myself by appearing deaf.
11. **DON'T MAKE RASH PROMISES:** Remember that I feel badly let down when promises are broken.
12. **DON'T FORGET THAT I CANNOT EXPLAIN MYSELF AS WELL AS I WOULD LIKE:** That is why I am not always accurate.
13. **DON'T TAX MY HONESTY TOO MUCH:** I am easily frightened into telling lies
14. **DON'T BE INCONSISTENT:** That completely confuses me and makes me lose faith in you.
15. **DON'T PUT ME OFF WHEN I ASK QUESTIONS:** If you do, you will find that I stop asking and seek my information elsewhere.
16. **DON'T TELL ME MY FEARS ARE SILLY:** They are terribly real and you can do much to reassure me if you try to understand.
17. **DON'T EVER SUGGEST THAT YOU ARE PERFECT OR INFALLIBLE:** It gives me too great a shock when I discover that you are neither.
18. **DON'T EVER THINK THAT IT IS BENEATH YOUR DIGNITY TO APOLOGISE TO ME:** An honest apology makes me feel surprisingly warm toward you.
19. **DON'T FORGET I LOVE EXPERIMENTING:** I couldn't get on without it, so please put up with it.
20. **DON'T FORGET HOW QUICKLY I AM GROWING UP:** It must be very difficult for you to keep pace with me, but please try.
21. **DON'T FORGET THAT I CAN'T THRIVE WITHOUT LOTS OF UNDERSTANDING LOVE:** But I don't need to tell you that, do I?



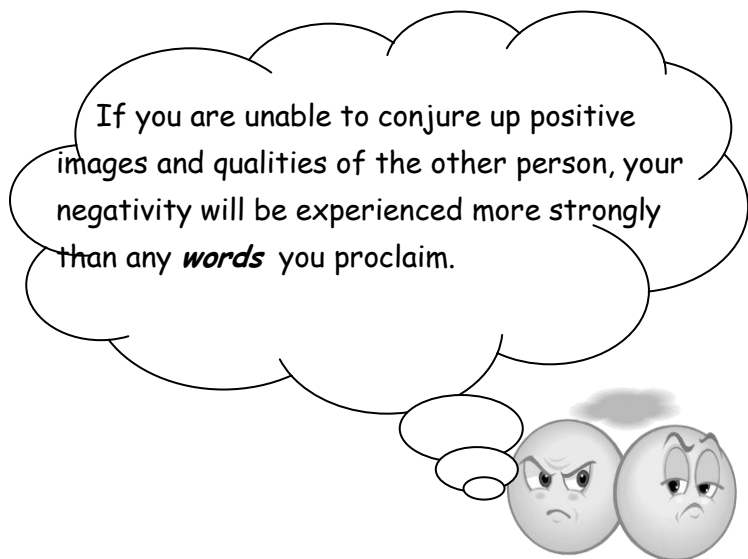
# MORE ABOUT CONFRONTATION

In our last Newsletter you would have read an article on the topic of “confrontation”. Here are some further recommendations from Schofield, Hammett and Juliano’s book, “Building Community”.

## WHEN YOU ARE THE ONE WHO IS CONFRONTING

### 1) ALLOW TIME TO REFLECT ON THE GOODNESS AND GIFTEDNESS OF THE PERSON YOU ARE CONFRONTING

Remember that the *images* and *perceptions* that you bring into the situation of confrontation will directly influence the attitude you convey to the other person.



### 2) SPEAK AS DIRECTLY AS POSSIBLE

Vague and indirect statements raise the level of anxiety in the person you are confronting. And as you know, anxiety increases defensiveness.

Combine your *directedness* with *gentleness*.

The combination of these two elements helps to create a positive climate. If you have confronted the

other person indirectly in the past, reflect on what fears influenced such behaviour. Identify your fears and this will enable you to exert greater control over your manner and approach next time.

### 3) CONFRONT THE BEHAVIOUR AND NOT THE PERSON

The recommendation to confront the behaviour and not the person is a truism, and how much more difficult it is, than it sounds! A person who is confronted will usually interpret the confrontation as a personal attack regardless of your intent. You are best advised to try to keep the focus on the behaviour, especially when there is an indication that the person feels personally attacked.

### 4) AVOID INTERPRETING A PERSON'S BEHAVIOUR

This is probably the most important issue in confronting. Keep all your comments descriptive while not attributing causes to the behaviour. As soon as someone describes behaviour and then adds, "... and the reason you do this is ..." the listener will surely react. More damaging than attributing causes to behaviour is to engage in analysis and to label the person e.g. "You behave that way because you grew up in a dysfunctional family."



### 5) KEEP TO ISSUES THAT ARE RECENT, IF NOT IMMEDIATE.

Virginia Satir, a family therapist, often referred to "gunny-sacking" which, figuratively speaking, is a process of storing issues in a sack carried over one's shoulder. These past issues are extracted from the sack and brought inappropriately into present



discussions. It is difficult enough for the person who is confronted to deal with the present, without trying mentally to resurrect and reconstruct the details of long-forgotten incidents. When the confronter begins enumerating past grievances, everyone involved becomes distracted.

## WHEN YOU ARE BEING CONFRONTED

**A**ccept the confrontation as an invitation to explore oneself.

**A**ttempt to remain open to hearing how others perceive you.

**R**ealize that confrontation will result in personal disorganization and the need to reassess one's sense of identity.

**T**ry to refrain from responding to confrontation in your stereotypical way of responding to any threat.

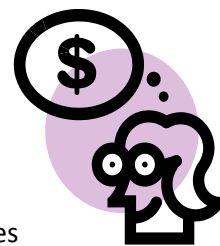
**L**isten to what is being said and ask for clarification where there is any ambiguity or lack of clarity.

**R**eflect on what has been shared before responding.



## FINANCIAL AND LEGAL MATTERS

Since you have found yourself in very changed personal life circumstances I am sure that many of you have had to deal with some huge financial and legal matters. These are areas of our lives that we probably like to steer away from because of our lack of confidence and perceived inability to handle such. Understandably so as it can be rather confronting and overwhelming, especially if it is totally new territory for us.



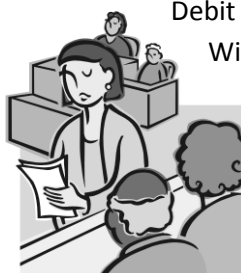
To assist you in both these areas we have organized for two "Guest Speakers/Facilitators" to join us and to offer you some handy tips.

**On JUNE 30<sup>TH</sup>, 6.30 for 7.00PM start**, Mr. William Vogels, accredited Financial Counsellor, who works with CCSS, will assist you in working with a personal money plan taking into account the cost of living, your needs and wants, as well as matters of immediacy, deferrals and entitlements.



**VENUE: 1 – 5 Marion St. Blacktown.**

**On AUGUST 25<sup>TH</sup>**, at the same time and venue, Mr. Richard Brading, Solicitor for Wesley Mission Legal Service in Castlereagh St. will give you some handy tips in dealing with Solicitors, Barristers and Courts, as well as provide you with some helpful information about Family Law, protecting family assets, Credit and Debit Law, Powers of Attorney, Estates and Wills, and indeed any other matters of legal concern to you.



These nights are open to anyone who is interested, not only those who have been separated divorced or widowed, so you can tell your friends about this and invite them to come along. Registrations with Sr. Eileen are essential. See such details in this Newsletter.

# WORKING THROUGH THE SEASONS OF GRIEF

In the "Seasons for Growth" Program which our Ministry runs at least twice a year for those whose partner or spouse has died, we work with the thesis presented by an expert in the field of grief, William Worden.

He says that as we grieve we need to attend to and accomplish four different tasks in order for us to heal and move on with our lives with greater energy and renewed hope.

## The Four Tasks of Grief are:

1. Come to terms with and accept the reality of your loss. *(Autumn)*
2. Allow yourself to experience the pain of your grief. *(Winter)*
3. Adjust to an environment in which your loved one is missing. *(Spring)*
4. Invest your emotional energy in new interests and relationships. *(Summer)*

These tasks are there for anyone who is grieving any kind of loss, not just loss through death.

## Task 1. Come to terms with and accept the reality of your loss.

*This is the "Autumn" Season of your grief.*

To help you do this you need to be able to talk about your loss, what your loved one meant to you, stories about his or her death and funeral or the experience of the breakdown of your relationship and his/her leaving etc. The more you talk about these details, the more you will realize that the loss is real and irreversible. You will probably need to go over and over the story



of your loss and then slowly but surely you will intellectually and emotionally totally accept the full reality of it.

This is a difficult task as you will want to resist having to face this awful reality. You may try to minimize the impact of your loss initially in order to protect yourself from the pain that accompanies such a reality.

The most important thing you need in your life during your grieving period is a close and faithful friend or small network of friends whom you can call upon with whom you can TALK; friends or family members who will sit with you and just LISTEN for as long and as often as you want or need to talk. Such friends are invaluable and a precious gift from God.

## Task 2. Allow yourself to experience the pain of your grief.

*This is the "Winter" Season of your grief.*

As difficult as it is, you have to allow yourself to FEEL the pain of your loss. You simply cannot run away from it or try to avoid this task. If you do, your grief will keep on resurfacing throughout your life and interfere with a healthy emotional state of being. You will feel awful, but this pain must be felt in order for you to work through the pain and come through it to the other side, which you will experience as a sense of peace and healing. If you push the pain away and refuse to feel it, it will fester for years and affect your entire future.



The pain that we are speaking about and that you experience at the loss of a loved one is often composed of many deep and intense emotions such as sadness, despair, anger, guilt, fear, loneliness, shame, jealousy. Initially these painful feelings may be all engulfing. Their unpredictable nature can create for you a sense of being out of control and can give you a sense of being on "an emotional roller coaster ride."



Forever going out shopping, meeting friends, keeping busy, rushing back to work, drinking excessively, taking trips away, immersing yourself in the children or grandchildren's lives are all ways in which we try to "cheat" ourselves out of attending to Task

2. These activities won't work in the end! All they do is temporarily distract us from doing what we must do.

Again what you need at this time is a dear friend or small network of friends who understand what it is you need to do in your grieving time. People who are able to comfortably sit with you in tears, tears and more tears! People who are able to sit with your roller coaster of emotions and not judge or try to fix, or offer you a stream of advice.

Besides this, however, and just as importantly, is your need to give yourself TIME ALONE. This idea scares many people; you may fear that your grief will totally overwhelm you. What is the worst that could happen if you enter into your pain? Do you think you won't be able to "come out of it"? Trust yourself, you will! And what's more, you will emerge from your passage of pain, (in whatever way it may present itself), a more healed person.

You may find it helpful to journal or write to your loved one as you sit alone and attend to Task 2. Speak to him/her or to God of the depth, extent and nature of your pain and allow yourself to hear and feel their intimate and compassionate presence and response.

When a person who is integral to your life dies or goes away there are numerous losses that flow from this one significant loss. Being able to weep over all these subsequent losses and to express anger, sadness, resentment, loneliness and other uncomfortable feelings is part of task 2.

You will find that eventually these feelings become more periodic and less frequent, surfacing at

unexpected and expected times such as at anniversaries, birthdays and special events, or with the sound of certain music or songs, or with wafts of certain smells, or with visits to familiar places.

### Task 3. Adjust to an environment in which your loved one is missing.

*This is the "Spring" Season of your grief.*

You need to spend time alone in your home, return to places that you frequented and encounter each aspect of your life without your loved one. This is tough. You will want to avoid doing all this.



Then there are the hundred and one

things that your partner/spouse did and which now you have to do alone. This will mean learning new skills, taking on new challenges, assuming responsibilities that previously you had no need to do. You have to learn to function without the person at home and in your everyday life.

You must keep going. You cannot withdraw from the world. You cannot forever ignore

that which is looking you in the face and which you must attend to. You may call on others to assist you for a while, but there comes a time when bit by bit you need to tackle those previously thought insurmountable obstacles alone.

The first time you go to a place, or experience a holiday without them or do an activity you shared with them, will be the worst. After that, you may find it gets a little easier.



Task 3 involves the need for you to take on new roles and make new kinds of contacts in the world. Making a new set of friends, finding a support network, relating to others in a new way, taking on new roles in the family and

*Befriend all your feelings;  
welcome them as guests  
and messengers of truths  
that lie hidden within you  
and which you are invited to  
gently and lovingly attend to,  
as you would a visitor to your home.*

becoming more independent, are all part of this process.

Underlying this task is the work of incorporating the experience of the loss into your identity.

The opportunity for personal growth and development is perhaps most clearly seen in this part of your grief.

**Task 4. Invest your emotional energy in new interests and relationships.**

*This is the "Summer" Season of your grief.*

Finally after you have grieved all you need to grieve, you have to begin to withdraw emotional energy that you invested in your grieving and the focus you have given your loss, and invest it in new relationships (not necessarily of the opposite sex and certainly not right away)



If after a reasonable amount of time, you constantly re-live your marriage or your relationship, constantly going over what you did wrong or what should have been done differently etc, and refuse to try to move on with your life, you are investing too much energy in your grieving.

Once again the support and encouragement of a loving family and a good support group is necessary in order for you to effectively move on with your life. New friends and new interests are important.

Acceptance and determination to live your life fully will refocus your energy in a positive manner.

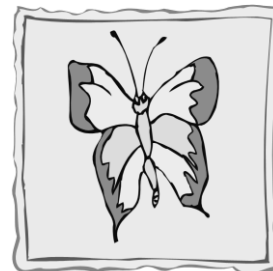
As the other tasks of grief are achieved, more energy is available to be released into the new life that you are creating for yourself.

This may result in new relationships, closer relationships, investment in work, or investment in an activity that is in honour of your deceased loved one or which stems from your experience of loss. This task is about saying a more complete farewell to the person you have lost.

This does not mean giving up precious and treasured memories, but rather a releasing yourself from a certain attachment to the "lost" person so that there is more room and energy for engaging in life in the present.

Some people at this point in their grief work speak of feeling increased energy and a better ability to enjoy their present lives without guilt and fear.

These tasks are indications of the kind of process that you need to go through as you journey through the grieving process.



There are in reality no rights or wrongs and deadlines. While individuals may share in the types of processes described above, your path will still be unique to you.



This quote was on the back of a memorial card of a dear friend.

*"As long as we can love each other and remember the feeling of love we had we can die without ever really going away.*

*All the love you created is still there.*

*All the memories are still there.*

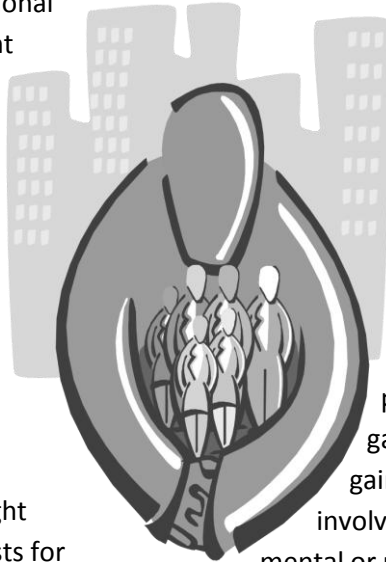
*You live on - in the hearts of everyone you have touched and nurtured while you were here.*

*Death ends a life, not a relationship."*

Mitch Albom: "Tuesdays with Morrie"

# UNDERSTANDING THE PROCESS OF ANNULMENT WITHIN THE CATHOLIC CHURCH

Each year we work together with professional people from the Tribunal Office to present information to those interested in the process that you go through when you decide to apply for an annulment of your marriage. This Information Night helps to allay some fears and dispel some myths about the process of an annulment. These few points may also help those of you who have wondered.



## TRIBUNAL OFFICES

The Church has set up Tribunal Offices right throughout the world to deal with requests for declarations of nullity and to give decisions in its name. The qualified staff at all these Offices work from the same set of laws and guidelines; in other words, the grounds for granting nullity are the same in Australia as they are in India or South America or anywhere else in the world.

## WHEN AND WHERE TO START

You have to have been granted a divorce before you can begin the process of annulment. The Family Law Court of Australia generally issues civil divorces after one year's separation and provided one of the parties wishes that to happen. You simply make a phone call to your Diocesan Tribunal Office (Parramatta: 9630 3683) and ask for an appointment. At the first appointment you bring along your Marriage and Baptism Certificates and Divorce decree and in this private interview you will be invited to give background information about your life, your courtship, your marriage.

This is done under oath. You are also asked to provide a couple of character references. It is after this first interview



that you will be given an indication as to whether or not there is sufficient basis for a case for you and you will be told how things will proceed further.

## COST AND LENGTH OF PROCESS

The whole process currently costs \$750.00 and this can be paid in installments. The process generally takes between 12 to 18 months all up.

## DIFFERENCE BETWEEN DIVORCE AND ANNULMENT

Divorce dissolves the bond of marriage as recognized in civil law whereas the nullity process examines the circumstances surrounding the consent given on the day of the marriage. Was there force or pressure? Was the reason for marriage to gain entry to a country or for monetary gain? Was there ignorance about what is involved in a married partnership? Was there mental or psychological incapacity to consent to a permanent commitment in marriage?

The Tribunal seeks to ascertain if both parties were capable of intending and fulfilling what they were consenting to.

Within the Catholic Church that consent is to a covenant of mutual and unconditional love for each other for the rest of life; it is a partnership which is open to bringing forth children with a shared commitment to their upbringing.



*To validly marry, people need to know what is involved in being married and be free, ready, willing and able to fulfill the responsibilities that are part and parcel of this covenant of love.*

These are some of the matters that are examined during the annulment process.

## DECLARATION OF NULLITY

*A declaration of nullity is a statement that something of the substance of marriage was missing at the time of the consent.*

Therefore even though the couple went through the marriage ceremony, they are in fact not married according to the grounds established by the Church. If one of the elements of the **essential substance** of marriage is missing and was always missing, then there is no marriage.

It can be found that a person never intended a marriage, or never intended to be faithful, or never intended that there would be any children of the marriage, or never intended any partnership, or never intended it to be permanent.

If any of these scenarios are proven to be so then the marriage would be declared invalid.



Then there is the situation wherein, with all good intentions, people may enter into marriage but because of causes of a psychological nature they may be unable to meet the essential obligations of marriage which they consented to. Or again, some people may be unable to realistically understand and evaluate the obligations and rights that are mutually given and accepted, when they marry.

*Tribunals are there to measure and judge with moral certainty that something of the essential substance of marriage was either not intended, not understood or unable to be fulfilled by one or other of the parties, in which case the marriage would be declared null.*

## WITNESSES

You will need to nominate about three witnesses who are prepared to be interviewed in private and under oath. They would need to be friends or relatives who know you very well and over a long period of time. They do not need to live near you; arrangements can be made for them to be interviewed at a Tribunal Office or by Tribunal personnel nearest to them.



## EX-PARTNER

In the name of equal rights and justice the Tribunal needs to notify the other party of your application. It is often very helpful in gaining a balanced and accurate account of your story if your ex-partner agrees to be interviewed. At the very least he or she needs to be advised of the proceedings. All information and statements are not disclosed to the applicant but are made available to those who will make a judgement on the case.

## OTHER CASES FOR THE TRIBUNAL

There are other matters the Tribunal deals with, for example, marriages of Catholics in Registry Offices, marriages of people who were under age, or a marriage wherein one of the parties was not previously divorced, a marriage of a Catholic who did not have a previous annulment, marriages of unbaptised people. If you want clarification on any of these cases contact the Tribunal and you will be advised by the "experts" in the field.

I acknowledge the input of Fr Robert Reidling and Fr Peter Blayney at our Information Night last month and the wonderful little Pocket Booklet put out by Fr Robert McGuckin, "Can I Get An Annulment?" If you want a copy of this Booklet contact the Solo Parent Office or the Tribunal Office.

## PROGRAMS & WORKSHOPS

You need to register for each of these Programs or Events through the Ministry Office. To find out more information or to register phone Eileen:

9933 0205 or 0419 400 571 or email:

[eileen.quade@ccss.org.au](mailto:eileen.quade@ccss.org.au)

### Recovery

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

**Currently running but will run again on Wednesday s commencing 20<sup>th</sup> October 2010**

**7.30 - 9.45 pm**

Venue: 1- 5 Marion St Blacktown.

Cost: \$35.00 for full program (\$5.00 per session)

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

*An effective Program designed to help you work through issues that arise following the loss of a spouse or partner through death, separation and divorce.*

### Seasons for Growth

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

**Tuesdays commencing Sept 28<sup>th</sup> 2010**

**10.30 am – 1.00 pm**

Venue: CCSS Centre 2A Villiers St., Parramatta

Cost: \$25.00

Facilitator: Sr. Eileen Quade

*During these six Sessions you will be gently guided in reflections and tasks that will help you deal with your bereavement following the death of your husband or wife.*

### Life Management

**A four day personal development program that deals with underlying issues that affect your relationships and the quality of your life. Offered as per requests and when numbers make it feasible.**

Facilitator: Sr. Eileen Quade

Cost: \$90.00

### Counseling and Pastoral Care

We offer professional counseling and pastoral care by telephone, face to face, as well as in homes.

### Upper Room Gathering

**Monthly Group Gathering for those whose spouse or partner has died.**

**Second Thursday of each month.**

**11.00 am – 12.30 pm**

Venue: CCSS Office, 2A Villiers St. Parramatta.

Facilitators: Sr. Eileen Quade, Mrs. Karolyn Ellis

#### TOPICS

June 10<sup>th</sup>: Differences between Depression and Grief

July 8<sup>th</sup>: Differences in the way Men & Women tend to grieve

Aug. 12<sup>th</sup>: Dealing with Family and Friends whilst grieving.

### Penrith Bereavement Support Group

**Monthly Group Gathering for those whose spouse or partner has died.**

**Second Tuesday of each month.**

**10.00 am – 11.30 pm**

Venue: St Nicholas Parish Centre Penrith

Facilitators: Sr. Eileen Quade

#### TOPICS

June 8<sup>th</sup>: Introductions and setting the scene for this new group gathering

July 13<sup>th</sup>: Physical effects of grief.

Aug. 10<sup>h</sup>: Phases of grief

### Stepping Beyond

**Monthly workshops for those who are Separated or Divorced.**

**Last week of each month.**

**6.30 pm for 7.00 pm formal start**

Venue: 1-5 Marion St, Blacktown.

Cost: Donation: \$5.00

Facilitators: Oscar Modesto Ramirez, Eileen Quade.

#### TOPICS

June 30<sup>th</sup>. How are you managing your income?

July 28<sup>th</sup> The benefits of assertive communication.

Aug 25<sup>th</sup> Tips for dealing with legal matters and red tape.

### Lending Library

At our Centre in Parramatta, we have an extensive Library of personal development and self-help books, audio and video tapes for you to borrow.



**Prayer and Reflection Day**

A day for quiet reflection and prayer with guided facilitation for meditations . Open to anyone.

Oct 10<sup>th</sup> 10.30 – 3.00 pm

Venue: Mercy Centre, 36 David Rd, Castle Hill

Cost: \$10.00 (BYO Lunch)

Facilitator: Sr. Fran (Good Samaritan Sister)

**Keeping Kids in Mind**

For separated parents where there is ongoing conflict over parenting.

Five Wed. 4<sup>th</sup> Aug – 1<sup>st</sup> Sept

6.00pm – 8.00pm

Venue: CCSS Centre Allawah St Blacktown

Contact: Karolyn Ellis 9933 0222

**Roller Coasters**

After school group activities for children who may be struggling with their parents' separation.

Six Tues. 11<sup>th</sup> May – 15<sup>th</sup> June 2010

4.00pm – 5.00pm

Venue: CCSS Centre Allawah St. Blacktown

Contact: Karolyn Ellis 9933 0222



**Positive Parenting Program**

For all families that provides practical answers to everyday parenting concerns of children between 3 & 8 yrs.

Thursdays — June 3, 10 & 17. 2010

4:00 pm to 6:00 pm

Venue: Alpha Park Hall Alpha St, Blacktown

Cost: Free

Contact: Remy. 9671 201 0400427605

Email: blacktown@ccss.org.au

**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 on 9809 3957 or 0415 946 296** or [blackpearl7@optusnet.com.au](mailto:blackpearl7@optusnet.com.au) for information about a Christian friendship group that she runs for those who are over 40 and single again.

***Centacare Catholic Social Services  
Solo Parent Ministry***

2A Villiers St Parramatta 2150  
PO Box 2458, Nth Parramatta 175  
COORDINATOR: Sr. Eileen Quade rsm  
Phone 02 9933 0205  
Email [eileen.quade@ccss.org.au](mailto:eileen.quade@ccss.org.au)

**Programs, Seminars, Counseling, Visitation,  
Quarterly Newsletter.**

**YOUR SUPPORT FOR THE SOLO PARENT MINISTRY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/C \_\_\_\_\_

Please accept this as a contribution towards the publication of the Solo Parent Quarterly Newsletter

\$ \_\_\_\_\_

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Please debit my  Visa  Master Card



Name on Card: \_\_\_\_\_ Expiry Date: \_\_\_\_\_