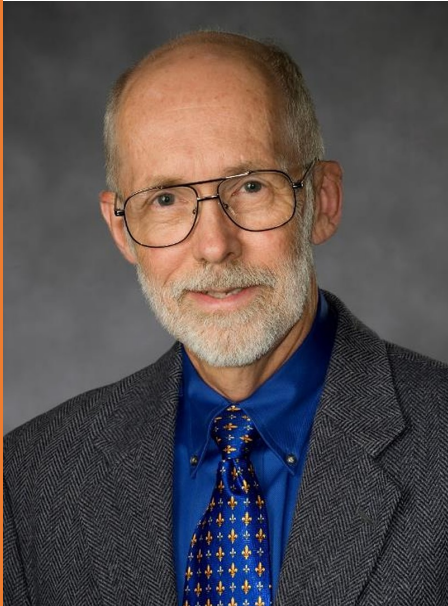




# The Monsignor Charles Kelly Faith Formation Forum

A Ministry of St. Mary Catholic Church

## The Power of Forgiveness: Good for you. Good for others. Saturday, January 20, 10 a.m.



**Everett Worthington, Ph.D.** has just retired as Commonwealth Professor of Psychology at Virginia Commonwealth University. He has published over 37 books and over 400 articles, mostly on forgiveness, marriage, and family topics.

He became interested in forgiveness through his practice in couple counseling, and began conducting research on forgiveness in 1990. In the last 15 years, he has studied forgiveness, humility, justice, faith, and a variety of virtues as they relate to positive psychology. He became interested in their relationship after his mother's murder, and the subsequent emotional fallout of dealing with the devastation of a violent murder on his family.

Join us for this presentation on the effects of forgiveness on our physical and mental health, our relationships, and our spirituality, and how we can move forward to forgiving ourselves and others.

**Visit his website for more information and resources:**

[www.EvWorthington-forgiveness.com](http://www.EvWorthington-forgiveness.com)

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Saint Mary Catholic Church 9505 Gayton Road, Richmond VA 23229

**Tickets \$10 per person**

For info and tickets call 804-740-4044, or go online to [www.stmarysrichmond.org](http://www.stmarysrichmond.org)