

This weekend program helps grieving persons focus on their experience and emerge from the darkness of grief into the light of a new beginning. The program helps deal with the natural grief process and offers an opportunity for turning the pain of loss into an experience of positive growth. Founded by a Catholic nun and her lay friend, the programme is rooted in the Christian tradition, the ministry's open, inclusive spirit serves everyone.

The program is presented by a team of people who have suffered the loss of a loved one themselves and are willing to share their own experience to help others. Team members lead participants through a series of presentations followed by personal private reflection and small group sharing. A sense of community develops in an atmosphere of care and concern that is a hallmark of each Beginning Experience weekend.

Hope for a new beginning

The Beginning Experience weekend programme helps grieving single-again persons emerge from the darkness into the light of a new beginning, and move into the future with renewed hope. The program helps deal with the natural grief process and offers an opportunity, through God, for turning the pain of loss into an experience of positive growth.

The ministry has a Christian tradition, with an open, ecumenical spirit which serves those of all faiths or no faith.

The invitation

Whether you choose to attend the Beginning Experience weekend only, or in addition to other support for the single again, the program's invitational process offers the opportunity to move toward a new beginning in life.

- Developed by respected professionals in grief psychology, ministry, education and organisational process, the program is both psychologically and spiritually sound.
- To ensure the integrity of the copyrighted program, the Beginning Experience International Ministry Centre periodically certifies each peer ministry team worldwide to present the program.

The weekend is the core program and the foundation of the *Beginning Experience* ministry.

[View the schedule for upcoming weekends.](#)

[What Beginning Experience Is and Is Not.](#)

[To enquire or book contact us.](#)

Experience of community

From Friday evening through Sunday afternoon, the *Beginning Experience* programme is presented by a team of persons who have suffered the loss of a loved one and are willing to share their own experience to help others.

Team members lead participants through a programme of presentations, personal private reflection, and small group sharing. A sense of community develops in an atmosphere of care and concern that is a hallmark of each *Beginning Experience* weekend.

Who should attend

The Beginning Experience weekend is designed to be a time of closure on the past and renewed hope for the future. Those who come should be beyond the initial feelings of anger and despair which usually follows the loss of a loved one. They should be at the point of wanting a new beginning and ready to work to make that desire a reality.

Once the application for the weekend is received someone is available to help each person determine his or her readiness for the programme.

The Results

Those who have attended the weekend programme report:

- Increased emotional health and self respect.
- New skills to deal with the pain of loss.

- Healthier family relationships.
- Renewed energy to be more effective parents, return to their church and improve the standard of living for themselves and their families.