

Forgiveness:



Personal Power & Sacred Process

Real forgiveness is deeply countercultural and some of the hardest work human beings do. It is easier said than done. In this day long retreat, Karen Munson will lead our exploration of experiences and practices with creative exercises, individual and group reflection, and a deep dive into the primary theme of forgiveness in the Gospel according to Matthew.

Topics include

- ~ Forgiveness as power of personal autonomy
- ~ The impact of forgiving (or not) on a relationship
 - ~ Forgiveness and physical health;
 - ~ Forgiveness as fasting
 - ~ Forgiveness and God
- ~ Obstacles to forgiveness
 - ~ The art of lament

Saturday, March 24

9 am - 3:30 pm

\$50 includes lunch, snacks, coffee & tea

Sunday, March 25 (free and open to the public)

8 am & 10:30 am

Rev. Karen Munson: "You've Heard It Said" ~ Matthew 5:43-48



Rev. Dr. Karen L. Munson serves as Superintendent of the 66 United Methodist churches in Mid-Maine and a New England Faith leader. A background in visual arts, writing, preaching, and pastoral care forms her retreat leader practice. She is engaged in a long-term project on the theme of forgiveness in Matthew's gospel.

To register, contact: Green Street Spiritual Life Center, 207-622-0843 or greenst@myfairpoint.net. Checks payable to: Green Street UMC.