

Hawaii International Forgiveness Day

August 6, 2006

<http://www.hawaiiforgivenessproject.org>

I. Community Participation Ideas:

- A. Honolulu was declared a City of Forgiveness in 2005, Mayor and City Council
- B. More than 80 cities worldwide hold Forgiveness Day Celebrations
- C. We have held one of the largest celebrations of International Forgiveness Day in the world, here in Honolulu the past three years; 400+ diverse participants from the public
- D. This year, August 6 2006, we will host one of the founders of the forgiveness movement, author and teacher Fred Luskin
- E. Any church, mosque, temple, religious group, philosophical tradition, or social group is encouraged to hold its own forgiveness activities, before Forgiveness Day
- F. After your own custom participation – come together and join in the larger, Hawaii- and international-focussed event in August
- G. The Hawaii Forgiveness Project is publishing a "Forgiveness Cookbook" of activities designed to facilitate this

II. Talks, guidance

- A. Forgiveness quotes, discussion from your tradition.
- B. Forgiveness stories.
 - 1. From your tradition.
 - 2. See Hawaii Forgiveness Project organization for stories.
 - a. Forgiveness in other traditions

b. In the Hawaiian tradition – The broken paddle, King Kamehameha

- C. Sample group exercises: for small or large groups
- D. Forgiveness poetry from Christianity, Judaism Islam, Buddhism Sufi.

What does forgiveness mean? Why is it so important in your tradition, and in every religious and philosophical tradition?

III. Heroes of Forgiveness

- A. Pass out Heroes of Forgiveness nomination ballots in July 2006; see website for criteria, pas winners, ballots
- B. Introduce/announce winners, and all entries, at your meetings in the week preceding on August 6, 2006.
- C. Send entries to Hawaii Forgiveness Project (fax 540-5063 or ahhawaii@gmail.com).
- D. Post stories of forgiveness heroes on your community bulletin board, website, handouts.
- E. Consider expanding Heroes to include competitions:
 - 1. The Art of Forgiveness.
 - 2. Poetry of Forgiveness.
 - 3. Forgiveness essays (youth)

IV. Sample Forgiveness Recipes

- A. Restorative Justice: tough, practical forgiveness in our courts and prisons
- B. Forgiveness Massage: how to bring anyone into an open-hearted, relaxed state of mind and body
- C. Meditations: from Hindu, Sikh, Shinto traditions
- D. Israel Kamakawiwo'ole: his words and music on forgiveness

- E. The Chinese character of forgiveness: how it derives its meaning
- F. Water: how to change the state of water to aid in forgiveness
- G. Films of forgiveness: specific scenes from great movies that evoke forgiveness
- H. Music of forgiveness: how music can evoke emotion, memory, hope; specific artists and tracks
- I. Central to our project in Hawaii: how forgiveness is embedded in the language, art, culture and social tradition of native Hawaiians

Publication: Forgiveness Cookbook

This book of recipes, one page simple descriptions with supplementary materials on the Web and CD-ROM, will be made available free to the entire community, June 30, 2006.

- V. School: Participation Ideas
- VI. Materials on Forgiveness
 - A. “Forgiveness” – Gerry Jampolsky, Diane Circirrone.
 - B. “Forgiveness for Good” – Fred Luskin, PhD.
 - C. New Hawaii Forgiveness Project org. stories.
 - D. Others.
- VII. Heroes of Forgiveness
 - A. Discuss who would be a hero and why.
 - B. Nominate someone and why.
 - C. Is there someone you would like to/should forgive? Distinguish between forgiveness in the context of accepting what happened; learning from the experience and moving on, from exonerating the

other person without some consequence or letting them do the same thing to you.

- D. Forgiveness is for you. So you won't carry the negativity and consequences of what happened any longer than you have to.
- E. How do you forgive yourself.
 - 1. Your mistakes.
 - 2. Letting bad things happen to you.
 - 3. What else?

VIII. Forgiveness Activities - Individual

- A. Forgiveness art.
- B. Forgiveness essay.
- C. Forgiveness poem.

IX. Forgiveness Activity - Group

- A. Forgiveness play.
- B. Forgiveness video.