

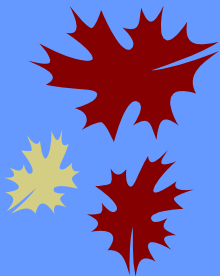


Catholic Diocese of Cleveland
Catholic Charities
Parish & Community Ministries
Department for Marriage & Family Ministry

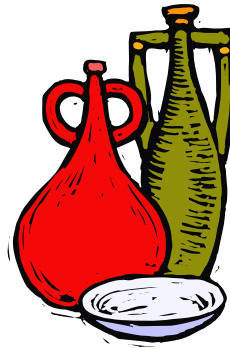


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Earthen Vessels



Newsletter for the Separated & Divorced-- Ministry of Compassion

But we hold this treasure in earthen vessels, that the surpassing power may be of God and not from us.

2 Cor. 4:7

VOLUME 3 ISSUE 3

FALL 2009

Hope & Healing After Infidelity

By William H. Boomer, M.A., Director, Department for Marriage & Family Ministry

Previously (Spring 2008) I wrote "Ministry to the separated and divorced is rooted in fidelity... Those who have been betrayed by a spouse need the reassurance of God's fidelity and the grace to be open to the difficult process of addressing the betrayal, and seeking forgiveness and reconciliation if possible."

In this issue we offer hope and help to couples who have been harmed by infidelity. You may be separated or thinking of divorce because of it. But first, have the courage to address infidelity. We hear about the tragic ending of unfaithful marriages.

We seldom hear about the many couples who have healed from infidelity and developed deeper love and trust.

We are grateful to Dr. Mike Pavlak who shares hope and insight on "Reengaging After a Marital Affair." He has successfully helped numerous couples address this painful issue. We also thank Fr. Robert Wendelken for his spiritual wisdom and pastoral advice in "Recovering From Infidelity." He has seen all sides of this issue both as a parish pastor and as a Tribunal judge. Whether married or in ministry, learn and take hope from these experts and

from the listed programs and resources.

We fervently believe God can and will bring healing from infidelity. We will continue with this theme in a future issue directed to those who divorced after marital infidelity. Though your marriage ended, God's healing power can repair the harm infidelity caused you.

May the Lord bless you and keep you in his faithful love.

Reengaging After a Marital Affair

By Michael F. Pavlak, Ph.D.

Emotional or sexual extramarital affairs can be devastating to the offended person, the offender, and the immediate and extended families. Affairs are rated second only to couple violence in the level of destructive force to a marriage, according to a recent poll of marital therapists. Feelings of betrayal and deception, shame, anxiety, revenge, anger and rage are common, as are disruptions in daily functioning, hyper-arousal, rumination, and social

withdrawal. A spouse's infidelity can lead to a six-fold increase in the likelihood of a major depressive disorder. Affairs can also lead to the termination of a marriage. In a phone survey of 2,300 Oklahoma residents, those who had been divorced were asked about the things that led to divorce. Eighty-five percent said that lack of commitment was a major contributor, 61% said that too much conflict and arguing was a major contributor, and 58% said

that infidelity or extramarital affairs were a major contributor (Stanley, 2000¹).

Yet, an affair does not need to lead to divorce, as many couples decide to work on the marriage and remain married because they love their spouse, value their shared history, want the marriage to work, value raising their family together, and/or value the institution and sacrament of marriage.

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Reengaging

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After the discovery of an affair, there are several stages that the couple may pass through on the path to recovery and reengagement, with each stage having particular processes that, when worked through, can lead to a healthier marriage. Listed below is a three-stage model for reengagement that can help guide a couple on that path.

Stage One: The Roller Coaster Ride of Emotions

1. After the discovery of the affair the partners **negotiate their guidelines** for interaction – will they stay in the same house, will they sleep together, who will pay the bills if they separate, when will they talk to each other, and what information will be shared with the family.
2. The offended will often have many questions about the affair, and at this stage they may be more detailed-oriented. It is up to the offended – not to the offender – to determine what they need to know. There needs to be a **willingness to share information** on the offender's part and answers need to be consistent.
3. The offender needs to **sever contact** with the other party. The couple may discuss how the relationship with the third party will end – will the offended be present when the spouse terminates the relationship over the phone, will the offended review a termination letter, and will the couple discuss the possibility of a new phone number or email address if the third party does not stop contact. The offender also needs to tell his/her spouse if there has been any incidental contact with the third party after the affair has been terminated.
4. The couple needs to **develop transparency** – full disclosure and access to information. By being transparent the couple builds trust through *actions* and not promises. The offended may want full access to the offender's email, phone bills, text messages, computer passwords, and any other form of communication; and the offender may need to openly share his or her whereabouts on a regular basis.
5. **Express empathy.** The offended needs to express how he/she has been hurt by the affair, and the offender needs to express empathy for the pain he/she has caused. The offender needs to “own” that they have caused pain.
6. **Seek help from others.** Respect your spouse's need to talk to others about this experience; find social and spiritual support; and individual counseling and/or pastoral counseling for each person may be indicated at this time.

7. Allow yourself time to heal, and focus on **personal care** – maintain a proper diet and sleep pattern, exercise, practice your faith, continue with daily chores and work, and maintain healthy social contacts. Hasty or impulsive decisions should not be made and destructive behaviors such as drinking, drug use, retaliatory affairs, physical aggression, or the destruction of your spouse's property should not take place.

Stage Two: The Ebb and Flow of Emotions and Closeness

1. Make a **commitment to honesty** and to ongoing honest communication. Couples often find that real change in the marriage only comes with honesty – not only about the affair but about the problems that may have existed in the marriage.
2. The offended works on releasing their need for revenge and obsessing over the hurt while protecting themselves from potential abuse. The offended empathizes with the offender and weighs the offender's positives against the negatives.
3. During this stage the offended may have questions about the *meaning* of the affair. Part of the recovery is having an **understanding of the affair** and being able to create a coherent story about it.
4. **Spend enjoyable time** together without talking about painful topics. This is a period of reconnecting and nurturing the friendship.
5. The offended needs to hear and experience **reassurance** from the offender; he/she needs to hear that you will be faithful, that you are being truthful, that you want a future together; or that he/she is wonderful/pretty/handsome/a treasure.

Stage Three: Reengaging and Moving On

1. During this stage the offended begins to **work toward forgiving** the offender and forgiveness occurs when: the offended releases a sense of revenge, stops avoiding or withdrawing from the offender, and has a desire for conciliation – if it is possible and safe to do so.
2. The offended's **willingness to forgive** may be associated with: the responsibility the offender takes for his/her actions; the intentionality, motives and severity of the offense; personal rumination; and whether the offender apologizes, seeks forgiveness, and has empathy for the hurt person.

(Continued on page 3)

Reengaging

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3. It may be helpful, during this stage, for the offended to think about, and even write down the benefits or potential benefits of the transgression. That is, in which ways did the thing that your partner did to you lead to positive consequences for you? When doing this exercise, many people find that they have **grown stronger** or discovered an unknown strength, have become wiser, learned the importance of **dealing with anger**, learned the importance of caring for oneself, or became **better at communicating** their feelings.

Research has shown that when this exercise of finding the benefits or potential benefits of the transgression has been completed, people become less avoidant, more benevolent, and less vengeful toward the transgressor – all factors that can aid in forgiveness (McCullough, Root, & Cohen, 2006)².

4. There are **many publications that discuss forgiveness** (see reading list*) and the key components found in nearly all of the models include: mutual empathy - from the offender to the offended and from the offended to the offender; forgiving yourself; apologizing genuinely and responsibly; making a formal request to be forgiven; forgiving; not continuing the transgression; and moving on.

5. As the couple reconciles they will need to continue their honest communication; **continue trustworthy behaviors**; and will need to **actively build love** by: increasing the behaviors and words that value the partner, focusing on the positive relational qualities, and creating a shared responsibility for the marriage and for monogamy.

There is no set time a person or couple may spend in each stage and there may be a return to a previous stage, depending on the couple's circumstances. Also, the steps in each stage are not absolute—not every person or couple will engage in those steps.

The keys to remember are that **an affair does not have to lead to a divorce**, and that the problems that arise from an affair and the problems that may have existed during the marriage can be resolved, resulting in a stronger and healthier marriage.

References

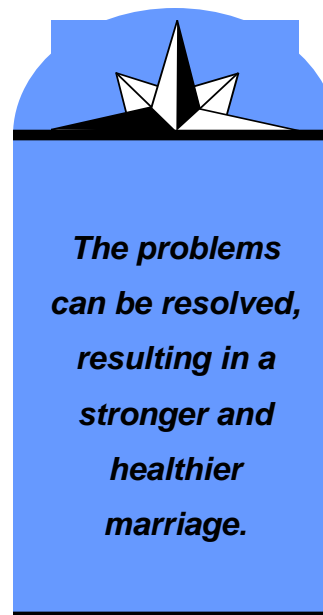
¹Stanley, S.M. (2002, July). *What is it With Men and Commitment, Anyway?* Keynote address to the 6th Annual Smart Marriages Conference. Washington, D.C.

²McCullough, M.E., Root, L.M. & Cohen, A.D. (2006) Writing About the Benefits of an Interpersonal Transgression Facilitates Forgiveness. *Journal of Consulting and Clinical Psychology*. 74, 5, 887-897.

*See Dr. Pavlak's list of recommended books on page 7.

Michael F. Pavlak, Ph.D., is a licensed psychologist and licensed marriage and family therapist specializing in pre-marital, marital, and relationship counseling; separation and post-divorce counseling; and depression and anxiety disorders.

He is a clinical member and approved supervisor for the American Association for Marriage and Family Therapy and is in private practice with North Coast Mental Health Associates, 3690 Orange Place, Suite 430, Beachwood, Ohio. Dr. Pavlak can be reached at 216-464-5330 for appointments.



Tribunal Quick Start Program

By Lynette Tait, Judge, Office of the Tribunal

- ◆ *I thought the program was set up great— Good step-by-step information, and there was always someone to help if there was a question.*
- ◆ *Keep this going. It made it easier to know how to get started and not put it off for years to come!*
- ◆ *I really think this program is wonderful!! The process is intimidating but the seminar and the individual meeting put me at ease. THANK YOU!!*
- ◆ *I think the most helpful thing was the feeling that we are not outcasts and that the Church wants to help us put things in order.*

The above comments were provided by participants in the Tribunal's *Quick Start Program*, which offers people a simplified method for the initial presentation of an annulment case.

The program consists of two meetings. The first meeting is a general overview of marriage as understood by the Catholic Church and an explanation of the Tribunal process. Those wishing to present a case receive the necessary materials and return at a second, individual meeting to submit their materials directly to a Tribunal staff member.

The difference in the Quick Start Program is the initial questionnaire which an individual completes to begin a case. Rather than 34 questions, the Quick Start Program uses 12 questions. The procedure for processing the case is set by the law of the Church and remains the same. As with any case submitted to the Tribunal, there can be no guaranteed affirmative decision nor any specific date given for completion of the case.

The Tribunal has found that the Quick Start Program has been successful from many standpoints.

- ◆ The participants have reported that it was **easier** to complete the twelve questions.
- ◆ The program seems to garner **better and more complete testimony** since the participants receive very specific directions even though they answer fewer questions.
- ◆ Participants also benefitted from the **personal interaction** with Tribunal staff members. The one-on-one meetings where they presented their cases offered the opportunity to gain additional information about their specific case as well as the process.

The Quick Start Program has served the needs of both the participants and the Tribunal. Those who need the services of the Tribunal are encouraged to watch the Tribunal website, www.dioceseofcleveland.org/tribunal, for future locations and dates as well as more comments from participants. For more information, please feel free to contact Lynette Tait at 216-696-6525 or 800-869-6525, ext. 4000.

2010 Quick Start Sessions

Thursday, March 4, 7 p.m.—open to all
 Thursday, March 25 — appointment only
 St. John Vianney, 7575 Bellflower Road
 Mentor, OH 44060

Tuesday, April 6, 7 p.m.—open to all
 Tuesday, May 4 — appointment only
 Ascension Church, 14040 Puritas Avenue
 Cleveland, OH 44135

Tuesday, April 13, 7 p.m.— open to all
 Tuesday, May 11— appointment only
 Notre Dame Educational Center
 13000 Auburn Road
 Chardon, OH 44024

Recovering from Infidelity

Rev. Robert M. Wendelken, Pastor Emeritus,
St. Rita, Solon; Judge, Office of the Tribunal

Pick up a paper in the morning and you will see the latest revelation about the infidelity of a politician, of a celebrity, or of a sports figure. Infidelity is all too common today. A recent issue of the New York Times featured articles about the infidelity of a United States Senator and that of a TV celebrity.

Catholics are unfaithful too. As pastor of a large suburban parish, I have witnessed the pain of infidelity suffered by offended husbands as well as by suffering wives. Infidelity happens where it is not supposed to happen, and in families that everyone believed had solid marriages. It happens with wives who are unfaithful as well as husbands who stray. **In fact, infidelity happens in Catholic marriages at about the same rate as in the marriages of the wider community.**

What is behind infidelity? Not only marital conflict, as many think. Greg Popcak, author of *For Better Forever: A Catholic Guide to Lifelong Marriage*, published by Our Sunday Visitor Press, says that the root of infidelity “*is that the person cheating is terrible at dealing with conflict in interpersonal relationships and knowing how to get their needs met, so they don’t say things that need to be said. Over time, they become resentful of their spouse because they’re not happy. They become depressed. Then they bump into somebody who makes them smile, who it feels good to be around.*”

Then infidelity happens as an attempt to heal the depression. Infidelity almost always indicates that the couple has not been able to express dissatisfaction to one another in the marriage.

But the infidelity doesn’t have to bring about divorce. In fact, Canon

1152 of the **Code of Canon Law earnestly recommends reconciliation with an adulterous partner.**

Healing from the pain of infidelity requires that the betrayed spouse recover from the trauma.

Unlike the pain of death, which can be eased with the memory of all that was good in a marriage, the pain of infidelity undermines all that was good, and the pain seems to have no end. The victim wonders if the offending spouse ever really loved him or her, and has a tendency to go over the details of the adultery repeatedly. The victim must get to the point where there are no more surprises. The unfaithful partner needs to be totally open and honest about all that took place, be genuinely empathetic for the pain of the victim and be willing to live with guilt.

The infidelity doesn’t need to add up to marriage failure. But the offending spouse needs to recognize that the adulterous relationship was wrong and needs to clearly end it. True repentance is no mere momentary spasm of remorse. Repentance must influence and leave its mark in terms of future actions and life. **True repentance ends with a life of change based upon a real transformation of conduct and not just a flimsy, though perhaps eloquent, apology.**

The victim of infidelity also needs support. In the wake of infidelity God will help the couple to transcend the trauma. And there are helps to this end. In our Diocese the Marriage and Family Life Office recommends programs to help troubled marriages and to promote good marriages. *Retrouvaille* is one such program (www.retrouvaille.org). Described as a lifeline for marriages in trouble, *Retrouvaille* provides mar-

AVOIDING INFIDELITY

SET BOUNDARIES. Be prudent in your relationships with the opposite sex. Watch your conversations and the way you socialize when away from your spouse.

BE HONEST. Be open with your spouse about your interactions with the opposite sex. If a relationship is kept secret, it is a wrong relationship.

CONFRONT ISSUES. If you have an issue with your spouse, talk about it at once and directly. Don’t let problems fester and don’t look for comfort elsewhere. Dwell on the good things in your marriage.

REMEMBER— YOU ARE MARRIED. Your spouse and your marriage must come first. Your own interests can no longer take first place. You need to develop a couple mentality.

KEEP GOD IN YOUR MARRIAGE. Pray as a couple. Frequent reception of the Sacraments and weekly Mass are essential. A strong relationship with the Lord brings with it a certain discipline that serves to strengthen your marital commitment.

Fr. Robert Wendelken

riage help. It is not a retreat or a counseling session; rather it is a weekend experience that offers tools to help put your marriage together again.

It is normal for the betrayed spouse to feel he or she can no longer trust the unfaithful partner. The spouse who has betrayed cannot demand trust, nor suggest that distrust

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Recovering

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means a lack of love. Such inability to really trust is part of the healing process, and learning to trust again takes time. The offending spouse might also have a difficult time returning full affections to his or her spouse. The path to infidelity was not sudden, and the return to their former emotional interaction will likewise take time. My experience is that if a person chooses to abandon the marriage for divorce, she or he is more likely to make the same choice in future marriages.

After dealing with the threat to the marital union caused by the infidelity and after getting beyond the trauma of the event, then the couple needs to deal with the reasons for the infidelity. **Dissatisfaction in the relationship needs to be dealt with.** But blame needs to be strictly avoided; it leads nowhere. Here is where *Retrouvaille* help, or perhaps a good marriage counselor. **A return to firm practice of the faith, with prayer, frequent use of the Sacraments, especially Reconciliation, and weekly participation at Mass is essential.**

Recovery from infidelity means that the husband and wife need to again place each other at the core of their marriage. Often this means simply a strong renewed commitment to each other, and a refusal to allow other good things, including children, work, and friends to overwhelm that commitment. Forgiveness by the victim is an obvious necessity if the marriage is to last. **Forgiveness is a commitment as well, not an emotion.**

Forgiveness is a mental process and will need to be repeated over and over, if the marriage is to heal.

The best example of forgiveness is the experience of God's great generosity through Jesus Christ.

Recovery from infidelity is hard work. It demands total honesty by the un-

faithful spouse, genuine empathy for the victim spouse and a generous heart for forgiveness by the victim.

But with the help of a God who is so good, and who has offered us so much by way of His forgiveness of our faults, we can forgive an offending spouse. And we can know that there is life and a healthy vibrant marriage possible, even after infidelity.

YOU ARE NOT ALONE

By Mary Ann Webb

It takes time to recover from the pain of separation and divorce. There aren't many people around you who really understand the breadth of pain suffered by you, your family, and your friends.

In the midst of all this pain, however, there is a program that can give you hope, and eventually, peace. **DivorceCare** is a special weekly support group and video seminar conducted by people who understand what you are experiencing.

Through the 12 DivorceCare sessions, you will become part of a small support group of people who are also experiencing separation and divorce.

You'll meet others who understand what you are feeling and who will be able to offer you encouragement.

Many participants say these discussions are the most helpful part of the program!

At St. Basil's, we have been offering DivorceCare for two years, and are beginning our sixth series in October. The first meeting sets the tone: confidentiality is stressed, we go by first names only, and have a brief personal introduction of each member. The video segment lasts about 30 minutes, with dynamic speakers who are experts on divorce and recovery.

Each participant receives a workbook, which outlines each session, with spaces to take notes. There is a daily Bible study section, with scripture relating to the topic of the video seminar, to help the participants grow in their relationship with God during this time. There is also a page for weekly journaling.

As the weeks go by, people become much more open and comfortable during the discussion sessions. Time seems to fly by as suggestions are offered and personal experiences are shared.

Throughout the sessions, participants are encouraged to trust in God and ask for His help. We provide Bibles for those who don't have one and offer simple refreshments.

Our parish has decided not to charge any fee for DivorceCare, because very often financial issues are present. We feel that recovery from the pain caused by separation and divorce is an important part of our ministry to our parishioners.

In addition, we offer materials regarding the annulment process for Catholics, and try to clear up any misconceptions participants may have regarding their participation in the Catholic faith during this time.

Several friendships have been formed as a result of our DivorceCare program. Some groups have a quarterly reunion just to "catch up" with what's happening in each other's lives. And many stay in touch through emails.

Leading DivorceCare has been a very rewarding experience for me. I feel privileged to have this opportunity to help people through this healing ministry!

Mary Ann Webb is the Director of Religious Education for St. Basil the Great, Brecksville, Ohio.

Prayer for Recovery from Infidelity

Lord, one of us has stepped onto the path of infidelity that has created broken bonds and broken dreams for our marriage. The gift of being united with one another in heart, body and mind has been stolen by another who has entered our marital life. It will take a special grace from You to decide together to walk the road to recovery and re-discovery rather than revenge and divorce. We know we cannot go to the past and change what we cannot change, nor only to the present where the truth and much pain still needs to be faced. Rather, we must walk the difficult path to try and embrace a new beginning and future.

Lord, we realize that this road of the future means one of us must deal with the consequences of shame and guilt. One of us must cut ties with the third party and reconcile, as well as showing true empathy towards the one betrayed. We ask you, Lord, to be with us as a couple to help us through the effort and pain of rebuilding our marriage. Grant us the grace for honesty and forgiveness to rebuild our marital trust and love. Help us to believe that, as we seek recommitment and gradually mend our broken vows and shattered trust, we will create a new life renewed by your faithful love as you lead us to the gift of mature love.

Finally, Lord, we ask that You comfort both of us with the balm of Your healing touch to mend our wounded hearts as we seek healing from the effects of the affair. If the journey should seem unbearable, please help us remember your words that with You, our faithful God, all things are possible. Amen.

Litany: From Broken Bonds to Mended Hearts

Lord, you have called us together in this gift of the Sacrament of Marriage to be united with one another in heart, body and mind so that we grow to maturity in love. We ask for your guidance and strength as we make decisions that will enable us to fulfill your purpose in our earthly life together. Be with us, Lord, with your guidance and strength. **Heal us with your faithful love.**

Lord, we ask you to walk this road of pain and shame with us; help us choose the path of forgiveness, recommitment and reconciliation in our marriage rather than the pain of divorce. Heal our pain and shame, O Lord, as we struggle to choose the path of reconciliation. **Heal us with your faithful love.**

Lord, help us - we have lost our way. As the revelation of infidelity rends our hearts, give us the gift of wisdom and courage to search for a resolution that will create hope, unity and loyalty. Be our hope, O Lord, as you walk this road with us to unity in faithfulness. **Heal us with your faithful love.**

Lord, we ask you to bless us with the revelation of your plan for our lives together as we open our minds and hearts to look through the lens of your eyes beyond the act of infidelity to see the true meaning of our relationship. Lord, place your healing and loving hands on us and soothe us with the balm of peace. **Heal us with your faithful love.**

Lord, through You all things are possible; please give us the strength, wisdom and courage to struggle together as a couple. As a result of this infidelity, help us find a new life born of your grace and forgiveness. **Heal us with your faithful love.**

Lord, heal and assist us with the graces from the Sacrament of Marriage. Through the process of placing each other at the core of our marriage; counseling; forgiveness; prayer and the Sacraments, we hope to regain a blessed and healthy marriage. Grant us the gift of peace in our brokenness, Lord. **Heal us with your faithful love.**

Lord, heal the pain of infidelity; help us recover from the trauma and be transformed by the grace of repentance and sincere actions of love and reparation.

Lord, grant us a new life in You. **Heal us with your faithful love.**

Closing Prayer: *O Lord, deliver us from hopelessness, despair, and the desire for revenge. Bring your light of love into the darkness that oppresses our lives so that we can see again your ways of peace, forgiveness and reconciliation. Inspire us to reflect on the value of our marriage, repair the hurts and resentments, and bring ourselves to a renewed love of each other in You. As we journey through the remainder of our lives together, help us to always guard our love and seek You in daily prayer to strengthen our marriage. We ask this through Christ, our Lord. Amen.*



Catholic Diocese of Cleveland
Catholic Charities Parish &
Community Ministries
**Department for Marriage &
Family Ministry**



William H. Boomer, Director
7911 Detroit Avenue
Cleveland, Ohio 44102
Phone 216-334-2971

The Department for Marriage and Family Ministry's mission is to respond to the needs of families through development of pastoral programs that are administered through parishes and community leaders that focus on the teachings of the Catholic Church on marriage and family issues. In regards to the Separated and Divorced Ministry, the office has developed a collaborative ministry throughout the Diocese of Cleveland for parish districts to share resources and outreach to divorced Catholics. This would include educational programs, retreats, support groups, single parenting groups as well as provide referrals to counselors and other community resources. There are also brochures and materials published by the office to help families. For additional information, please contact Carol Petro, LSW, Marriage and Family Specialist for the Separated, Divorced and Remarriage Ministry at 216-334-2975 or e-mail at clpetro@clevelandcatholiccharities.org.

Programs and Resources

Lake/Geauga County

www.divorced-separated.net

Call Karen Jubeck at 440-352-8282

For more workshops and divorce recovery support groups and programs, please visit

www.clevelandcatholiccharities.org/mfm

Click on **Divorce Recovery**

For **referrals to counselors** in your area, please contact the Department for Marriage and Family Ministry at 216-334-2975 or clpetro@clevelandcatholiccharities.org

Catholic Divorce Ministry—www.nacsdc.org

DivorceCare for Adults / 13-week series

St. Basil the Great

8700 Brecksville Road, Brecksville

Starting Wed, Oct. 14, 2009, 1 p.m.

Contact Mary Ann Webb, 440-526-3520

For Separated, Divorced, or Widowed Beginning Experience Weekend

To help you close the door on your past and step confidently into your future.

Loyola of the Lakes Retreat Center

700 Killinger Road, Akron

From 7 p.m. Friday, Nov. 20, through

3:30 p.m. Sunday, Nov. 22, 2009

Contact Claire 330-676-1955 or

Linda 216-924-6843.

www.beginningexperience.org

Journey to the Living Waters Retreat

Saturday, November 21, 2009, 9–4

Holy Martyrs Church

3100 S. Weymouth, Medina

Call 330-722-6633

Remarriage Preparation

Can II & Active Parenting—a three-part series for couples in which one or both have been married before and /or will have stepchildren under age 18. The next sessions are Saturday, February 20, 2010, 8:30 am to 5 pm at Holy Spirit in Avon Lake, with Active Parenting follow-up sessions on March 2 & 9, 2010, from 7-9 p.m. at Holy Spirit. Find the registration form at www.clevelandcatholiccharities.org/mfm

www.foryourmarriage.org

This website is an initiative of the United States Conference of Catholic Bishops (USCCB). Search on "Second Marriages" for helpful information.

Recommended Reading

Suggested by Michael F. Pavlak



- ◆ Glass, Shirley (2004). *Not "just friends:" Rebuilding trust and recovering your sanity after infidelity*. Free Press.
- ◆ Lusterman, Don-David (1998). *Infidelity: A survival guide*. Oakland, CA; New Harbinger Publications.
- ◆ Spring, Janis Abrahms & Spring, Michael (1997). *After the affair: healing the pain and rebuilding trust when a partner has been unfaithful*. New York: Harper Collins.
- ◆ Spring, Janis Abrahms (2004). *How can I forgive you?: The courage to forgive, the freedom not to*. New York: Harper Collins.
- ◆ Vaughn, Peggy (1998). *The monogamy myth: a personal handbook for recovering from affairs*. New York: Newmarket Press.
- ◆ Worthington, Everett (2001). *Five steps to forgiveness: The art and science of forgiving*. New York: Crown.