



Beginning Experience of Rochester
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We are looking to spread the news of the "best kept secret of Rochester," Beginning Experience of Rochester.

What is the Beginning Experience? The Beginning Experience is a weekend program designed to help widowed, separated and divorced people make a new beginning in life. Although the program was designed by and for Catholics, it has been open to persons of all faiths. The Beginning Experience hopes to create a space where separated, divorced and widowed people can come together to re-evaluate themselves and their lives and move on to the future with renewed hope. This program offers support and direction to the divorced and separated in resolving the grief accompanying the end of a marriage. For some it will be an experience of closure--"Closing the Door Gently" on that marriage.

Widowed people also greatly benefit by experiencing a renewal of life through participation in the Beginning Experience weekend. Although the circumstances of their loss are different from those of the separated or divorced, the grief process is very similar.

The weekend program will take place October 15-17 at Camp Stella Maris on Conesus Lake.

Beginning Experience of Rochester is also offering a 4 week class titled "Coping." The focus of Coping with Life Alone offers participants the support and encouragement they need to deal with the pain of their loss and to help them look with renewed hope towards a fulfilling future. The program will be starting September 10 at Good Shepherd, Henrietta.

BE will again be sponsoring single dances at the Green Lantern, the first dance will be September 10 at 8pm. The dances allow a social interaction for the widowed, separated and divorced people so that they do not feel alone, and are able to meet others in the same situation.

Please aid us as we try to help people transition from "heartache to hope."

Sincerely yours,

Beginning Experience of Rochester

PS Additional and updated information can be found on our website:
www.BeginningExperienceRochesterNY.org