

HEALING REFLECTIONS

September 2017



INSTITUTE FOR HEALING OF MEMORIES NEWSLETTER



Official handover of new seminar and training room funded by Government of Japan

Office of Consul of Japan in Cape Town

On the 3rd of July 2017, at 15h00, Mr. Yasushi NAITO, Consul of Japan in Cape Town, handed over the expanded workshop and seminar room at a ceremony held at The Institute for Healing of Memories office in Claremont, Cape Town. The expansion is funded by the Government of Japan through its Grant Assistance for Grassroots Human Security Projects (GGP) Programme.

The Embassy of Japan highly regards and respects the work of Institute for Healing of Memories, continuously empowering individuals and communities by applying methods and experience born in South Africa at the TRC and giving healing to victims of violence in current issues including gangsterism, xenophobia and domestic violence.

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Healing of Memories in Tennessee

Rev Cathy Harrington; Regional Coordinator

In the spring of 2015, the Unitarian Universalist Church of Chattanooga's social justice committee and lay pastoral care committee sponsored a fundraising event and raised \$4000 to introduce the transformative power of the Healing of Memories workshops. Father Lapsley offered two introductory workshops that included members of the community, social workers, police officers, and church members. On Sunday morning, Father Lapsley and Clint Bowers offered an inspiring multi-generational worship service followed by a wonderful "comfort food" potluck organized by the children of the church.

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The mayor offered space for workshops at the new Family Justice Center, a perfect place to hold workshops for former gang members and paroled offenders and their families.

Involving communities in the conversation on restitution

Mandla Klanisi

The Institute for Healing of Memories and the Restitution Foundation NGO founded by Deon Snyman are busy rolling out community dialogues on restitution in the context of past injustices in South Africa. One was held in Masiphumelele and recently in Atlantis and Dunoon.

We are now moving to Delft and then to other places. These dialogues on this particular topic aim to give communities at grassroots level a space to reflect deeply on this concept. What is restitution for them? Or how do they see it happening in relation to their socio-economic realities? What role do each of us have to play in making things right?

The idea of these dialogues came after noticing a gap: this conversation seems to be only at the tables of civil society, not so much at community level.

We noticed this after the conference on restitution that was held at the Castle of Good Hope last year.

In essence, these dialogues intend to get these communities into the conversation on restitution in South Africa and to get their voices heard. These community dialogues also serve as part of our contribution as an organisation towards transformation in this country. As the Institute for Healing of Memories, we seek to contribute to the emotional healing of people, to empower and to prevent further human rights violations.

It is critical that we give people a platform to get their views, cries, pain and opinions heard in this regard. What are we seeking to transform in South Africa, if we are not engaging with those most affected by past injustices in South Africa?

The process of these community dialogues also aims to bring healing to people in the context of our history, as it provides a safe space for people to share experiences – testimonies which they probably never had a chance to share. If people are emotionally healed in the context of past traumatic events, chances are their judgments in situations like our history become more positive going forward.

The way they see restitution might be more inclusive rather than dividing people, which may result in racial tension and a more divided nation.

The outcomes of these community dialogues will be compiled and shared to many relevant platforms including those of communities themselves. And it is hoped that those who are in governance and in civil society at large will take them seriously. They can be used as some of the guidelines on the restitution train in South Africa.

Official handover of new seminar and training room funded by Government of Japan



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The Government of Japan decided to support this organisation through the grant assistance amounting to R955,667. The expanded workshop and the seminar room will be used to heal trauma victims from disadvantaged communities of Western Cape Province.

The GGP is intended to assist NGOs and local authorities in addressing development needs in a prompt and comprehensive manner in areas such as social development, education, health, water supply, climate change and in a variety of other local needs. The GGP scheme was first introduced in 1989, and prioritizes human security for vulnerable and marginalised people within society. Since 1990, over 601 GGP projects have been implemented in South Africa. In the Japanese Fiscal Year 2016 (April 2016 – March 2017), the Embassy of Japan extended GGP assistance to 11 projects, amounting to approximately R13 million.



Healing of Memories in Tennessee

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With a success under our belt, we wrote for two grants to fund two more workshops, spring and fall of 2016. The first grant fell through so we regrouped. Father Lapsley generously came to Chattanooga in May and we decided to use the time to build relationships and education. We arranged meetings with the mayor, the Chattanooga Police Department Victim Services staff, CPD Chaplains, the Family Justice Center, Fathers to the Fatherless, and local African American pastors who are working with victims of gun violence and structural racism. It was a whirlwind five days but a tremendous success! We even found time to visit the Chattanooga Aquarium and to introduce Father Michael and Thandekaya to gambling Kentucky Derby style!

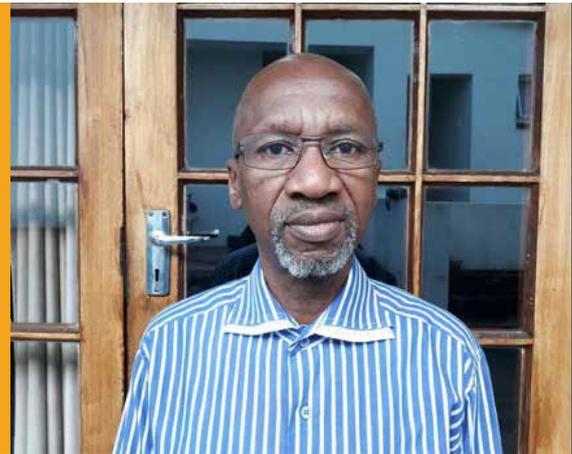
Having received a grant from the UUA Veatch Foundation of \$11,100 to kick off our goal of establishing Tennessee as a region of the Healing of Memories North America, we have scheduled a workshop in October followed by a facilitator training. We have a goal of training 8-12 facilitators in the next year or two. Chattanooga is also working with the Healing of Memories North America's Executive Director to offer a Healing of Memories workshop for Veterans in late fall or early winter. It is our dream to use the transformative power of the Healing of Memories in the struggle for racial justice, healing of trauma due to violence, and to support local veterans, police officers, and first responders.

We in Chattanooga feel so blessed to have begun the work to establish a new region in the southeast for Healing of Memories! Thanks to everyone who worked to make this possible!

In faith,
Rev Cathy Harrington

Reflection on the impact of the work of the Institute in Kwa-Zulu Natal

Zimbukele Richard Mqadi, Caritas Coordinator KZN



Caritas Durban is a Commission for Health and Welfare of the Catholic Church in the Archdiocese of Durban, KwaZulu-Natal in South Africa. Caritas Durban has thirty (30) parish-based projects throughout its auspices. The partnership between the Institute for Healing of Memories and Caritas started in 2013. The Healing of Memories had already begun running workshops for Caritas Durban by then. Since then, the partnership has been growing and Healing of Memories workshops have been offered to participants and staff from thirty parishes.

The majority of staff personnel from Caritas projects have been to the Healing of Memories workshops. I also facilitated the Healing of Memories workshops with youth from St. Theresa's Home in Durban and Mother of Peace in the Lower Illovo in the Durban South. The feedback from those who had had the opportunity to go to these workshops was remarkable. It is not only youth who went through these workshops but also their caregivers.

For example, a month and a half ago my counterpart in the Commission for Justice and Peace requested that the two of us organise a joint Healing of Memories workshop.

This workshop was a huge success as it was attended by twenty-eight participants, reflecting the rainbow nation of South Africa. We as organisers are very encouraged, as participants gave the workshop a resounding thumbs-up on its impact in their lives and committed to recommend the Healing of Memories workshop to their next of kin, peers, and parishioners alike. I am happy to see the outcome of this partnership (IHOM and Caritas) where many participants begin their individual journey towards healing and reach a better understanding of themselves and others.

In conclusion, there is a need for healing in our society, as many South Africans are still carrying scars and trauma from the past wounds. It is my considered view that mixed workshops have a propensity of drawing prospective participants from all walks of life which could contribute, though in a small way, to normalisation of human relations in various groupings in South Africa. In seeking to overcome anger, hatred, struggling with forgiveness, and violence in our society, the Healing of Memories workshops are fundamentally oriented.

Some feedback from Caritas participants on the impact of Healing of Memories workshops:

“ I felt relieved at the end of the workshop as it was my first time to share my story with someone else.”

The workshop created a safe space for me to share my pain that I have been carrying for many years. It gave me an opportunity to listen to other people stories and I was able to compare their stories with mine. I felt some healing in my heart.”

Forgiveness was very difficult for me until I attended the Healing of Memories workshop. After the workshop, I reconciled with my sister after ten years without speaking to one another. I was overwhelmed with emotion because it has been painful and burden for me. It is a journey however without the Healing of Memories workshop, this reconciliation could not happen in my life.”

banking details

Standard Bank

Mowbray Branch, Main Road, Mowbray, Cape Town 7700 South Africa

Branch code: 02-49-09 • **Name of account:** Institute for Healing of Memories

Account #: 075133164 (Marketlink account) • **Swift code:** SBZAJJ

DONATIONS
WELCOME

Impressions on creating a documentary on the work of the Institute

Andrea Bieler

In September 2016, my brother Ralf and I had the privilege to come to South Africa in order to create a documentary on the work of the Institute for Healing of Memories. This was quite an adventure for us, since I am a theologian who is more used to put words on paper than to portray the surrounding world visually. Ralf however is a professional film maker who is used to create some sort of story through images and film.

We are both native Germans and very interested in learning more about how South Africans deal with the remembrance of its violent past in ways that are truthful to the injustices and injuries the Apartheid years had created and respectful with regard to individual life stories.

Since we both grew up in a society which took more than 20 years before it came to terms with its own atrocious history, we have been always curious how other countries address similar challenges.

The IHOM has a very positive reputation in Germany. We were especially curious to learn more about how healing of memories was understood in political, personal, and spiritual terms. We decided to portray the work of the IHOM in its various dimensions and to interview mainly the leaders and workshop facilitators of different generations and backgrounds. Many of the interviewees had been participants in the workshops themselves. It was intriguing for us to learn how the work of the Institute has been expanding over the years and how individual life stories and the history of the nation have been intertwined.

We created many hours of footage and feel sad that many very interesting ideas and people did not make it into the film since we needed to focus on the story line.

We were especially intrigued spending an entire day with the Restoring Humanity Program interviewing the participating youth about their hopes for the future in light of the history of South Africa's violent past. While I had always felt that a camera can be a fairly invasive medium I changed my opinion on that day. Clint Bowers had asked four young people to speak in front of a camera. Yet after an hour or so there were about 50 youth lining up to give a statement or testimony about how they understand their lives as young South Africans being born after Apartheid.

Since we were also present at the international conference "Mapping a World of Pain" we also had a chance to talk to international leaders from Tanzania, the DRC, from the US, Sri Lanka and Luxembourg. They all brought their specific perspective to the work. We heard about the interreligious dimension, the work with US-veterans, and with refugees.



Andrea and Ralf Bieler

Lucy Campbell from the Transcending History project directed us to historic spots and particular art works that deal with the history of colonization and Apartheid in Cape Town.

The District Six Museum generously opened its doors for us to let us film the interior.

Tina Schouw gifted us with the beautiful song that you can hear at the beginning and at the end of this film.

Mujahid Osman spent an entire evening with us to introduce us the history of Muslim communities in the Western Cape. My colleague Hans-Martin Gutmann allowed us to use his "Choral für Nelson Mandela" that he had composed in 1987. My colleague Sophie Oldfield helped us to get a glimpse of the social geographies of apartheid Cape Town that still shape the current situation

The IHOM-staff from Cape Town and Durban, especially Clint Bowers, Fatima Swartz, Bridget Phillips and Sandile Lawrence Magutshwa helped us to collect photos and films that they had created.

We learned that it takes an entire village to create even such a modest production.

It is our hope that it will be useful in many venues.

Please, dear reader, use the film, show it, and pass it on to others. We created two versions that you can both find on YouTube:

The short version (15 min):

<https://youtu.be/m6XDzFmLuf8>

The longer version (38 min):

<https://youtu.be/sZg-rQ-0Qds>



Healing hatred: spiritual challenges in a context of political conflict

Fr. Michael Lapsley, SSM

This was the name of the conference I was invited to speak at in Jerusalem and Bethlehem by Sarah Bernstein of the Rossing Centre and Sami Awad of the Holy Land Trust during July 2017.

Before the conference we had the privilege of a pre-conference study tour giving us a glimpse of Palestinian and Israeli perspectives and to hear from Jewish, Muslim and Christian people as we toured the holy sites and saw the reality of life for Jewish Israelis and Arab Israelis as well as life for Palestinians. Even for a fleeting visit and not as someone who lives the reality every day, it was a very disturbing and painful experience.

Never having been there before, it was my second time in the course of a few months visiting what some of my Palestinian Christian friends call the land of the Holy One. Earlier this year I had come briefly to Jerusalem and Nazareth for the launching of the Arabic edition of my memoir under the auspices of Sabeel Ecumenical Liberation Theology Centre.

The second visit gave us a much wider and deeper exposure to this multi-layered and multifaceted context characterised by conflict. Central to the Jewish Israeli narrative is the Holocaust. Central to the Palestinian is the Nakba, the catastrophe that befell the Palestinian people in 1948 that continues and increases until today.

The issue of acknowledgement is of fundamental importance to both parties to the conflict. Both sides for valid reasons

see themselves as victims. The depiction of attacks by Palestinians as terroristic is true but blind to the prior reality of state terrorism. I guess this has a particular significance for me personally as a victim of state terrorism myself.

Some would argue that it is not possible to heal when we need all our energies simply to survive a situation of oppression.

Whilst I sympathize with this argument, I often think of what South Africa would be like today if Nelson Mandela had walked from prison filled with hatred and bitterness. Indeed, it was Mandela who said to us that he realised that if he did not leave hatred and bitterness at the prison door he would remain a victim forever.

I was encouraged that at least some Jewish people and some Palestinians saw how important healing is even now despite the lack of a just resolution.

I also made it clear at the Conference that in my view healing is never an alternative to justice but rather it is necessary to find ways of healing so that we can more effectively participate in struggles for justice... especially restorative justice.

After the Conference I was hosted for an evening and a day by Ashraf Suliman, South Africa's Ambassador to Palestine.

One of the delightful moments during my visit was an encounter organised by the mayor of Ramallah with local citizens.

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I was privileged to meet with Advocate Fadwa Bargouthi a lawyer who is the wife of the most well known and influential Palestinian leader, Marwan Barghouti, who has been in an Israeli prison for many years.

The release of all political prisoners is obviously a prerequisite for any fair and just agreement between the Palestinians and the Israelis. Israelis are particularly sensitive to the suggestion that the situation in Israel is comparable to that of apartheid. What I witnessed and heard convinces me that actually it is very much worse than apartheid.

Like apartheid, it is not primarily a question of attitudes but rather a matter of the law and the constitution which are all interpreted and enforced in a totally racist way. Whilst the formal politics of the state of Israel continue to lurch further and further to the right we met a kaleidoscope of differing opinions.

One of the more memorable encounters was with a former Israeli soldier who is part of the Breaking the Silence organisation. The testimonies of what Israeli soldiers actually do in the West Bank and Gaza is known to every Palestinian whilst much of Israeli society remains in complete denial. As this man told his story about what he was expected to do as a loyal soldier, I realised that he was a living example of the depth of moral and spiritual injury experienced by those who transgress the moral code. His own sense of common humanity and understanding of right and wrong burst through all the Zionist ideology that were part of his upbringing until he realised that he could no longer wear the uniform of the Israeli army.

I was reminded of the ferocious response of the apartheid State to the End Conscription Campaign in South Africa which successfully brought back onto the table the moral questions in relation to service in the apartheid military.

At a final dinner hosted by Ambassador Sulliman with a cross-section of Palestinian leaders, I met Uri Davis who has

written extensively about why Israel should be described as an apartheid State. He describes himself as a Palestinian Hebrew national of Jewish origin, anti-Zionist, registered as Muslim and a citizen of an apartheid State. Since 2009 Uri Davis has been a member of Fatah's revolutionary council. He is the first person of Jewish origin to be elected to such a high ranking position. Again, it is people like Uri who help shift the focus away from ethnic/racial/national/religious identity to look at the political system.

I was very pleased that I was able to share my memoir "Redeeming the Past" in Arabic with many of the Palestinians I met, and copies in English sold like hot cakes at the first night of the conference in Jerusalem.

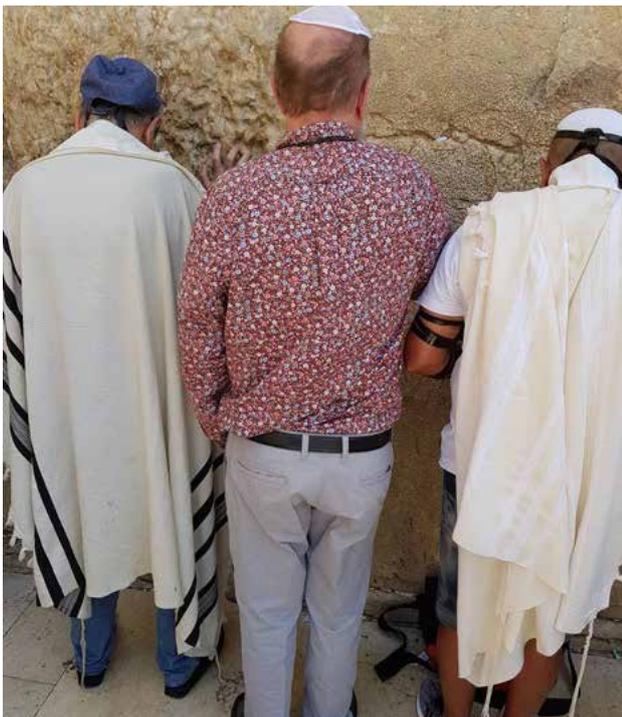
There is a depth of pain, prejudice, fear and hatred that permeates life in Israel and throughout the occupied territories.

The heart of the matter is that the state of Israel has built a state predicated on the denial of fundamental human rights to Palestinians. The compromise of a two State solution becomes more elusive every time Israel permits, as it does, more and more illegal settlements. Even the two-state solution as proposed is slanted very much more in favour of the Israelis rather than the Palestinians particularly in the percentages of land.

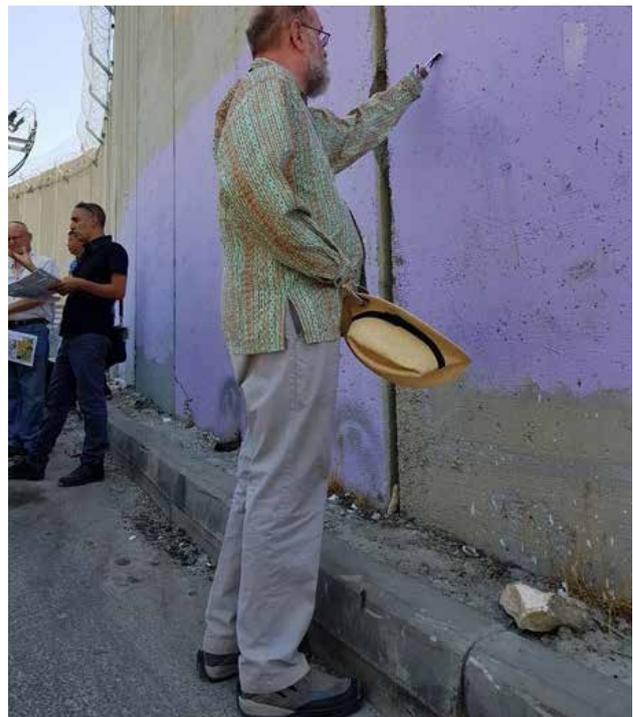
At an individual level it is always possible for human beings to reconcile and to heal. None of the three Abrahamic Faiths encourage us to reconcile with injustice. Jewish Israelis who stand for full equality and justice need to be encouraged as they also suffer persecution.

The Palestinians need our solidarity in greater measure than ever before.

They deserve but are not yet getting the kind of solidarity that the whole world gave the people of South Africa as we struggled for our freedom.



Praying for peace and justice for all at the Western Wall



Praying for the fall of Israel's apartheid wall

Restoring Humanity: Healing Journey

Liso Mandikane



The Healing Journey is one of the projects that lies within the Restoring Humanity program. This project works with young people from the many different communities that take part in the programs of IHOM. We came to the realisation that working with these young people in previous years was not making as much an impact as it should have, because of a major issue. There was no proper follow up procedure in place, so the project manager and the team working with the youth had no way to work effectively. After making changes to the way we function, the Healing Journey was developed. This allows for more follow up with the young people who participant in Healing Workshops, and for them to continue to grow in the process of Healing of Memories.

The Healing Journey project began in April, starting with asking participants to answer baseline questionnaires to see how they react to situations when they are hurt or are going through difficult times in their lives.

The first workshop that these young people attend is an orientation, where they are made aware of the Healing Journey and are given a look at what is ahead of them.

The next workshop after the orientation is known as the "first phase." The first phase happens in three different small groups, where the participants tell their life stories and identify what makes them angry, feel loved, and also discuss the danger of holding grudges in their lives. In this phase, the facilitators create a safe space for the youth to tell their stories and to be effectively listened to without interruption. It is the duty of the facilitator to make sure that every participant knows that their story is important.

The follow up workshop, or "second phase," that occurs after the first is to check in and see what kind of a difference has been made in these young people. During the first phase they will have been given journals to record their feelings and emotions while they are at home, and they can return to these journal entries at this second phase workshop.

Every part of the Healing Journey process aims to ensure that a safe space is created for each young storyteller, so that they can find healing and continue to grow in the process without feeling judged.

UPCOMING EVENTS

21 SEPTEMBER 2017 ANNUAL LECTURE

- On 21 September 2017, the Institute for Healing of Memories will be hosting our Annual Lecture in Stellenbosch. The focus of this lecture will be on Standing Rock in North Dakota in the United States. The Sioux Nation has been resisting an oil pipeline crossing their land and harming their water supply. Standing Rock has galvanised Native Americans across North America more than any other issue in recent years.

This year's featured speaker, Pearl Daniel-Means, from the United States, is a producer, activist, and author who speaks around the world on matters concerning indigenous issues, human rights, and environmentalism. She was born into the Ashiihi (Salt) Clan of the Navajo Nation. The title of this year's lecture by Ms. Means will be: "Standing Rock, Exemplifies the American Indian as the Miner's Canary."

Ms. Means will be speaking at Stellenbosch University on Thursday, 21 September, at 1730 for 1800.

Venue: Attie van Wijk Auditorium, Faculty of Theology, Stellenbosch University, 171 Dorp Street, Stellenbosch



Intern reflections



FLORA SUGARMAN



Hello! My name is Flora Sugarman and I am a student in my final year at Tufts University in the United States. Last Spring, I studied abroad in Durban with the School for International Training on its Social and Political Transformation program.

As a student of both Psychology and Peace & Justice Studies, I was drawn to the Institute for Healing of Memories and decided to spend the last month of my semester in South Africa doing research at the Durban office. I remember walking into the office incredibly nervous on my first day and finding immediate comfort in the warmth and smiles of staff members Bridget Phillips, Sandile Magutshwa, and Alphonse Niyodusenga.

For the next three weeks, I was completely immersed in the day-to-day action of the KwaZulu-Natal branch. From picking up clay for workshops to eating puthu at staff lunches to visiting one of the IHOM's partner organizations Zoë-Life, I absolutely loved spending so much time with such a hard-working group of people. The staff was incredibly supportive of my research, helping me organize thirteen interviews and two focus groups and providing me with numerous documents to analyse. I was also able to attend a Healing of Memories workshop, reunion, and second-phase workshop (not in that order but we did the best we could with only three weeks!). The workshop was definitely one of the highlights of my time in South Africa. It took place in Newcastle and was such a transformative and meaningful experience. I remember the hope and happiness that filled my heart as I moulded my peace symbol out of clay – a flower to represent myself and my new dedication to loving who I am inside and out.

My time with the IHOM culminated in an extensive case study of the organization exploring the importance of psychosocial healing in post-apartheid South Africa with a focus on the Healing of Memories approach, the IHOM's role in post-conflict reconstruction, and the contemporary relevance of apartheid in its work. In addition to that physical manifestation of my three weeks with the organization, however, there is so much more that I took away from the experience. I learned that everybody is in need of healing, and I was reminded that in our busy lives, we frequently forget to make time for ourselves. During my time with the IHOM, I gained a family away from home. My experience was enlightening and has shaped my vision of who I want to be and what I want to do as I approach my university graduation.

It was such a wonderful experience, in fact, that I decided to return this winter! I am now back in Durban until mid-August working as an intern and evaluating the Restoring Humanity program here at the KZN branch. I am so grateful for this opportunity and feel right back at home. I would like to take this chance to thank all the IHOM staff, facilitators, and participants who have welcomed me with the utmost hospitality and warmth. I hope to remain a part of this vibrant, compassionate, and dedicated IHOM family for many years to come.



I remember the hope and happiness that filled my heart as I moulded my peace symbol out of clay – a flower to represent myself and my new dedication to loving who I am inside and out.

Intern reflections



CASADIE SMITH



Coming to Cape Town without knowing anyone, without much of a plan other than to work hard and learn as much as possible at the Institute for the Healing of Memories, with a suitcase full of summer clothes (not realizing just how cold Cape Town winters really were), as I got onto a plane from Wichita, Kansas, I was admittedly quite nervous.

This anxiety was quickly dispelled however, as the experiences and the people that I have the privilege of working with at the IHOM office in Cape Town have kept me in a constant state of proverbial and spiritual warmth (if not physical), and I cannot imagine work more rewarding than what happens in the many programs running through the veins of this organization.

In most internships, running for coffee and making endless copies is what is considered normal. My internship here, however, subscribes to anything but this concept of normality. Immediately upon my arrival at the beginning of July, I was introduced to the Restoring Humanity/Healing Journey and God Has Many Names projects, and I have been working with them ever since. I am directly involved in hands-on work, especially with the God Has Many Names project.

I recently graduated from Kansas Wesleyan University in Salina, Kansas, with a Bachelor of Arts in Music, emphasizing in vocal performance. I have always had a strong desire to use my skills as a singer to bring healing to other people, like I have experienced myself, and working with the God Has Many Names project has allowed me to explore this side of existence. I am fortunate enough to be working with the youth who are involved in these workshops on preparing for their performance at our music festival on 24 September in Paarl. I have taught them an American folk song, and we are currently working on other pieces of sacred hymns and chants, as well as other mediums like dance and poetry. I

am also helping to develop a workshop through the Healing Journey project that focuses on dealing with anger through the outlet of music.

Aside from my participation in these youth workshops, I am also learning a great deal about the methodology of the Healing of Memories process, as well as the function of the Institute itself. I was able to join the group participating in the international training that took place in Stellenbosch in early August, and during this time I both observed the training process as well as participated in a Healing Workshop. I will also be writing the report on the training for archival and publication purposes.

In the time I have left here in South Africa, I will continue to work with the Restoring Humanity projects and will be preparing the kids under the umbrella of God Has Many Names for their performance at the end of September, and I will also be able to conduct interviews in my learning process for the Healing Journey project. I will also be managing the social media coverage of the International Conference taking place from 20-22 September and the music festival, so be sure to check us out on Facebook, Twitter, and Instagram!

I have so much gratitude for the people of Cape Town, especially those who work in the office of the Institute for Healing of Memories. My time here has been, and continues to be, life-altering, and I treasure every moment that I am able to spend in this beautiful place.

contact details

INSTITUTE FOR HEALING OF MEMORIES

5 Eastry Road, Claremont, Cape Town 7708
South Africa

Phone: (+27-21) 683 6231 • **Fax:** (+27-21) 683 5747

Email: info@healingofmemories.co.za

INSTITUTE FOR HEALING OF MEMORIES – KWAZULU-NATAL

20 Diakonia Avenue, Diakonia Centre, Durban 2000
South Africa

Phone: (+27-31) 310 3558

Email: kznworkshops@healingofmemories.co.za or
kzncommunityhealingproject@healingofmemories.co.za

Website: www.healing-memories.org

Compiled and edited by Casadie Smith and layout by Joan Baker