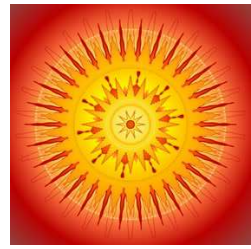


Guided Meditation on Forgiveness: What are you giving up for Lent in 2010?

Weekly Meditations on Forgiveness

It doesn't matter how or when you experienced hurt, there are common issues we all face. Just knowing that you are not alone is a big help. Talking with other folks who share your same concerns helps you cope with your personal issues and find the inspiration to continue with the challenges that are part of your everyday life.

The Family Life Center Group provides a safe place where you can meet those helpers.



**A Caring Place
To Learn, To Heal,
To Share Feelings**

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



The Family Life Center
703 Compton Road
Guided Meditation on
Forgiveness
Six Mondays of Lent,
beginning February 22,
7-8:30 PM



*A Faith-Based Outreach of
Northminster Presbyterian Church*

Tel: 513-931-5777 for
information and for other
groups that provide help for all
ages and stages of
life & life transitions

The Family Life Center
 703 Compton Road
 Guided Meditation on Forgiveness
 Six Mondays of Lent, beginning February 22,
 7-8:30 PM

Group Support and Information: What are you giving up for Lent in 2010?

When it comes to life's hurts, no two situations are exactly alike. We all have strong emotions about what happened.

This group will help with experiences about:

- ⇒ How science is verifying the long given advice of spiritual leaders, that nursing grudges against those who have done you wrong will hurt you worse than it hurts them.

- ⇒ Research that shows forgiveness can contribute to health, reduce emotional problems & improve heart function.

- ⇒ Learning to work with your mind and body to reframe past experience through spiritual work with breathing, relaxation & meditation.

- ⇒ Creative self-care strategies to reduce even minor hurts that may be holding you back from your total

health & wellness potential.

No fee for class, books loaned free for your use from the FLC Library.

Sources of Information:

This group is based on the Book *Forgiveness* by Flora Slosson Wuellner. Books can be borrowed from the Family Life Center library. Session design is flexible in order to address the needs of the participants.

Class Facilitators:

Sessions will be led by Diane Kinsella, Director of the Family Life Center, with assistance from other leaders. We will rely on concepts from the book while guiding the group through six steps toward forgiveness, based on the beatitudes.

FORMAT: Group meets weekly on Monday evenings from 7-8:30 PM for 6 weeks. We will cover the material through practicing each week's guided meditation, and in small group discussion.

All information shared is kept confidential. Each participant receives a personal copy of each week's meditation. Each member's timeline for personal forgiving is honored explicitly. The experience of group members contributes to the learning process. This group is designed around your individual concerns! Share this brochure with someone who needs to be at peace!



The experiences of others can help us understand ourselves and our feelings.

703 Compton Road
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to:

Phone: 931-5777, Fax: 931-0260
 flc@nmpchurch.org

Registration for Guided Meditation

Sign up for:

- 6 Mondays starting 2/27/10 7-8:30 FREE !!
- I will need child care during class FREE !!
- Number of children:
- Ages and names:
-
-

Total: FREE !!

Name _____

Address including zip code _____

Phone and e-mail _____

How did you hear about us? _____