



Our Mission Statement: *'Inspired by the Holy Spirit we are a Eucharistic community called by God To share the love of Jesus Christ and create a welcoming parish of renewal and mission.'*

### **Reflection:**

As humans, we tend to weigh God's mercy using our finite capacity for forgiveness as a measure. But as Christians, we know that God's forgiveness is limitless, and if we hope in the eternal forgiveness of God, we must also offer that forgiveness to others. Our readings reinforce the value of forgiveness.



### **Quote:**

"Holding on to anger, resentment, and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life."

- Joan Lunden.



### **The Assignments:**

- Compile a list of people you resent because of some past offences. Go through the list carefully, place the hurts in God's hands and let go. You can destroy the list after the exercise.
- It is important to go for the Sacrament of Reconciliation for any grudges you hold.

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