



Fall
Issue
2010

InterACT

The Newsletter of the Association of Christian Therapists: A fellowship of Health Care Professionals and Associates

DATEBOOK... Save the Date!

ACT International Conference

Oct 6-9, 2011
"Mental Health, Spiritual
Growth & Bodily Well-
Being: An Evolving Christian
Approach to Wholeness"
Renaissance Philadelphia
nicole@degnon.org

Regional Meetings Healing the Broken Hearted

February 19, 2011
Hamilton, Ontario, Canada
Dr. C.Miura, Dr.S.Tang,
Dr. B.Wolosewicz
Jennie 905 335 6902

Southern California

March 10-13, 2011
Bahia Resort Hotel
San Diego, CA 92109
800-576-4229
Francis and Judith MacNutt
Dr. Dale Matthews
Susan Stanford Rue

Region 17 Retreat

April 1-3, 2011
Marywood Catholic Retreat
St. John's, Florida
The Promise in Pain
Rev. Bob Sears, S.J., PhD.
Ann M. Porta 352-750-9009

Holy Land Trip

Jan. 17-26-11
Rev. Gail Paul, Tour Host
870 463 2298

InterACT deadline

12/1/11
storysunday@optonline.net
Subject line: InterACT



WHY I BELONG TO ACT

Francis Hymel D. Min., LPC, LMFT

In short, I belong to ACT because of healing and relationships.

Every ACT conference I've come to, I have received some kind of emotional and/or spiritual healing. With other professional organizations and conferences, I get more "head knowledge," CEUs, etc. In ACT, I move from information to transformation. In other words, through healing, I am more transformed into the image and likeness of Christ. "Healing with the heart of Jesus" can now more clearly resonate. I'm able to reconnect with God in a more whole and holy way. I bring my pain and brokenness, and leave with the fruits of the

Spirit, more peace, love, joy, etc. I am so grateful and blessed.

In addition, I remain because of the life-giving relationships that sustain me. I look forward to seeing familiar faces and renewing friendships. I greatly respect and highly value the people in ACT. They care for my physical, emotional, and spiritual well-being. They bring joy and laughter, life and love. They bring prayer and spiritual gifts to build up the Body of Christ. They are very intelligent and mature in the Spirit. In the presence of the ACT community, I feel my faith, hope, and love, are all renewed and grow more fully. Again, I am so grateful and blessed.

inside

President's Letter Cheryl Marsh, APRN, BC 2	Prophetic Word Word Ministry 3	Messianic Service Box F.Hymel, D.Min,LPC,LMFT 4
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Dear ACT Community



I prayed for guidance after my election and before my first Board Meeting. I received a dream. In the dream I saw my face buried in the robes of Jesus. I could not see where I was going. The message I gleaned was to stay very, very close to Jesus. The future was not mine to see. My role, as president of ACT, was to be a trust walk. I am called to service in the tension of what ACT has been and what ACT will become. That tension is ACT today at this moment in time.

Where is ACT today? ACT is in a time of change. Our demographics reflect that many of our members are in the generative stage of life. A time to pass on to the younger generation the knowledge and wisdom acquired in our joint fields of experience. This work of *passing on* is being done individually, through various committees, by projects and via the inter-net. But this is just one aspect. The heart of ACT, and to me its greatest treasure, is the **experience of ACT**. It is our very being. When we gather in community we become a holy place where the wounded can seek refuge and sustenance. It is this *experience* of ACT that I desire to pass on to all healthcare professionals, clergy and associates.

As new members join, we are called to let go of our attachments to what we love and cherish in ACT, in order to open up space for the Holy Spirit to work in and through them. This year's International Conference: *Healing the, Roots of Addiction: Inviting Jesus into the Pain*, gave us the model and tools to both let go and to stand in the tension. The teachings gave us ways to understand and intervene with our own addictive attachments and learn how to help those we love and serve with their addictive attachments. The healing services, liturgy, Eucharistic adoration, meditation, and workshops provided opportunities for healing and spiritual growth. Was not the founding prophetic call to ACT, a call to surrender? To this day the prophetic words are consistent in calling us to surrender. Once we surrender our attachments it can feel a bit vulnerable and naked. One way to stand in the vulnerability is to embrace a contemplative stance.

It is a movement from judging to holding. "And Mary kept all these things, reflecting on them in her heart." (Lk 2:19) This is an invitation to embrace both what ACT is and what it will become. Can we let go of the impulse to choose between the two, stand in the tension of today and give the future of ACT to God who called us into being?

My door is open. Please call or email.

Cheryl

Cheryl Marsh, APRN, BC
President, ACT



EDITOR'S NOTE

Gloria Doino, MA

Welcome to Francis Hymel as he joins InterACT. His article: "Why Am I an ACT member?" says it best. **ACT offers transformation for its members.** The ACT International Conference 2010 was a vivid example. From the speakers to the workshops it deserves rave reviews. This issue is filled with samplers. But the true measure of success seems to be the carryover when one returns home. Preaching isn't necessary; people will sense the difference in you. They will say to themselves:

"Something good happened here. I want what that person has." So take the time to share what you gleaned with others. And don't forget to 'close' the conversation by inviting others to join ACT. If you could not attend, this issue is a good place to start. Then order the sights and sounds from Robin Caccese and/or Vince Kirton (Page 4). Finally, we are especially proud of our new column, "Gifts and Fruits of the Holy Spirit in a Clinical Setting" (submissions: doug661@verizon.net). Keep the blessings flowing! And how about this new color for InterACT? It's called developing a "brand" color for ACT. I call it beautiful. A blessed Advent/Christmas season to all.

InterACT NEXT DEADLINE: *December 1, 2010.* Submissions subject to editing storysunday@optonline.net

ACT members have been overwhelmingly generous donating \$15,000 to help close the budget gap. A deficit of \$12,000 still exists. Imagine what we could do if we closed the gap, plus some. Please help!

PROPHETIC WORD

ACT INTERNATIONAL CONFERENCE

SEPTEMBER 2010

Blest be the union you are making.
You are called to be here.
Treat one another with love.
Treat one another with respect.
You are called to be here.
Know that I am in your midst.
Know that I speak to you through the prophets.
Know that I speak to you through one another.
Know that I speak to you through the work you do.
Be cautious! Be cautious!
It is a time of great upheaval in the land.
Things will be changing. Thus sayeth the Lord.



The word union is qualified in a big way. Union between one another here in this place but also when you leave and speak to others and live your lives among them. There is a union of the Lord taking place. A powerful Spirit comes upon you and makes your words and actions sacred.

Given by Amy O'Reilly

Surrender, surrender, surrender.
I am the Lord your God who created you and who loves you with an everlasting love.
surrender yourself and your organization to me.
Bring me your fears, strengths and weaknesses, your thoughts, plans, and agendas lay them down at my feet
and listen, listen, listen and I will reveal my thoughts, my plans, my agenda
remember the Pascal mystery
you must die to me and I will raise you up
surrender and listen
I am the Lord your God who loves you.

Given by Anne Behneman

Why do you question my authority do you not know that I am your Lord and your God?
Come to me wholeheartedly and let me fill the deepest longings of your heart. I love you and call you to listen and obey, to stay close to Me but reach out to those in need.
Reach out with My love and healing power. Transform the world with and through My love.

Given by Antoinette McDermott

Do you want to be healed this night? Do you want to feel my healing embrace of love?
Come before me with open minds, open hands and open hearts. Leave all that is dis-ease at the foot of my holy cross. Let me cleanse you and wash you clean. Let me

restore you as only I can. Let me be your healer, deliverer and best friend. Say yes to me tonight. Say yes to my holy healing love.
Given by Antoinette McDermott

Be on the lookout for the complete listing of the "Word Ministry 2010 International Conference" on the ACT website.

SIN AND UNFORGIVENESS

THE BIGGEST BLOCKS TO HEALING

Although God's heart is for healing (Exodus 15:26) and God's desire to heal is constant (Deuteronomy 7:9), God also requires that we heed God's voice, and keep God's commandments, in order to receive God's promises. The topic of sin is both uncomfortable and unpopular, but the reality is that sin exists, and that "all have sinned and fall short of the glory of God" (Romans 3:23). The reality also is that unconfessed sin is a block to healing. The psalmist tells us "If I regard iniquity in my heart, the Lord will not hear me." (Psalm 66:18). In seeking healing, then, it is important to make sure that our hearts are clean before God. "Search me and know me God. See if there is any wicked way within me." (Psalm 139: 23-24). This is an ongoing process. We can get caught in sins that we recognize, and therefore know immediately to confess, humbling ourselves in doing so if this is a repetitive pattern, but we can also be unaware of our sins, and need God, or others, to point these out to us. And the God who delights in healing us, also delights in forgiving us, if we ask, and removes our sins from us, as far as the east from the west (Psalm 103:10-13), and chooses to remember them no more (Isaiah 43:25; Jeremiah 31:34).

One of the more significant sins that will block our healing is unforgiveness. We often mistakenly believe that forgiveness is about our relationship with the one who has hurt us. In reality, it is about our relationship with God. Refusal to forgive is direct disobedience to God, and Jesus makes it very clear that we will be forgiven as we ourselves forgive (Luke 6:37; Matthew 7: 1-5). We readily acknowledge this in the Lord's Prayer, "forgive us our trespasses, as we forgive those who trespass against us" (Luke 11:4; Matthew 6:12). Therefore, it is finally when we concede that our relationship with God is more important than our relationship with the other that we can make the choice to forgive.

Blocks to Healing, continued on page 8



act international conference 2010 santa fe, new mexico...act international conference

ACT'S FAMILY SHARING OF A VISIT TO LORETTO & ST. JOSEPH'S STAIRS

Ann Marie Porta, RN

Forrest Yankee was in the seat in front of me. When I see another member of ACT and feel the love of God from them, I feel blessed. Next, Cheryl Marsh and Mary Jo Duddie met me at the airport and whisked me off to Santa Fe. One of our destinations was the Chapel of Loretto, built in 1873, and known for "St. Joseph's Stairs." What a dream come true. For 40 years I had wanted to go there. Gloria Doino and Sister Betty Igo were our travel companions. We commenced with prayers for a safe journey and then the humor began. Sister Betty kept us in stitches plus giving us a History lesson. Cheryl added many facts of this beautiful area, the mountains, the natives, etc.

Finally we arrived at the famous "Spiral Stairs." Legend has it that they were built by a man named Joseph who appeared and offered to help after the sisters had prayed to St. Joseph for help. The man was nowhere to be found when it came time to pay him. There are 33 steps, spiral in design, no nails and the wood is not from that area. I was over whelmed by the beauty and workmanship of the stairs. Prayers of gratitude flowed freely. Candles were lit for special intentions and then off to San Miguel Mission, the oldest church in the USA, built in 1610. The church is filled with treasures reflecting the cultural heritage of the area. Mass is celebrated weekly and name-sake, St. Michael, protects the people.

Next, a visit to St. Francis of Assisi Cathedral. Here the desire was to just stay and pray. Our Sister Betty had us all come to the Chapel and pray before the Blessed Sacrament. Our journey of faith was strengthened as we were exposed to the history of the natives and their early Christian journey.

Lunch at a French Café was spent in laughter and sharing our food. On the return trip to the IC we sensed the Holy Spirit had many joys in store for us. And so it was to be. This is how ACT loves & grows each year. Praise God.

SOMETHING'S HAPPENING HERE

Francis Hymel, D. Min., LPC,
LMFT



Things started out so innocently. Benjamin Keyes and Austin Joyce concelebrating the liturgy of our Messianic-Christian service. Ben chanted ancient hymns as we connected with our Jewish roots. The Spirit began a moving. Austin had asked Djohariah and I to hold the canopy together for the blessing and eucharist as people passed through. It felt like the Ark of the Covenant, a sacred space, a holy place. I felt chills and goose bumps, anticipation and energy, as I sensed the power of the Holy Spirit moving. People began weeping and sobbing all through the community. "Something's happening here," kept going through my head and heart, as I remembered the song. What was God doing? I sensed a deep and profound healing taking place. Our ancestral roots were being healed. God was doing a mighty work indeed which we were only beginning to fathom. A communal healing was happening that could not yet be put into words. As I stood there with arms raised up, others came to support my arms. I felt like Moses being supported by Aaron (Exodus 17: 11-13). I looked across at Djohariah, and many came to her aid as well. It was a very touching moment. God's people were being simultaneously healed and anointed. Our God is an awesome God!

thought...

"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking." Fr.R.Rohr

sights and sound...

To order International Conference DVDs contact Robin Caccese at 610- 575-0195 or robin.caccese@yahoo.com. Order CDs from Vince Kirton at 416-492-9593 wordofthespirit@sympatico.ca



Fr.R.Rohr/Dr.A Berger talks cannot be reproduced.



2010 santa fe, new mexico...act international conference 2010 santa fe, new mexico...

LONG TIME ACT MEMBER RECOGNIZED

Long time ACT member, Marilee Walker, was given a standing ovation as she received her Award of Recognition for her tremendous work for ACT. To know Marilee is to experience the gifts of the Holy Spirit working at full speed. Each of us has felt her commanding presence light up a room. When Marilee speaks, ACT listens. What is not as well known is the individual words of exhortation she has passed along to individuals within ACT. She is the ultimate mentor and trained many to mentor within ACT. Our stories will vary, but I know I speak for many in thanking Marilee for her personal words of encouragement. Simply stated, because of her persistence I ultimately said yes to editing InterACT. She graciously shares her "Word From the Lord" and a "Gift From the Heart" below. Thanks, Marilee.



A WORD FROM GOD

Marilee, I'm calling you by name.

By my spirit you and I are one. It is the me within thee that makes for unity – that beauty of integration you so often are searching for in yourself and others. Let your hand be directed by your heart but led by your head. There is a fire aglow within your heart – it only needs the winds of my spirit to kindle it aflame. Empty yourself of pride and vanity, stop pursuing and be pursued. I am here and you are mine and I will never let you go. Trust me with your life – I have made it and fashioned it in my own image. There is a finite part of my infinite being in

you. Be still and know that I am your God – Lord of your life. Be at peace and my blessings will flow over you, like rivers of living water. Out of your mouth will pour my love, from your heart will flow my compassion – my understanding will be your understanding, my wisdom will be your wisdom. Walk with me in the light of my love and forgiveness. You will share my cross as you share the burden of each cross my children bear. We are one in spirit. Their suffering is my suffering and I want of you only to be my channel of love – so that my peace may be their peace, My joy your joy.

Ventura, California, 1977

A GIFT FROM THE HEART OF GOD TO MARILEE TO YOU

In July 1977 in Point Loma, I was baptized in the Spirit and with that came a promise from God that my life would be different.

True to His promise, three days later at a conference on healing arts, I experienced a moment of ecstasy. A Yogi was sharing his source of divine energy and doing a meditation. Because of an allergic reaction to incense, I moved to the balcony. While meditating on a Christian hymn over the chanting, I became overjoyed and filled with gratitude for the path of life I was on. And, then the Lord revealed to me that the path of life was as wide as the world, as long as I was walking in His love and His light. I praised God for that insight.

Then, the Lord gave me the image of a diamond and opened to me that just as a diamond is beautiful by the number of facets that reflect light, so too a person is beautiful by the ways in which they reflect God's love and light. I felt beautiful for the first time in my life. Then the Lord let me know that I could see everyone that way. I could look for the ways in which they reflect God's love and light.

You are my diamonds. I am blessed with God's love and light reflected in each and every one of you.

INSIDE ACT

A warm welcome to **Cheryl Marsh, APRN, BC** as she takes on the leadership of ACT. In the same breath we welcomes **Fr. Robert Sears, PhD, SJ**, presi-

dent-elect; **George Tipton, CPA**, Treasurer; **Nancy Morgan**, Chair of the Council of Regional Coordinators; **George Gushwan, Mdiv.** and **Francis Hymel, D.Min** as At-Large Members and **Benjamin Keyes, PhD, EdD** as he fills the remainder of **Fr. Bob's** term as At-Large member. **Doug Schoeninger, PhD** transitions into the position of Past- President with tremendous thanks from all for his tireless devotion to ACT during his presidency and throughout his many years in ACT. Departing from the Board will be **Forrest Yanke, LCSW, PhD**; **Ann Marie Porta, RN**, and **Angele Desrosiers, MA**. **Cheryl** adds: "Forrest's services and devotion to ACT as President and Past- president will continue to bear fruit through the changes she initiated, her leadership in the partnered prayer process and her work on the nominating committee. Her deep spirituality and her desire to seek the will of God for ACT will continue to be an inspiration." **Cheryl**, also, extends heart-felt thanks to **Ann Marie** and **Angele** for their myriad contributions. Praising the great success of the IC '10 she also thanks **Mike White, Jim De Mar, Djohariah Toor** and **Francis Hymel** for their tireless efforts, **Benjamin Keyes, Austin Joyce** and **Jackie Sitte** for their parts in the moving Messianic service on Sunday morning, one of the most powerful experiences of the conference. Finally, thanks to **Ann Marie**, sacristan, the Liturgists, the Book Sale group, Hospitality, the Word Gift ministry, and the Prayer Ministry leaders. In the **Regions, Renee Lavitt** sent an early report on **Region 10's** last conference, "Integrating the Healing Love of Jesus into our Clinical Practices and Ministries." It was geared to help new members become grounded in the vision of ACT. Those in attendance also experienced the fellowship and healing love of Jesus. Ten new members were inducted! **Region 22, Rev. Gail Paul** (870-463-2298) will host a Holy Land Tour in conjunction with



the Arkansas United Methodist Conference. ACT members are invited to join them January 17, 2011 for a 10 day journey of a lifetime. Looking ahead **Ann Marie Porta**, portarj@juno.com **Region 17**, gives a Save the Date for their regional Retreat, April 1-3, 2011 in St John's, Florida. **Rev. Bob Sears, SJ** will speak, on: "The Promise in the Pain: Reflections on the Triumph of the Cross." The retreat will look closely at the mystery of the Cross in the light of our personal need for healing as well as that of the church and our ministries. Kudos to **Joe** and **Mary Jo Duddie, Region 5**, on leading the way for the specialty groups with the Nurse's Group brochure. Godspeed to **Katsey Long, Region 41** and **Denise**

Dolff, Region 10, come November, when they once again team up to travel and minister in Rwanda, Africa. The retreat and workshops to be offered are intended, not only to help the participants with wounds related to the genocide, but also to equip them in the healing and recovery of the Catholic population in Cyanguu. Any ACT member wishing to support the trip through prayer or a monetary donation is asked to contact **Katsey** at (307-

734-1980) katsey.long@gmail.com From **Region 43, Hank Kankowski, MD**, suggests we buy the new Mother Theresa stamp as a way of supporting the Christian message behind it and affirming the promoters. **Hamilton Chapter, Region 10** looks ahead to its 23rd annual presentation "Healing the Broken Hearted" scheduled for February 19, 2010 in Ontario, Canada. Speakers include **Dr. Miura, Dr. Tang** and **Dr. Wolosewicz**. In addition there is a White Mass on December 8 during which physicians and health care workers ask for the support of the Holy Spirit. Bishop Emeritus, **Matthew Ustrzycki**, will officiate. Contact **Jennie Dodson** at (905-335-6901) or acthamilton@sympatico.ca. Lastly, we extend deepest condolences to **Ronald Spitznagel** on the loss of his mother; **Richard Alfaro** on the death of his father and to **Fr. MacAlear's** for his mother, **Anne**, who died recently. In addition we pray for **Mary Newman**, wife of **Tom Newman** who passed away last summer. May the Lord comfort all who are mourning as we carry their families in our hearts of prayer.

book review. . . **BOUNCE** by Robert Wicks. "A well organized wealth of wisdom for climbing out of the spiral of stress. Good resource for clinicians, clergy, doctors, and those who deal with stressful people/situations.

THE GIFTS AND FRUITS OF THE HOLY SPIRIT IN CLINICAL PRACTICE

This new column features the unique perspective of different disciplines as they understand the call to cooperate with God's healing. Today's column illustrates the action of the Holy Spirit tending to the needs of a person at "death's door" in a clinical setting. doug661@verizon.net.

"A PRAYING PERSON WHO HAPPENED TO BE A DOCTOR"

Several months ago a beautiful, young, 28 year old woman was accidentally shot in the neck at close range. The bullet severed her carotid artery. Miraculously the heat from the target bullet cauterized the ragged ends of the destroyed carotid and she did not bleed out in three minutes, in 30 minutes, in an hour, not even during a bumpy ambulance ride to a trauma treatment hospital one and a half hours away. Finally, in triage, the doctor on call, after applying all of the medical skill available, took stock of her condition and had to make one of those terrible decisions ER doctors are called on to make so often. The woman's condition was so delicate and she had lost so much blood that the physician knew that his medical expertise and additional medical procedures could do little to keep her from dying. So he took her hand, bowed his head, and prayed. Days later, as the woman fought through the fog of blood loss and morphine, she said to her mother who was at her side, "Mama, when they brought me into the ER I felt myself dying. But this doctor with kind eyes prayed for me and I was blanketed in peace from the top of my head to the souls of my feet. Mama, it wasn't a doctor that prayed for me – it was a praying person who happened to be a doctor."

Days later a physician came to the woman's room for a pre-surgery interview. She didn't recognize him at first – not until he asked, "May I pray for you before I go?" She said, "Yes please do." Among his words were, "Father God use our hands and the abilities you have given us to help bring your complete healing in C's body..." Then C recognized him. He was the kind eyed doctor from triage. (As recounted to Doug Schoeninger, September 2010.)

DADDY, FIX!!

Bob Rohde, PhD

In the entrance to my parents' apartment in Chicago hung a picture of a little boy, sitting in a rocking chair, looking quite happy and content. At

our last leadership conference, while praying with Angele Desrosiers and Cheryl Marsh, Angele suggested I go back to a childhood memory. The one that came to mind was the same little boy, sitting on the dining room floor, with his precious, basketball size, black and white china piggy bank in pieces. I had dropped it. I remember looking up at my dad, and the words were simply "Daddy, fix." I fully expected my dad to fix it. It was the first recognition that poppa could not fix everything for me. But I shared with Angele and Cheryl that for "Big Daddy", i.e. God the Father, it wouldn't have been a problem. So the next morning, my mantra became "Daddy Fix," and as I was sitting in church waiting for mass, the little boy in the picture, in shorts, appeared, running into church, with a shopping bag. I sensed Daddy behind the altar, in white light, but somehow his face was partially visible. And little Robert unceremoniously dumped the contents of the bag, the broken piggy bank, on the floor, giggled, said "Daddy, FIX!!" and ran out the back door to play. Later he came back to pick up his piggy bank, and found it not only repaired, but now no longer porcelain but emerald, with gold and jewels, and glowing with light. The picture ended at that point. I am sure little Robert squealed with delight, said "Thanks, Poppa," and took it out to show his friends. I shared this part of the story during the liturgy that morning.



The next morning before Mass the saga continued. This time I visualized little Robert sitting on the floor with his toys in the back of the chapel. Some were broken, some tarnished, all needing repair. Each of those toys was something in my life that needed fixing. Well, I had a bigger bag, threw them in, and dragged it up to the front once again. Same routine. Dumped them on the floor, waved to Poppa, and once again, "Daddy, Fix!!" and ran out to play. Later, when I came back in, I wanted to play a childhood game with Daddy. It went like this. Daddy asked me if I loved Him. I said yes. He said, "How much?" I said "This much", opening my arms about half way. He asked again, "How much? Then I opened my arms all the way and jumped up and down yelling "This much!!" Then it was my turn. "Daddy, do you love me?" He said, "Yes, I do". And then I said, "How much?" And then He said, "This much." and He showed me a young Jesus, my playmate, smiling with His arms partially opened. And then I asked again, "How much?" and this time He said, "This much!" and He showed me Jesus again, this time with his arms fully stretched out — on the Cross.

keep connected

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Association of Christian Therapists

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REMINDER: Use your member number (**DIRECTLY** next to your last name) to access the members only section of the ACT website at www.actheals.org

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Blocks to Healing, continued from page 3

This identifies a further misunderstanding about forgiveness. Forgiveness is not a feeling; it is an act of the will. It is possible to still feel very hurt, angry or confused, and yet make the decision to forgive. Scripture talks about faith tiny as a mustard seed. But I also believe that if we have forgiveness tiny as a mustard seed, and we take it to God as an act of obedience, a fiat, then God will meet us where we are at, open the floodgates of grace, and begin the process of healing within us.

Forgiveness does not make light of the offence, for in fact, it is only because the offence is significant that there is the need to forgive. Nor does forgiveness suggest that we can immediately resume relationship with the other as if there had been no offence. Reconciliation is separate from forgiveness, although God desires both. Forgiveness does not let the offender "off the hook". The other is still accountable to God. Forgiveness only recognizes that it is God's job, not ours, to deal with the offender. Forgiveness is not saying that what happened was OK. Rather, it is acknowledging that we cannot change what has happened, and that we must learn to leave it in the past, in order to live in the present. Forgiveness ultimately is a choice to turn away from the offence and to turn toward God.

It is a choice to heal. *Give me the grace, Lord, to repent of my sins and to grow in forgiveness more and more completely each day.*

prayer matters...

SERENITY PRAYER

God grant me the serenity to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is not as I would have it;
Trusting that He will make all things right,
if I surrender to His Will; that I may be reasonably
happy in this life
and supremely happy with Him
Forever in the next. Amen