



*'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](http://www.youtube.com/watch?v=tef2AwclZsw)



[www.healing-memories.org](http://www.healing-memories.org)

## COME AND EXPERIENCE HEALING OF MEMORIES



### HEALING OF MEMORIES WORKSHOP

*led by*

**Michael LAPSLEY**

*Director of the Institute for Healing of Memories (IHOM)*

*(Cape Town, South Africa)*

**6-8 December 2019**

*Centre écologique et touristique*

**12, Parc Housen - HOSINGEN, Luxembourg**



*Languages: English, French, Arabic*



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## 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, 6 December (18.00) to Sunday, 8 December 2019 (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

As a rule, participants will be accommodated two to a room. If you wish to share a room with someone in particular, please give us the name of that person:

\_\_\_\_\_

### Transport

- ☐ 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 and back.
- ☐ I will travel by bus (getting off at 'Parc Housen' stop) on Friday evening and would like someone to drive me back on Sunday (from Hosingen to Luxembourg-City).

### Price

The standard rate is **€ 150** per person (accommodation and meals). The rate for refugees, asylum seekers and people with low incomes is **€ 30**.

However, the cost must not be an obstacle to anyone's participation. Should it be a problem for you, please let us know.

Conversely, should you be able to afford it, we would be grateful if you could make an additional solidarity payment.

### Enrolment procedure

In view of the limited number of places available, please return this form duly signed as soon as possible to help us plan the workshop and **no later than 28 November 2019**:

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](mailto:healing.memories.luxembourg@gmail.com)

You will receive a message acknowledging receipt of your request for enrolment.

Please wait until you receive the subsequent enrolment message before making the appropriate payment to the following bank account:

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