

FORGIVENESS CLASSES – FINDING PEACE THROUGH LETTING GO



**Aldersgate United Methodist Church
8320 South Street, Lincoln, NE**

Two Four-Week Classes, Meeting On:
Friday Mornings at 10 A.M., Feb. 23 – March 16
Sunday Afternoons at 1 P.M., Feb. 25 – March 18

**COST: \$10 per Person or Couple
(Covers Cost of the Book)**

Register by Emailing

aldersgatelinc@windstream.net,

Calling 402-489-1510, Or Just Show Up.

FORGIVENESS IS THE GIFT ONE GIVES TO ONESELF

What is it that makes us so unforgiving of ourselves and of each other? Why is forgiving so hard? Using the book, *Forgiveness, Finding Peace through Letting Go*, each class will take an honest, realistic look at how to see, extend and accept forgiveness. How important is it that we forgive others and ourselves? People are like travelers carrying backpacks full of rocks. Over time, each pebble and stone weighs us down, and if we don't release our anger, disappointments, and frustrations, they crush our spirit. Discover the benefits of "letting go" – and experience grace, reconciliation, and joy!

The Reverend Adam Hamilton authored the materials for this workshop. He is senior pastor of The United Methodist Church of the Resurrection in Leawood, Kansas and the best-selling author of *Forgiveness, Why?*, *Making Sense of God's Will*, and other publications.

Experienced facilitators will lead each of the four-week sessions, but the format will be like a book club discussion. The Sunday sessions also offer a free lunch at noon and free childcare.

Forgiveness should not be used as a tool that excuses, perpetuates or enables harmful behaviors by chronic abusers. Although the book and discussion may touch on tough situations, neither substitutes for counseling. This class is one of a

series of classes that are part of the “Aldersgate Building Strong Families Program”. For more information: www.aldersgatelinc.org.