



'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, 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. 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 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):
<https://www.youtube.com/watch?v=tef2AwclZsw>



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COME AND EXPERIENCE HEALING OF MEMORIES



HEALING OF MEMORIES MINI-WORKSHOP

- in virtual mode, on Zoom -

led by

Michael LAPSLEY

Founder, Institute for Healing of Memories, South Africa

**Saturday 3 July 2021, 6 – 8 pm
and Sunday 4 July 2021, 1 – 6 pm**

*Languages: English and French
(with simultaneous interpretation)*

What is a Healing of Memories workshop?

Each of us has a story to tell. And every story needs to be heard.
Our lives have been marked by events, some of them rather painful.
Childhood trauma, unfair treatment, violence, conflict, grief ...
Some recent events, in particular during the current Covid-19 crisis, may have brought up within us old memories and reopened old wounds.

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

This healing of memories workshop will, for the first time, be offered in a more concise format and online (on Zoom) as a result of the pandemic.

Participants need to have access to a good internet connection and must make sure that they can be in a quiet space, without any risk of being disturbed, for the duration of the workshop.



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.'

Enrolment for the virtual **HEALING OF MEMORIES MINI-WORKSHOP** (on Zoom)

on Saturday 3 July (6-8 pm) and Sunday 4 July 2021 (1-6 pm)

(You may also choose to enrol directly online: www.healing-memories.lu)

Ms ☐ / Mr ☐

Surname: _____ First name: _____

Email: _____

Tel. _____

Languages

I can understand English ☐ French ☐

I can speak English ☐ French ☐

The language I prefer to speak is English ☐ French ☐

Price

Standard enrolment fee: € 50 per person. For people with low incomes: € 20.

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 (max. 12), please return this form duly signed as soon as possible to help us plan the workshop and **no later than 15 June 2021**:

a) either by post to:

Healing of Memories Luxembourg, 19 rue Pierre Maisonnnet, L-2113 Luxembourg

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

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:

LU20 0019 5855 9170 6000 (BCEELULL) – Healing of Memories Luxembourg

Communication: 'Workshop enrolment – surname, first name'



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.