



The Quest for Self-Forgiveness

ARMS WINTER LUNCHEON

Sat. Jan 18, 2020 at 12 pm

*How can I forgive myself for past mistakes and move on?
How can I free myself of guilt for hurting someone?*

Years ago, Lynn Hare was in a car accident with her son, Ben, who suffered a severe head injury. For more than two decades, she wrestled with guilt and condemnation.

With personal stories, humorous illustrations, and practical tips, Lynn shares stories from her book *The Quest for Self-Forgiveness* as she shows how to move from discouragement to inner joy and peace.

**Gateway Church
13300 NE San Rafael St
Portland, OR 97230**

Lunch is complimentary.
Donations are accepted.



Abuserecovery.org

RSVP (503) 846-9284 or
armsadmin@abuserecovery.org
by 1/8/20



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