



Forgiveness:

An Interfaith approach to opening the heart

April 9, 23, and 30
Monday evenings
6:30 pm - 8:00 pm

Location:
Kensington Community Church
4773 Marlborough Drive, San Diego

Learning to forgive ourselves and others, to release the suffering, and soften the grudges can open our hearts to greater experiences of love and freedom.

Led by **Louise Jacobus**
For more information 619-415-3568
Music by **Annye Love**

There are many benefits to forgiveness. But there are questions also:

- Does every injury need to be forgiven?
- Are there differences between interpersonal and transpersonal forgiveness?
- Is it even possible to heal the deepest wounds?
- What is the relationship between anger, power, and forgiveness?
- Is it possible to forgive and yet set healthy boundaries?
- What are the steps to psychologically healthy forgiveness, and can these steps be compatible with our spiritual beliefs?
- Is it possible to forgive and also work for social justice?
- Can a person forgive too soon? Is it always wise to forgive?

Forgiveness is embedded in the spiritual traditions of the world.

What can we learn from other traditions?

April 9: Teachings of Jesus on forgiveness and Introduction to the class

April 23: Forgiveness practices from Buddhism and the Islamic tradition.

April 30: Forgiveness practices from Universal Sufism and the Jewish tradition.

This series will be a mixture of interactive discussion, experiential learning, poetry, videos, and music.

Donations: All donations will benefit local organizations assisting survivors of human trafficking.