



## **Forgiveness as a Process (...not an event)**

We are told by many people (including Jesus) about the importance of forgiveness.

And that is absolutely true. But do we forgive prematurely?

Do we forgive so we won't have to feel what we feel (such as anger, hurt or sadness)?

Is "forgive and forget" even possible?

Do we use spiritual bypass and toxic positivity to escape uncomfortable feelings?

"The journey of true forgiveness is a courageous path.

It requires that we compassionately turn towards our discomfort, breathing light into its darkest corners, and trusting the wisdom of our discerning heart."

-- Juna Mustad, from *Elephant Journal*

"Don't arrive 'til you get there."

-- Martha Creek



**Join Rev. Dr. Jerry Troyer for this heart and mind opening workshop**

**Sunday, June 6 after the service**

**Bear Valley Center for Spiritual Enrichment meeting at Bridges Presbyterian Church, 579 Knickerbocker Rd., Big Bear Lake 92315**

**\$20 love offering**

Rev. Dr. Jerry is the President of the Affiliated New Thought Network (ANTN), and the author of the acclaimed book, "Coming Out to Ourselves: Admitting, Accepting and Embracing Who We Truly Are."