

## WELCOME TO THE ESPERE EXPERIENCE!



### ESPERE SCHOOLS OF FORGIVENESS AND RECONCILIATION.

**Fostering a process of learning to forgive and to reconcile.**

#### *Schools of Forgiveness and Reconciliation (ESPERE)*

The Schools of Forgiveness and Reconciliation (ESPERE) propose coexistence in peace and reconciliation. ESPERE is an experience that promotes the healing of wounds which express themselves through anger, resentment, pain, etc. wounds which are caused daily by all kinds of conflicts. The ESPERE programme offers those who wish to live more happily, an opportunity to open themselves to forgiveness and reconciliation in order to achieve the construction of better family and social relationships, promoting a culture of peace.

#### *What is worked at in the ESPERE experience ...*

Through experiential workshops, people are helped to recover their personal security and the significance of their lives by exploring issues such as: decision making, tolerance, humanization of the other, understanding of difference, review of our behaviour, freedom, care, truth, justice (punitive or restorative), accord, remembering, celebration and reconciliation. There are 10 weekly meetings of 2 and a half hours in groups ranging between 12 and 24 participants

#### *Transforming resentment ...*

We believe that it is possible to heal the wounds caused by resentment or distrust, and so develop new forms of non-violent relationships which foster self-care and care of the other.

#### *With practical tools ...*

Those who participate in ESPERE learn how to use some very simple tools to heal their wounds, get to understand others better and achieve more harmonious relationships.

#### *It is not about forgetting, but about seeing with new eyes ...*

“Forgive and forget” is impossible and not a desirable option. Rather, recovering the ability to forgive and be open to the possibility of reconciliation is a call to change one’s way of seeing things and remembering differently.

#### *ESPERE Australia ...*

In September 2018 will be available in Western Australia for the first time.

## WHERE and WHEN:

Mary MacKillop Centre  
16 York Street,  
**South Perth**

**Wednesdays:**  
*Information and  
Enrolment,*

**12<sup>th</sup> Sept. 6.30-8.00**

Course dates: Sept. 19<sup>th</sup>,  
26<sup>th</sup>, Oct 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>,  
24<sup>th</sup>, 31<sup>st</sup>, Nov 7<sup>th</sup>, 14<sup>th</sup>,  
21<sup>st</sup>. **6.30 pm - 9.00 pm**

OR

CWA House  
54 Wellington St  
**Bunbury**

**Thursdays:**  
*Information and  
Enrolment: 13<sup>th</sup> Sept.*  
**1.30-3.00 pm**

Course dates: Sept 20<sup>th</sup>,  
7<sup>th</sup>, Oct 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>,  
25<sup>th</sup>, Nov 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>,  
22<sup>nd</sup>. **1.00 pm – 3.30 pm**

OR

Kilmolee  
182 Arcadia Drive,  
**Safety Bay**

**Fridays:**  
*Information and  
Enrolment: 14<sup>th</sup> Sept.*  
**10.00-11.30 am**

Course dates: Sept 21<sup>st</sup>,  
28<sup>th</sup>, Oct 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>,  
26<sup>th</sup>, Nov 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>,  
23<sup>rd</sup>. **10.00am - 12.30pm**

**COST: \$75.00**

### *Facilitator:*

Frances Maguire rsj, BA, MPS

Frances was trained in ESPERE in Peru and has been involved in organizing and conducting ESPERE in Lima for the past six years in a variety of settings, including, schools (staff and parents), women's groups, Parishes and a prison (staff and inmates). She is authorized by The Institute of Faith and Culture in The University of Antonio Ruiz Montoya, Lima, to conduct ESPERE in Australia.

### *Testimonies of Participants ...*

"I realized that when I shout at my children, that is a form of violence. Towards the end of ESPERE one of my children said, 'Mum, you are so much nicer now that you are doing ESPERE.' I felt so supported by the ESPERE group in my efforts to change." *A young mother.*

"Now, after all these years, I've forgiven my father for how he mistreated me and can put flowers on his grave. Thank you." *A 55-year-old woman.*

"My sister has been using up my mother's money for years. I feel so good having been able to forgive her. I hope to be reconciled to her and my mother." *A 30-year-old woman.*

"I didn't know about forgiveness the way ESPERE taught me. I feel much freer now and able to love. When I get out of jail I'm going to help my family to do ESPERE too." *22-year-old man in prison.*

"Thank you so much for doing ESPERE with the young men in jail. My son told me he is learning so much to help him live a better life now and not go to jail again." *Young man's mother encountered outside the prison.*

### *Further information:*

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