

HEALING OF MEMORIES WORKSHOP



'When horrible things happen to us, they leave 'poisonous memories' in each of us. And that poison – anger, hatred and revenge – is liable to take control of us, to destroy us, if we keep it inside us. Healing of memories is about acknowledging and laying to rest those things in the past which would destroy us and taking from the past that which is life-giving.'

Michael Lapsley, an Anglican priest, was the victim of a parcel bomb attack in 1990 as a result of his involvement in the anti-apartheid struggle in South Africa. He now has metal hooks where his hands used to be and he has been through several operations on his head. After the fall of the apartheid regime, realising that South Africa was still a 'deeply divided and wounded society', he founded the **Institute for Healing of Memories** in 1998 (*).

(*) See 15-minute documentary film: www.youtube.com/watch?v=tef2AwclZsw



www.healing-memories.org



led by

Michael LAPSLEY

*Director of the Institute for Healing of Memories
(Cape Town, South Africa)*

1-3 December 2017

Centre écologique et touristique

12, Parc Housen - HOSINGEN, Luxembourg



With translation in French and Arabic

 healing.memories.luxembourg@gmail.com



What is a Healing of Memories workshop?

Each of us has a story to tell. And every story needs to be heard.

The healing of memories workshop gives us an opportunity to explore and acknowledge the emotional wounds which we carry, both individually and collectively (within the family, the community, the nation).

The workshop provides a safe space where we can tell our life story in an atmosphere of confidentiality and respect. When my story is shared, acknowledged and revered, I can take one step towards healing personal and interpersonal wounds.

There are no observers in these workshops. Everyone participates fully, including the facilitators.



What a few participants in recent workshops in Luxembourg have to say about the experience

'The fear of passing on to my children poisonous memories is something that pursues me and sometimes haunts me. The workshop gave me a chance to start healing those memories and, as a result, to consider forgiveness. For me, it was like discovering an oasis in the desert.'

'The workshop allowed me to heal open and painful wounds that life had inflicted on me. Taking part in it was a first key step that enabled me to get up and move forward with confidence and peace of mind.'

'It was an extremely enriching experience, acting as a bridge between us who came from very different backgrounds. We got to know each other more deeply as we shared difficult memories and our feelings about them.'

Enrolment for the **HEALING OF MEMORIES WORKSHOP** (residential) from Friday, 1 December (17.00) to Sunday, 3 December 2017 (15.00) Centre écologique et touristique – 12, Parc Housen, HOSINGEN

Ms / Mr

Surname: _____

First name: _____

Email address: _____

Tel: _____

Languages

I can understand AR EN FR

I can speak AR EN FR

The language I prefer to speak is AR EN FR

(AR = Arabic / EN = English / FR = French)

Accommodation

I would like a single room.

I will, if necessary, share a double room, but would prefer a single room.

I would like a double room.

I will share a double room with _____, who is also registering for the workshop.

Car sharing

I am prepared to take ____ people in my car, leaving from Luxembourg-City.

I would like someone to drive me to the workshop from Luxembourg-City.

Price

The standard rates are €120 per person (double room accommodation) and €150 per person (single room accommodation). However, the price must not be an obstacle to anyone's participation. If it is a problem for you, please let us know. Conversely, if you can afford it, we would be extremely grateful if you could pay a bit more to cover the costs of those who can't. The workshop is free of charge for refugees and asylum seekers.

Enrolment procedure

Please return your form, duly completed, **no later than 29 October 2017:**

a) either by post to: Healing of Memories Luxembourg, c/o Angela BORGES,

20d, rue Pierre Dupong, L-8293 KEISPELT

b) or by email (scanned) to: healing.memories.luxembourg@gmail.com

You will receive a message confirming your enrolment. Please wait until you receive this message before making the appropriate to the following bank account:

LU02 0019 4955 4541 4000 (BCEELULL in the name of Healing of Memories - ACAT)