

Introduction

Whether you are contemplating divorce, have begun the process or are recently divorced, you may find yourself facing a lot of questions. What happened? What do I do now? What do I need to learn in order to keep this from happening again? Emotions run high in the crisis of a divorce and we are often challenged in trying to manage them. Support from friends and family is helpful, but they will seldom have the perspectives we need to take conscious steps into a new future.

The good news is that the end of a relationship can bring a time of growth if we open ourselves to new perspectives. We have the choice to go through divorce or grow through it. In Listening to Divorce, Charles Gaby presents insights gained from 20 years of experience leading seminars and small groups. His focus is on listening to the patterns in our lives, the cultural paradigm and our common experiences to unearth the aspects of relationships that just don't work. He then examines the future with new hope and possibilities for real change.

Most people who experience one of these workshops find they immediately begin to have insights into their past and present relationships that make a big difference. If you are looking for a chance to get away, experience some good "down time" and gain some perspective on your life this retreat is for you.

The Retreat Focus

Five separate presentations that are followed by break-out sessions for discussion:

- Listening to the Way We Love
- Listening to a Broken Heart
- Listening to Shame
- Listening to the Story of Our Lives
- Listening to Dreams for the Future

Who Should Attend

You may want to consider attending this retreat if:

- You are recently divorced or in process of divorce
- You are married and considering divorce
- You have a broken relationship

Additional Information

Price for the weekend retreat is \$35 per person, which includes handouts, snacks and lunch on Saturday.

Dress is casual.

Location: The Center for Creative Transformation is located at 750 W. 5th Street in downtown Fort Worth.

Parking is available in our covered lot on the east side of the building.

Questions can be addressed to Marianne Wilson at:

817-339-5071.

Online: www.listeningtodivorce.org

Schedule:

Friday evening from 7 pm to 10 pm

Saturday from 9 am to 6 pm

If you are looking for a chance to get away, experience some good "down time" and gain some perspective on your life this retreat is for you.

Registration

Register by May 30th. Space is limited.

Simply complete this form and send it with a check payable to: UMC Singles

You can mail your registration to:



Listening to Divorce Retreat

750 W. 5th Street

Fort Worth, TX, 76102

LTD Registration Form

Name _____

Address _____

Daytime Phone _____

Email _____

Age _____ Sex M/F _____

___vegetarian _____physical limitations

___divorced in last year _____separated

___divorced over one year

*these activities will involve additional fees.

Any other needs you may have:

**People going through
divorce need to talk**

**People growing through
divorce also listen**

They listen to **the past** to uncover the patterns in their relationships that can illuminate the path forward.

They listen to **other people** who have experienced or are experiencing similar challenges.

They listen to **their bodies** to manage the stress of change and channel it into productive directions instead of destructive ones.

They listen to **their feelings** for clues about what is happening in their lives that needs to be addressed.

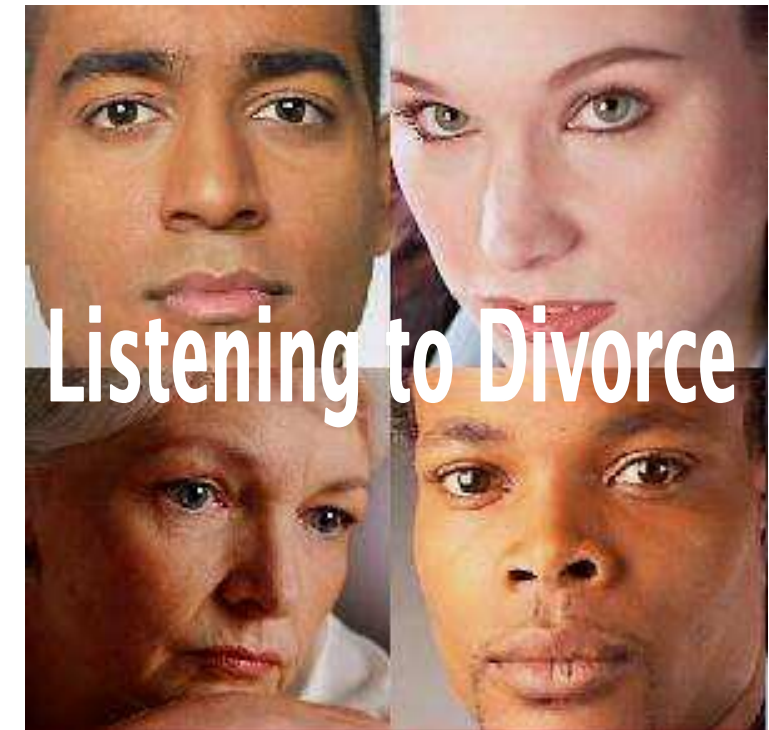
They listen to **the future** and learn how to move toward a new life instead of simply living in a reactive, survival mode.



**About the
Presenter:**

Charles Gaby has created programs for churches, hospitals and schools, and has presented workshops across the country since the late 80s. Currently he is the Director of The Center for Creative Transformation at First United Methodist Church of Fort Worth where he also helps to create a weekly celebration called eleven:eleven.

Charles is also director of Project Fort Worth Talks, an organization designed to foster skills for healthy and productive conversations in churches, schools, & workplaces. Through education and small group processes called Roots of Change, the program helps people to enter into a different kind of conversation than they have in the past.



A Weekend "Self Care" Retreat

The Center for Creative
Transformation

in Fort Worth, Texas

June 5-6, 2009

Hosted by UMC Singles,

a ministry of

the Central Texas Conference
of the United Methodist Church