

# the **f** word: stories of forgiveness

Forgiveness cuts public opinion down the middle like a guillotine. It is a word that inspires and affronts in equal measure. To some, it is weak and offensive, while to others it is a form of self-defiance, the only way to live with the past without being held captive by it. These stories show the highly personal, diverse and complex nature of forgiveness.

**The F Word exhibition** was created by The Forgiveness Project, an organization that uses personal stories to explore how concepts of reconciliation, conflict resolution and dialogue can be used to break cycles of violence and restore hope.

## Guest speakers on April 14 and 21:

Louisa Hext will introduce the exhibit and the Forgiveness Project at the forum on April 14. Then on April 21, the Forgiveness Project cofounder, London-based journalist and author Marina Cantacuzino, will speak at UBC as part of her 10-day US tour around the release of her book, *Forgiveness: An Exploration* (Simon & Schuster, 2022 in the UK). She and Louisa will give a lay sermon during the service and the forum will focus on her book, which will be available for sale. Sunday 10am service, 11:30 forums.



### The Book

Forgiveness: An Exploration  
by Marina Cantacuzino

The  
**FORGIVENESS**  
PROJECT



More Information

[theforgivenessproject.com](http://theforgivenessproject.com)



TUES & THURS  
11 AM - 2 PM

**OPEN  
HOURS**

APRIL 16, 18, 23, 25

ALSO AVAILABLE SATURDAY THE  
20TH EVENING, AFTER CHURCH  
AT 11:30 ON APRIL 14 & 21, AND BY  
APPOINTMENT. LOCATED AT UBC  
- 1219 UNIVERSITY AV. SE,  
MINNEAPOLIS, MN 55414  
(ENTER ON 13TH AV SE)

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**Louisa Hext** is a skilled and experienced life coach, speaker, mediator and storyteller. She has served as the North American curator for the award winning traveling photographic exhibition, *The F Word: Stories of Forgiveness* a program of The Forgiveness Project for over 12 years. Louisa conducted one to one interviews with Jewish women Holocaust survivors for her thesis at The Ohio State University, "Jewish Women's Survival During the Holocaust: Family Kinship and Community Ties." Within her coaching practice, Louisa provides a space for inquiry to explore forgiveness with emotional awareness, empathy, compassion and non-judgment. She partners with her clients to explore a deeper understanding of their unique story and the capacity for self-transformation.

**Marina Cantacuzino** MBE is an author, broadcaster, podcaster and peace activist. In 2004, after working for 15 years as a journalist, and in response to the invasion of Iraq, she founded The Forgiveness Project, a UK-based charity that works with personal narratives in order to help people break cycles of harm and create a more compassionate world. Since then she has co-created The Forgiveness Toolbox, produced and hosted The F Word Podcast and in 2024 her second BBC series Forgiveness: Stories from the Frontline was aired on Radio 4. The latest of Marina's three books on the subject of forgiveness, Forgiveness: An Exploration was published by Simon & Schuster in 2022. She has also worked as a tutor for the Arvon Foundation, a charitable organization that promotes creative writing, and recently devised and delivered a residential life-writing course called 'Turning Pain into Prose'.



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