What Is a Healing of Memories Workshop?

Healing of Memories workshops are weekend residential experiences held in safe, secure venues and led by trained facilitators. Participants share painful experiences in a spiritual, yet nonsectarian atmosphere of deep listening and mutual respect. We create a safe and sacred space in which people can share painful personal stories. When telling their stories, participants are encouraged to describe their situations in the context of the history of their countries and families. Connecting with others in relation to their distress, often for the first time, allows participants to move forward feeling unburdened, lighter, and empowered to find solutions to their problems. Workshops culminate in a communal celebration or ritual devised by the participants themselves that encourages people to look towards the future with hope. The process is informed by the belief that healing trauma has a spiritual dimension, yet at the same time the experience is nonsectarian and is open to people of all religious convictions or none.

Workshops can also further the healing of relationships and communities. When participants come from diverse social groups, listening to one another’s stories also helps to overcome negative perceptions of “the other.” People witness first hand the thoughts and feelings of participants different from themselves who have nevertheless experienced great pain. Thus, the very experience that promotes individual healing also promotes mutual understanding, reconciliation, and promotes a sense of community empowerment.

Please contact us for more information about Healing of Memories work and how you might participate either as an individual or an organization.

Every Story Needs A Listener

trauma healing * emotional & spiritual healing * reconciliation
respected listening * social healing * learning from the past
Healing of Memories Workshop
with
Fr. Michael Lapsley,SSM

Learning From the Past; Emotional, Spiritual and Social Healing

May 7-9, 2010

St. Anthony’s Retreat Center in Kalihi Valley
845-0065 (directions)

5 PM - The workshop will start with welcome, participant registration, and room assignments.
6 PM – Dinner
7 PM – Plenary session
Workshop will end Sunday, about 2 PM. We may end Saturday late PM.

REGISTRATION
Name of attendee ____________________________________________
Address ___________________________________________________
City _________________________ State ________ Zip ______
Phone(s) __________________ email _________________________
Food restrictions, if any _________________________________

___ I will attend, I am enclosing $100 as a deposit. Total cost $300

___ I want to attend, but need a reduced rate. (Please contact Linda, 734-7130 or Liz, 239-7849 to discuss this.)

I am unable to attend but I would like to make a tax-deductible donation toward the cost of the workshop. ___$100 ___ $200 ___$300 ___ other

Make checks payable to Church of the Crossroads.
Mail to Liz Nelson, 47-361 Hui Iwa St. #C, Kaneohe, Hi 96744