

Our Mission Statement

Looking AheadSM is an ecumenical divorce-recovery group sponsored by Clayton United Methodist Church. The program is dedicated to individual recovery from separation and divorce. We are committed to helping our members increase their self-sufficiency through a group-centered, yet self-directed, process. We facilitate this through the effective support and leadership of our trained volunteers as well as through an extensive referral network of outside professionals.

Looking AheadSM reaches out to men and women of all faiths, races, ages and national origins. Anyone who expresses a desire to participate in our program is welcome. The program has a very low, fixed cost for the 14-week session. For those suffering from financial hardship, we also offer limited scholarships.

Looking AheadSM is an ecumenical program. We use the book *The Complete Divorce Recovery Handbook*, which was written by Dr. John Splinter, a former single-life ministry pastor in St. Louis, who now lives in Wisconsin. The **Looking AheadSM** program and Dr. Splinter's book are based on sound Christian tenets; nonetheless, both the book and the program are theologically open and may be applied to people of *all* faiths.

As people of faith, we encourage all of our participants to use their time of separation and divorce as an opportunity to grow closer to God; however, *no one* will try to evangelize you during your recovery process! We are not concerned with what your house of worship may be, or if you attend church at all—this is a personal decision that only you can make!

Are There Any Other Fees?

The full cost of the program is all-inclusive. There are no hidden fees or additional charges; however, in order to reserve a space, there is a one-time, non-refundable registration fee of \$25. This fee is included in the total price.

How is this possible? We operate primarily through the hard work of our dedicated volunteers; most of whom are graduates of the program. We also receive some funding from Clayton United Methodist Church, and—because we are organized as not-for-profit—we also welcome financial gifts.

Looking AheadSM has been organized to operate as a not-for-profit, social service organization. Your gifts are tax-deductible as allowed by law.

How Do I Enroll?

Enrolling in **Looking AheadSM** is as simple as completing the attached mail-in form, picking up your telephone or sending us an e-mail message.

Our office number is: (314) 721-7269.

Our e-mail address is:
lookingahead63105@yahoo.com

We are staffed during normal business hours; however, anyone who is interested in enrolling may leave a message for us at any time. One of our volunteers will return your call promptly, normally within the next business day.

**Looking AheadSM Welcomes Your Prayers
and Your Financial Support...**



A divorce-recovery group open to people of all faiths, sponsored by

**Clayton United
Methodist Church**

101 N. Bemiston
Clayton, MO 63105

(314) 721-7269

lookingahead63105@yahoo.com



Please complete reverse side and return.

What Topics Are Covered In the Groups?

Looking AheadSM is an educational and psychologically supportive process that is designed to be experienced in a coeducational small-group setting. Groups *usually* include 10 participants and two leaders (one male and one female). Weekly meetings last about 2 1/2 hours and are held in various locations throughout the St. Louis area, usually in one of the group leader's homes.

During the 14-week session, participants work through difficult and emotional matters such as:

- Rebuilding your life after divorce.
- Understanding the grief cycle and the impact it plays on you, your ex-spouse and your children (if applicable).
- Coming to grips with intense feelings such as fear, guilt and anger—a.k.a., the emotional roller coaster—which is often present during separation and divorce.
- Learning to forgive—yourself and others...
- Effectively recognizing and responding to your children's needs and emotions.
- Obtaining insights and strategies for building *healthy* intimate relationships in the future.
- Becoming a better communicator.
- Dealing effectively with your ex-spouse.
- Dating after divorce—what to do and not do?
- Understanding Christian perspectives on divorce and remarriage.

What Can Participants Expect?

What is discussed in each meeting? Each meeting revolves around a particular topic from a chapter in *The Complete Divorce Recovery Handbook* and its companion materials. Leaders and participants use the discussion questions and the personal-growth action items that are built into the program. During the discussions, group members will examine the impact this topic and action item have had on their lives.

Will I get anything from these group discussions? Yes! You will have the opportunity to examine every important aspect of marriage and divorce, including human sexuality. You definitely will grow and be challenged from these discussions

Is anyone forced to share and/or disclose private matters? Absolutely not! During meetings, every group member is invited to speak openly and candidly; however, *no one is forced* to share, participate or discuss anything he or she wishes to keep private!

An Important Word about Confidentiality and Ethics...

Whether you are newly separated or have been divorced for decades, **Looking AheadSM** is a safe place where people can heal from the complex issues of separation and divorce. Therefore, *all* participants and leaders must agree to maintain *absolute confidentiality*. This policy is strictly enforced!

Does Looking AheadSM Offer Any Additional Resources/Services?

That's a very good question and the answer is "Yes!" We realize that the 14-week session is just the first step in your recovery. Here's some of what we provide beyond the initial program...

Resources... The end of each chapter contains the names of relevant books (and some basic resources) that apply to the particular topic. Anyone who requires additional assistance—such as a referral to a social service agency, or a legal, financial, or mental-health professional—may contact one of the group leaders or the **Looking AheadSM** office. We're more than happy to help.

Communication Tools... Towards the end of each session, every participant will have the opportunity to complete a personality inventory profile. The inventory helps people understand and evaluate the preferred communication styles they use when they deal with friends, loved ones and business associates. There is no additional fee for taking the inventory.

Social Opportunities... After the 14-week session is over, many groups continue to meet informally for periodic social reunions. The church also offers other social gatherings and professional-growth opportunities for singles. A singles group meets every Wednesday evening and is open to any graduate of **Looking AheadSM**, as well as any other single person who might be looking for opportunities to socialize. Similar to **Looking AheadSM**, the singles group is an ecumenical organization, and there is no emphasis whatsoever on evangelization.

Looking AheadSM Registration Form

Name: _____

Address: _____

City/State/Zip _____

Phone: Home _____ Work _____

E mail Address _____

Nights available (circle): Su M T W Th

\$25.00 non-refundable registration fee (In order to reserve your space, registration fee must be enclosed.)
\$145.00 total price (includes \$25.00 registration fee)

Please mail to: **Looking AheadSM**

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