

Application form

Name _____

Address _____

City/State/Zip _____

(_____) _____ (_____) _____
Phone day evening Cell phone

E-mail: _____

Age: Under 30 31-40 41-50 51-60 60+

Circle most recent: Widowed Divorced Separated

How long? _____ Male Female

It is recommended that you be widowed at least one year, divorced at least six months, or separated six to nine months with impending divorce. Please explain any unique circumstances (i.e., divorced only three months but separated six months prior to divorce).

Weekend choice: _____

Have you previously attended a Beginning Experience® weekend?

Yes No

PLEASE PROVIDE THIS ADDITIONAL INFORMATION:

Religion _____

Church name _____

Please describe any special needs you may have: _____

Why do you want to make a Beginning Experience® weekend?

Where or from whom did you hear about the Beginning Experience® weekend?

Are you partially through the initial anger and hurting stages following your separation, divorce or loss of your spouse? Yes No

Are you presently in counseling/therapy? Yes No

If yes, with whom? _____

Agency name _____

Address _____

City/State/Zip _____

Phone _____

I hereby give permission for the Adult and Family Ministries Office to contact my counselor/therapist for a recommendation on my readiness to participate in a Beginning Experience® weekend.

Signature _____

Date _____ Amount enclosed \$ _____

Where and when

Beginning Experience® weekends are held at various locations in northwest Iowa. The weekends begin at 8 PM on Friday evening and conclude on Sunday afternoon by 5 PM.

Nov. 6-8, 2009..... Okoboji, Iowa

Feb. 12-14, 2010..... Okoboji, Iowa

Suggested cost

“Payment” to cover the cost of the weekend is accepted on a donation basis. The suggested amount is \$135 per person* which includes the program, handout materials, meals and accommodations. If you are unable to pay this amount, do not let it keep you from making a weekend.

No one is excluded for inability to pay!

***Postdated checks welcome**

Application information

Applications including \$50 nonrefundable deposit are to be received no later than one week in advance of the desired weekend. However, we ask that you register as early as possible to aid in planning.

A confirmation card will be mailed to you upon receipt of your application. A detailed letter, including directions/map to site and an items-to-bring list will be mailed one to two weeks in advance of the desired weekend.

Mail application with \$50 nonrefundable deposit (make checks payable to Beginning Experience of Northwestern Iowa) to:

Beginning Experience of Northwestern Iowa

P.O. Box 3379

Sioux City, Iowa 51102-3379

712-233-7532

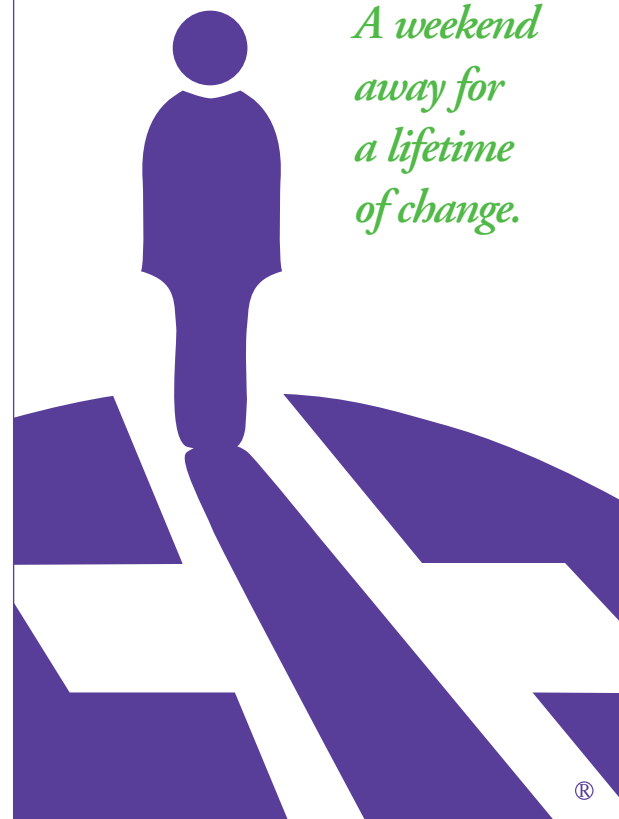
Northwest Iowa 2009_04

Separated • Divorced • Widowed

From heartache to hope for those who find themselves alone again.

**BEGINNING
EXPERIENCE®**

*A weekend
away for
a lifetime
of change.*



The pain of loss

The loss of a loved one through separation, divorce, or death is one of life's most traumatic experiences. It can result in nearly unbearable feelings of loneliness and grief.

Many people who have suffered this loss feel left out by their church, uneasy around married friends, unsure of themselves and uncertain about their futures.

Hope for a new beginning

The *Beginning Experience* weekend program helps grieving single-again persons emerge from the darkness of grief into the light of a new beginning, and move into the future with renewed hope. The program helps deal with the natural grief process and offers an opportunity, through God, for turning the pain of loss into an experience of positive growth.

Founded by a Catholic nun and rooted in the Christian tradition, the ministry's open, ecumenical spirit serves those of all faiths.

Experience of community

From Friday evening through Sunday afternoon, the *Beginning Experience* program is presented by a team of people who have suffered the loss of a loved one and are willing to share their own experience to help others.

Team members lead participants through a program of presentations, personal private reflection, and small group sharing. A sense of community develops in an atmosphere of care and concern that is a hallmark of each *Beginning Experience* weekend.

Who should attend

The *Beginning Experience* weekend is designed to be a time of closure on the past and renewed hope for the future. Those who come should be beyond the initial feelings of anger and despair which usually follow the loss of a loved one. They should be at the point of wanting a new beginning and ready to work to make that desire a reality.

Once the application for the weekend is received, someone is available to help each person determine his or her readiness for the program.

What participants say

"I was nervous about going to the Beginning Experience, but I'm glad I did. I feel more alive than I have in years."

"...my first step out of grief and self pity. I took a fresh look at the choices I have now to make my life a good one."

"I found people all around who accepted me without judgment and cared for me."

"It was a time just for me, to explore where I've been in my life and where I'm going."

"I have so much more energy now for my children and my job."

"...worth every dollar and many more. It was the best gift I ever gave myself."

The results

Those who've attended the weekend program report:

- Increased emotional health and self respect
- New skills to deal with the pain of loss
- Healthier family relationships
- Renewed energy to be more effective parents, return to their church, and improve the standard of living for themselves and their families.

The invitation

Whether you choose to attend the *Beginning Experience* weekend only, or in addition to other support for the single again, the program's invitational process offers the opportunity to move toward a new beginning in life. Its quality and effectiveness are well documented.

- Developed by respected professionals in grief psychology, ministry, education and organizational process, the program is both psychologically and spiritually sound.
- The ministry has been honored by the North American Conference of Separated and Divorced Catholics and the National Association of Catholic Family Life Ministers, participated in the International Conference for the World Federation for Mental Health in Ireland, and addressed the Australian government's Year of the Family Congress.
- To ensure the integrity of the copyrighted program, the Beginning Experience International Ministry Center periodically certifies 120 peer ministry teams worldwide to present the program.

BEGINNING EXPERIENCE®
866.610.8877
www.beginningexperience.org