

April 22, 2000

Phyllis Rich
Princeton Church of Christ
33 River Road
Princeton, NJ 08540

Dear Phyllis,

As you may recall, I came to know about the support group that you have been facilitating in May 1999 while browsing the Internet for divorce-related information and resources for New Jersey residents. While I had already retained a lawyer and initiated the divorce process, I was dealing with a very stressful home environment attributed to a pattern of vengeful behavior directed toward my children and myself by my ex-spouse who continued to live in the same house. While I was able to seek legal advice from my lawyer and other legal experts, I was somewhat at a loss for finding appropriate individuals or forums to share my concerns about dealing and coping with the situation at the home front. Out of a certain amount of frustration and curiosity, I decided to attend one of the support group meetings, the schedule for which I found in one of the web sites. Let me describe briefly the value I received from my participation in these meetings.

I found my attendance of the first meeting to be quite rewarding. The meeting provided a friendly, non-threatening environment for me to listen, share, learn and validate relevant information and experiences related to the process of divorce and dealing/coping with the associated stresses and strains. Based on my favorable experience of the first meeting, I was encouraged to become a regular participant. The continuing participation in these meetings and seminars over the next several months provided me the much needed moral support and encouragement from the people "who have been there" to look beyond the day-to-day struggles with a renewed sense of hope and energy. I found that the value of sharing among the forum participants to be unique in that it was easy and safe to relate with the challenges and experiences of others and for others to relate with the challenges and experiences of mine. It also felt good to offer suggestions to others based on what had worked for me or not without the feeling of pride or guilt. In my opinion, what made the meetings work was the non-directive facilitation provided by the counselor(s) who have been most generous with their time, commitment and compassion.

In closing, I found my experience with the support group meetings and seminars to be both soothing and empowering to me personally, and to be of great value to the community at large.

Sincerely,

Anu
Plainsboro