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| Final_SGM_logo | **Forgiveness** By Bob BrittonHolding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.**The Buddha**  |
| **Opening and Chalice Lighting** (1 minute) | Where hate rules, let us bring love; where sorrow, joy.Let us strive more to comfort others than to be comforted, to understand others, than to be understood, to love others more than to be loved.For it is in giving that we receive, and in pardoning that we are pardoned.**Attributed to St. Francis of Assisi** |
| **Check-in** (24 min, 3 min each) | Take this time to share how you are spiritually, psychologically, emotionally, and physically.  |
| **Sharing** (5 min) | Take time to respond to what you have just heard by asking clarifying questions or to deepen their remarks. |
| **Break** (5 min) |  |
| **Topic Readings** (5 min) | To be angry is to let others' mistakes punish yourself. To forgive others is to be good to yourself. – **Master Cheng Yen**Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness. - **Marianne Williamson**Not only is love for the giving, it is also forgiving. – **Wedding Liturgy**The weak can never forgive. Forgiveness is the attribute of the strong. - **Mahatma Gandhi**Once a woman has forgiven her man, she must not reheat his sins for breakfast. - **Marlene Dietrich**To forgive is to set a prisoner free and discover that the prisoner was you. - **Louis B. Smedes**There is no love without forgiveness, and there is no forgiveness without love. - **Bryant H. McGill**Always forgive your enemies - nothing annoys them so much. - **Oscar Wilde** |
| **Quiet Reflection** (1 min) |  |
| **Sharing/Deep Listening** (32 min, 4 min each) | **Speak about this topic in any way that is comfortable to you. You may use these questions if they are helpful.**What does forgiveness mean to you?What would make it easier for you forgive another? What makes it difficult? Are some things unforgivable?What is the difference between forgiveness and reconciliation? How does forgiveness happen?Has forgiveness (or lack of forgiveness) affected your life? In what ways? Has giving or receiving forgiveness changed you?  |
| **Open Discussion** (32 min) | This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared. |
| **Likes – dislikes about this session** (10 min) | What went well in this session? What changes would you like to see in future sessions? |
| **Announcements** (2 min) | Next session – Monday March 16, 2015, 7:00pm **– Junk of your possessions. Bring Junk!** Service Project scheduling? |
| **Closing Reading/ Extinguish Chalice**(1 min.) | Forgive us that often we forgive ourselves so easily and others so hardly;Forgive us that we expect perfection from those to whom we show none;Forgive us for repelling people by the way we set a good example;Forgive us the folly of trying to improve a friend;Forbid that we should use our little idea of goodness as a spear to wound those who are different;Forbid that we should feel superior to others when we are only more shielded;And may we encourage the secret struggle of every person. -**Vivian Pomeroy** |