

Edmund Rice Reflection

June 2017

A reflection on healing and forgiveness

Have you ever been in the situation where you struggled or were not able to forgive someone for what they said or did to you? We have been taught that forgiveness and healing are the keys to restoring any relationship – although the process can be very difficult, the result is often worth the effort. We've all experienced times when we've had to accept someone else's forgiveness or we've had to show forgiveness, in order to heal or move on.

Question 1: Think about a time in your life when you've had to show forgiveness or accept someone else's forgiveness. How did you feel during this forgiveness process? And how did you feel after a form of healing had been achieved? What did the whole experience teach you?

Question 2: What is one insight that struck you about yourself, life or other people?

Presence

Compassion

Liberation

Forgiveness and healing are some of the hardest things to show to another person – and often it can be equally hard to forgive ourselves for wrongdoing. Sometimes we have to realise that not forgiving someone for the hurt they've done is doing worse to us than the actual hurt itself. And at other times, with processes such as restorative justice, we have to realise that it's ok if we ultimately can't bring ourselves to forgive someone – the process of trying to forgive or letting go of the situation is the most important step we have to take.

Please finish by saying the Edmund Rice Prayer

Edmund Rice Prayer

O God

We thank you for the life of Edmund Rice

He opened his heart to Christ present in those oppressed by poverty and injustice

May we follow his example of faith and generosity

Grant us the courage and compassion of Edmund as we seek to live lives of
love and service

We ask this through Christ our Lord

Amen.

Live Jesus in our hearts. Forever.

