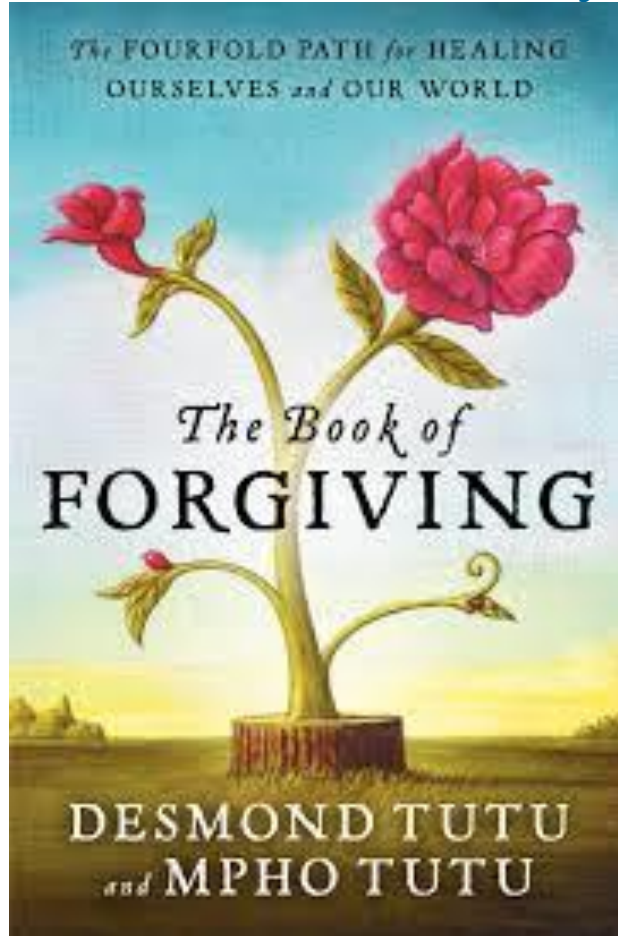


*Gunn Readers Presents*

# FEED YOUR SPIRIT

**Book Discussion with Reverend Cheryl P. Anderson**



***Monday, October 20, 2014 ~ 10:30am (NEW TIME)***

**Reverend Cheryl P. Anderson is leading an uplifting and in-depth book discussion, entitled *Feed Your Spirit*, focusing on personal and spiritual growth & development.**

In *The Book of Forgiving* Archbishop Desmond Tutu, Nobel Peace Prize winner, Chair of The Elders, and Chair of South Africa's Truth and Reconciliation Commission, along with his daughter, the Reverend Mpho Tutu, offer a manual on the art of forgiveness—helping us to realize that we are all capable of healing and transformation.

They lay out the simple but profound truths about the significance of forgiveness, how it works, why everyone needs to know how to grant it and receive it, and why granting forgiveness is the greatest gift we can give to ourselves when we have been wronged.

They explain the four-step process of forgiveness—Telling the Story, Naming the Hurt, Granting Forgiveness, and Renewing or Releasing the Relationship—as well as offer meditations, exercises, and prayers to guide the reader along the way.

***Copies of the book are available at the circulation desk.***

***GUNN MEMORIAL LIBRARY***

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***Free and open to the public. Registration is requested.***