

# ST. AGNES EDUCATION CAFÉ

*Small Talks on Big Topics*

## Freedom Through Forgiveness: The Road to Peace

Overcoming anger, bitterness, & hardness of heart through  
the gifts of mercy & compassion

Presented by Fr. Luke Kopaniak, S.A.C.

*Blessed Sacrament Parish, Kitchener*

### About the Event

*"Peter asked Jesus, how often should we forgive our neighbour? Seven times? Jesus answered, "Not seven times, but I tell you, seventy-seven times." In other words, endlessly, constantly, without calculation" – Bishop Robert Barron*

So often, our hearts are troubled as we stubbornly carry a sack of offences done to us, clinging to a list of resentments & past hurts. Relationships can erode, & precious life moments are lost when grudges take deep root. Yet, we have a choice: we can choose to forgive, as we are forgiven! Jesus mercifully offers us His peace, healing & freedom from this suffering when we seek forgiveness & forgive one another. We pray: *"...forgive us our trespasses as we forgive those who trespass against us"*. When we struggle, we can turn to our Blessed Mother whose example of total surrender to God's will & unwavering trust is there to help us open hardened hearts & welcome the peace that only a life centred in Christ can give.

*"Christians must let go of resentments and forgive those who have wronged them so that they may experience God's forgiveness" – Pope Francis*

**Sunday June 4<sup>th</sup>**

**St. Agnes Parish • 2:00 – 3:30 pm**

75 Bluevale St N, Waterloo • 45 minute talk + Q&A and Refreshments • Complimentary

**Full 2023 event line up at [saintagnescatholicchurch.org/events](http://saintagnescatholicchurch.org/events)**