

Forgiveness

Life is for giving



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All Things Are Passing

*Put everything in order as day begins to fade.
All things are passing, moment by moment, breath by breath.
All things are passing,
moment by moment, birth to death.
Take off your cloak of fear, the divine strength you seek is here,
and you know you are dying to live.
So put everything in order as day begins to fade.*

Macrina Wiederkehr, Seven Sacred Pauses

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There is a Crack in Everything

*“Ring the bells (ring the bells) that still can ring.
Forget your perfect offering.
There is a crack, a crack in everything.
That’s how the light gets in.”*

—Leonard Cohen, *The Anthem*



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“Be kinder than necessary because everyone is facing some kind of battle.”

—J. M. Barry

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The Four Things that Matter Most

Ira Byock, MD

*Four statements;
eleven words*



*Please forgive me
I forgive you
Thank you
I love you*

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HAPPY MOTHER'S DAY.
I FORGIVE YOU FOR HAVING OTHER CHILDREN.

Reflecting in Silence



1. *What makes it hard for me to forgive?*
2. *What helps me to forgive?*

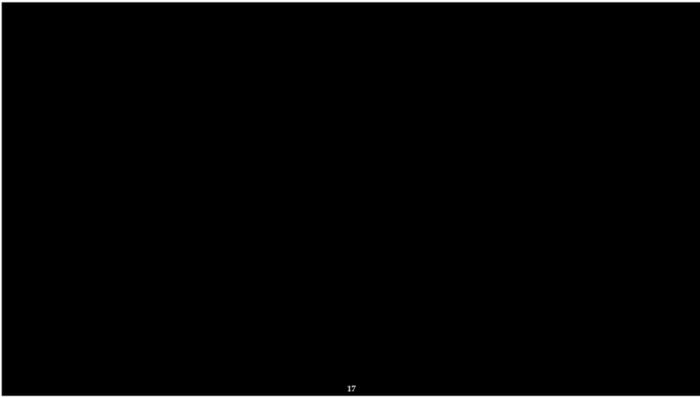
Paired Sharing



Michael Kearney's Presentation

Being with Pain

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Reflecting



1. *How have I "been with" my pain in the past?*
2. *What would help me in the future?*

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Triad Sharing



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Ritual of Light



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A Winter Blessing



The Heart's Journey Through the Seasons
—John King
—Merida Whitehead

Blessed are you, winter
Dark season of waiting,
you affirm the dark seasons of our lives,
forecasting the weather of waiting in hope.

Blessed are you, winter,
You faithfully guard a life unseen,
calling those who listen deeply
to discover winter rest.

Blessed are you, winter,
frozen and cold on the outside,
within your silent, nurturing womb,
you warmly welcome all that longs for renewal.

Blessed are you, winter,
your bleak, barren trees
preach wordless sermons
about emptiness and solitude.

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