



Exploring the Spiritual Needs of Families of ONE You're on the way to the hospital...alone.

LET'S TALK

You've been given a diagnosis. Surgery is required. And now here you go again...trying to figure out how to get there and back, get your prescriptions filled, make follow-up appointments with all of your doctors, get the dog walked and fed, the mail collected...and all without help. The stress of managing all the logistics without a spouse, significant other or family to help you brings on anxiety the blurs the fear you thought you had over having to have the medical procedure in the first place. That anxiety is hindering the potential for adequate healing even before you've left for the hospital. Sure, you've been there before, and that's just the way life is for you, but don't deny the fact that you're stressing over it. You are, but you are not alone in the struggle.

The Families of ONE faith group will be discussing solo care missions on Monday evening, October 25 at 7:00. Come share your tips, suggestions, grief, and frustrations. We're all bound to come away better than we entered. We'll be empowered by the sharing of stories and experiences, and through prayer and sharing we will heal each other even before our next surgery. It's a no-lose situation, so would you like to share?

We continue to inspire each other to share and explore the unique spiritual needs of families of one especially during these trying times of pandemic and high stress levels. Throughout the year we have grown through the sharing of our faith experiences regardless of faith background. It's been so fulfilling. The October 25 discussion will be no exception, and you're invited.

Consider accepting this invitation to come together to explore and cherish our significance in the growth of our faith and God's love and purpose for us. We gather via ZOOM. Please join in. If you have something to share in this discussion, please contact Jane Jubilee by email at

jjubilee@dioceseofnewark.org

And let our one and one and more make two and more gathered in God's name to see where we are led.

ZOOM meeting credentials will be offered to those who respond to this invitation.