## A Marriage Problem? Diocese Offers Help Through Rediscovery

Now there is help for troubled marriages, for those couples who are experiencing difficulty and who are hurting. Retrouvaille, or in English, Rediscovery, is a program for couples who think they have less than a complete marriage and are willing to put the past behind-them and work toward rediscovering each other in a new and positive way. Following are comments from couples who have experienced Rediscovery:

"We came to Retrouvaille thinking nothing would work, but it was the first time we really faced our problem as a couple and began to work on our marriage together. We have been given another chance as well as a deeper and clearer insight into human love."

"Retrouvaille hasn't eliminated our problems or concerns, but has given us the tools to work with. It has given us a better understanding of each other and the maturity to talk things out instead of fighting."

"We had drifted apart over the years, almost living like strangers together. Our love was buried under bitIF YOUR
MARRIAGE
NEEDS HELP...



RETROUVAILLE ... A LIFELINE

terness and anger - we rarely talked and mostly tolerated one another. We found we could begin again, forget the past mistakes we had both made and go on from here."

"I am freer to acknowledge and to accept the struggle. I do not always have to say or pretend that everything is ok. I am beginning to accept my own negative feelings and to speak them. I feel that allowing this is a major breakthrough."

"The weekend has shown me that I need you as a wife and friend. One to help and be helped by."

For further information about Rediscovery, please phone Jim or Donna Fitch at the Family Life Office, (716) 436-5450.

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