

Fayetteville State University

"Got A Grudge...How to Forgive Workshop"



Description: This workshop will focus on “holding a grudge and how to forgive.” The underlying cause of holding a grudge is the damage it does to the relationship between you and the other person. There is a barrier between both parties and separation is painful. Forgiveness is the process of giving up your attachment to the thought(s) that produced the wall. The facilitator will provide steps in forgiving a friend, co-worker or relative that you hold a grudge against. The pain will go away and “aliveness” will return to the relationship.

Facilitator: Reverend Rosie G. McMillan is a licensed and ordained minister in the Union Baptist Association, Conference Evangelist in the African Methodist Episcopal Zion Church, Master Teaching Certificate for Church Growth and Christian Education.

WHEN: Thursday, May 19, 2011
TIME: 5:45 PM – 9:00 PM
LOCATION: Nursing Building, Room# 101
COST: \$50.00
DEADLINE TO REGISTER: May 12, 2011

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE NUMBER _____ (Home) _____ (Cell)

EMAIL ADDRESS _____

Mail Payments by check or money order to:
Fayetteville State University
Continuing Education Building, Room # 124
1200 Murchison Road
Fayetteville, NC 28301

FOR MORE INFORMATION, CONTACT (910) 672-1932/1227 or
VISIT OUR WEBSITE AT <http://www.unccsu.edu/extendedlearning/>