



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_JVmMM4&t=16s English-French, subtitled)
- (*) – The Father Michael Lapsley Story (16 minutes) :
www.youtube.com/watch?v=mujgxOTO48s (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



Come and experience
the Healing of Memories approach
in a residential workshop

from Friday 23 October 2026, 6.00 pm
to Sunday 25 October 2026, 3.00 pm

Centre AREND-FIXMER – Les Étangs
33, rue de Larochette L-7661 Medernach
(30 minutes' drive from Luxembourg-City)

Our local team of facilitators will be happy to welcome you
into a safe space built on trust and mutual respect.



Languages : French, English, Spanish
(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 WORKSHOP** (residential)

From Friday 23 October (6.00 pm) to Sunday 25 October (3.00 pm)

Centre AREND-FIXMER - Les Étangs – 33, rue de Larochette L-7661 Medernach

(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 ☐ ES ☐

I can speak

EN ☐ FR ☐ ES ☐

The language I prefer to speak is

EN ☐ FR ☐ ES ☐

EN = English

FR = French

ES = Spanish

Accommodation

People will be accommodated in single rooms.

Transport

- ☐ I will arrive and leave by my own means of 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 arrive by my own means of transport on Friday evening and would like someone to drive me back on Sunday (to Luxembourg-City).

Participation fee

Standard rate: **175 €** per person. (People with low incomes: **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 4 October 2026**:

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.