

Aldersgate Building Strong Families Program

The Aldersgate Building Strong Families Program includes a series of three classes:

- Forgiveness (Finding Peace Through Letting Go)
- Love to Stay (Building Strong Marriages)
- Personal Finance (Guidance for Mastering Money Issues)

Other courses are being planned.
For details check:
www.aldersgatelinc.org

Adam Hamilton

Rev. 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, Love to Stay, Why?, Making Sense of God's Will*** and many other publications.



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Forgiveness Finding Peace Through Letting Go

**FORGIVENESS IS NOT
WEAKNESS**

**DON'T LET ANGER,
DISAPPOINTMENTS, AND
FRUSTRATIONS HOLD YOU
BACK AND WEIGH YOU DOWN**

Two 4-Week Classes:

Friday Mornings at 10 A.M.,
February 23, March 2, 9, 16
(Led by Pastor Joseph Rafique)

Sunday Afternoons at 1 P.M.,
February 25, March 4, 11, 18
(Led by Kathy Dombrowski,
LIMHP)

Sunday sessions also offer a free lunch at noon and free childcare.

Experienced facilitators will lead each of the four-week sessions, but the format will be like a book club discussion.

COST OF EACH CLASS is \$10 for the book per person or couple (if they share a book).

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 difficult situations, neither substitutes for counseling.

Forgiveness

What does it mean to forgive and to be forgiven?

Are there consequences for misbehavior?

Must someone be sorry to be forgiven? Or, make restitution?

What about grace and mercy?

How do we move on if the other person is dead, unrepentant, unforgiving, or unavailable?

Does forgiving require reconciliation?

The study guide for this course begins with these words:

"Forgiveness is essential to our lives. Without it, no marriage can survive, no family can stay together, and no society can be sustained. It is a necessary part of lasting friendships and work relationships.

"The reason lies in the unescapable fact of human nature: we are bound to hurt other, and others are bound to hurt us. If we are to live successfully, and if we are ever to know freedom and joy, these six words must be a regular part of our vocabulary: 'I am sorry' and 'I forgive you.'

Registration

Name(s)

Address (es)

Phone Number(s)

Email Address(es)

Names and ages of children who will need childcare (Sunday sessions, only):

Mail with \$10 payment per book to:

Aldersgate UMC
8320 South Street
Lincoln, NE 68506
(Or call 402-489-1510)