

FORGIVENESS



Led by Rev Tim Carter

Saturday 27th April 2024

10 am – 12.30 pm

(Coffee available from 9.30 am)

at Godalming Baptist Church,

Queen Street, Godalming, Surrey GU7 1BA

When we are hurt or disappointed resentment can be hard to avoid, especially if our instinct is often to seek revenge, but long-term bitterness can cause more harm to ourselves than to the person or situation that caused it in the first place.

What can we do to protect ourselves and to help us let go of the sorrows that threaten to overwhelm us?

The morning's session will look at all aspects of forgiveness:

What it is and why it's important

How forgiveness can be achieved

Ways of de-escalating conflict in any relationship

Whether forgiveness can be unconditional

Forgiveness may be a long, difficult and costly process, but learning to speak the truth in love and to let go of our resentment and bitterness can be healing, empowering and liberating.

Join us to find out more, and consider taking the first steps along this sometimes overlooked pathway to a different future.

**The session will be free of charge, but a voluntary donation is invited for
The Forgiveness Project**

**a UK based charity that uses real stories of victims
and perpetrators of crime and violence**

to help people explore ideas around forgiveness and alternatives to revenge

**To help with managing numbers please reserve a place,
by contacting Sally Pollard email: pollard3@hotmail.co.uk, tel: 01483 428646
by Friday 19th April**