

FORGIVING OURSELVES, FORGIVING OTHERS: Moving Our Healing Journey Forward

**Presented by Mary Jo Berner
Founder, Many Ways of Peace**

Where are you on your forgiveness journey? Mine began 30 years ago. But I was not ready for the journey back then. Wherever you are on your journey—even if you are not ready yet—please consider joining us. We'll learn what forgiveness is (and what it is not); we'll look at paths to forgiving ourselves and others—and perhaps be inspired to say "I am sorry" when we need forgiveness. To quote Desmond Tutu from "The Book of Forgiving": *In our own ways, we are all broken. Out of that brokenness, we hurt others. Forgiveness is the journey we take toward healing the broken parts. It is how we become whole again.*



**Session 1: Thursday, Jan. 14, 2016, 10AM-Noon
Session 2: Thursday, Jan 21, 2016, 10AM-Noon**

Many Ways of Peace

217 S. Main St., Eagle River

Please pre-register by calling Many Ways of Peace at 715.480.4697 or info@manywaysofpeace.org. More information at manywaysofpeace.org



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