

Transitions

A support group for those experiencing the end of a significant relationship

The breakup of a marriage or significant relationship is a shattering experience. It is the loneliest time of our life -- not only do we lose a mate, but we often lose our friends as well. Our children sometimes are taken away, at least part of the time. Or if they have left the nest, we have empty nest syndrome to compound the pain. It is a terrible burden to bear alone.



Transitions is a broken-relationship recovery ministry of St. Thomas Aquinas Parish. You will find yourself in a small, confidential group of people who are going through the same things you are. The most comforting thing to learn is that you're *not* alone. You'll find that healing will come as you receive *and give* support. By mutual sharing, seeking your personal recovery, you will become instrumental in the recovery of others. You'll be needed again. As you connect with others who are recovering in their own way, you will make new friends.

Transitions is *not* a place to score a new relationship, as rebound romances are notoriously unsatisfying, short-lived, and often disastrous. Rather, it is a safe, confidential environment where your privacy will be protected.



Transitions *is* a place to become a whole person again. It is the transition from "couple-hood" to "single-hood". A good thing to remember is that "One" is a *whole number!* One plus One is supposed to equal Two, but if either of the Ones is not whole, adding them together will result in *less* than Two.

Transitions meets every Thursday at 7:30 pm in the Pastoral Center of St. Thomas Aquinas Parish, 3290 Middlefield Rd, Palo Alto, CA. Meetings are informal, unstructured, confidential, and safe. Occasionally there will be a guest speaker. We also have a small lending library of books and videos. You can borrow one or bring one, keep it or bring it back.

For more information: Please contact Randy Jones. Call 408-739-2881 or email transitions@paloaltocatholic.org.