



## Moving On through Forgiveness

An 8- week online Pre-Lent and Lenten  
study  
from The Wisdom Years

Feb 4 to March 25, 2021  
Thursdays, 4 to 5:15 p.m.

Forgive and forget. We've been told that all our lives. And really, most of us would if we could. Yes, we know that resentment hurts us more than our enemies. But if forgetting must be part of our forgiveness, the task may be impossible, no matter how much we pray over it.

Perhaps, remember and move on is better advice. Sometimes, we really were wronged; the offense was committed. Reconciliation may not be possible or even advisable. And sometimes we are the one who has committed the offense; how do we then move toward reconciliation?

Often, "forgive and forget" is just an alliterative illusion, says Barbara Crafton in her essay *Forgiveness: What it is and What It Isn't*. "Forgiveness does not erase history or exonerate," says Crafton. Even so, forgiveness is essential for our soul's health.

In this 8-week study we will consider forgiveness from the perspective of several writers who are known for their wisdom. Each week we will read a different author, then practice little steps toward forgiveness throughout the week.

### Each week will include

- a reading on an aspect of forgiveness by a well-known spiritual writer
- questions for reflection and discussion
- a calendar of daily activities
- small-group discussion by Zoom

You will not need to buy a book for this study.

### Facilitators will be

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**To reserve your spot in the study or for questions,  
send an email to one of the facilitators.**

*The study is produced by The Wisdom Years, a ministry dedicated to spiritual growth in the last third of our lives. Learn more at [wisdomyears.org](http://wisdomyears.org).*