

April 2005

Dear Phyllis,

I would list what the support group did for me at the beginning of my separation.

1. I found a safe place where I could pour out my anger and revengeful thoughts against my husband of 33 years.
2. Compared with other women's problems, I found my load a little lighter and developed my compassion towards other women with young children. In other words, my scope of compassion became expanded.
3. Since I am a spiritual being, the church environment made me feel "comfortable".
4. I felt "comradeship" among the already divorced and among those who are in the process of separation and of divorce. We all are in the same ship in terms of going through our painful realization of our dreams and illusions gone. The support group reminds me of "wake up" call for my new phase of life. It squarely confronts me without resorting to another illusion, forcing me toward the best solution for present and for future.

Sometimes, I felt that some members are beyond the help of this group, simply because that they see themselves as "victims". In human relationship, we are all "victims and prosecutors" of our own illusions about others and about ourselves. This is very hard to swallow. But that is what it is, facing our pains.

Thank you for providing the safe forum for every one of us who come to this recovery support group. Hope and pray that you keep this group going.

In gratitude,

Philomena  
Princeton