

New Beginnings Group

By Jay Uhler

New Beginnings is an **interfaith** support group for separated, divorced, widowed and single **adults dealing with loss**. This can be the loss of a person through death or divorce, loss of a job, loss children going to school or the military, loss of a pet, moving from one town or state to another. All these situations have an experience called grieving which has emotions that go with it.

New Beginnings assists people to move through the emotions to get to the other side of the confusion or suffering that occurs.

Many people **find relief the first time they come to New Beginnings**. They discover that they are not alone with what is happening in their life. It is comforting to know that there are other people in the same circumstances. It also gives hope to know that other people at New Beginnings have not only had similar experiences, sometimes the exact same ones, but that they have moved through and beyond the trauma to a life free from the suffering of their previous condition.

Why is New Beginnings for You?

If you are thinking...:

“No one understands how I feel.”

“I am so lonely.”

“How will I ever live again without my mate.”

“I don’t belong anywhere anymore.”

“What can I do to help myself?”

“My friends are tired of listening to me.”

“I want to be happy again.”

If these thoughts sound familiar, if you feel alone and are trying to cope with the emotions of loss and if you are grieving, New Beginnings is here to help you through such difficulties.

People come to New Beginnings for many reasons. They agree that being part of this group helps them to deal with the feelings associated with loss. It helps them to develop a positive outlook on life and a positive attitude about themselves. It helps them to move on in their lives to new adventures and a new joy in living

What is New Beginnings?

New Beginnings is an interfaith support group dedicated to helping its members to make the transition from loss to wholeness.

New Beginnings is:

- A haven where people can experience healing and growth.
- A self-help environment with lay and professional leaders.
- A safe place where adults can focus on four key areas of life—emotional, physical, intellectual and spiritual.
- A place of security where single adults are valued, appreciated and accepted.
- A sanctuary where it is safe to express the emotions of loss.
- A shelter from the storms of life.
- A dependable arena to learn the skills to face loss and to move forward with their life .

What are the meetings like?

New Beginnings meets **every** Thursday evening of the year, including holidays, at the Wellesley Hills Congregational Church. People gather between 6:30 and 7:00 PM. Meetings begin at 7:00 and end at 9:00 PM.

Meetings include

- Support Groups
- Professional Speakers
- Discussion groups, including book discussions
- Light refreshments and conversation
- Pot luck suppers/dessert nights
- Periodic special events
- Activities at other times, such as: theater, musical, events, dances and sports.

A typical meeting:

- 6:45 – 7:00 Coffee and friendly conversation
- 7:00 – 8:00 Support/discussion groups
- 8:05 – 9:00 Speak/special events
- 9:00 Closing Circle

Types of Groups

- An Introductory Group for new people
- A Good Grief Group for separated and divorced people
- A Widow's and Widower's Group for people who's mates have died.
- A Transition Group for people who are moving on
- A Discussion or Book Study Group for who have moved beyond grief, but want to continue to be a part of New Beginnings.

Meeting Place

Wellesley Hills Congregational Church

207 Washington Street (Route 16)
Wellesley Hills, MA 02481

For more information:

781-235-4424

www.newbeginningswellesley.org

Voice mail weekly program update:

781-235-8612

Or the **Director:**

Rev. Dr. David Stryker

feelstress@comcast.net

781-337-5679

Directions

The church is located on Route 16 just east of the Route 9 overpass.

From route 9 west, take the Wellesley Hills exit; turn right onto Route 16. Cross
over

Route 9. The church is on your left.

From the east, take Route 16 off Route 95/128. Follow Route 16. The church will
be on your right.

Please join us. All are Welcome