

HOLY TRINITY

Episcopal Church



Lenten Workshop on Forgiveness with Amy Montanez



About the Workshop: Forgiveness may be among the most misunderstood, un-understood topics we deal with in our Christian faith. It is often a difficult journey, as complex as the human pain we all suffer and as individual as our unique personalities. Our religious training teaches us to forgive, but most of us really don't know how to go about doing that, and we often have a long list of unanswered and perhaps unanswerable questions.

This Lenten workshop will talk about what forgiveness is and what it isn't. We will discuss several processes that might prove helpful in our personal forgiveness journeys. On Friday night we will talk about self-forgiveness, which is for some, the hardest part of the forgiveness journey. Saturday we will talk about forgiveness using the Beatitudes as our guide.

Periods of quiet reflection will be built into this retreat, as well as lecture and small group time. The sessions will be structured to stand alone, so that you may come to either or both sessions.

Perhaps more than any other spiritual discipline, learning to forgive can change the quality of our relationship with self, God, and others. Come join in on what is sure to be a few hours worthy of your time.

April 5 & 6 at Holy Trinity Episcopal Church, 193 Old Greenville Hwy, Clemson. We will gather at 5:30 on Friday afternoon and dismiss by 7:30. On Saturday, we will begin at 9:00 and finish around 3:00. Lunch is included in the \$30 entry fee. Call the Holy Trinity church secretary at 864-654-5071 or email htchurch@holyltrinityclemson.org by April 1. Child-care will be provided upon request.

About the Presenter: Amy Sander Montanez, D.Min, LPC, LMFT

www.amysandermontanez.com. Amy is a therapist, spiritual director, coach, retreat leader and writer in private practice in Columbia, SC. She specializes in working with clergy and seminarians, and is also known for her compassionate work with couples. Her first book, *Moment to Moment: The Transformative Power of Everyday Life*, won Spirituality and Practice's top 100 books of the year in 2013, and she has won six National Polly Bond Awards for her work in spiritual writing. Her most recent blog, **Life is Messy, Life is Marvelous**, can be found at messymarvelous.com or on Facebook at [messymarvelous](https://www.facebook.com/messymarvelous).