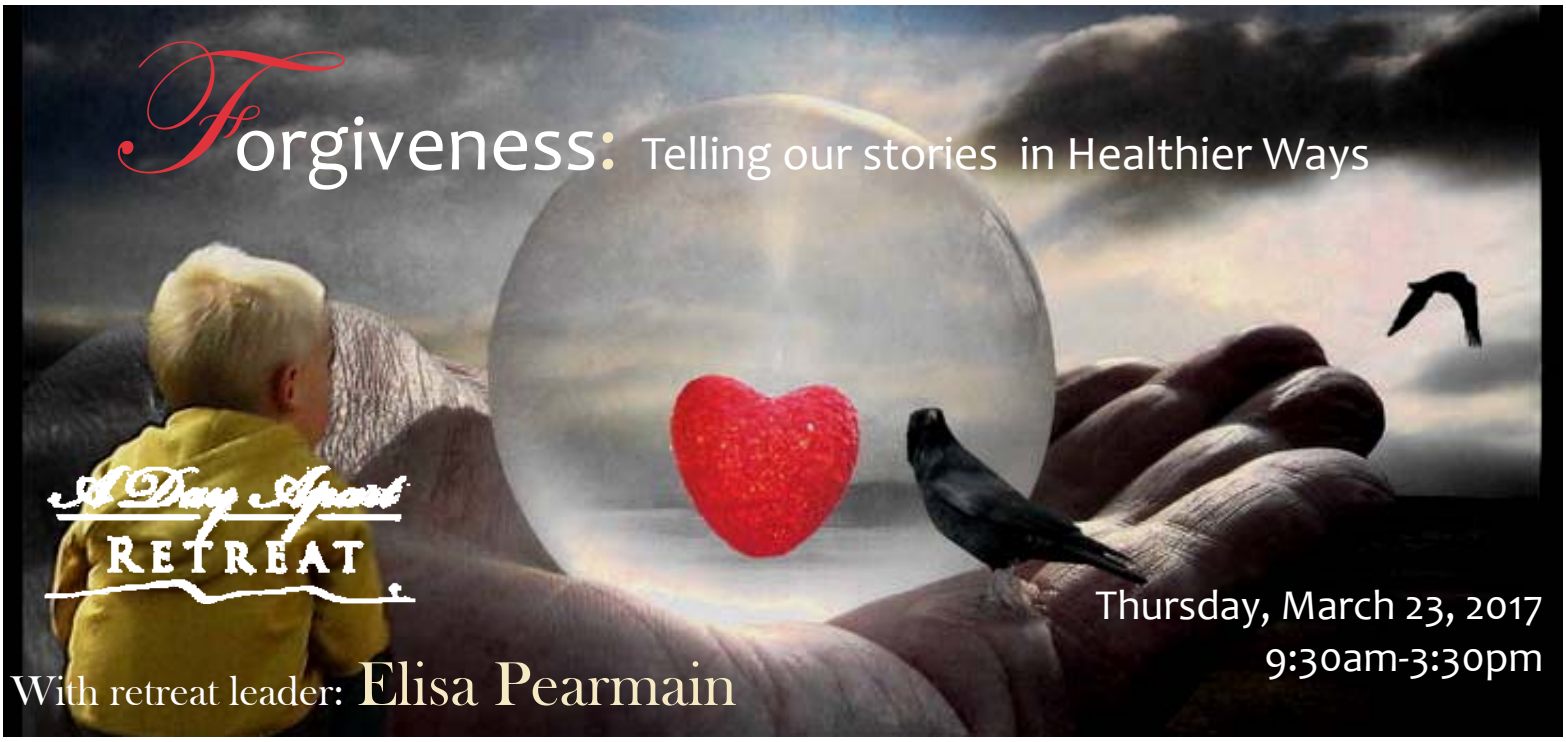

Forgiveness means, "Ceasing to harbor resentment." It sounds so simple, but actually it is one of life's greatest challenges. One of my favorite definitions of the process of forgiveness is, "the construction of a new narrative of the self and other, and one's relations to the world."

In this workshop participants will hear, and reflect on world folktales that illustrate aspects of the forgiveness process and its benefits, including: self-protection, grief, listening to our anger, empathy and perspective shifts, and cultivating an open and compassionate heart . Working also with personal stories we will explore these aspects and stages, and especially self-forgiveness. There will be lots of time for quiet reflection, writing and telling stories as participants choose.

Rolling Ridge
Retreat and Conference Center

660 Great Pond Road
North Andover, MA 01845

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Email: thestaff@rollingridge.org
Early Registration: $65
After 3/16/17: $80

Elisa Pearmain, LMHC has been leading workshops and programs on the subject of forgiveness since 2008. In 2013 she led a workshop at the Northlands Storytelling Conference in WI, and at the National Storytelling conference in VA., and has led two, day-long sessions through the Woman's Well, and a four week course through the Wright Tavern in Concord, MA. Her new CD program titled, *"Forgiveness, Telling our Stories in New Ways "* was released in July 2013.

The Day Apart retreat series includes your lunch. We suggest an early arrival time of 9am for gathering, pastry, coffee & tea, prior to a 9:30 program start. Please let us know in advance should you have specific dietary needs, or desire to book a massage after your retreat..