



Michael Lapsley :
The origins of healing of memories

« 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 is an Anglican priest, who was involved in combating the injustice of apartheid in South Africa. In 1990, he was the victim of a parcel bomb attack, in which he lost both hands. In 1998, 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 (*)**. The Institute is a place where people come together to share their personal stories. It seeks to heal the emotional, psychological, and spiritual wounds of the past, both individual and collective. It now runs workshops around the world.

He has often visited Luxembourg, leading numerous workshops there. He has trained a team of facilitators to continue this work now as part of **Healing of Memories Luxembourg ASBL (**)**.

See the following documentary films:

- (*) – Michael Lapsley – Healing the Wounds of the Past (7 minutes) : www.youtube.com/watch?v=7la2_JvMM4&t=16s English-French, subtitled)
- (*) – The Father Michael Lapsley Story (16 minutes) : www.youtube.com/watch?v=mujgx0TO48s (English, with French subtitled)
- (**) – Healing the Wounds of the Past: A project takes shape in Luxembourg: <https://www.youtube.com/watch?v=VPvn-zw4d94> (20 minutes)



A TIME TO LET GO

and heal painful memories



**We invite you to discover
the Healing of Memories approach
during a one-day mini-workshop**

Saturday 27 June 2026

9.00 am – 6.00 pm

Franciscan Sisters' House

50, avenue Gaston Diderich, Luxembourg-Belair

**The healing of memories workshop normally lasts two and a half days.
You will be able to experience its main features during this mini-workshop,
in an atmosphere of confidentiality and mutual respect.**



**Languages : French, English, Luxembourgish
(with simultaneous interpretation)**

What is a Healing of Memories workshop?

Our lives are marked by events, some of which can be very painful (challenging situations, youth trauma, injustices, breakups, violence, bereavement ...).

The healing of memories process gives us an opportunity to acknowledge the emotional wounds we carry. It also provides a safe space where we can tell our life story in a confidential environment and take one step towards healing.



What some people who have attended our Luxembourg workshops 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. 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.'

'I feel totally relieved of the emotional burdens of what I have been through.'

Enrolment for the HEALING OF MEMORIES MINI-WORKSHOP

on Saturday 27 June 2026 (9.00 am – 6.00 pm)

Franciscan Sisters' House, 50 avenue Gaston Diderich, Luxembourg-Belair

(You can also enrol directly online: www.healing-memories.lu)

Ms / Mr

Surname : _____ First name : _____

Email address : _____

Phone No : _____

Country of residence : _____

Languages

I can understand

EN FR LU

I can speak

EN FR LU

The language I prefer to speak is

EN FR LU

EN = English

FR = French

LU = Luxembourgish

Participation fee and lunch

Standard rate: **50 €** per person.

People with low income : **10 €**

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 7 June 2025**:

a) either by post to: Healing of memories workshops – c/o Angela BORGES

20d, rue Pierre Dupong, L-8293 Keispelt, LUXEMBOURG ;

b) or by email (scanned) to: workshop@healing-memories.lu

You will receive a response as soon as possible.



Should you currently be having any professional psychological treatment, we recommend that you get the go-ahead from the person providing the treatment before enrolling for the workshop