


BE A HERO FOR A BETTER WORLD



LET IT GO - FORGIVE

"The greatest strength of the spirit, and the most powerful of attitudes toward it, is toward guilt and past forgiveness. Treat not someone and yourself harshly. Challenge better behavior. Help others to do better. Help yourself to do better. Help others to do better. Help yourself to do better. Help others to do better. Help yourself to do better." — Maya Angelou

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"People can be nice to forgiving, but you can't imagine. But you have to forgive yourself. Let go of what's better and move on." — Bill Cosby

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"Life is an adventure in forgiveness." — Norman Cousins

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"The great secret that will bring all results in our lives, so best to remove the weeds of anger, sorrow, envy and doubt, that peace and abundance may flourish for all." — Dorothy Day

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"When you are happy you can forgive a great deal." — Princess Diana

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# What's Your BetterWorld Issue:

## FORGIVENESS

...make a difference...

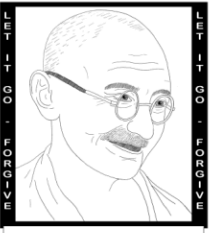
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Together We Make a World of Difference!

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"An eye for an eye leaves the whole world blind." — Mahatma Gandhi

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"Forgiveness does not overlook the deed. It rises above it." — Pema Chödrön-Mehinda

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"You're only human. Let's break free of this gravity of judgment. And by high grace, let us enjoy all forgiveness." — Julia Ave

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"To forgive oneself? No, that doesn't work. We have to forgive. But we can only believe this is possible if we ourselves can forgive." — Dag Hammarskjöld

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"I refuse to let what happened to me make me bitter." — Nicole Kidman

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"The habit of the best that the best of things which is unchangeable, then continue to follow the abundant reality. History is not a list of the misdeeds of nations and nations, but a list of self-fulfilling things." — Winston Churchill

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"I need to rid my heart of anger, and cleanse my soul of rage before I'm through." — Paul Simon

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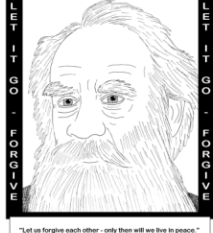


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"If we really want to love, we must learn how to forgive." — Mother Teresa

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"Let us forgive each other - only then will we live in peace." — Leo Tolstoy

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"...in a very real sense, without forgiveness, there is no future." — Desmond Tutu

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"Love is an act of endless forgiveness." — Peter Ustinov

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"The practice of forgiveness is our most important contribution to the healing of the world." — Marianne Williamson

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# WHAT'S YOUR BETTERWORLD ISSUE?

## Forgiveness



"Forgiveness does not overlook the deed.  
It rises above it."  
-- Pumla Gobodo-Madikizela

Forgiveness is one of the most important first steps to ending conflicts in our families, our communities and between nations. Most conflicts begin because one person or group feels they have been wronged by another person or group.

Forgiveness is not glossing over a problem or excusing it without consequences, or letting someone continue to treat you badly. It's always important to first get out of a dangerous situation, such as a violent or abusive relationship. Forgiveness does not have to include reconciliation, where both sides work to create a healthy and peaceful ongoing relationship. Forgiveness is a personal decision to not allow anger, hurt and resentment to control your life, and to forgive someone who has wronged you, even if they don't deserve it.

Learning to let go and forgive isn't always easy, but when we truly forgive, it helps foster better health, better relationships, a deeper sense of purpose and self worth and a feeling of connection to others. The healing power of forgiveness reached international attention after the end of apartheid in South Africa when the Truth and Reconciliation Commission helped to bring the bitterly divided nation together after decades of segregation and violence.

Because of its importance, there several days devoted to forgiveness and reconciliation. Advice columnist Ann Landers is responsible for popularizing the April 2 celebration of Reconciliation Day, as a day to try to patch up a broken or strained relationship. In South Africa, Reconciliation Day is celebrated on December 16. The Worldwide Forgiveness Alliance promotes the first Sunday in August as International Forgiveness Day, hoping to spread awareness about the healing power of forgiveness to create "a safer, more joyful and peaceful world."

### Do One Thing for a Better World

1. Find out more about the power of forgiveness and reconciliation
2. Think about someone who has wronged you and work towards forgiving them
3. Seek forgiveness from someone you have wronged

### Forgiveness Links

- Campaign for Forgiveness Research ([forgiving.org](http://forgiving.org))
- Campaign for Love & Forgiveness ([fetzer.org/LoveAndForgive](http://fetzer.org/LoveAndForgive))
- The Forgiveness Project ([theforgivenessproject.com](http://theforgivenessproject.com))
- Forgiveness Web ([forgivenessweb.com](http://forgivenessweb.com))
- Worldwide Forgiveness Alliance ([forgivenessday.org](http://forgivenessday.org))

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"We cannot change the past, but we can change our attitude toward it. Uproot guilt and plant forgiveness. Tear out arrogance and seed humility.

Exchange love for hate ---

thereby, making the present comfortable and the future promising."

-- Maya Angelou

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**"Forgiveness is the key to action and freedom."  
-- Hannah Arendt**

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“I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Forgiveness ought to be like a cancelled note - torn in two, and burned up, so that it never can be shown against one.”  
-- Henry Ward Beecher

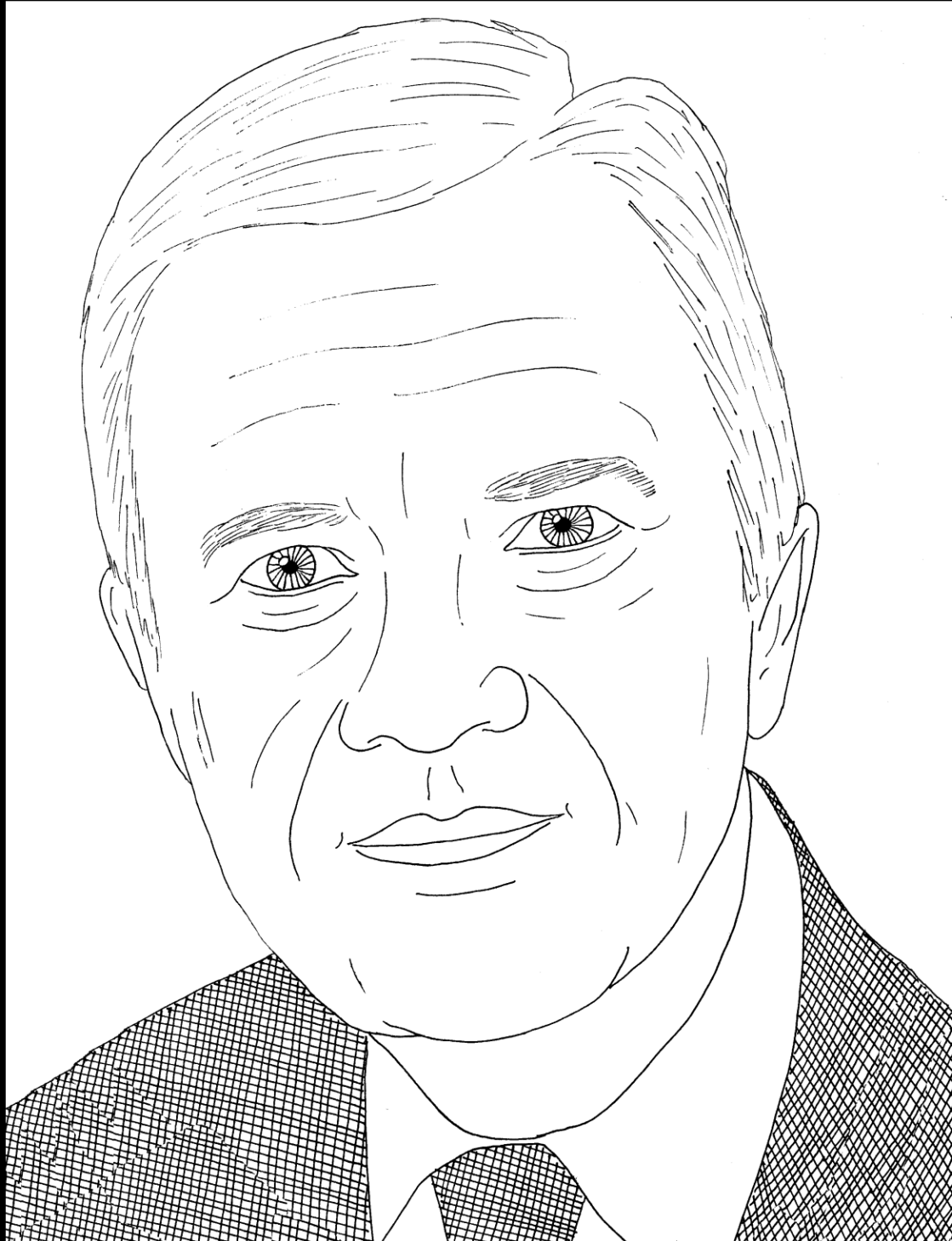
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"Forgiving is one of the most difficult things for a human being to do, but I think it means looking at some slight you feel, putting yourself in the position of the other person, and wiping away any sort of resentment and antagonism you feel toward them. Then let that other person know that everything is perfectly friendly and normal between you."

-- Jimmy Carter

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**"People can be more forgiving than you can imagine.  
But you have to forgive yourself.  
Let go of what's bitter and move on."  
-- Bill Cosby**

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**"Life is an adventure in forgiveness."  
-- Norman Cousins**

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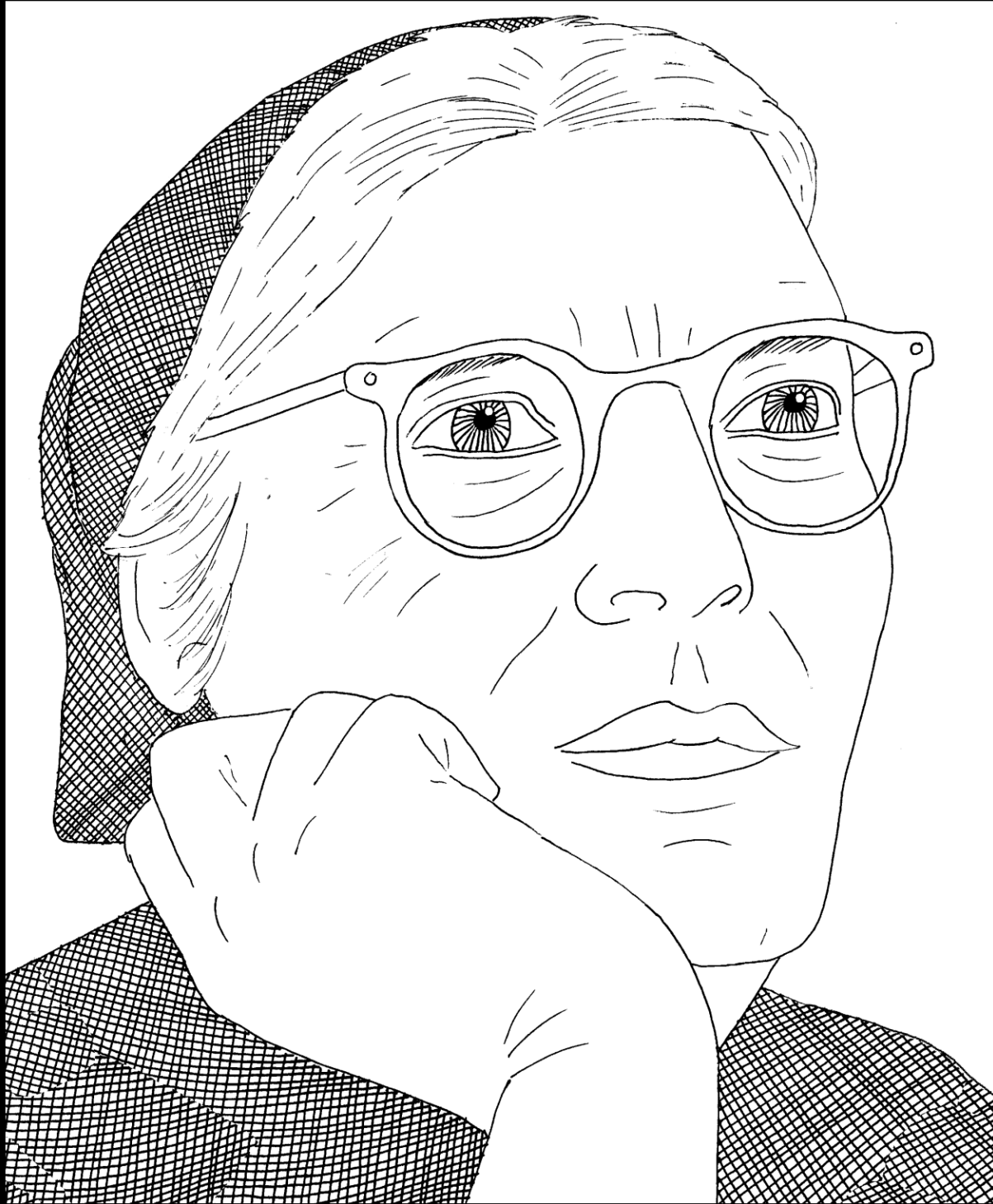
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**"We plant seeds that will flower as results in our lives,  
so best to remove the weeds of anger, avarice, envy and doubt,  
that peace and abundance may manifest for all."**

**-- Dorothy Day**

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**"When you are happy you can forgive a great deal."  
-- Princess Diana**

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“...teach myself to see each of us through the lens of forgiveness...”  
-- Ani DiFranco

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**"The only way children can learn the habit of forgiveness is by seeing us, their parents, forgive others and forgive ourselves."  
-- Naomi Drew**

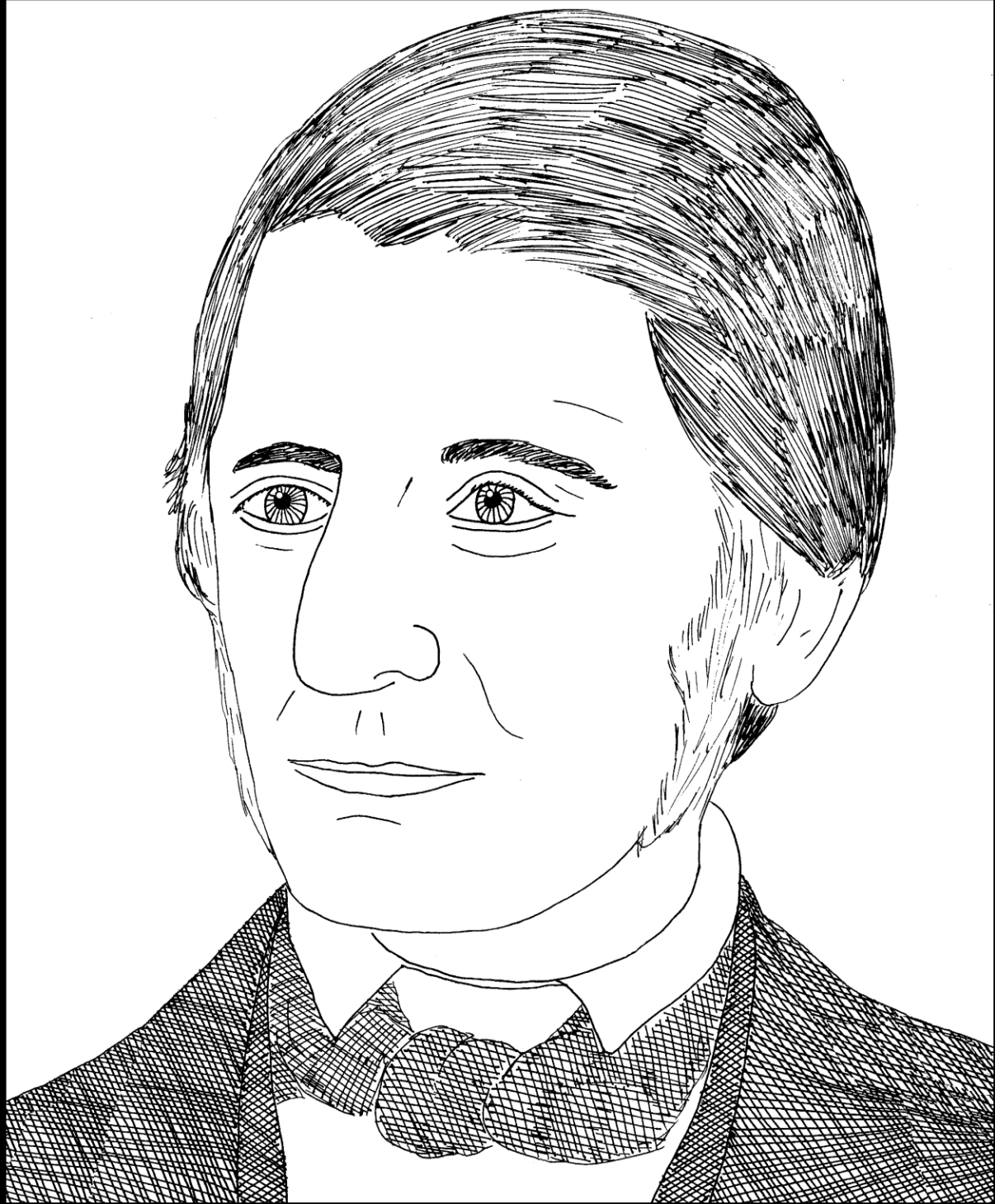
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**"For every minute you remain angry,  
you give up sixty seconds of peace of mind."  
-- Ralph Waldo Emerson**

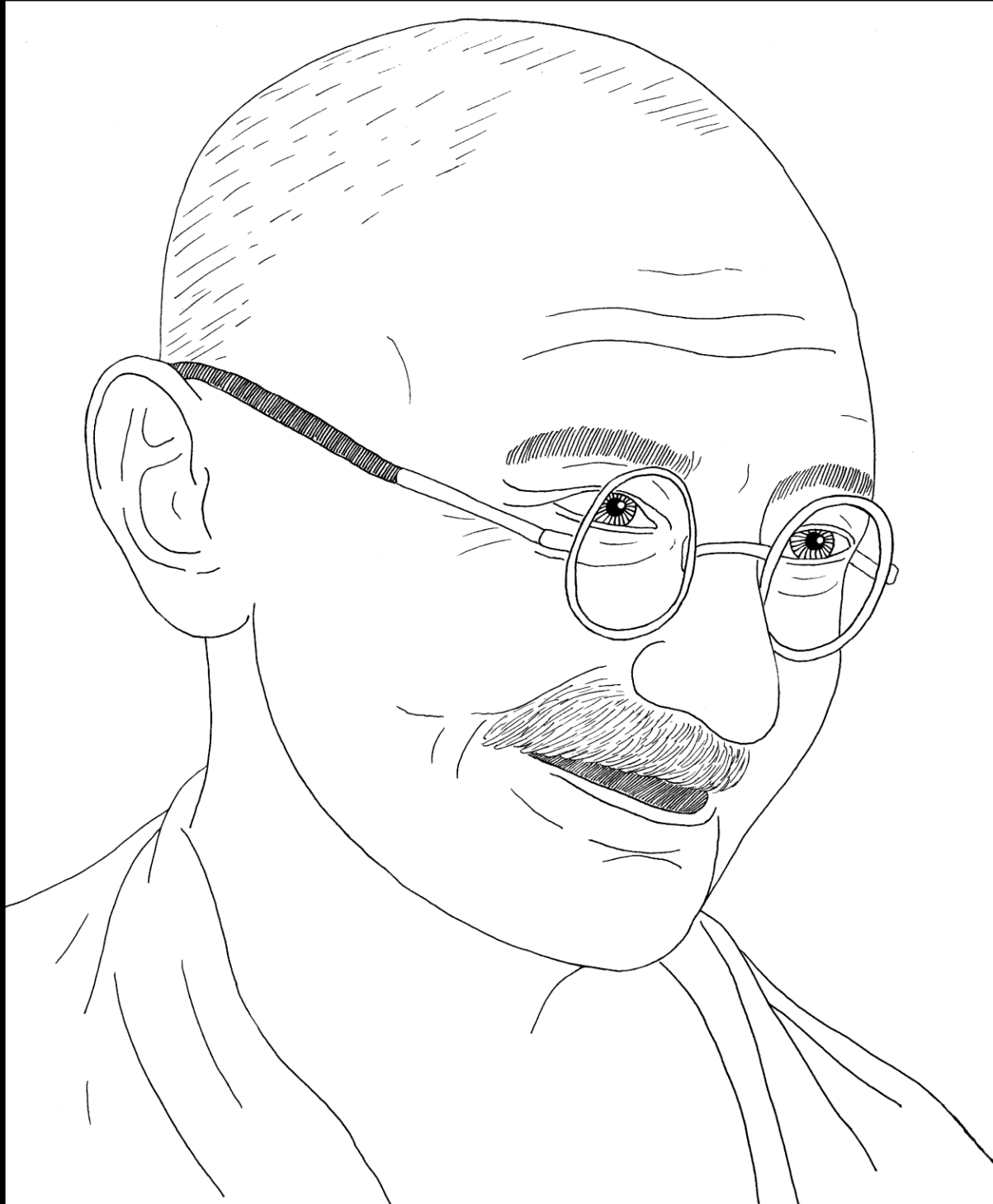
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**"An eye for an eye leaves the whole world blind."  
-- Mohandas Gandhi**

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**"Before we can forgive one another,  
we have to understand one another."  
-- Emma Goldman**

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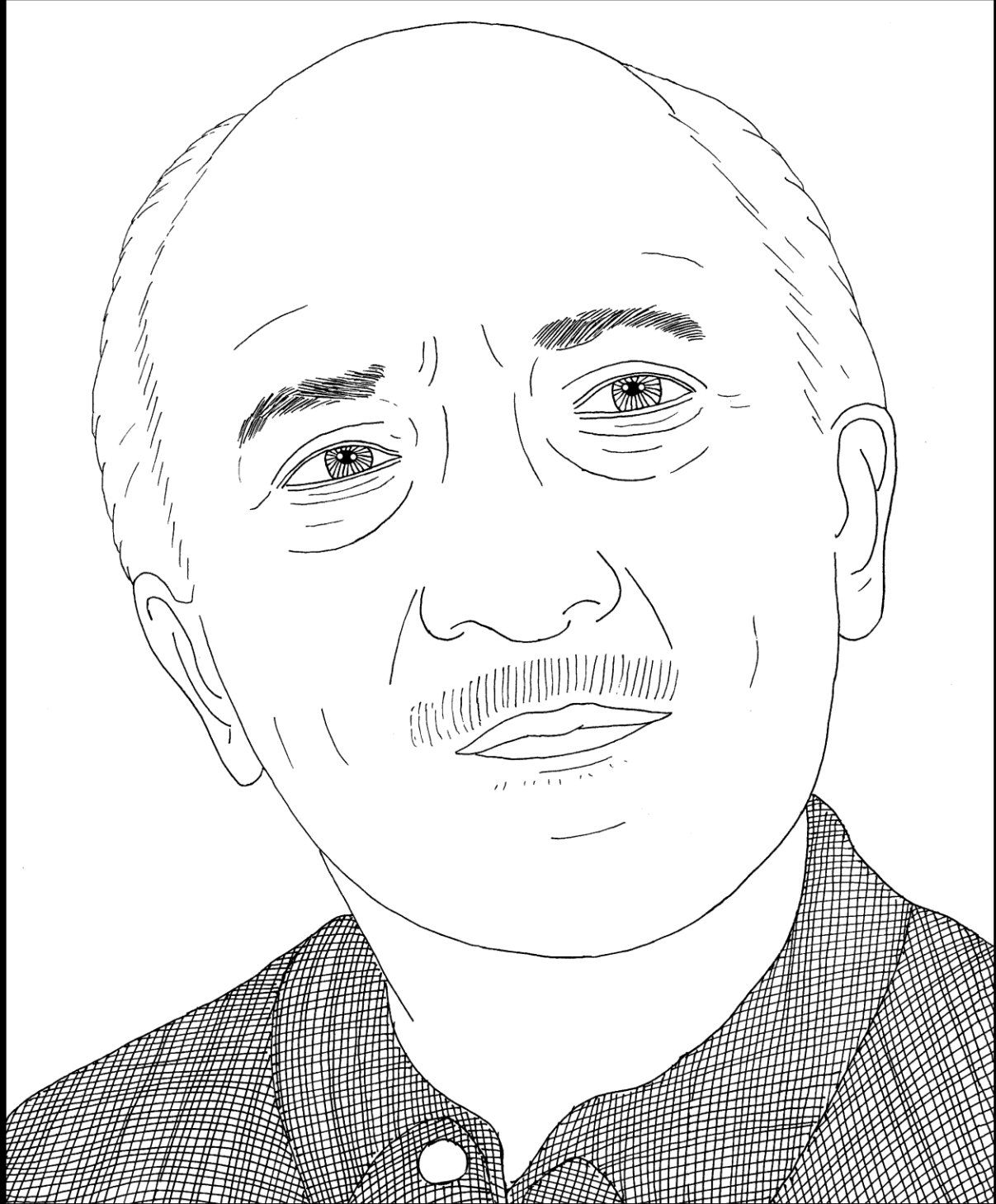
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**"It is impossible for people who have given their heart to seeking forgiveness not to think of forgiving others. Just as they desire to be forgiven, they also desire to forgive."  
-- M. Fethullah Güllen**

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But we can only believe this is possible if we ourselves can forgive."  
-- Dag Hammarskjöld**

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**“As long as you hate, there will be people to hate.”  
-- George Harrison**

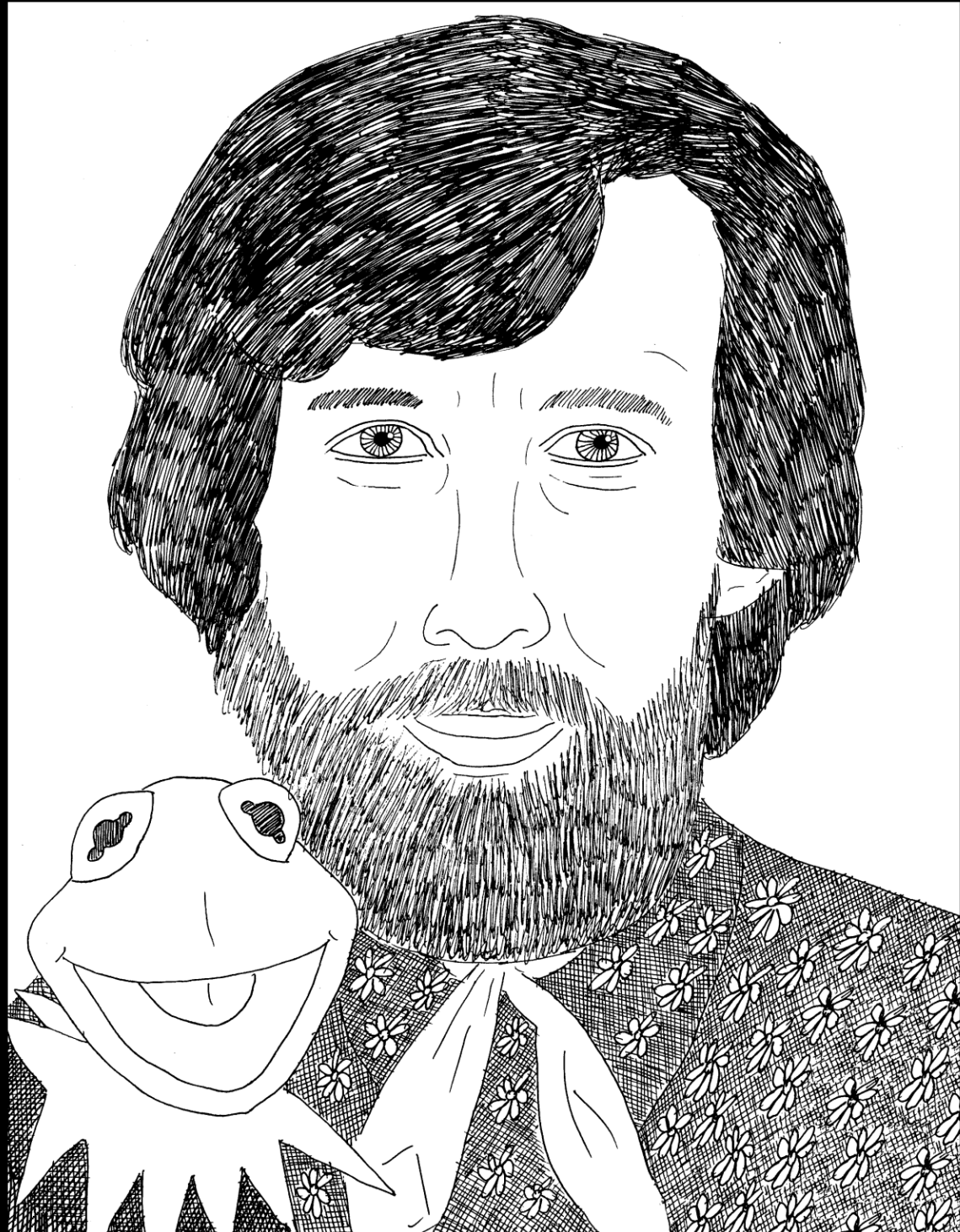
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"Watch out for each other. Love and forgive everybody.  
It's a good life, enjoy it!"  
-- Jim Henson

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**"If you haven't forgiven yourself something,  
how can you forgive others?"  
-- Dolores Huerta**

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**"You're only human.  
Let's break free of this gravity of judgment  
And fly high on the wings of forgiveness."  
-- India.Arie**

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**“You don't have to hold on to the pain,  
to hold on to the memory.”  
-- Janet Jackson**

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**"We all have someone or something to forgive . . .  
and when we learn how, we become free  
to increase success in every area of our life. "**

**-- Azim Khamisa**

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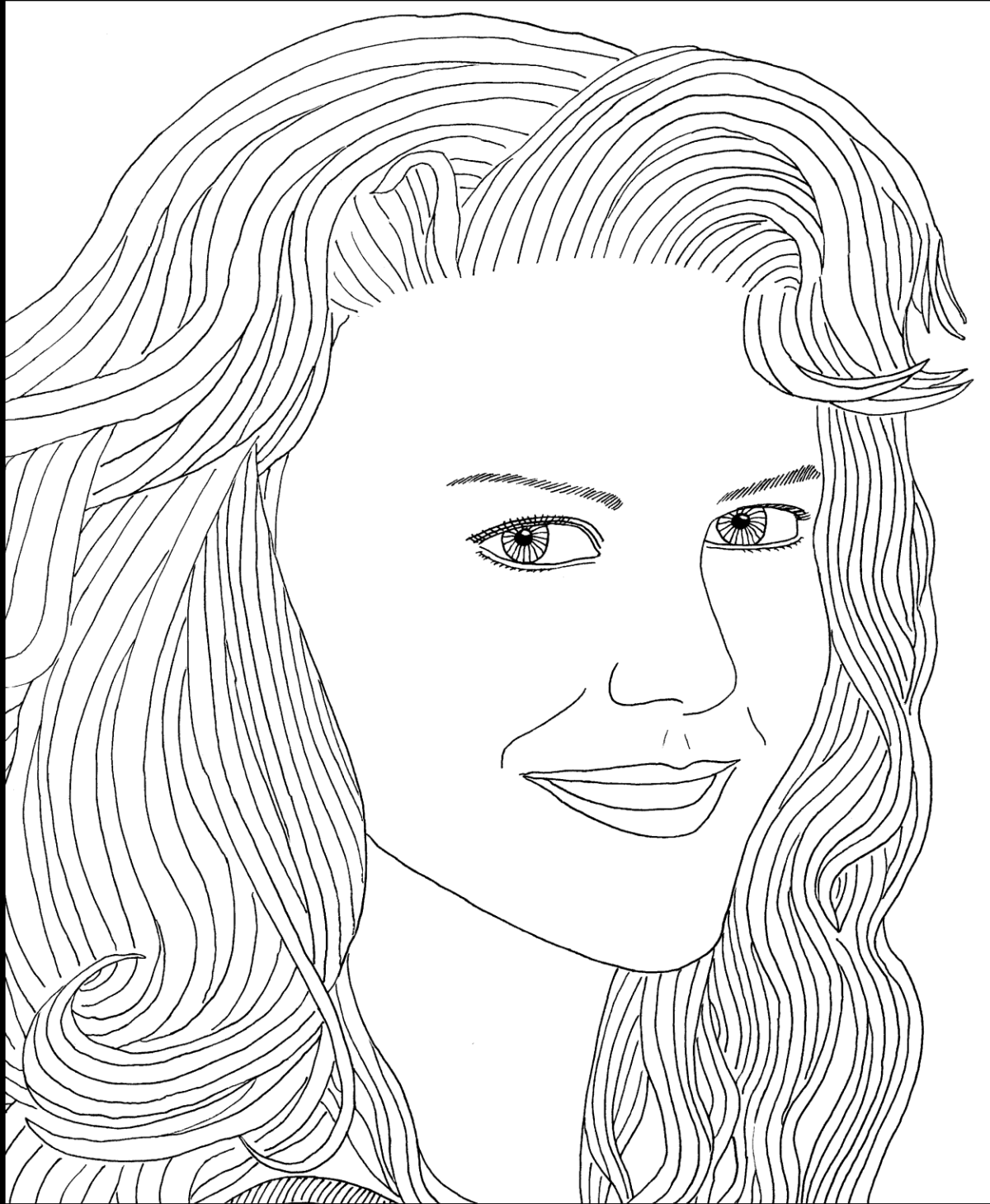
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**"I refuse to let what happened to me make me bitter."  
-- Nicole Kidman**

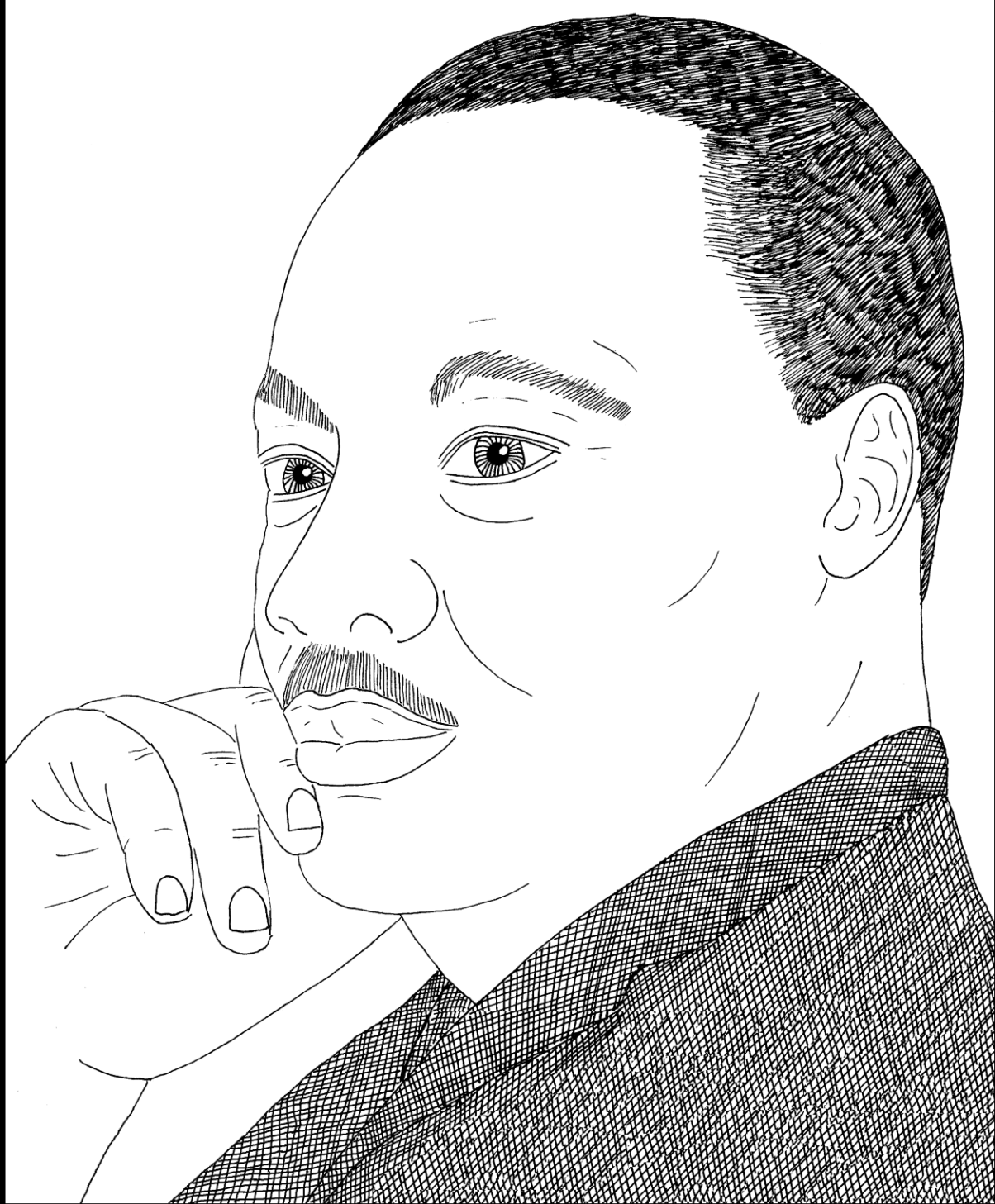
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"In spite of the fact that the law of revenge solves no social problems, men continue to follow its disastrous leading. History is cluttered with the wreckage of nations and individuals that pursued this self-defeating path."

-- Martin Luther King, Jr.

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# BE A HERO FOR A BETTER WORLD

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"Real freedom is creative, proactive, and will take me into new territories.  
I am not free if my freedom is predicated on reacting to my past."  
-- Kenny Loggins

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**"To forgive is the highest, most beautiful form of love.  
In return, you will receive untold peace and happiness."  
-- Robert Muller**

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"Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves."  
-- Thich Nhat Hanh

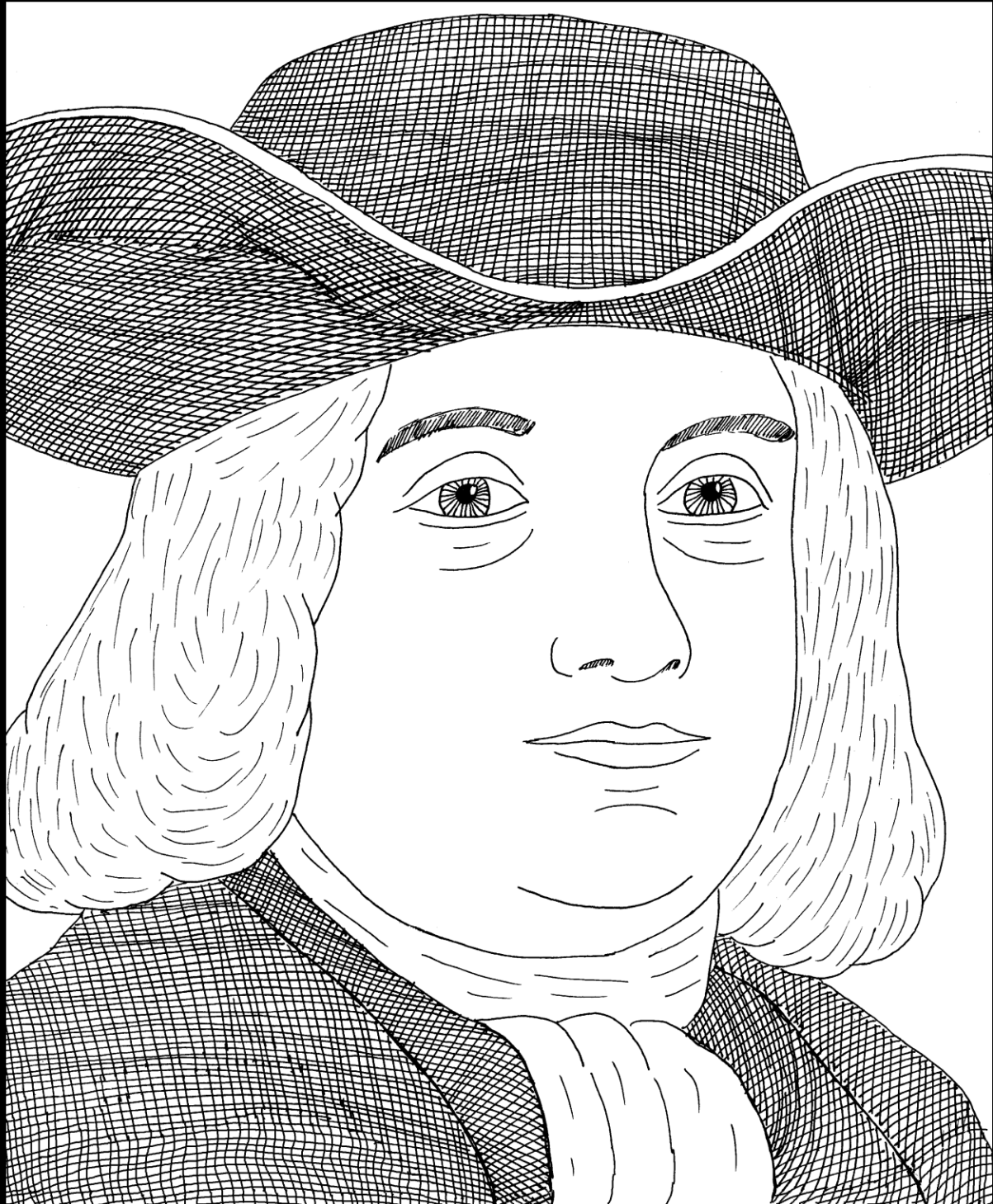
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"Force may subdue, but love gains,  
and he that forgives first wins the laurel."  
-- William Penn

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**"When will our consciences grow so tender that we will  
act to prevent human misery rather than avenge it?"  
-- Eleanor Roosevelt**

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**"I want to rid my heart of envy,  
and cleanse my soul of rage before I'm through."  
-- Paul Simon**

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**"If we really want to love, we must learn how to forgive."  
-- Mother Teresa**

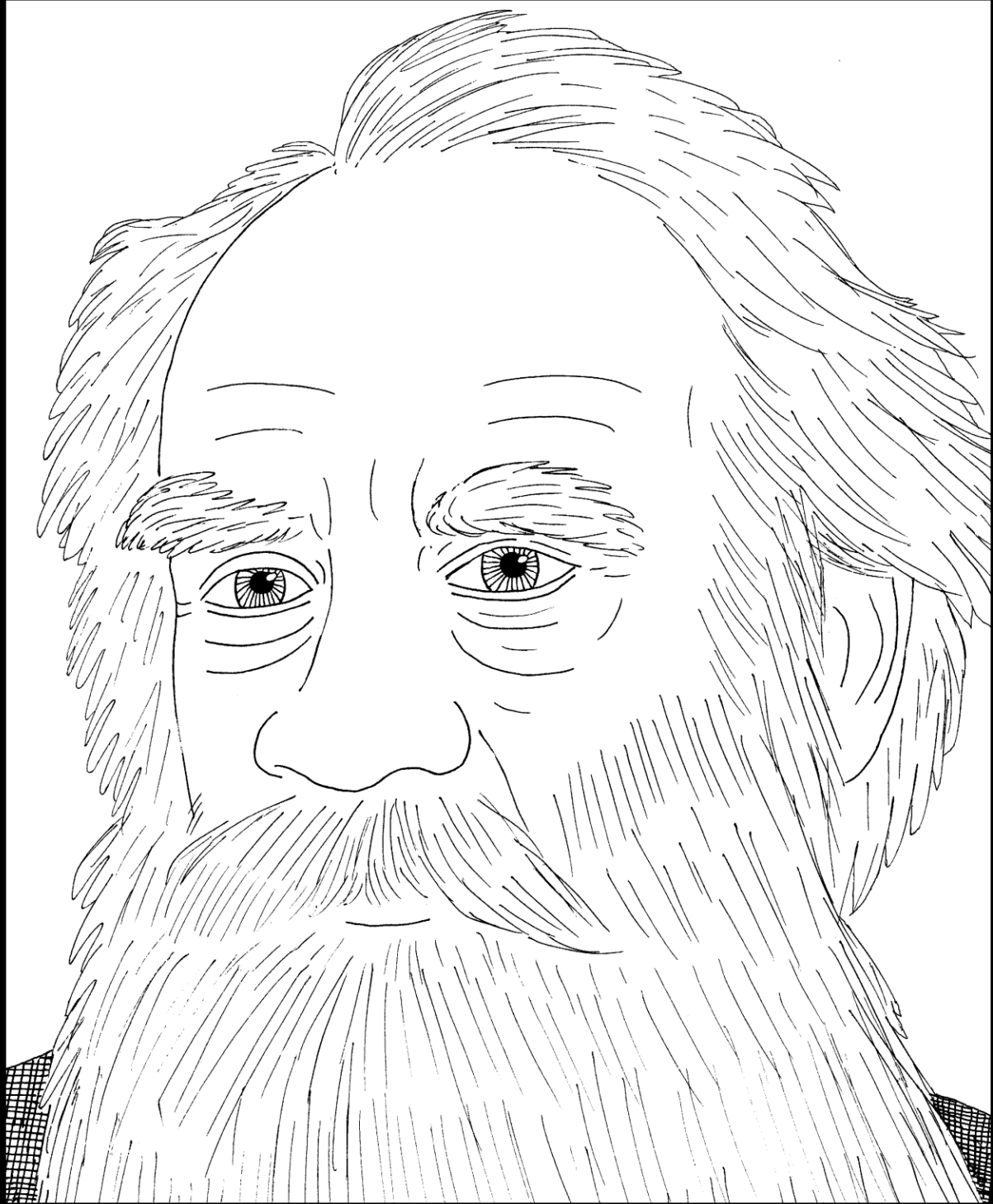
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**"Let us forgive each other - only then will we live in peace."  
-- Leo Tolstoy**

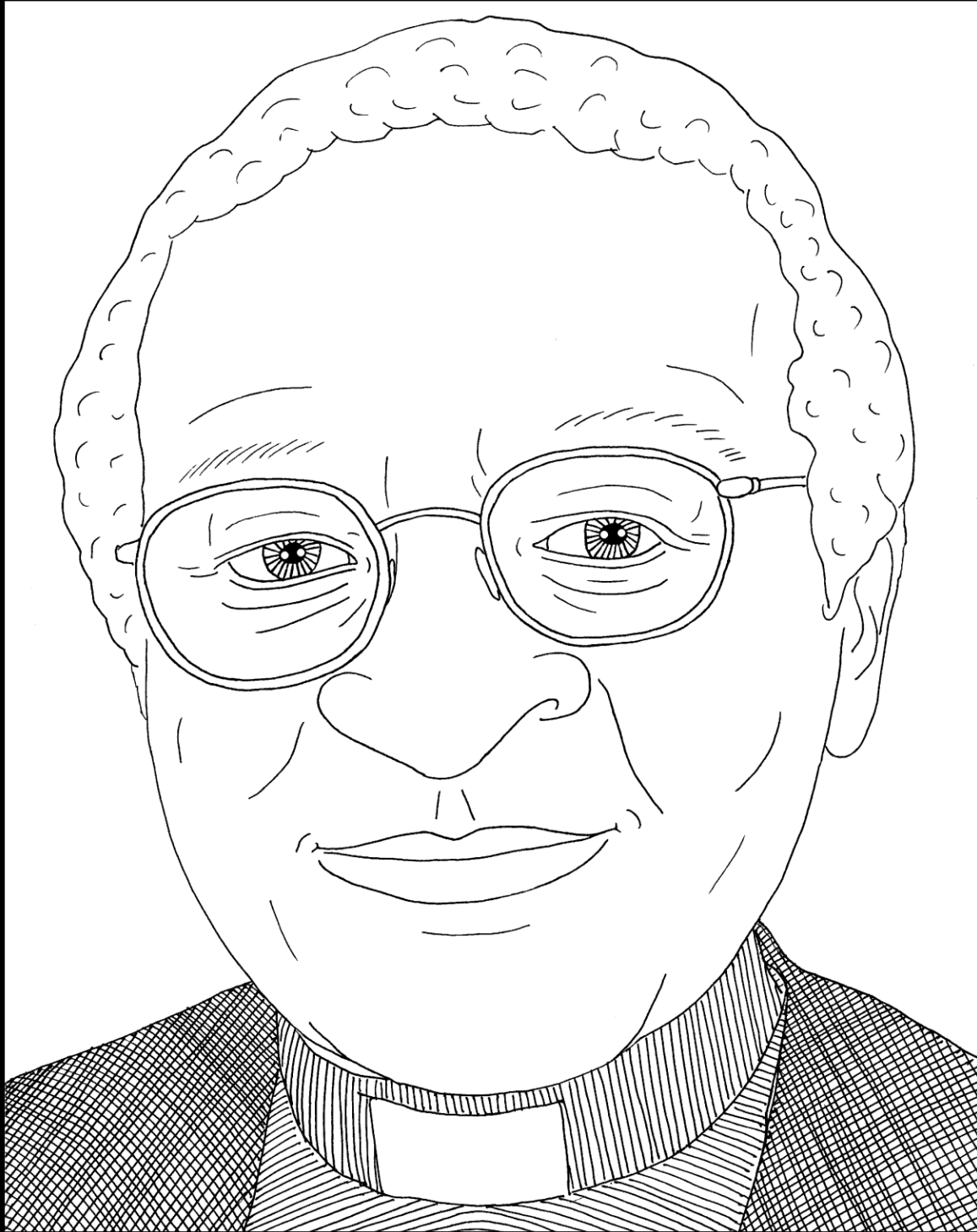
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**"...in a very real sense, without forgiveness, there is no future."  
-- Desmond Tutu**

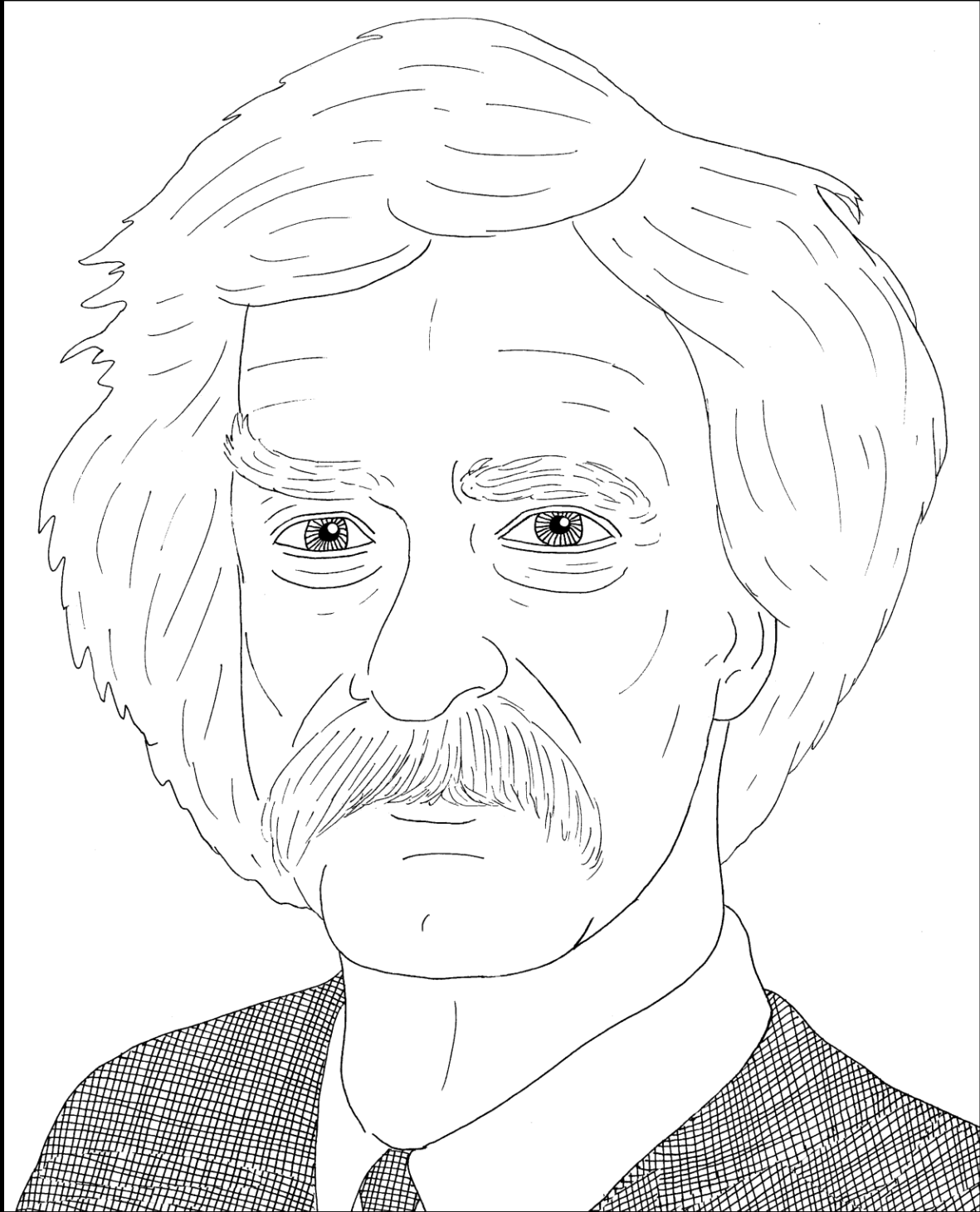
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**"Forgiveness is the fragrance the violet sheds  
on the heel that has crushed it."**

**-- Mark Twain**

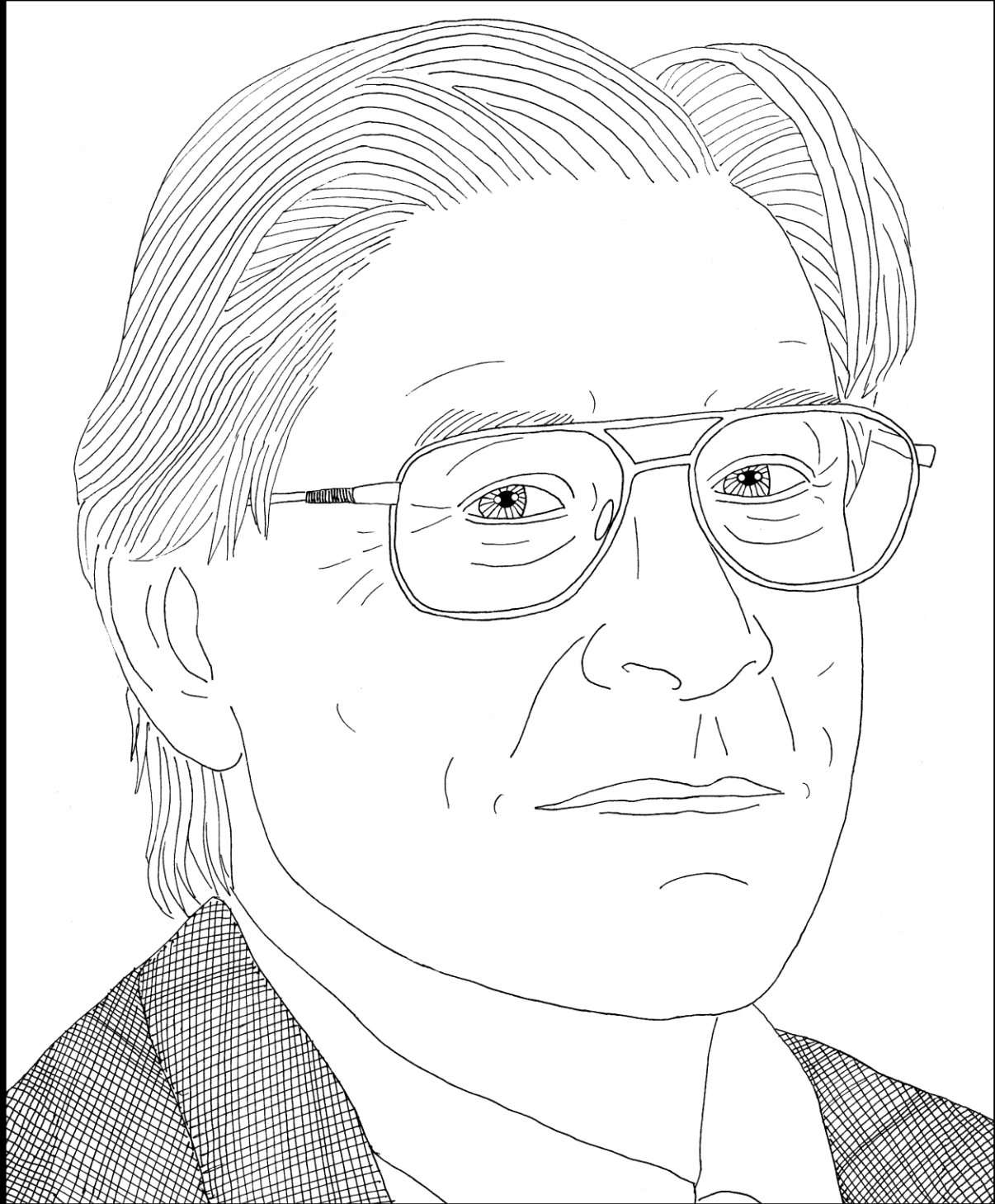
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**'Love is an act of endless forgiveness.'**  
-- Peter Ustinov

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**"The practice of forgiveness is our most important contribution to the healing of the world."  
-- Marianne Williamson**

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<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"The greatest strength of the spirit, and the most changeable attitude toward it, is toward guilt and past forgiveness. Treat not sinners and seek humility. Endless love leads to it. Forgive the sins of others and the future promising." — Maya Angelou</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"The greatest cause of the most serious trouble for a man today is his lack of a strong feeling of some right you have, judging yourself in the position of the other person, and seeing things in a broad, unprejudiced and unprejudiced way that would help. Think of all other you know how their complexities in forgiving, finally and normal because you." — Bill Cosby</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"People can be nice forgiving than you can imagine. But you have to forgive yourself! Let go of what's bitter and move on." — Bill Cosby</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"Life is an adventure in forgiveness." — Norman Cousins</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"The great secret that will bring all things to their end, so best to remove the weeds of anger, sorrow, envy and doubt, that peace and abundance may flourish for all." — Dorothy Day</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"When you are happy you can forgive a great deal." — Princess Diana</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"I search myself to see each of us through the lens of forgiveness." — Jill Dillard</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"The only way children can learn the heart of forgiveness is by seeing us, their parents, give others what forgiveness means." — Heidi Dillard</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"An eye for an eye leaves the whole world blind." — Mahatma Gandhi</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"Forgiveness does not overlook the deed. It rises above it." — Purnell Godwin-Washburne</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"Before we can forgive one another, we have to understand one another." — Emma Caldeira</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"It is impossible for people who have given their heart to working forgiveness into their lives to be angry with others. Just as they desire to be forgiven, they also desire to forgive." — Bill Dillard</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"To forgive oneself? No, that should not be the motto. Forgive, but can only believe this is possible if we ourselves can forgive." — Bill Dillard</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves." — Bill Dillard</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"As long as you hate, there will be people to hate." — George F. Will</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"If you haven't forgiven yourself something, how can you forgive others?" — Dolores Huerta</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"You're only human. Let's break free of this gravity of judgment and fly high on the wings of forgiveness." — Heidi Dillard</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"You don't have to hold on to the pain, to hold on to the memory." — Janet Jackson</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"We all have someone or something to forgive... and when we hear their story, we become free to increase success in every area of our life." — Aida Chaves</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"I refuse to let what happened to me make me bitter." — Nicole Kidman</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"The father of the best that the best of men have known is forgiveness. When we choose to follow the Christian way, history is filled with the knowledge of nations and nations that are not self-sufficient." — Walter Carter Long</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness." — Robert Muller</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"You may not win, but you gain, and the best forgiveness first wins the heart." — William Penn</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"When we let our consciences grow as bitter as we will and to prevent human misery rather than anger it." — Eleanor Roosevelt</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"I want to rid my heart of anger, and cleanse my soul of rage before it's through." — Paul Simon</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"If we really want to love, we must learn how to forgive." — Mother Teresa</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"Let us forgive each other... only then will we live in peace." — Leo Tolstoy</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"...in a very real sense, without forgiveness, there is no future." — Desmond Tutu</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"Love is an act of endless forgiveness." — Peter Ustick</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>LET IT GO · FORGIVE</p> <p>"The practice of forgiveness is our most important contribution to the healing of the world." — Marianne Williamson</p> <p>BetterWorldCalendar.com</p>