

Programs

B.E. COPING - PROGRAM SCHEDULE

Coping will be held on the specified evenings below from 6:30 to 8:30 p.m. at Bethel Lutheran Church, 810 3rd Ave. S.E., Rochester, MN.

2021 Dates

August 3 – Oct 5 (Tuesdays)

B.E. WEEKEND SCHEDULE

Begins on a Friday night and runs through Sunday afternoon at Assisi Heights, Rochester, MN.

2021 BE Weekend Date: October 22-24



B.E. is a non-profit tax deductible organization

**Beginning Experience
P.O. Box 6874
Rochester, MN 55903**

E-mail: beminnnesota@gmail.com

B.E. International Website:
www.beginningexperience.org

B.E. of SE-MN Rochester area chapter:
www.beminnnesota.org

**Beginning Experience
P.O. Box 6874
Rochester, MN 55903**

**2021
Divorced
Widowed
Separated**



There is a special heartache for those who find themselves single again. Among life's most traumatic experiences is the loss of a loved one through separation, divorce, or death. In our country today, millions share the often unbearable loneliness and grief.

Beginning Experience is your source for help and hope!

COPING WITH LIFE ALONE

Coping with Life Alone is a 10-week program that offers support and encouragement for those experiencing the pain of losing a spouse whether by divorce, separation, or death. This program will help you look with renewed hope towards a fulfilling future. Coping with Life Alone prepares you for full participation in the BE Weekend. Each session consists of: 1) Presentations by facilitators, 2) Personal, private reflection, 3) Small group discussions, 4) Closing and a prayer. All dialog is kept strictly confidential.

Some of the topics are:
Being Alone, Loneliness and Stress
Coping with Grief
Discovering and Trusting Yourself
Relationship to God and Church
Accepting Changes in Relationships
Coping with Memories
Growth Through Loss

WHAT DO I DO TO GET INVOLVED?

Registration forms are available at the first 2 meetings. After the second meeting, those interested should wait until the next program begins. There is a \$50 donation registration to cover the cost of supplies, the meeting room, etc. B.E. is a non-profit volunteer organization.

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Dates:
August 3 – October 5, 2021 (Tuesdays)

B.E. WEEKEND

The B.E. Weekend is a weekend program that helps men and women recover from the loss of their spouse. It is a more intense program than Coping and it provides the opportunity for a person to "close the door" on the past relationship. It also allows time to examine present life and to begin plans for the future.

The weekend is designed to be a time of closure on the past and a new beginning in the present. It is meant for persons who are beyond the initial shock stage of being overwhelmed by the anger and despair which usually follows the loss of one's spouse. A person should be beyond the initial rejection and to the point of desiring a new beginning.

The B.E. Weekend uses the technique of personal reflection and a method of dialog specially adapted for the formerly married. The dialog is in small groups that are warm, supportive, and that form a community of real fellowship, by using a gentle, simple and non-threatening method. The B.E. Weekend experience is quiet, reflective, and spiritual.

A specifically trained team leads the participants through the weekend program which consists of presentations by the team, personal and private reflection, and small group discussion. All dialog is kept strictly confidential.

B.E. WEEKEND SCHEDULE

Begins on a Friday night and runs through Sunday afternoon at Assisi Heights, Rochester, MN.

Dates
October 22-24, 2021

The B.E. Weekend provides: a room for 2 nights, all meals, the meeting rooms, and supplies; for a tax deductible donation of \$225. At the conclusion of the weekend, you will be invited to make an additional freewill donation, since the amount does not cover the total costs of the weekend. B.E. is a non-profit pure volunteer organization and is willing to discuss options so please don't hesitate to ask to explore how to enable this opportunity for yourself. This is an investment for your healing.

Applications should be received two weeks prior to the Weekend. (for planning purposes, sooner is better)

Applications to the B.E. Weekend can be found on the local chapter website.

www.beminnnesota.org

Simply print and fill out the application and mail it to our P.O. Box

**Beginning Experience
P.O. Box 6874
Rochester, MN 55903**

For more information on the B.E. programs or an application to the B.E. Weekend, contact:

Phone: **507-261-8248**

E-mail: beminnnesota@gmail.com

Local B.E. Chapter website.
www.beminnnesota.org