

This workshop is one step in beginning the healing journey

Monday Night: The first step

The workshop begins with a welcome dinner at 6 p.m. The opening session introduces the workshop concepts and provides an opportunity for participants to meet with each other.

Tuesday: Storytelling & Discussions Continue

Individuals have time to share their personal experiences in small, facilitated groups with an emphasis on safety, respect, and confidently. There is also time for quiet personal reflection and integration. Tuesday night is a time to relax together!

Wednesday: The Journey Continues

Storytelling and group discussion continue and the group now shares experiences, common themes and lessons learned. The first step has been taken on the rest of the journey and it is now time to look to the future! Workshop ends at 2 p.m.

“We are all in need of healing, because of what we have done, what has been done to us, and what we failed to do. This is true of individuals, communities and nations.”

Institute for the Healing of Memories

“On a recent visit to Minneapolis, Michael Lapsley was able to speak for an hour to some of the homeless veterans in our program. In one hour, lives were changed. I can’t imagine the impact a weekend will have.”

*Kathleen Vitalis, Executive Director
Minnesota Assistance, Council for Veterans*

Collaborating Organizations: The Episcopal Church of St. James on the Parkway, The Coming Home Collaborative affiliated with the Minneapolis Area Synod of the Evangelical Lutheran Church, the Warrior to Citizen Campaign of the Center for Democracy and Citizenship, Minnesota Assistance Council for Veterans, Welcome Home program at Loyola, University of Minnesota Student Veterans Association.

Loyola is a 501(c)(3) organization serving as fiscal agent for Healing of Memories. Their tax identification number is 41-1435085.

“Journeys of forgiveness are costly, painful and difficult. At the same time they often involve God’s grace. Journeys of forgiveness require generosity of spirit and this, to me, is what is often meant by grace.”

Fr. Lapsley

For Veterans, Their Families and Those Who Care For Them

Healing of Memories Workshop

with

Fr. Michael Lapsley

“Every story needs a listener.”

Oct 25 to Oct 27

**Christ the King
Retreat Center,
Buffalo, MN**

Coming Home

Returning veterans often find life at home has changed while they were away, and they've changed, too. Part of the transition from warrior to citizen is integrating the experiences of military and civilian life, and sometimes reconciling them with their values and beliefs. Many find roadblocks to talking about their experiences with those who haven't shared them.

A Community Response

The Warrior to Citizen Campaign, a grassroots effort to support Minnesota's returning veterans, is coordinating a Fall workshop for veterans and those who care for them that provides safe space and confidentiality where stories can be told and acknowledged. Through community donations full scholarships are available to participating veterans.



The Concept

The workshop developed by the Institute for the Healing of Memories (IHOM) is a response to the emotional, psychological and spiritual wounds inflicted by war, human rights abuses and other traumatic circumstances. It provides a safe place for participants to explore personal histories and gain insight and empathy for themselves and others.

Workshop Goals

Participation provides a safe experiential and interactive way to overcome feelings of anger, loss, grief and guilt and can be one step on the journey to psychological, emotional and spiritual healing and wholeness. It contributes not only to personal healing, but also to the healing of interpersonal relationships.



Father Lapsley, Church of the Advent, Rosemount, MN, March 2009

Facilitator

Father Michael Lapsley

In 1990, Father Lapsley, an Anglican Priest, lost both hands and an eye as a result of a letter bomb sent to his home during his involvement in the anti-apartheid struggle in South Africa. Accompanied by prayers, love and support from around the world, he then began a journey from victim to survivor to victor. He worked with South Africa's Truth and Reconciliation Commission and later founded the Institute for the Healing of Memories. He works internationally in many areas of conflict and with others who have experienced violence of many kinds. Father Lapsley will be joined by the U.S. based facilitators trained by the Institute for the Healing of Memories, Cape Town, South Africa.



www.healingofmemories.co.za

For more information about this workshop contact:

Margaret Fell at 612.518.6808 or
Sheila Laughton at 651.641.0008

or visit the Loyola website: www.loyolaspiritualitycenter.org

(you will find important links and registration materials)