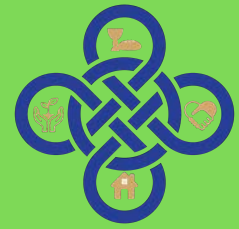


Finding Forgiveness

BODY - MIND - SPIRIT

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" Ephesians 4:32



Westminster
Presbyterian Church

Westminster Wellness

Spring Edition 2026

Sponsored by the Mental Wellness
& Addiction Committee

RESOURCES

Mental Health or Emotional Crisis

Free crisis counseling. All calls are confidential and may be anonymous.

- Phone: 610-918-2100
- Crisis Text Line: 741741

Crisis Intervention Hotline for Teens

- Talk: 855-852-TEEN (8336)
- Text: 484-362-9515

National Suicide Prevention Lifeline

- 1-800-273-TALK

Alcoholics Anonymous

Have a problem with alcohol? There is a solution. | www.aa.org

Al-Anon

Help and hope for families and friends of alcoholics. | www.al-anon.org

Narcotics Anonymous

For those struggling with addiction | www.na.org

Celebrate Recovery

A Christ-Centered ministry where people can find God's healing and strength to face and move beyond their hurts, habits, or hang ups. This ministry is for anyone struggling with past or current dysfunctions or compulsions, whether they are affecting their own life or the lives of those around them.

<https://celebraterecovery.com/>

Stephen Ministry

A Stephen Minister 'walks with' their care receiver in a 1-1 caring confidential relationship, providing emotional support and spiritual encouragement for as long as is necessary. Contact Leah Hrachovec lhrachovec@westminsterpc.org

"Morning Joe"

A parent support group
7:30am Tuesdays at WPC
Contact: deidrefred@gmail.com

Mourning Star Grief Support Group

A Christ-centered, five unit program which aims to help individuals navigate grief with others amidst the holiday season. Questions? Contact Leah Hrachovec lhrachovec@westminsterpc.org

Westminster Presbyterian Church

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Forgiveness benefits the forgiver

Eileen Donnelly

The Lord calls us to forgive one another and at times that can seem unreasonable or too difficult. However, what the Lord calls us to do benefits us. Practicing forgiveness has been linked to positive physical, emotional, and mental health outcomes. Conversely, holding onto resentments and hurt, based on past unhealed wounds, can lead to symptoms that can hurt our bodies. Extensive scientific research has illuminated the fact that holding on to resentment, anger, and sadness can lead to health issues in the cardiovascular and immune systems, as well as other negative effects of stress. Conversely, learning of the benefits of forgiveness and practicing processes that lead to letting go of the grievances can result in healing, increased energy, and a overall sense of well-being.

Grievances can be small and large. The time and process of forgiving may differ based on the extent and longevity of the wound. However, some practices can strengthen our ability to forgive. Just as with anything we want to learn, the more we practice using effective techniques, the more proficient we become.

Come and learn the benefits of forgiving, as well as tools that can be used to facilitate the process.

Upcoming Event with Eileen Donnelly
May 3rd 10:15 - 11:15 am in Spellman Hall

Forgiveness Benefits the Forgiver Workshop

Eileen will share how practicing forgiveness benefits us physically, emotionally and mentally. This interactive session will include stories, an exploration of the research of the positive impact of forgiveness, and a discussion of 12 tools she has developed to practice the process of forgiveness. This concept is of great significance in our homes, our communities, and our world.



Eileen Donnelly has extensive work and senior executive experience in various companies and in higher education with a broad array of business, academic, and administrative leadership roles. She earned her doctorate in Higher Education Leadership in 2014 and has taught undergraduate and graduate courses. In 2021 Eileen became certified as a Forgiveness Coach through the Path of Forgiveness Institute. She developed and facilitated a six session Forgiveness Workshop. She authored an article "How to Strengthen Your Forgiveness Muscle", mentors clients in the forgiveness process, provides presentations on forgiveness, leads retreats, conducts classes at local high schools, and teaches a course Forgiveness Benefits the Forgiver through the University of Delaware Lifelong Learning Institute. Eileen and her husband Jim have six married children and eleven grandchildren. Eileen Donnelly EdD
eileendonn117@gmail.com

The Courage to Forgive

"Then Peter came and said to Him, "Lord, if my brother or sister sins against me, how often should I forgive? As many as seven times?" Jesus said to him, "not seven times, but I tell you, seventy-seven times" Matthew 18:21-22

We can easily imagine Peter turning away with a world-class eye roll and thinking, "Rabbi wants me to forgive others seventy-seven times?" There's no doubt about it, forgiveness is hard. Along with loving those who don't love us, it might be the hardest thing Jesus calls us to do. He knew that in order for us to follow His command, "that you love one another just as I have loved you" (John 15:12) we also needed to courageously practice forgiveness and reconciliation.

Remember, Jesus knew a thing or two about how forgiveness and love go hand in hand; as they cast lots for his clothing He forgave the soldiers who had just tortured and crucified Him: "Forgive them Lord, for they know not what they do" (Luke 23:34).

Like most things that are hard, forgiveness can also be one of the most beneficial things we do for ourselves - and for our mental health. Living with anger and resentment towards our brothers and sisters in Christ not only eats away at our souls, it pushes us farther from the path God has chosen for us.

Practicing forgiveness is made harder living in a world where acts of forgiveness and reconciliation can be seen as weakness. A world where social media, 24-hour news cycles, our elected officials, and those mysterious algorithms are all designed to keep us at odds with everyone who might not see things as we do. Regardless of our point of view it's easy to find spaces filled with people who agree with us, where we feel like we belong - and belonging is a powerful human need. Likewise, it's easy to look out from the safety of the little fortresses we build and see those who don't agree with us as others, those who don't belong.

Rather than surrounding ourselves with like-minded thinkers while sowing discord and lashing out in self-righteous anger, Jesus calls on us to seek reconciliation and understanding with those who disagree with us.

If Westminster is truly a place where ALL are welcome, we must include welcoming those whose opinions and points of view differ - often dramatically - from our own. At a time when the world at large seems intent on dividing us along so many lines - racial, political, financial, etc - as Christians we're called to seek first to understand rather than to be understood, to forgive before we are forgiven, to love others even when they don't love us.

Maybe we can't change the whole world, but by practicing forgiveness and reconciliation we can change our corner of it, and in doing so we open our lives to allow God in. And when we let Him in, He can do anything.

By Dave Carpenter



Latin Quinoa Salad with lime dressing

Ingredients

- 2 cups quinoa, rinsed and drained
- 1/2 cup pumpkin seeds
- 1 tsp coconut oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 bunch chard, cut into bite-sized pieces, dice stems
- 2 red bell pepper, diced
- 1 cup green olives, roughly chopped
- 1 cup cherry tomatoes, cut in half
- 1/2 cup dried currants
- 3 limes, juiced
- 1/3 cup olive oil
- 1 Tbs ground cumin
- 1 Tbs ground coriander
- salt and pepper, to taste
- 1/2 cup cilantro, roughly chopped

Directions:

1. Place the quinoa in a pot with 4 cups of water. Bring to a boil and then turn down to a simmer. Cover and let cook for about 20 minutes, or until water is absorbed and quinoa is tender. Transfer to a large bowl to cool (or line a baking sheet with parchment paper and let cool on that). While the quinoa is cooking, heat the oven to 200 and place pumpkin seeds on a baking sheet lined with parchment paper. Lightly toast in the oven for about 15 minutes. Set aside in a bowl.
2. In the meantime, heat a large pan on medium heat and add the coconut oil. Add the onion and sauté until tender. Add the garlic and chard, including the chard stems, and sauté for another minute, adding a little water if necessary, until the chard is soft. Remove from heat and add to the bowl of quinoa.
3. Add the red bell pepper, green olives, cherry tomatoes, and currants. Lightly toss together.
4. In a separate bowl, whisk together the lime juice, cumin, and coriander. Add the olive oil a little at a time, while whisking, to emulsify. Add to the quinoa and toss gently to coat.
5. Season with salt and pepper to taste. Mix in the cilantro and pumpkin seeds. Serve.

