

**Resource for teams to help address the question-  
Why do you combine widowed, divorced, and separated?**

A defining feature of Beginning Experience® programs is that we do not separate the widowed, divorced, and separated. Our programs deal with the grief process and our feelings about the loss of the spousal relationship.

The grief process for anyone who has lost a spousal relationship, whether through death, divorce, or separation, involves similar emotional stages. Even though the circumstances differ, the divorced and widowed experience the internal part of the loss with similar feelings. We learn from each other how to look at grief from different perspectives, broadening our understanding of grief, and our own grief journey. Beginning Experience® programs bring people together who are going through these different forms of grief, recognizing the shared emotional journey.

As Christians, we believe that we are all brothers and sisters in Christ. As such, we can help each other through this experience, which is similar, yet unique for each of us. In our midst will be Christ's mercy, compassion, and healing.