

Forgiveness Workshop

This workshop will provide you with a way of viewing forgiveness that does not leave you feeling that you lost and the other person won.

We can sometimes feel that forgiving another is letting that person "off the hook." This program offers a very different way of thinking about and practicing forgiveness that puts you in the driver's seat, no longer an injured party, and no longer rehashing annoying events over and over in your head.



Imagine living with more freedom, joy and creative energy!

Facilitator:

Rev. Eileen Epperson,
M.A., M.Div.

When: *Rescheduled to*
Saturday, April 24, 2010
9:30 am—12:30 am

Where:

Spiritual Life Center
120 Mountain Avenue
Bloomfield, CT 06002
(860) 243-22374

Suggested Donation: \$25

The Reverend Eileen L. Epperson has been a Presbyterian minister for twenty years. She is a trained spiritual director, retreat leader and a bereavement group facilitator. As a hospital and hospice chaplain and a pastor, Eileen has led many programs for people in life transitions. She is committed to turning losses and disappointments to our advantage, transforming our lives in the process. She has a private practice in spiritual coaching with a specialty in forgiveness work. She created The Forgiveness Process®, a powerful one-on-one process to get freed from the past.



Spiritual Life Center

Walking Together with the Spirit

PROGRAM REGISTRATION

Program: Forgiveness Workshop
Date: Saturday, April 24, 2010
Time: 9:30_{AM} - 12:30_{PM}
Location: Spiritual Life Center
Suggested Donation: \$25

Name: _____

Phone: _____

Address: _____

Email: _____

Do you wish to receive Spiritual Life Center mailings? *(please circle one)*

Yes, by Mail. Yes, by Email. No, Thank You.

Please return this registration form to the:

Spiritual Life Center,
120 Mountain Avenue
Bloomfield, CT 06002

or call the office at (860) 243-2374, or email the office at programs@spiritlifectr.org to hold your place in the program. \$10 of your program donation is non-refundable. Thank you.