



# Getting the past out of the present

## Bringing healing to our lives through the practice of forgiveness



**Fr Jim Cogley PP**  
OUR LADY'S ISLAND PARISH

Many of us can struggle with forgiveness, letting go of the past so that we can best live out our lives.

Fr Jim Cogley, Parish Priest from the Diocese of Ferns, is a psychotherapist whose special interest is exploring how the past that is unacknowledged can still influence the present both at personal and ancestral level.

Supported by Fr Peter Carlin PP, join us for a day of creative prayer and reflection to explore core human issues and experience the healing power of forgiveness in a prayerful environment.



Saturday 29th April , 2023



10 AM - 4 PM, light lunch & refreshments provided  
Donation on the day



120 Cliftonville Road  
BELFAST BT14 6LA

**Register now: (only 30 spaces )**

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