

# Divorce and Annulment Support Ministries for Catholics and Others of Faith



www.familyministries.org  
312.534.8353 • divorce@archchicago.org

The loss of a primary relationship causes deep-seated sadness. When divorce occurs there are many emotions inside your head and heart—anger, confusion, loss, guilt, rejection, sadness, abandonment, and fear—to name a few.

The Catholic Church recognizes the difficult nature of life at this time and extends compassion and ministry to the divorced through the Family Ministries Office.

Faith and courage are needed to rebuild life after the end of a marriage. Those who have “been there” are able to offer strength and hope to newcomers. Through a network of peer support, every person is encouraged to rebuild life in the style they prefer.

## CATHOLIC DIVORCE FACTS

- † Divorced Catholics are not excommunicated.
- † Divorced Catholics in good standing with the church, who are not remarried, may receive the sacraments.
- † Divorced Catholics are full members of the Catholic Church and can participate fully in the life of the church.
- † Neither divorce nor annulment affects the legitimacy of children.
- † Before a divorced Catholic can remarry in the Church, a declaration of nullity must be granted.



## DIVORCE OUTREACH

**If you are separated**, use the time of separation to reflect on God's will for you. Attend Retrouvaille (a weekend retreat for troubled marriages), seek effective counseling from a professional and pray for strength to follow your marital commitment.

**If you are a single parent**, seek help from other single parents. Attend parent education opportunities in your community, school and church. Ask for help when you need it.

**If you are co-parenting**, learn to share the children in a kind way. Do not punish the other parent. Only the children suffer with that behavior. For your sake and the sake of the children—it's better to be kind than to be right.

**If you are divorced**, attend peer self-help groups, seek effective, professional counseling to help you manage the changes in your life; get plenty of rest and exercise, eat smart, do not drink alcohol.

Pray on a daily basis.

## HELPFUL INFORMATION

Catholic Divorce Support 312.534.8353  
Annulment Support Ministry 312.534.8353  
Holbrook Center – Counseling 312.655.7560  
Rainbows (for the children) 800.266.3206  
www.rainbows.org  
Retrouvaille (help for a troubled marriage)  
800.470.2230 www.retrouvaille.org  
Courage to Love (peer support help for troubled marriages) 708.246.4866

## ANNULMENT SUPPORT

*(A collaborative ministry between the Tribunal Office and Family Ministries Office of the Archdiocese of Chicago.)*

After a divorce an annulment is required if you wish to remarry in the Catholic Church. Many parishes now offer Annulment Support Ministry to help you start the paperwork and provide you with some pastoral support for the challenges in completing the process.

In the annulment process, an inquiry is made into the marital consent of the two parties. Often, upon investigation, a discovery is made that some essential element of consent was missing. Many people feel an inner peace and spiritual closure after going through the annulment process.

### Steps to the annulment process:

1. Obtain an application form from your local parish office or online [www.archchicago.org](http://www.archchicago.org).
2. Complete the form, have a pastoral minister sign it and then mail it to the Metropolitan Tribunal office.
3. Respond to requests from the Tribunal—writing your testimony, producing documents, etc.
4. Set a timeline to complete this work within a few months of receiving the forms from the Tribunal.
5. Ask for help from an Annulment Support minister if you get “stuck.” Call 312.534.8353 or go online to [www.familyministries.org](http://www.familyministries.org).
6. Keep copies of everything you send to the Tribunal.
7. Monitor the progress of your case through contact with the Tribunal Office and your assigned judge.

## Divorce Support Groups

County	Parish or Business Name	Location	Contact Person	Type of meeting	Meeting time
Lake	St. Mary	Lake Forest	Ellen 847.234.0205	<i>Divorce and Beyond</i>	Call for information
Cook Suburban NW	Our Lady of the Wayside	Arlington Heights	Deacon Brendan 847.392.8068	12 Step Divorce Support	Sundays 7:30 PM
	St. Edna	Arlington Heights	Margaret Moser 847.398.3362	Support	Tuesdays 7:30 PM
	St. Paul of the Cross	Park Ridge	Kelly 847.692.6025	<i>Divorce and Beyond</i>	Call for information
Cook Suburban North	Divorce Counseling and Coaching	Northbrook and Chicago Loop	Kate 312.474.1200	One-on-one mediation and coaching	By appointment only
	Divorce Recovery <i>Non-Catholic</i>	Evanston and Chicago	Steve 773.255.8189	Divorce support Men's support group	Call for information
	Lilac Tree <i>Non-Catholic</i>	Evanston YWCA	Carol 847.328.0313	Various programs, women only	Call for information
Cook Suburban West	St. Barbara	Brookfield	Deacon John 708.579.3674	Phoenix group for divorced and widowed	Second Thursday of month
	Christ Church of Oakbrook <i>Non-Catholic</i>	Oakbrook	Joyce 630.321.6761	Non-denominational	<i>ASCEND (45+) Wed. 7 PM</i> Higher Ground (35-59) Mondays 7 PM April and October: Divorce Recovery workshops
	St. John of the Cross	Western Springs	Marianne 708.246.4404	<i>Divorce and Beyond</i> and Support	Call for information
	Men's Divorce Recovery Group <i>Non-Catholic</i>	Evanston and Chicago Loop	Steve 773.255.8189	Support	Call for information
Cook Suburban South	St. Michael's	Orland Park	Jean 708.361.4535 Bill 708.535.1497	Support	Second and fourth Wednesdays 7-9 PM
	St. Francis of Assisi	Orland Park	Deacon Joe 708.614.0286	<i>Divorce and Beyond</i>	Call for information
Cook City	Old St. Patrick's	Jack Wall Center 711 W. Monroe	Jack 312.798.2386	<i>Divorce and Beyond</i>	Call for information Six week sessions
	St. Peter	Madison Avenue	Caryn 312.984.6338	Support	Mondays at noon
Joliet and Will	Joliet Diocese Family Life	Romeoville	Desiree 815.838.5334	Various	Call for information
McHenry and Kane	Rockford Diocesan Family Life Office	Rockford	Chris and Bob 815.965.5011	Various	Call for information
En español	Se ofrece en parroquias	Cook y Lake Counties	Maryvel 312.534.8202	Prog. El Divorcio y Más Allá	Para registrarse llamar Maryvel @312.534.8202

Should you find errors or omissions in this list, please advise the Family Ministries Office of this so that updates can be made. Call 312.534.8353 or e-mail: [divorce@archchicago.org](mailto:divorce@archchicago.org).