



'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 (*). 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.

Since 2008, Michael Lapsley has visited Luxembourg on a regular basis, leading numerous workshops and training facilitators to continue this work. This cooperation led to the founding of **Healing of Memories Luxembourg** (**). In 2020.

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=muJgx0TO48s
- (**) – Healing the Wounds of the Past: A project takes shape in Luxembourg:
<https://www.youtube.com/watch?v=hagh0ep7NgM> (20 minutes)



COME AND EXPERIENCE HEALING OF MEMORIES



HEALING OF MEMORIES WORKSHOP

led by
the facilitators' team of
Healing of Memories Luxembourg
*(trained by the Institute for Healing of Memories,
South Africa)*

10-12 November 2023

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

(30 minutes' drive from Luxembourg-City)

Languages: English, Franch, Arabic (with simultaneous interpretation)

 [healing @healing-memories.lu](mailto:healing@healing-memories.lu)

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 very painful. Childhood trauma, unfair treatment, breakups, 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.



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 **HEALING OF MEMORIES WORKSHOP** (residential)

From Friday, 10 November (18.00) to Sunday, 12 November 2023 (15.00)

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

(You can also enrol directly online: https://healing-memories.lu/?page_id=187&lang=en)

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

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).

Price

Standard rate: **150 €** 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 6 October 2023**:

a) either by post to: Atelier de Guérison des Mémoires – c/o Angela BORGES

20d, rue Pierre Dupong, L-8293 KEISPELT ;

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

Please note that your enrolment will take effect once you pay your enrolment fee to the following bank account: **LU20 0019 5855 9170 6000** (BCEELULL) in the name of *Healing of Memories Luxembourg* (Communication: 'Workshop enrolment – surname, first name'). You will then receive a confirmation of your enrolment.



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.