



THE
HUMAN RIGHTS
EDUCATION CENTER
OF UTAH

HREC with The Salt Lake Interfaith Roundtable
is hosting a workshop on Forgiveness:
Forgiving One Another as a Path to Peace

Please join us for a workshop about forgiveness that acknowledges among faith traditions there is a common understanding that forgiveness of self and others is central to peacemaking. In some traditions, forgiveness is understood as an obligation as well as a choice.

Forgiveness is one of the most difficult things we are ever asked to do, and none of us can claim to be an expert on the subject. Forgiveness is so difficult because when we have harmed or betrayed one another, or have been harmed by another, a sense of justice and fairness comes into direct conflict with our desire to show mercy and compassion. We must learn *how to forgive* ourselves and others.

In this highly interactive workshop we discover our individual empathy and compassion are the *tools that will bring peace to our lives. Acknowledging the challenges and sharing our stories we learn that forgiveness will become a process that brings a peaceful life.*

*"The holiest of all the spots on earth is where an ancient hatred has become a present Love."
-A Course in Miracles*

When: Saturday, February 13th, 2010

Where: The Episcopal Diocese of Utah - 75 South 200 East –Salt Lake City, Utah

Time: 10AM-4PM

Facilitators: Carla Kelley, Director HREC and Karla Reading, L.C.S.W.

Lunch will be provided.

The Human Rights Education Center of Utah is a 501©3 nonprofit organization dedicated to peace, justice and equality.

www.hrecutah.org 801 521-4283

RSVP (a must) to carla@hrecutah.org