

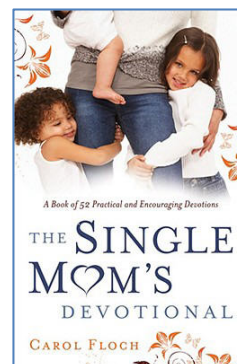
**FOR IMMEDIATE RELEASE:**

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## **10 MILLION SINGLE MOTHERS NAVIGATE CARE FOR THEIR CHILDREN**

ENCOURAGEMENT FOR MOMS ON NURTURING THEIR FAMILY AFTER A DIVORCE

**(Dallas, TX):** Growing up in a Christian home, **Carol Floch** never thought her childhood dream of marriage would one day end in divorce, and she would join the growing number of 10 million single moms left to raise their children alone (Source: *America's Families and Living Arrangements: 2008*). When her life began to fall apart, Floch dealt with loss of friends, rumors and a wide-range of emotions, all while trying to protect her children from the devastating aftermath of divorce.



“I had always wanted to be a mom, but I had never wanted to be a single mom. Parenting was the most challenging, satisfying and most important job I would ever have, but I didn't sign up to do it alone!” Floch says. When her marriage unraveled, her losses were innumerable but her children's losses were far greater. In the midst of her profound fear and sense of inadequacy, Floch found comfort in Psalm 84: “Build your nest near my altar, and I will be your children’s source of security, protection, provision and blessing.”

In her book release, ***The Single Mom’s Devotional: A Book of 52 Practical and Encouraging Devotions*** (Regal Books), Floch shares her personal story of dealing with the aftermath of divorce, learning to find strength and face an unknown future at the foot of the cross and leaning on God for hope and security.

Floch provides insight each week to a variety of topics including:

- **Forgetfulness:** “We can easily get caught up in the moment, find ourselves derailed by the current “crisis,” or see things from a self-centered perspective.”
- **Self-Worth:** “Your intrinsic value is bound up in God's unconditional love for you. Your worth to God is not based on your performance or achievements.”
- **Redefining Life:** “Satan may delight in disrupting our circumstances and throwing our lives in disarray, but God is faithful to restore what has been lost in unusual and surprising ways.”
- **Waiting:** “Waiting exposes attitudes to be adjusted, motives to be purified and character to be honed into the character of Christ. It reveals doubts about God, nurtures faith in God and reminds us that we are not in control.”
- **Running on Empty:** “God never intended for us to live apart from being empowered by His life...we are refueled with His wisdom, comfort, encouragement, promises and perspective-which we desperately need throughout each day.”
- **Despair:** “Hope is facing the difficult reality of what is, and fiercely holding on to the unchanging reality of God's presence and His promises, despite our circumstances.”

Other topics include discovering your identity, spiritual healing, relinquishing control, and finding a place of belonging. Each inspiring devotion includes scriptures, a thoughtful “Reflection,” and concludes with “Living at a Place Near His Altar” and “Inviting Your Children to His Altar,” offering insightful questions and practical suggestions to apply biblical truths to daily life. Scripture verses and personal questions for single moms regarding their impact on their children’s lives are also included.

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Floch's hope is that *The Single Mom's Devotional* will guide single mothers, whether divorced, widowed or never married to build their family's "nest" in the protective shadow of God's presence and relying on His unfailing love and faithfulness. "Each of us single moms walk a similar journey to the place of brokenness...my hope is this book will enable us to become deeply rooted in a God-centered relationship that can never be removed, changed or dissolved," Floch says. "When we find our identity in Christ, we find true security, hope and joy!"

**CAROL FLOCH** ([www.carolfloch.com](http://www.carolfloch.com)) has ministered to women in every stage of life for more than 25 years. She has written numerous articles for Focus on the Family's publications, created Bible studies, facilitated retreats, workshops and support groups, and has mentored women to find deeper hope and security in the Lord. Her most significant and satisfying investment in women has been in her own home, nurturing her three daughters on her own since 2001. Carol is a counselor in private practice in Dallas, Texas, where she helped to design and launch "Parenting Alone," a non-profit community agency serving the needs of single parent families.

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## Suggested Interview Questions for Carol Floch:

1. What prompted you to create a devotional for single moms?
2. What are some of the relevant issues and topics you cover in your devotional?
3. When your marriage ended what were you feeling, especially growing up in a Christian home?
4. Single moms have to be concerned about taking care of themselves and their children. What do you suggest to moms who are not sure how to address the feelings they are struggling with or their children are struggling with?
5. Many women find their full identity in their role as a wife or mother... what are some risks involved in this thinking and what do you recommend for moms struggling with their identity?
6. You write that when handling conflict or adversity, "Children will learn first from their parent's example then from their words." What are some things to remember as a parent when trying to resolve issues that impact a single mom's life?
7. The themes in this book can be applied to more than just single moms- what are some of the universal themes you share in the book?
8. What is your message to those women who are "wrestling" with their marriage, divorce or relationship with God? How do you relate to their situation?
9. How can women avoid unhealthy decisions and emotional pitfalls from feelings of isolation, guilt, shame, discouragement and worry?
10. What is your advice to women who are trying to help other women going through a divorce or trying to survive as a single mom?
11. What is your official web site?

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## Carol Floch Bio:

Carol Floch never dreamed she would grow up to be a single mom. But childhood dreams sometimes turn into grown-up nightmares, and in 1999 Carol woke up to the reality of raising her three daughters on her own. Carol relates she has “two stories”--the story of her personal circumstances, and the story of what God did in the midst of her circumstances. She finds the latter one is the better one to tell!

Carol had a fairly typical childhood, but recognizes important early influences that shaped her. Raised in a conservative Christian home, she learned early of God’s love for her. Christianity wasn’t just about going to church on Sunday; it was a relationship with God lived out in day-to-day life, and the Bible was the plumbline. Conversations about theological and spiritual issues were not uncommon. Her small church resembled a loving extended family; gathering every Sunday for the celebration of communion reinforced the personal significance of Christ’s death on the cross. However, Carol’s understanding of grace was clouded by legalism and a sense that she had to “try hard” to be a “good Christian.” Her best efforts always ended with defeat.

During her years at Wheaton College she began to understand that only God could change her life, from the inside out. During those years, she also met her husband and discovered her love for ministry, majoring in Christian Education with a minor in Bible. Six months after they married, they moved to VA where they served in youth ministry for eight years at Burke Community Church. During that season, the joy of wonderful community was mitigated by the personal heartaches of infertility, multiple miscarriages, and high-risk pregnancies. It was during these years Carol wrestled with the vital issues of God’s goodness and sovereignty, and discovered her hope was not in “outcomes” but in God’s unfailing love and faithfulness to her, regardless of her circumstances. Their final year in youth ministry was punctuated with the birth of their first child, Bethany Joy.

After the family moved to IL in 1987, Carol began to design and develop various ministries for women. However, her greatest investment in “women’s ministry” took place in her own home. God blessed their family with two more daughters, Robin and Emily. Nurturing her three daughters was her greatest joy but most difficult challenge, revealing her own foibles and failings. Meanwhile, broken trust plagued her marriage, shattering her heart as well as her performance- and role-based identity. Long-term counseling did not prevent Carol from spiraling into the black hole of clinical depression. But God entered into her darkness and eventually led her out of it with a new and profound understanding of grace and of her identity in Christ, having discovered her true value, belonging, and competence in Him alone.

In 1999, a watershed of revelations on the eve of her 20th anniversary led to marital separation, and eventually a divorce in 2001. Solidly anchored in her identity in Christ, she was able to weather the devastation without falling into depression again. When she was the most emotionally threadbare, God held her together, and enabled her to hold her family together. God’s grace exceeded her grief, and paved the way for her to rebuild her life and her family in Dallas, TX after the divorce was finalized. After a season of healing, new dreams began to come into view. Over the past five years, Carol has seen them become realities: pursuing a graduate degree in counseling and starting a private practice; helping with the design and launch of Parenting Alone, a faith-based non-profit community agency serving single parent families; a mission trip to teach the Bible to women in Burundi; a speaking ministry; and the publication of her book, *The Single Mom’s Devotional* (Regal, 2009.) All of her heartaches have deepened her intimacy with God, and have enabled her to identify with and relate to a broader sphere of women. Though women’s circumstances may vary, Carol believes they wrestle with many of same underlying questions of identity, worth, significance, and purpose. Carol’s passion and joy is to give women hope--the hope that is found in Christ alone. In Carol’s words, “God uses everything and wastes nothing; He redeems everything we are willing to put in His hands.”

Carol’s daughters are now in college and high school. Carol continues to make her home in Dallas, and celebrates God’s goodness, faithfulness, and unfailing love day by day.