

Coming Up

Celebrate Love Seminars

A two day seminar for married couples exploring spirituality and sexuality in the Catholic context.

2007

Masaka, Uganda Nov 24 & 25

2008

Sydney, NSW Mar 8 & 9
London, GB Mar 8 & 9
Brisbane, QLD Mar 8 & 9
Christchurch, NZ Mar TBD
Perth, WA Mar TBD
Wodonga, NSW Mar TBD
Warnervale, NSW Apr 5 & 6
Melbourne, VIC Apr/May TBD
Kent, GB Jun 7 & 8
Sydney, NSW Aug TBD
Brisbane, QLD Sep TBD
Birmingham, GB 1 & 2 Nov
Sydney, NSW Nov TBD

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Smart Loving Evening Talks 2007

Dates & Venues to be determined

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Smart Loving

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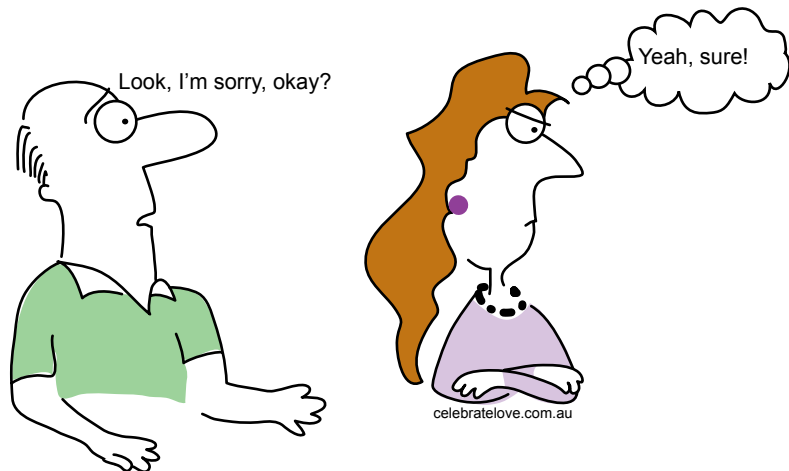
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More than "I'm sorry"

We were in the midst of yet another disagreement. We were both hurt, and we knew it was time to let go of our case and make up. But it's hard to say sorry. It's even harder to ask for forgiveness.

Actually, it's a lot harder.

Saying "sorry" is good, but it's not usually enough to fully restore the relationship. "I'm sorry" is an I-centred statement. It's an expression of my regret, of my sympathy for the person that is hurt. It's a statement of fact but as such, does not require a response. Saying sorry is relatively easy, because we are not asking for anything, and so we stay in control.



Asking for forgiveness is entirely different. When we ask "Would you please forgive me?" we are acknowledging that we are culpable. "Please forgive me" is a profoundly other-centred statement. It puts us in a position of vulnerability – we've made a request of the other, and it is their choice as to whether they grant it or not. It takes humility. And it takes a lot of courage. There are no guarantees. But the risk is worth it.

If they say 'yes', deep healing and bonding takes place. We move forward stronger than we ever were. But even if they are not ready to forgive, there is a freedom for us, even in the ongoing pain of breached relationship. Acknowledging our mistakes and accepting our weaknesses frees us and matures us. The deeper our awareness of our own limitations, the more capable we become of forgiveness and compassion ourselves.

All intimate relationships, marriage especially, will involve misunderstanding and hurt at times. Learn to ask for forgiveness, and you will build your marriage into a stronghold that can weather the storms of life.

