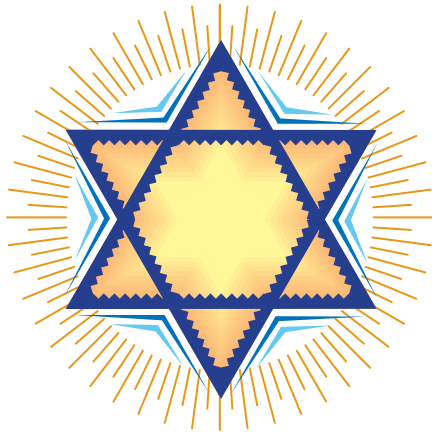


Wrestling With Angels, Struggling With Forgiveness

Co-Sponsored by the Adult Education and Ritual & Spirituality Committees



Shabbat Shuvah

Saturday, September 11, 10:00 am

RSVP by Wednesday, September 8

“Without forgiveness, there is no future.”

– Desmond Tutu

Please join us for this spiritually empowering workshop as we **explore the process of forgiveness** from a multi-faceted perspective. From the Bible to the Bhagavad Gita, we will share teachings and exercises to help you on your own personal path to forgiveness, whether it entails **forgiving yourself, forgiving others or asking for forgiveness** from another. We will explore personal mythmaking and how to change the story we tell ourselves in order to rid ourselves of anger, hurt, and resentments.

Led by **Hope Honeyman**, a clinical social worker, this workshop will help deepen your preparation for Yom Kippur, as well as your relationships in the year to come.

There is no cost to attend.

For more information, please contact Hope Honeyman at 424-6887 or honeymom506@comcast.net.

To RSVP, sign up online, return the form below, or call the synagogue office at 424-4220.

Shabbat Shuvah – Saturday, September 11 at 10:00 am

RSVP by Wednesday, September 8

Congregation M’kor Shalom, 850 Evesham Road, Cherry Hill, NJ 08003 – 856-424-4220



Name _____

Phone _____

E-mail _____

No. of Attendees _____