



Please return this form to:

The Secretary
St. Mary's Spirituality Centre
Hatton Road
Perth PH2 7BP
Scotland UK

The course directors

Dr Stephanie Thornton is a leading British psychologist. She was Head of the Department of Psychology at Sussex University and is the author of major works in her field. She has co-authored a book on Forgiveness with Fr. Jim McManus.

Jim McManus is the Director of Courses at St. Mary's. He has directed courses and retreats on Forgiveness and the Spirituality of True Self-Esteem in many parts of the world. He has published three books on the Healing Ministry and a book on The Spirituality of True Self-Esteem.

Accommodation: A lift serves two floors of the building.

(If you had to climb one flight of stairs to the third floor would that be a problem for you? Please indicate: Yes __ No __)

Please indicate any special dietary requirements below.

Perth is well served by both rail and coach networks with direct daily services from London and other major cities. Edinburgh airport is within easy access.

We offer a shuttle service from Edinburgh airport please ask for further details.

KINNOULL Redemptorist Institute of Spirituality

Finding Forgiveness The process and stages of forgiving 12th-16th July 2010

**Led by Dr Stephanie Thornton and
Fr. Jim McManus C.Ss.R.**

The healing power of forgiving is being re-discovered today by psychologists and medical scientists. Jesus, of course, knew this power. That is why he asked us to forgive "seventy times seven". (Matthew 18: 21)



**St. Mary's, Hatton Road
Kinnoull,
Perth PH2 7BP, .
Phone: 01738 62407**

Further details on all our Courses and Retreats can be found on our Website.

Email: stmaryskinnoull@btconnect.com

Website: www.Kinnoullmonastery.org

From past participants:

“A most liberating week. I have struggled with forgiveness for many years. I can now say, thank God, that I have forgiven a close family member. A great relief”. (Retired nurse)

“.. Now I am free because I have learnt that forgiveness is not the same as reconciliation”. (Teacher)

Forgiveness is the heart of the Gospel of Christ. But it is also a human skill that we can begin to acquire. In fact, of all the human skills needed for peaceful living in community or society, the skill of forgiving is the most important.

Yet, the skill of forgiving has been the most neglected human skill in history. It is only in our own time that psychologists and therapists are beginning to take this skill seriously. The healing power of forgiveness is now being re-discovered.

Can we forgive? Jesus asks us “to forgive from the heart”, “to forgive seventy times seven.

Each person can learn the skill of forgiving. Atheist and believer alike have to face the reality of hurt and pain and find an appropriate and fulfilling way to respond.

There are many misunderstandings of forgiveness, great distortions of the liberating power of forgiveness, which often make it very difficult for a person to even consider forgiving someone who has hurt them.

We need a new way of approaching forgiveness, a new language for talking about forgiveness. This is what Dr Thornton and Fr. McManus will present during this week. They will explore a creative theological and psychological way of talking about the reality of forgiveness and the grace and the process of forgiving.

Participants arrive for supper on the evening of the 12th and depart after breakfast on the morning of the 16th.

BOOKING FORM

12th-16th July 2010

Please enter details and return form with a non-refundable deposit of £40 per person. (Sterling).
Cheques should be made payable to St. Mary's Kinnoull.

Name(s) title(s) : _____

Address: _____

Town: _____

Country: _____

Post Code: _____

Phone: _____

Email: _____

Number of single rooms required? _____

Number of Twin rooms required? _____

The total fee invited for the Forgiveness course at St. Mary's Spirituality centre is £270 (Sterling).

The Redemptorists in Scotland
Charity no. Scotland SC039359 England and Wales 252041