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Congratulations to the Institute for another fruitful year of walking beside so many people on their healing journeys in South Africa and across the world.

The conference on Healing and Justice was clearly a highlight of the year. It was good to see that my fellow patron, Kirsty Sword Gusmão, was able to open the conference and make her first visit to South Africa.

It is gratifying to hear that, along with so many other translations, there is now a Thai edition of Fr Michael’s memoir, “Redeeming the Past”.

I wish the new leadership of the Institute well as they build on and take it to new heights as Fr Michael steps down from being Director of the Institute in South Africa, whilst continuing his international work.

Rt Hon Helen Clark

Prime Minister of New Zealand, 1999-2008.
As the world faces natural disasters, environmental degradation, crime and violence, rising inequality, unemployment, wars and many other traumatic experiences, we are reminded over and over again about why the work of trauma counselling and healing of memories is essential to restoring the dignity of individuals and of the entire humanity.

We are proud to present our annual report for 2019 to you and do hope that you will enjoy reading all about the work of healing in communities in South Africa as well as other parts of the world.

This year we began to work again with military veterans, who after many years of service in armed forces currently face the hardships of not being able to make a living. This journey of accompaniment allows the veterans a safe space in which to encounter their vulnerability. In a sense this work takes us back to where we started 20 years ago and also illustrates to us the impact of intergenerational trauma.

Our International conference “Healing Journeys: The Relationship between Healing and Justice” took place in Cape Town this year and was a resounding success. The conference was attended by over 100 people from all over the world. We were very fortunate to have the opening address delivered by the Speaker of the South African Parliament, Ms Thandi Modise. Our conference was aimed at finding transformative and restorative justice.

The institute has also built on our work in dealing with the challenges of gender-based violence in partnership with Sonke Gender Justice and also by adopting the Thursdays in Black campaign for no violence against women.

Through these 20 years, we have built long-lasting partnerships all over the world and have started discussions about an international network to keep us working together and sharing the best practices from our different contexts with each other. These partnerships have enriched our work immensely.

As we come to the end of our twentieth year, we say goodbye to Michael Lapsley, our founder and director, whose vision for a whole and transformed world has shaped the mission and vision of the institute. While we are sad that he has to move into a different role within the organization, we are excited about the new leadership shared by Fatima Swartz and Alphonse Niyodusenga from January 2020.

On behalf of the board, we extend a heartfelt thank you to all our friends, donors and supporters and to the facilitators and staff who continue this incredible work.

Peace

Delene
As you read through this report you will see that it was a very productive year for healing of memories, both in South Africa and across the world.

Whilst my colleagues in South Africa have been working within the country, I have been seeking to contribute to the healing of the human family across the globe. I could not have worked globally without the knowledge that all my colleagues in South Africa were working effectively and very productively and that and this work was coordinated by Alphonse Niyodusenga as COO.

Together with the trustees, under the leadership of Canon Delene Mark, it was agreed that at the end of 2019 I would step aside as Director to focus on international work, training and sustainability.

2019 was a watershed year for me personally. Highlights included my 70th birthday, a private audience with Pope Francis, stepping aside as Director of the Institute for Healing of Memories and being offered a sixth honorary doctorate by the University of Rhodes in Grahamstown.

The year began with a second visit to Myanmar accompanied by Brother Moeketsi. As well as the horror of what has been done to the Rohingyas, the country is characterized by ethnic conflicts. We held workshops and conferences in Yangon and Kachin State. Although it is a majority Buddhist country with a Moslem and other minorities, Kachin State has a Christian, mainly Baptist, population.

From Myanmar we proceeded to Thailand and the highlight there was the launch of the Thai edition of my memoir by a Buddhist publishing house connected to the International Network of Engaged Buddhists.

Accompanied by Thandikaya Ncosani, I returned to Liberia at the beginning of March. At the time of the Ebola outbreak we had been forced to leave the country abruptly and I had promised to return. We were hosted by the trauma-healing
program of the Lutheran church of Liberia. People asked us how it is possible to heal when those who were some of the worst perpetrators during the civil war are now in parliament.

At the end of March, as in previous years we offered an international introduction to healing of memories with 20 participants coming from nine countries.

The Institute was approached by two military veterans living in a veterans’ village in Cape Town and this has led to increased engagement by the Institute. The village consists of people who were on the opposite sides of armed conflict seeking to become a community together and to find healing.

It is likely that our next international conference will focus on military veterans, as this is also a key part of our work in the United States.

I made two visits to Luxembourg and France during 2019. The first visit was in April and included our first full healing of memories workshop in the prison in Luxembourg and book launches of the French edition of my memoir in Nancy and Beaune.

During the second visit in November, we held a healing of memories workshop in Luxembourg which included 21 nationalities; 10 of the participants were refugees from Arabic-speaking countries, mainly Syria. The workshop was conducted in Arabic, French and English and we were able to give the Arabic speakers a copy of the Arabic edition of my memoir. In the last few years, in view of the world-wide refugee crisis, our colleagues in Europe have systematically sought refugee participation.

At the end of June I celebrated my 70th birthday in Cape Town, with support from SSM. I was touched and astonished by the number of birthday celebrations in many of the countries I visited during the year.

The Institute held its most successful conference ever at the end of June, on the relationship between healing and justice. It was opened by Kirsty Sword Gusmao, one of our patrons, who is from Timor-Leste. Thandi Modise, the Speaker of South Africa’s National Assembly, gave the keynote address.

In July and August I made a month-long visit to Ghana, Togo and Benin with healing of memories colleagues from South Africa and Luxembourg, in collaboration with ACAT – Action by Christians for the Abolition of Torture. It was a visit to popularize healing of memories as well as to launch both the English and French editions of my memoir. We also held two healing of memories workshops with young people coming from the war-affected areas of Mali. There was very extensive media coverage in all three countries. I was very struck by how ignorant we are of francophone Africa. We are hoping that we may be able to develop further healing of memories work in francophone Africa, centred in Benin. I have also been invited to visit Côte d’Ivoire in 2020.

At the beginning of September, together with my colleague Clint Bowers I spent two weeks in Sri Lanka, where there is ongoing healing of memories work under the auspices of the Sri Lankan Christian Council, although the work is with people of all religions. We held a workshop with people who are supporting the relatives of victims of the Easter Day terrorist attacks.
Before leaving I recorded an hour-long television interview, which was broadcast on both Sinhalese and Tamil channels.

In my capacity as their Canon for healing and reconciliation, in September I spent some time in the Anglican diocese of Edmonton in Canada, where we are developing a healing of memories team. From there I travelled to Montreal, working with a restorative justice initiative. From Montreal we continued onwards across North America, eventually arriving in Honolulu under the auspices of Healing of Memories North America.

Thanks to Fr Ryan Bennett SSM, I spent a whole Sunday at Saint Thomas’s Fifth Avenue in New York, where he is an assistant, and hopefully we will work more with the parish in 2020.

Not surprisingly, my most memorable experience of 2019 was a private audience with Pope Francis at the Vatican on 15 June. We gave the Holy Father copies of the Spanish and English editions of my memoir. Towards the end of the audience, I said, “Your Holiness, there are some people in the world who don’t like you but it is for the same reason that most people in the world love you.” Before asking each of my delegation to pray for him and giving us his blessing, Pope Francis told me that every day he says the Prayer of St Thomas More for a good sense of humour.

In 2019 I also led two healing of memories workshops in Lesotho, organised by the team which is coordinated by Brother Max. Considering that healing of memories is part of the mission of my community, the Society of the Sacred Mission, it was wonderful that the workshops could take place at the SSM Priory and be supported by the brothers.

I want to express deep gratitude for all those across the world who have accompanied us, participated with us and enabled us to contribute to the healing journey of so many.

I am delighted that Fatima Swartz and Alphonse Niyodusenga will take over as the new Directors of the Institute in South Africa, together with a person yet to be appointed.

It has been one of the great honours of my life to lead the Institute for the last 21 years and I look forward to continuing to contribute.
IHOM
INTERNATIONAL REPORTS
The Institute for Healing of Memories – North America had a 2019 full of new opportunities, partnerships and friendships.

University Partnerships

The New York University Center for Global Affairs masters program is offering a three-credit masters course, Institute for Healing of Memories Practicum, in the spring 2020 semester. Our Executive Director worked closely with the Center for Global Affairs and Professor Maier to design the course and review student applications. Six students were chosen for the course, and their masters concentrations are in Peacebuilding, International Development, Human Rights and Transnational Security. The goal of the Practicum is for students to do research and other projects that will advance the work of the Institute.

We are now a partner with the Mary Hoch Center for Reconciliation at George Mason University School for Conflict Analysis and Resolution. Fr Lapsley was a guest speaker at the center’s launch in New York City, and healing of memories was highlighted in the remarks by the new Director, Antti Pentikainen, who is an ardent supporter of the work.

We had the opportunity to begin healing of memories work in Chickasha Oklahoma. Our new board member, Andrew Rice, who lives there, initiated the visit and it was a great success. Fr Michael, Philani Dlamini, Linda Rich and Margaret Fell facilitated an HOM workshop hosted by the University of Science and Art of Oklahoma, and Tonnia Anderson, Ph.D. Associate Professor of History and American Studies & Director of the Dr Ada Lois Sipuel Fisher Center for Social Justice and Racial Healing. Participants attending the workshop included Tonnia and folks from various restorative and human rights organizations, such as the Latina Community Development Center, Black Lives Matter, Oklahoma, and Dream Action Oklahoma. During the visit, Fr Michael spoke at a public lecture at Fairview Baptist Church and met with university students.

Saint Thomas’s Church, NYC

Fr Michael had the opportunity to teach a theology class, preach at evensong, and meet with the parishioners, along with Philani Dlamini, our board chair, Linda Rich, and Executive Director, Gloria Hage. The Rector, Reverend Canon Carl Turner, and his wife, Reverend Alison Turner, hosted all of us at their home for dinner.

Healing of memories in Chickasha, Oklahoma

We had the opportunity to begin healing of memories work in Chickasha Oklahoma. Our new board member, Andrew Rice, who lives there, initiated the visit and it was a great success. Fr Michael, Philani Dlamini, Linda Rich and Margaret Fell facilitated an HOM workshop hosted by the University of Science and Art of Oklahoma, and Tonnia Anderson, Ph.D. Associate Professor of History and American Studies & Director of the Dr Ada Lois Sipuel Fisher Center for Social Justice and Racial Healing. Participants attending the workshop included Tonnia and folks from various restorative and human rights organizations, such as the Latina Community Development Center, Black Lives Matter, Oklahoma, and Dream Action Oklahoma. During the visit, Fr Michael spoke at a public lecture at Fairview Baptist Church and met with university students.

Fundraisers

New York City. In October, Elizabeth Brooke Murray and John B. Murray, a prominent architect in New York City, hosted in their home, overlooking NYC and the east river, our event Building a More Peaceful and Just World. At the event we celebrated special guests Fr Michael Lapsley
and Anne Nuorgam, Member of the Saami Parliament of Finland and Chair of the United Nations Permanent Forum on Indigenous Issues and an ardent supporter of healing of memories. We also gave out our first Building a More Peaceful and Just World Award to our honoree: Jean-Louis Bourgeois, peace activist. Performing that evening were members of the Jerrisse Johnson Gospel Choir from Middle Collegiate Church.

Berkeley, California. Our board member Andrew Rice’s friend David Hotchild, Chair of the California Energy Commission, hosted a fundraising event at his home in Berkeley, California on the San Francisco Bay. It was a lovely evening with a talk by Fr Michael and much discussion and interest in the work of the Institute. We began many friendships that evening.

Lake Junaluska Interfaith Peace Conference
Our Executive Director, Gloria Hage, was invited to facilitate two 90-minute workshops on healing of memories and to participate in a panel discussion about propaganda and art at the Lake Junaluska Peace Conference. The theme of the conference was Arts and Peace. The HOM workshops were very impactful and the gratitude expressed for us being there, by all, was overwhelming.
Arizona Report.

Mike Wold, Regional Coordinator

The healing of memories workshop continues to grow in popularity in the Arizona veteran community. By the end of 2019 we had had over 325 veterans participate in our workshops since 2013. We were able to conduct a record six workshops in 2019 – two for all veterans, one for veterans and first responders (police, sheriffs, emergency medical service personnel and fire fighters) and three for women veterans only. This brings our total number of workshops for veterans to 25 plus three for spouses and significant others of veterans.

We are beginning to realize that our Healing of Memories Workshop for Women Veterans is one of the few and perhaps the only workshop/retreat in the US that helps women veterans who have experienced sexual trauma during their time in the service. These workshops have provided a high degree of release and healing to our women veterans suffering from what is now being called Military Sexual Trauma (MST).

We continued our partnership with the Navajo Lutheran Mission in Rock Point, Arizona. Rock Point is in the far north-east corner of the state in the Navajo Nation. This partnership has allowed us to establish a trusting relationship with the members of the Rock Point Veterans Organization and we again had some Navajo veterans attend the workshop.

We had the honor of hosting Fr Michael in November, when he led a Healing of Memories Workshop for Vetera
Southern California.
Karen Hayes

Veterans’ reunion mini-workshop at Wellness Works, Glendale
Fr Michael and Karen Hayes led a reunion mini-workshop at Wellness Works on 26 October. Four of the six veterans who participated in the 2018 workshop participated. They come from a diversity of ethnic and experiential backgrounds. Persistent themes in the drawing exercise and story sharing were spiritual and moral injury, forgiveness of self and others, the relationship between justice, guilt and shame, and possible life-giving coping tools.

Healing of memories at All Saints Pasadena
On 26 October Fr Michael led a workshop at All Saints Church, Pasadena, on the theme of Healing and Justice. Twenty-five people participated in exploring the intersections of justice and healing, sharing how they have impacted their personal lives and communities. Approximately half of the participants were HOM workshop alumni and the remainder were new to Fr Michael’s work.

Hawaii Report.
Linda Rich, Regional Coordinator

Fr Michael and Philani Dlamini visited Honolulu from 6 November to 13 November. During his time there, Fr Michael spoke at an Armistice Day gathering of Veterans for Peace and at the Church of the Crossroads, where he and Philani also attended worship.

Fr Michael was invited to facilitate a four-hour session of a United Church of Christ Reconciliation Group, which is tasked with improving the relationship between the Hawaii Conference of the UCC and the Hawaiian churches. Although an apology was issued some years ago for the church leadership’s support for the overthrow of the Hawaiian Kingdom and some reparations were paid, there have continued to be tensions related to stewardship of land and respect for Hawaiian cultural values. Participants found the session quite helpful in clarifying issues. Linda Rich assisted and has been invited to continue to participate in the facilitation of the group.

IHOM-NA in Hawaii has a long standing relationship with Ka Hale Ho‘āla Hou No Nā Wāhine (Place for Reawakening of Women) prison furlough program, and Fr Michael again spent time at the program, speaking with the women and staff.

Fr Michael, Philani and Linda also met with Lalita Suzuki of the Omidyar Group to provide an update on IHOM activities in Hawaii and South Africa and to discuss the possibility of further funding for both South Africa and North America.
In 2019, the Institute for Healing of Memories Program Committee held three facilitator training programs, including a pilot program for authorized lead and small group facilitators and trainees, lead facilitator training, and small group facilitator training.

### Pilot Training Program

**9-11 February 2019**  
Spirit in the Desert  
16 participants

The Program Committee introduced a program in 2019 to bring together authorized facilitators and lead facilitators as well as facilitator and lead facilitator trainees from different parts of the country. The two and a half day program included a review of current and revised workshop procedures, role play, and a new exercise designed to create a better understanding of the healing of memories workshop, its segments and purpose, and the interrelationship of its parts. Known as the “workshop scramble,” the segments of the workshop were listed in random order on a flipchart. Participants were asked to list the correct order of the segments. A later part of the training included a group discussion of each component, its activity and purpose, and the reason for its placement in the workshop.

The program also included a social identity program presented by IHOM-NA board member Mayowa Alero Obasaju, who works with community-based organizations to integrate spirituality with healing from various forms and levels of trauma, develop programs and curriculum, name and oppose intersectional oppression, and develop anti-oppressive, social justice-oriented interventions, centering the lived experiences of women of color. The pilot program also offered an opportunity for facilitators to get to know each other and share best practices.

The Program Committee would like to offer this program to all its facilitators and trainees as a more focused and diverse training program which offers a new dimension to the “deceptively simple” healing of memories workshop and helps build a more cohesive facilitation team.

### Lead Facilitator Training

**13-14 February 2019**  
Spirit in the Desert  
5 participants

The two-day lead facilitator training was conducted by three of the IHOM-NA’s lead facilitators. The training included panel discussions, presentations and role play. The training covered the following topics:

- How you see your role as lead facilitator
- How the roles of small group facilitator and lead facilitator differ
• Workshop themes and finding our own voice
• Role play
• Planning the healing of memories workshop
• Vetting process
• Building the IHOM-NA facilitation team
• 2019 IHOM-NA workshop and facilitation plans
• Closing celebration and evaluations

Small Group Facilitator Training
3-4 April 2019
Spirit in the Desert
6 participants

The two-day facilitator training was conducted by IHOM-NA lead facilitators Sheila Laughton and Margaret Fell. The training included group discussion, presentations, role play, and a ZOOM call with Fr Michael. The training included the following topics:

• Discussion of the facilitator position description (multiple roles as small group facilitator, participant, and team member) and the facilitator authorization process
• The healing of memories workshop (Golden Thread, Facilitator Guidelines, workshop themes
• Small group role play

“THE PROGRAM COMMITTEE INTRODUCED A PROGRAM IN 2019 TO BRING TOGETHER AUTHORIZED FACILITATORS AND LEAD FACILITATORS AS WELL AS FACILITATOR AND LEAD FACILITATOR TRAINEES FROM DIFFERENT PARTS OF THE COUNTRY.

• Zoom call with Fr Michael
• Workshop facilitation issues (workshop disrupters and unscheduled situations, significant issues/situations from previous workshops, group discussion and possible options), small group facilitation tips, connecting phrases, feeling words
• Facilitation activities: preparation, facilitation, debriefing the workshop
• Facilitator self-care
• Closing celebration and evaluations
Healing of Memories Luxembourg.

Patrick Byrne, Coordinator – Luxembourg/Europe Healing of Memories Support Group

The past year has been an extraordinarily busy and varied one for our healing of memories group in Luxembourg, both on the domestic front and as regards networking with other groups in other countries, in Europe and beyond.

The bulk of our events – workshops, training sessions and conferences – took place during Fr Michael’s two visits, in April, when he was accompanied by Thandikaya Ncosani, and in December, by Clint Bowers.

In April, we were delighted that the Luxembourg prison authorities agreed to the holding of a second inmates’ healing of memories workshop, and this time not a shortened version but the full three-day format. Healing of memories is now considered an integral part of the prison chaplaincy’s work and is highly valued by the prison’s social work and psychiatric units, who provide significant help in identifying potential participants. In addition to Fr Michael and the seven other facilitators, the workshop team included a number of interpreters to cover the four languages used (English, French, Portuguese and German) and four actors, who performed a moving drama as part of the opening session. Three of these actors stayed on beyond the first evening to take part in the whole workshop. Their full participation contributed greatly to creating the safe space and feeling of trust that are so crucial to the process. During the final evaluation, participants, a few of whom were taking part for a second time, were unanimous in expressing deep gratitude for the experience.

Also in April, a Phase-2 workshop was held in Luxembourg City, attended by 15 participants from previous workshops (see photo). Another workshop, open to the general public, was held in the scenic northern part of Luxembourg during Fr Michael’s visit in December. Of the 24 people taking part, 10 were refugees, mainly from Syria, but also from Iraq, Eritrea, Congo and Rwanda. The workshop was held in
three languages – English, French and Arabic. All in all, 21 nationalities were represented (16 among the participants and a further 5 among the facilitators and interpreters). Despite the poignancy of the extremely painful stories told by so many, the workshop was possibly the most beautiful I have experienced, with a very strong sense of community, sharing and mutual support among the participants.

Facilitator training also figured prominently in our domestic activities, with two sessions led by Fr Michael in April and December for our full team, as well as a facilitators’ meeting with a special guest, Jan de Cock, from the ‘Without Walls’ prison outreach organization in Antwerp, in December as part of their ongoing training programme.

We also took advantage of Fr Michael’s presence to hold a half-day introduction to healing of memories for members of Catholic religious orders, many of whom were extremely responsive, giving moving testimonies of painful memories from childhood and adolescence, but also within their community life, and showing a keen interest in the healing of memories approach.

Another highlight of the year was a surprise 70th birthday party we organised for Fr Michael a few months ahead of the actual date, attended by his many Luxembourg friends – a beautifully varied collection of people – in a warm and joyful atmosphere.

Four members of our team were also lucky enough to be part of the memorable 70th birthday celebrations in Cape Town at the end of June and to attend the IHOM’s international conference on Healing and Justice afterwards, which was a highly enriching experience in terms of both the quality of talks and discussions and the people we were able to meet, coming from such a variety of backgrounds.

Our Luxembourg team were also involved in co-organising the following events with our partner groups in France and Belgium:

- launch events for the French edition of Fr Michael’s memoir in Anger, Rouen, Nancy and Beaune,
- a prison visit in Nancy, with mini-workshop, for 10 female inmates and 20 male inmates, a secondary school visit in Beaune, and a Phase-2 workshop and mini-workshop with social justice groups in Rouen,
• an introduction to healing of memories with the Antwerp prison outreach organisation, with a view to holding a workshop there in 2020 and publishing a Dutch-language version of Fr Michael’s memoir.

As in the three previous years, Javier Garcia Alves and I also assisted, as facilitators and interpreters, in a healing of memories workshop organised in Montreal by the local Restorative Justice Centre and led by Fr Michael. We took this opportunity to attend a further lead facilitators’ training course with three members of the Montreal team.

We were also involved in two particularly unforgettable events:

• Fr Michael’s private audience with Pope Francis: having helped to organise this extraordinary meeting, we had the honour of accompanying Fr Michael to mark his 70th birthday and also the Institute’s 20th anniversary (with Javier acting as interpreter between the two protagonists);

• the amazing four-week visit to West Africa with Fr Michael, accompanied by Loret Loumouamou and Thandikaya Ncosani, from the Institute in Cape Town, in response to an invitation from our partner organizations in Ghana, Togo and Benin. This visit, which was funded by partner groups in Luxembourg, included book launch events for Fr Michael’s memoir, as well as a variety of introductory mini-workshops, full workshops and one-to-one meetings with political, social and religious figures and community representatives in the three countries. A highlight of the visit was that one of our funders’ partner organisations in war-torn Mali, Action Jeunesse Rurale, arranged for a group of 50 young people whom they work with in Ségou to travel down to Togo and Benin, splitting up into subgroups to take part in two healing of memories workshops which we organised for them. A challenging, deeply rewarding experience for all involved, and hopefully a life-changing one for some.
Montreal, Canada

Estelle Drouvin

Our partners from the South African Institute for Healing of Memories, Michael Lapsley and Philani Dlamini (photo above), were in Montreal for a week. Beside them (below) are Patrick Byrne and Javier Garcia, from the European Healing of Memories team. The CSJR was very happy to welcome them and to consolidate the fruitful partnership which started five years ago.

From 7 to 10 October two training sessions were offered for future Quebec facilitators who had already participated in healing of memories workshops in previous years.

The fourth healing of memories workshop was held from 11 to 13 October. This year again the workshop was full, with 28 participants from diverse backgrounds.

The CSJR would like to thank its generous financial partners, without whose support this project could not take place.

- La Fondation Les Oeuvres Marie-Gérin Lajoie
- Le Comité de Solidarité franciscaine
Lead facilitators training group

- The Brian Bronfman family foundation
- Les Oblates franciscaines de Saint-Joseph
- L’ACAT Canada – Action des chrétien(ne)s pour l’abolition de la torture
- MCC-Quebec
- Private donors - Ronald Albert, Peter Deslauriers et Rebecca Dyck.

Small group facilitators training group

A video will be prepared this year by Catherine Ego, in collaboration with Bénédicte Millaud, thanks to the financial support of the Fondation canadienne de la vidéo religieuse.
Members of the 66th Synod of the Diocese of Edmonton were called together on 4 and 5 October 2019 to share and celebrate efforts as individuals, parishes and as a diocese to shape communities of belonging through God’s love.

The Rt Rev. Dr Jane Alexander, Bishop of Edmonton, returning from a personal leave of absence, presided over the Opening Eucharist on Friday evening, the Feast of St Francis of Assisi. The service was held at All Saints’ Cathedral, Edmonton, on Treaty 6 land, the traditional meeting ground and home of Indigenous Peoples, including Cree, Saulteaux, Blackfoot, Nakota Sioux and the Métis Nation.

Looking upward to the scarlet red dresses hung throughout the sanctuary, Bishop Jane called for a moment of silence to honour the lives of missing and murdered Indigenous women and girls. Every 4 October Sisters in Spirit vigils are held across Canada to support grieving families, provide opportunities for healing and motivate change. Just days earlier, National Anglican Indigenous Archbishop Mark MacDonald called for prayer as the names of 2,800 children who died attending residential schools were shared in a public ceremony, and members of the diocese wore orange shirts as a sign of their commitment to help heal the wounds caused by the residential school system.

Bishop Jane prayed for the “healing of our souls”; that we may strive to be a place of belonging for all people; a sharing and loving community that participates fully in God’s dream for Mother Earth, in God’s dream for humanity.

Fr Michael Lapsley SSM, who was installed as Canon for Healing and Reconciliation at the 65th Synod, brought “a loving embrace” from the people of St George’s Cathedral in Cape Town, South Africa, where he holds a similar title.

“Indeed, we are all God’s gift to the Church,” he said in his sermon to the congregation of 201 registered lay and clergy synod delegates, and guests. “But do we believe it in our heart of hearts?”

“How many of us have unhealed wounds?” he asked. “Often such wounds have affected our sense of self-value and our ability to believe we are God’s children. With God’s help, we can become healers of one another so that we experience ourselves in the innermost part of our being as God’s children.”

Prior to the current synod, 20 members of the Edmonton diocese participated in Fr Michael’s healing of memories residential workshop, held at Providence Renewal Centre and facilitated by his colleague Philani Dlamini, the Ven. Travis Enright, Archdeacon for Indigenous Ministries, the Rev. Stephanie London, priest at St. Thomas’s, Sherwood Park and St. Columba, Beaumont, and the Rev. Quinn Strikwerda, vicar of All Saints’ Cathedral.
“Each of us took a step on the road to healing,” he said. “For some of us, it was just a gentle step; some saw more clearly their own unfinished business. For one or two it was a watershed, life-changing moment when we began to let go of our victimhood.”

When Bishop Jane met Fr Michael, in 2010, at a conference for peace and reconciliation in Seoul, South Korea, she recalls being amazed by his courage to raise “hot button” issues, such as capital punishment and the church’s treatment of LGBTQ2S+ people.

“Here we must ask ourselves, ‘what is God’s dream for the Diocese of Edmonton?’” he told synod.

“While Indigenous people, the foundation nations of the human family, have never lost sight of living in harmony with Mother Earth, in Alberta the politics and culture of the province have been closely tied to the production of fossil energy since the 1940s. One of our challenges is how to talk about environmental justice and the future of our children and grandchildren.....to do so will require guidance and wisdom and courage. So often throughout history, God chooses the most unlikely people as messengers. Who could have imagined that Greta, a 16-year-old Swedish girl with Asperger syndrome, would become the world’s leading advocate for climate justice?”

“Bishop Jane’s visionary leadership has encouraged all of us to share in God’s dream of a church in which all God’s children are welcome,” he said. “And that every parish and every congregation will become safe places where ancient, old and recent wounds can heal.” “So let justice roll down like waters, and righteousness like an ever-flowing stream.” Amos 5:24

LOOKING UPWARD TO THE SCARLET RED DRESSES HUNG THROUGHOUT THE SANCTUARY, BISHOP JANE CALLED FOR A MOMENT OF SILENCE TO HONOUR THE LIVES OF MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS.
Private audience of Fr Michael Lapsley SSM, Director of the Institute for Healing of Memories (IHOM) - South Africa, with Pope Francis on 15 June 2019

The audience was an encounter between the Holy Father and Fr Michael Lapsley SSM, who was accompanied by Philani Dlamini (1), Patrick Byrne (2) and Javier García Alves (3).

It was a very moving experience. Pope Francis and Fr Michael immediately got on extremely well. Same sense of humour, same direct language, same listening capacity, same priorities. And even a big hug at the end.

Fr Michael began by sharing some of his life journey, including the pivotal experience of receiving a letter bomb which blew off both his hands amongst other injuries. Pope Francis was visibly moved by his story. Fr Michael then explained how his bombing in time led to his calling to create the healing of memories work which eventually led to the formation of the Institute for Healing of Memories (IHOM).

This was initially in the damaged country of South Africa, as a complement to the Truth and Reconciliation Commission, and later across the world.

Fr Michael framed what he had to say overall in terms of the significant power of acknowledgement as a first step on the road to healing, both at the level of the IHOM across the world and in the context of the ministry of Pope Francis. He began by appreciating the role of the Holy Father in today’s world, especially in the way he acknowledges the pain of the human family and always insists on mercy, compassion and solidarity, particularly towards the most disadvantaged and excluded people.

Fr Michael then referred to the meeting Pope Francis had had the previous day with representatives of the oil industry and the fact he had chastised them for their ongoing commitment to the further exploitation of fossil resources and its damaging impact on our common home. Pope Francis explained with a broad smile that he had just boxed them gently on the ears.

Fr Michael mentioned the numerous translations of his memoir, Redeeming the Past (14 language editions so far), including German, Spanish, French, Arabic and Thai, which shows that his story and the work of the IHOM has a universal resonance. He pointed out that the two most common narratives in healing of memories workshops worldwide are gender-based violence (including both domestic and sexual violence) and childhood trauma. Pope Francis was nodding in recognition as this point was made.

Fr Michael explained that he wears more than one hat: on top of being director of the IHOM, he is the Canon for healing and reconciliation at Cape Town’s Anglican Cathedral and also in Edmonton, in Canada. The Bishop of Edmonton, Jane Alexander, has written several times to the Holy Father asking him to visit Canada and apologize for the abuse by religious personnel in residential schools over many years. Pope Francis responded immediately that there were already plans for such a visit in the Vatican pipeline.

Fr Michael added that one of the dreams of indigenous peoples across the world would be the explicit revocation of the Doctrine of Discovery by the Catholic Church.
He then mentioned the forthcoming visit of Pope Francis to Mozambique, where two important unacknowledged open wounds from the past are obstacles to the healing of the nation. There are the abuses by FRELIMO, notably the execution of some of their members, including a Catholic priest, Fr Mateus Pinho Gwenjere, the whereabouts of whose mortal remains are still unknown. There is also the identification of much of the Catholic Church with the occupying colonial power. Fr Michael gave Pope Francis a book on the life of Fr Gwenjere written by Lawe Laweki, who also sent two personal messages to the Holy Father.

Many peace activists are hoping that non-violence and the renouncing of any idea of a just war would be the theme for a new papal encyclical. This led to an observation by the Holy Father about the complicity of the major powers with war through their leading role and involvement with the arms industry.

Fr Michael expressed his profound appreciation for the opposition of Pope Francis to the death penalty, which is now reflected in the Catechism of the Catholic Church.

This is part of the fruit of years of campaigning by organizations such as Amnesty International and ACAT (Action by Christians for the Abolition of Torture).

Before the end of the audience, Fr Michael referred to the desire of the IHOM to upscale its work in South Africa and across the world. Then he asked the Holy Father for ways of obtaining further support from Catholic Church bodies. Pope Francis made a number of suggestions.

The conversation also included its light moments, with Pope Francis and Fr Michael enjoying their shared sense of humour. The Holy Father mentioned that a sense of humour is probably the closest thing to the grace of God. He referred to St Thomas More’s Prayer for Good Humour, which he prays daily.
Fr Michael then told Pope Francis that he could have brought several thousand people with him for the audience, including so many of his Facebook friends, and that many of them were greeting him. Pope Francis responded with a big smile and waved his arms saying that there was plenty of space to bring all of them and that he was greeting them back.

Fr Michael gave the Holy Father two signed copies of his memoir, Redeeming the Past, one in English and another in Spanish.

At the end of the audience, Pope Francis gave the delegation his blessing and asked each of its members to pray for him.

The delegation’s time in Rome was greatly facilitated by George H. Johannes, South African Ambassador to the Holy See, who shares with Fr Michael a common past in the struggle against apartheid.

1) Of the Institute for Healing of Memories (IHOM) in KwaZulu-Natal, South Africa
2) Former President of the International Federation of Action by Christians for the Abolition of Torture (ACAT) and co-coordinator of the Healing of Memories Support Group Europe
3) Translator of the three Spanish editions of Fr Michael’s memoir, Redeeming the Past, and co-coordinator of the Healing of Memories Support Group Europe

Reflection on Fr Michael Lapsley’s book, Redeeming the Past, Thai edition

Finn W Yutthana

I guess it’s not that hard for you to realise that your nightmare is over. However, the question is “Even if you know that the storm has gone a long time ago, how can we get rid of the rain which is still pouring hard out in our heart?”.

I met Fr Michael in early 2019 at his book launch in Thailand – the Thai edition of “Redeeming the Past”. I was asked to do an interview with him and I said yes. Well, I thought to myself, they are not many men like him on earth – virtuous, tough, kind, smart and knowing how to love. Plus, he was coming over. Wasn’t that a good opportunity?

I am actually a YouTuber in Thailand, creating video content mainly for Thai youth. I have to admit that I do not know much how it feels about apartheid or racism in South Africa. I do not know how it feels to be black. I am yellow. I do not know much about Christianity. I am a Buddhist.

As a man who has grown up in Thailand, I know how it feels to live in a society where you cannot trust anybody... anybody at all, including your own family members. I know how it feels to live in a country where a black panther was hunted and killed in a wild-life sanctuary. I know
how it feels to live in a society where many parents keep forcing their children in every aspect of life until they commit suicide.

As a YouTuber, every day I got text messages from my followers sharing with me all sorts of stories & questions - outrageous, misguided and lost, such as, “How can I get the courage to punch my classmates down?”, “What is the reason why my wife left me and our children to go out with a poor, unemployed & uneducated young man?”, “I have depression and tried to kill myself few times already”.

I know this world is full of hopeless, passionless, gloomy, distressed minds. Moreover, those people they do not want to go to see a psychiatrist. They told me. I do not know why.

At the end of the day, I still do not know how to solve their problems. The question is “Should I?”.

Fr Michael pointed out an idea when you get asked for support. They do not actually come to you to ask for your suggestions but for someone who can listen and be there for them. You are not an adviser in this situation but a big brother or sister who has a nice warm shoulder to cry on.

Honestly, I do not know much about religions but what I do know is this is not a book about teaching you how to be good person but this is a lesson for learning how to become a full human again.

Come on.. Let your past pass and go get your present.

Read and learn how to ACCEPT, LET GO and then MOVE ON. It is time to free yourselves and help each other.
Launch of Thai edition of Redeeming the Past.
Adrienne Jade Palacios

When I was invited to the book launch I had no expectations and I was completely open to what the experience would show me. When I went and saw the title of his book, I could instantly feel the power of Fr Michael Lapsley’s work. As I sat and listened to his messages in both Thai and English, I was so moved at the deepest levels because I know how important it is for us humans to go through the processes of healing and forgiveness. The experience was precious and I admire Fr Michael for his courage and compassion.

On a personal level, it was life-changing in a way, as it reminded me of how important it is that we reach out and help other people to heal. We are all humans, brothers and sisters living on the same planet. I hope to see Fr Michael again and experience more of his wisdom, insight and humility.

Lutheran Church in Liberia Trauma Healing and Reconciliation Program (LCL-THRP)

Philip Nushann . Acting Program Director, Lutheran Church in Liberia

Reflection on Visit to Liberia – 25 March 2019

Greetings and introduction

Grace and peace in the blessed name of our Lord and Saviour Jesus Christ. The Lutheran Church in Liberia Trauma Healing and Reconciliation Program (LCL-THRP) is thankful to Almighty God for the safe arrival of Fr Michael Lapsley and Mr Ezra Thandidaya Ncosani to Liberia, their stay, and also for their safe return to South Africa.

The reflection herein briefly covers the activities marking Fr Lapsley’s visit to Liberia from Saturday, 2 March 2019 to Friday, 8 March 2019. This reflection mainly focuses on Fr Lapsley as the lead facilitator. It is our hope that the narratives contained herein will provide you with a window of opportunity to have an appreciable understanding of the different activities that characterized Fr Lapsley and Mr Ncosani’s visit during this period.
Brief history of the relationship between IHOM and the LCL-THRP

The Lutheran Church in Liberia Trauma Healing and Reconciliation Program (LCL-THRP) is a faith-based organization established in 1998 with the aim of promoting peace, conflict resolution, and national reconciliation, as well as providing trauma-healing interventions for people traumatized by the severe effects of the Liberian civil war (1989 to 2003), which claimed more than 250,000 lives (including peacekeepers and other nationals). The collaboration between these two institutions started in 2014 with support from the Church of Sweden (CoS), through a peer review process in which both organizations will observe, rather than evaluate, their work in reconciliation, healing, and peace building, and learn from one another.

Based on this unique collaboration and exchange program between the two institutions, and as a final wrap-up of CoS’s financial support to the LCL-THRP, Fr Lapsley, Director of the IHOM, arrived in Liberia on 2 March 2019 to continue the work he started in 2014, which was interrupted by the situation of the Ebola disease outbreak in Liberia. Fr Lapsley’s recent work with the LCL-THRP focused mainly on the “Strategic integration of peace and reconciliation within the church and community” through two major conferences in Monrovia, Montserrado County, and Gbarnga City, Bong County. These conferences were held under the theme: “Peace, Healing, and National Reconciliation Conference” for religious leaders and other key stakeholders.

The goal for these conferences was to create the platform for religious leaders and other key stakeholders to be inspired or encouraged by Fr Lapsley’s story/experience in ways that would motivate them to initiate and promote/strengthen peace building and conflict resolution activities in their respective congregations and institutions across Liberia.
**Brief description of activities – Fr Lapsley and Mr Ncosani**

**Sunday worship**

On Sunday, 3 March 2019 Fr Lapsley and Mr Ncosani worshipped at the David A. Day Lutheran Parish in Harrisburg, where the young people of the National Lutheran Youth Fellowship (NLYF) of the Lutheran Church in Liberia were concluding the celebration of their 28th Annual Convention and 32nd Birth Anniversary. During this service, Fr Lapsley was afforded the opportunity to greet the young people and the entire congregation. He encouraged the young people to prepare themselves, to maintain the peace of the country, and to walk into the future ahead of them with commitment and dedication. Fr Lapsley used his personal experience with the system of oppression and his journey to healing to further encourage members of the congregation. His story was so emotional that a few people could not hold back their tears. The leadership of the NLYF and the Pastor-in-Charge of the Harrisburg parish were thankful for the presence of Fr Lapsley and his motivation to the young people during this service.

Fr Lapsley 3

**Radio talk shows**

Fr Lapsley and Philip Nushann participated in two radio talk shows in an effort to further inform the public or create awareness about the purpose of Fr Lapsley’s visit to Liberia. These shows mainly focused on the two conferences in Monrovia and Gbarnga City, and their significance to the peace and stability of Liberia. The first show was on the national radio station, the Liberia Broadcasting Service – LBS, on Monday, 4 March 2019 at 4 p.m., and the second on a local community radio station, Super Bonges FM in Gbarnga City, Bong County, on Wednesday, 6 March 2019 at 7 p.m.

**Conferences**

As mentioned above, the goal for these conferences was to create the platform for religious leaders and other key stakeholders to be inspired or encouraged by Fr Lapsley’s story/experience in ways that would motivate them to initiate and promote/strengthen peace building and conflict resolution activities in their respective congregations and institutions across Liberia.

a. Monrovia Conference

This conference was held on Tuesday, 5 March 2019 in the conference hall of the Lutheran Church in Sinkor. The conference started with a formal opening ceremony at 10 a.m. with a special statement from the Rt Rev. Dr D. Jensen Seyenkulo, Bishop, LCL. Bishop Seyenkulo noted that the LCL-THRP is the Liberian version of healing of memories, and challenged participants to recognize the need for honest conversations and community engagements in promoting peace, healing, and national reconciliation in Liberia. He expressed gratitude to Fr Lapsley for his willingness to support Liberia in its journey of peace, healing, and national reconciliation. The general secretary of the LCL, Mrs Naomi Ford-Wilson, also expressed happiness over the number of participants and institutions that honoured the invitation to attend this very important conference.

Bishop Jensen at opening conference

Sixty-five (65) participants, including the Chief-of-Staff of the Armed Forces of Liberia Maj. Gen. Prince Charles Johnson, III, attended the Monrovia conference. Indeed, the attendance at this conference was outstanding, thereby meeting our expectations. Participants came from the Peace, Building Office of Liberia, the Inter-Religious Council of Liberia, the Liberia
Medical and Dental Association, the Liberia Council of Churches, and many other prominent organizations with critical roles in promoting Liberia’s peace and stability.

Fr Lapsley served as the lead facilitator for this conference. He shared his personal journey from victim to survivor to victor, highlighting that everyone has a story, and that every story needs a listener. Fr Lapsley also emphasized that healing is a long journey, a process that begins with the individual self, and not an event, especially in situations where the perpetrators of violence and the victims have never had the opportunity to “reason together.” He raised the issues of moral and spiritual injuries, which also interested a lot of participants, and generated deep conversations. His key message to participants was an encouragement to employ and utilize the unique aspects and opportunities in their context in order to support their individual and collective journeys to healing.

b. Gbarnga Conference (Participants 7)

This conference was held on Thursday, 7 March 2019 in the conference hall of the Passion Hotel in Gbarnga City, Bong County, where Fr Lapsley and Mr Ncosani also stayed. Fifty-four (54) participants, including representatives from the Joint Security Network, the Inter-Religious Council, the Liberia Council of Churches, the Press Union of Liberia, the Bong County Health Team, the Bong Motorcycle Union, local government authorities, traditional leaders, etc. attended this conference in Gbarnga. Fr Lapsley’s message was similar to that of the Monrovia conference. Participants were appreciative of the knowledge and inspiration gained from this conference.

Wrap-up meeting, general impression, observation, and departure

The possibility for staff of the LCL-THRP to be trained as healing facilitators at an annual training workshop in South Africa was also discussed. This training is held in March of every year but with costs attached.

The general observation from Fr Lapsley and Mr Ncosani, along with the LCL-THRP staff, was that objectives of Fr Lapsley’s visit to Liberia were successfully achieved, and that everyone was fulfilled by such accomplishment. Other observations:

- Fr Lapsley helped participants at the two conferences to realize the need for self-healing.
- Participants were inspired by Fr Lapsley’s story as evidenced by their individual take-away from the conferences. For example, one participant felt the need for his institution to create a safe space at work to support employees’ story-telling purpose.
- Liberia still has unhealed wounds that need to be addressed.
- There is a need to follow up with participants from these two conferences. Members of the Joint Security and the Armed Forces of Liberia as well as the Liberia Council of Churches in Gbarnga City particularly expressed the need for continuous engagement in the areas of healing and reconciliation.

In view of this, we recommend that CoS considers the follow-up aspect of these conferences as a special short-term project with the LCL-THRP, and provide financial support for the implementation of this project.

Again, we are thankful to Almighty God for granting them safe travels. We are also thankful to their families for sharing them with us in particular and Liberia at large.

**Metta Development Foundation**

**Myanmar - Gum Sha Awng**

**Introduction**

Myanmar is a country beset by conflict, with a long history of authoritarian government and a great deal of poverty, distrust and struggle. Much of the disagreement is along political, religious and ethnic fault lines with little positive dialogue and is exacerbated by the strong and active presence of the military, which impinges on almost every facet of life.

Democratization has been on the agenda since 1988, when a major uprising took place, followed by two others, one by monks and one by students. Now grassroots farmers are struggling over land rights and economic injustice.

South Africa, too, has lived through a history of authoritarian conflict during the apartheid era, where ethnicity was the defining quality of a person’s worth. However, South Africa managed to emerge from that period without armed conflict and while the new society has not been entirely successful for all the population, many citizens are working actively for peace and harmony.

Metta Development Foundation invited Fr Michael to Myanmar in February 2019 to further the cause of individual, national and community peace and harmony.

**Objective**

To bring together through workshops and open discussion, people of influence, faith-based leaders and community groups who will experience through the healing of memories (remembering past injustices and healing multiple woundedness) a process which is
life giving and lays to rest that which is destructive and this will help to initiate and adapt a transformative process in Myanmar.

The benefits of this visit will show in the attitudinal changes of participants and through them of their constituents. It is important that Myanmar’s time of change and transition to democracy is societal as well as economic. Together the proposed participants have influence over many, many people and the impact will be widespread. The ethnic conflict looms large in the lives of those involved and healing is desperately needed. The impetus provided by the proposed visit of Fr Michael may prove to be the catalyst required to move to a more positive approach.

Methodology
It is proposed that there will be four levels of activity – conference and round table discussion or meeting in Myitkyina, workshop and public talk in Yangon.

Activities

a. Preaching at a church service
Fr Michael and the organizing team took part in the Anglican church service in Myitkyina on 3 February 2019. During the service, Father Michael gave a sermon on “forgiveness”.

Summary of the message
Many people talk about “to forgive and to forget because the bible says so”. However, Fr Michael stated clearly in his sermon that there is no verse that says this. Instead, whenever “forget” appears in the bible “do not” always appears in front of it. What the Bible says to us is to remember. Whenever the Jewish people misbehaved, God told them to remember the time that they were slaves in Egypt and remember the God who walked with them, the God who brought them from slavery. Because the reason that people misbehave is they have forgotten. And for
2000 years, Christians have come every Sunday because we are commanded to remember. Destructive memories are filled with poison. In many parts of the world, there have been wars for hundreds of years. Stories are full of poison. How do we move from destructive memory to life-giving memory? As Christians we are told a lot about forgiveness but Fr Michael’s experience of forgiveness is costly, painful and difficult. Justice can refer to punishment or revenge. However, there is another kind of justice, which restores relationships. On the journey of healing and forgiveness, God does not promise us that we will not suffer, but God promises to be with us and to walk together with us. God said, “Look! I am with you always to the end of time”.

b. Healing of Memories Conference in Myitkyina

The Conference on Healing of Memories: Spiritual Challenges in the Context of Political Conflicts was held from 4 to 6 February 2019 in Metta CARD center, Alam, Kachin State. The targeted church ministers, lay leaders who themselves are internally displaced persons (IDPs) and leading and providing care to church members, including the IDPs, in the current context of Kachin and Northern Shan states, participated in the three-day conference, which had the following objectives:

- to explore and learn about the practical aspects of pastoral care, healing and practical theology in the given context
- to hold dialogue on the challenges that society is confronting and its dilemma on justice and healing
- to create space for further initiatives on healing of memories and pastoral care.

The conference in Myitkyina was structured in two parts: keynote speeches by the panelists in the morning session and in the afternoon session, four workshops providing an introduction to the different ways of healing.

During the conference, the following panelists gave keynote speeches:

1. Fr Michael Lapsley – Healing of memories
2. Prof. Dr. Saw Hlaing Bwa – “People suffering injustice and spiritual challenges in a context of political conflict” and “moral leadership and the role of church minister in a multicultural and pluralistic society”
3. Sayama Nang Raw – Conflict-affected society, future and caring
4. Saya Gum Sha Awng – Internalized oppression
5. Saya Myit Zaw – Nation-building and healing
7. Sayama Nant Hlaing Yadana Soe – Female ways of caring and healing from theological perspectives
8. Mr David Tegenfeldt – Personal and social transformation
9. Sayama Kaw Seng – video showing on “art, culture, nature and healing”
The four workshops were as follows:

1. Trauma healing or personal self-care, by Saya Hkun Hpung, Hope International
2. Art work process, by Saya Mung Seng and the Aravati group
3. Pastoral care in practice (counselling), by Sayama Nant Hlaing Yadana Soe, MIT
4. Music therapy, by Sayama Phyu Ei Aung and Awn Ra, Metta

Evaluation of the conference

The conference was successfully conducted and according to the evaluation results, the participants felt that the conference was of practical relevance for the current context and that it achieved its objectives.

c. Meeting with the theological institutes and church leaders

The meeting with the theological institutes was held on the evening of 4 February 2019. It began with an introduction about the objective of the trip. Fr Michael then described his healing journey and peace initiatives in South Africa. He also shared his opinion of justice, healing and peace as they relate to the biblical concepts which encourage us to provide spiritual care and inspiration to people within conflict-affected communities, so that they can be healed among themselves and thus create peaceful communities. The meeting continued with a Q&A session, which focused on the process of struggling for the healing journey towards peace.

At the end of the meeting, the representatives from the theological institutes recognized the importance of including healing in the curriculum. Some participants said that how to listen well also needed attention instead of focusing too much on how to preach well. The meeting helped people to realize that living with painful feelings is like a poison and is not healthy for life and that we need to detox by ourselves first to prepare for the long-term peace journey.
Healing of memories in Sri Lanka.
Ralston Weinman and Priyanka Mendis

Healing of memories Sri Lanka has been conducting workshops since 2014 and in 2019 built up a small group of facilitators and a couple of lead facilitators. The bombing of churches and hotels on Easter Sunday 2019 added to the number of victims of pain in a country already ravaged by conflict and war.

The National Christian Council of Sri Lanka conducts ongoing workshops primarily for three communities who are part of a wider social upliftment program funded by Bread for the World Germany: ex-combatants, plantation and farming communities. Ralston Weinman – associated with the program since its inception in Sri Lanka – has been responsible for the healing of memories work in Sri Lanka.

Fr Michael Lapsley visited Sri Lanka from 3 to 17 September and conducted a workshop for the caregivers ministering to the victims of the Easter bombings. This workshop was significant, as it was the first time that the Roman Catholic Church was officially partnering the HOM work in Sri Lanka.

Apart from the workshop, there was a discussion on anger attended by 80 schoolchildren and teachers, a discussion on healing and justice with activists, an HOM facilitator training for 35 people, a public meeting and discussion on reconciliation attended by 40 people, a discussion with 20 Muslim community leaders and a workshop for 25 students from Jaffna following a counselling course.

Fr Michael was invited to speak at a “Critical thinking forum” organized by the Buddhist Sri Walpola Rahula Institute and attended by 170 people. The Postgraduate Institute of Pali and Buddhist studies invited him to speak on “Serving Humanity in a Broken World” to 60 young Buddhist monks. The Student Christian Movement invited him for a discussion with 30 students.
Many of these events were heavily oversubscribed, pointing to an increased interest in work related to the themes that the IHOM focuses on.

Fr Michael, speaking of the highlights of the visit, commented that the openness and engagement of the participants were remarkable. Teachers were comfortable sharing their stories in front of the students, while the students were not intimidated and participated actively in the discussion. He said the thoughts, ideas and perspectives of the young people were progressive. They were very engaged with the need for reconciliation, healing and peace in the nation. More spaces need to be created for young people to share their thoughts and be engaged in meaningful dialogue.

A media conference was well attended; the journalists were well informed and their questions were quite perceptive and insightful. Some of the articles that were subsequently published had captured the work comprehensively. The recording of the interview with MTV could possibly result in reaching a wider audience. [https://www.youtube.com/watch?v=e8js9u4Gjak](https://www.youtube.com/watch?v=e8js9u4Gjak)

Most of the challenges in the Sri Lankan context would be considered common global challenges. There is, however, a distinct uniqueness to the situation in terms of corrupt politics, power-hungry politicians, sensationalism in the media, unhealed wounds, and perpetrators. An important challenge is to provide space for the alternative narrative and to be advocates of stories from different perspectives. It is important that Christians should keep the fire burning amidst the dark and gloom.
Lesotho.
Moeketsi Khomonngoe

It has been three years that the Lesotho healing of memories team has been journeying together and we are very much humbled by your prayers and support in this journey. We so much want to pass our heartfelt thanks to the SSM brothers for supporting us financially and also allowing us to hold our workshops in their premises. Our team has a monthly meeting to work together on how we can accomplish our plan and take the healing of memories to the next level in our country. The committee made the year plan for 2019.

Our plan was as follows:

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Visits
At the beginning we planned to visit eight parishes/churches but we only visited four because we did not receive a response from the other parishes. The visits happened simultaneously because we organized ourselves into groups of four. The visits were successful because we had participants from those churches.

On 1 May 2019, which was the workers’ public holiday, we visited the centre for children with disabilities. Each of us contributed the money for the groceries we bought for them. The centre takes care of children from 6 to 17 years of age.

We were unable to visit the prisoners because the procedure that needs to be followed is interminable.

Other activities
We have learned that listening to stories leaves us with a burden on our shoulders as the facilitators, so we decided to invite a counsellor, the Rev Joseph Morenammele, to come and help us. That one-day session was very fruitful.

The Phase-2 training took place in the premises of SSM and was led by Fr Michael. The training was followed by two workshops. The first workshop was held from 26 to 28 April 2019 and had 18 participants, three men and 15 women. The second workshop was from 25 to 27 August, with 20 participants, four men and 16 women. Among these 20 participants, six were from Johannesburg in South Africa. After the last day of the workshop we had a surprise birthday party for Fr Michael.
From 24 to 27 June 2019 the Healing of Memories International Conference took place in Cape Town and was attended by two of our members, Br. Moeketsi Khomonngoe and Ms Fumane Monokoane.

On 15 September we had the fun walk, in which 46 people took part. After the walk we had three activities: team building, abseiling and canoeing. We had fun and learnt so much, even though the attendance was not as good as we expected.

**Excerpts from a reflection by Mrs Makeketsi Molefe**

The other significant experience I have gained is not to solve people’s problems but rather listen to their story. Sometimes we fail people a lot because of trying to give solutions to their problems. We were taught about the ministry of presence. Just be there for a person with problems and offer a listening ear instead of you talking too much. I was so amazed by this approach and indeed it works in a very effective manner...

I also learnt that an important tool is forgiveness. It takes a courageous person to forgive. Forgiveness doesn’t mean the forgiving person is the wrong one, but we forgive so that we free ourselves from a yoke of hurt and hatred. We forgive for our own good and to minimize the risk of catching some illnesses like high blood pressure, stroke, etc. The unforgiving person suffers a lot because sometimes a person may not know how hateful you are towards her/him. Unforgiveness makes a heart suffer a lot, and the only way to protect our hearts is through forgiveness as the wellsprings of life are derived from the heart...

In closure I would like to give thanks to God who saw me through and granted me a second chance to live. I also want to glorify God for providing us with his servant Fr Michael in times of need indeed. Though he endured tribulations before the birth of HOM, I still wonder whether he would be what he is now, I doubt it. Indeed gold has to pass through fire. I therefore take courage from God’s word in Romans chapter 8, verse 28. “Truly all things work together in collaboration for those who love the Lord.” All things whether good or bad. Also James chapter 1, verse 2. “Brethren consider it joy if you come across many tribulations.” Faith tested results in patience. The practical parts of these scriptures we have seen in healing of memories and its founder. May God of all bless this great movement of healing of memories so that it continues to serve the whole world by touching and restoring hope to the broken-hearted.

Loret Loumouamou

Introduction
A team of healing of memories facilitators embarked on the journey to three countries in West Africa, Ghana, Togo and Benin, from 22 July to 20 August 2019. The team was composed of Fr Michael, Loret and Thandikaya from Cape Town, South Africa, and Patrick and Javier from the Luxembourg/Europe Healing of Memories Support Group. During our visit to those countries we worked in partnership with the ACAT (Action des Chrétiens pour l'Abolition de la Torture) and AJR (Action Jeunesse Rurale) of Mali. The aim of the visit was to popularize the work of the Institute and to launch Fr Michael’s book in both English and French. The activities mentioned in this report were designed to achieve this aim.

Meetings
We had meetings with organisations, institutions, members of political parties and churches:
- Amnesty International Ghana national director,
- Anglican Bishop of Accra
- South Africa Deputy High Commissioner
- a Catholic priest
- Catholic Bishop of Porto Novo and Cotonou

Interviews
In all three countries, Fr Michael gave radio and TV interviews where he talked about the launch of his memoir “Redeeming the Past” and the healing of memories work.

Book launch
Book launches were held in the three countries.

Healing of memories process
- Introduction to the healing of memories
In Ghana, Togo and Benin healing of memories introductory workshops were held. They were attended by partner organizations such as ACAT, Amnesty International, some members of the Anglican Church and other human rights organisations.

The aim of these workshops was to introduce a shorter version of the healing of memories methodology use by the Institute for Healing of Memories.

We implemented the same workshops in prisons: Nsawan Prison in Accra, Lome Central Prison in Togo and Misserete Prison in Benin.

- Healing of memories workshops
Three healing of memories workshops were organized:

The first one took place in Togo from 4 to 6 August and was attended by 25 young people from Action Jeunesse Rurale, based in the city of Segou in Mali, and four of their leaders.
The second workshop was held from 10 to 12 August in Segbohoue in Benin and was attended by 23 young people from the Mali Action Jeunesse Rurale and their leaders.

The third workshop took place from 16 to 18 August in Cotonou, Benin and was attended by members of various organizations, churches and other institutions from Ghana, Togo and Benin.

These workshops created a platform for people from different organizations in the four countries, young people and adults, to share their stories and get to know the healing methodology better because it was the first time they had experienced such a workshop.

**Highlights**

The workshops were impactful. People came from different backgrounds, they were diverse in terms of gender, country, language, religion and culture. Many people were touched by the stories shared. Listening to the stories of the Malians, we saw the impact of war on the lives of the young ones and the love they still have for their country.

Listening to adults, the stories were about childhood trauma and violence in families. Many people were sharing their stories for the first time and it was a realisation that they don’t really know each suffering and life experience even though they work together. The storytelling had a great impact on their relationships.

The process helped people to remember past injustices, ancient, old and recent, and to acknowledge their woundedness.

For me there is no doubt that the healing work was well received by the organizations and institution we worked with. But in going forward we need to rethink how to position the healing of memories work to avoid confusion with the other forms of healing work that exist in those countries. This transpired when we met with an Anglican priest involved in healing.

A society’s shared ways of being, encompassing the beliefs, values, norms, customs, practices, institutions and social behaviours that have evolved in a particular nation, population or group of people, are part of its culture and this needs to be taken into consideration.
In addition, we must not neglect the fact that culture is also important in the healing of individuals and communities. The question will be how much do I comprise? To achieve unity in diversity.

Meeting with human rights organizations gave us a broader picture of the human rights situation in all three countries. Togo and Benin have abolished the death penalty but not Ghana. The team had the opportunity to meet with some people who were on death row in Misserete prison in Cotonou, Benin.

There is a need to be aware of, and not undermine, culture in the different places.

We need knowledge of the countries’ history. Visiting KWAME Krumah Museum in Accra and having different conversations with people contributed to grasping the human rights violations that were endured by the population for centuries.

Challenges

- Time management
- Cancellation of and changes to the program
- Off-duty times are important for the team, self-care
- After the trip, days off need to be discussed
- Working hours to be specified, issues of medical aid need to be discussed
- Language issues with young people from Mali (we assumed that because they came from a French-speaking country, they would speak French fluently, which was a mistake. We did not take into consideration the drop-out rate from school.)
- Culture, I was reminded that in some cultures men will not eat together with women (working with Malians)
- Translation of some words from English to French needs to be looked at again to avoid losing the essence. For example the word “perpetrator” was translated as “bourreau” in French but this is used in the context of the death penalty: a bourreau is someone who executes the death penalty.
- Meal times need to be rearranged because it took a lot of time when we were far from our accommodation.

Lessons learned and insights

- The importance of knowing the background of people you are going to work with: culture, language, religion etc. I will give two examples:
Knowing in advance that in Mali (maybe not throughout the country) women and men do not eat together; this would have avoided a cultural shock. I do not know how they felt seeing me eating with men. This will need me to observe and integrate and I know this can take time. How much can someone compromise and still be “me”?

It is not the case that in all French-speaking countries, people will be able to express themselves in French, and we ignored the fact that most of the young people from Mali had dropped out from school.

• Challenge misconceptions and get to know people below the surface.
• Adjust expectations and go with an open mind.
• I observe different leadership, personalities and ambitions among the leaders of ACAT in the three countries even though they belong to the same organization, which is understandable because the environment might look the same but is different.
• Patriarchy still exists and has deep roots in these countries. I remember one comment made by the president of FIACAT when we were having a conversation about “women first”, as it is said in South Africa. He said that is offensive because in their culture you cannot greet or serve women first, men are first and women last. The position and role of women need to be taken into account.
• The ACAT mission is to abolish torture and they work in prisons. I think going forward it will be necessary to identify other organizations working with other target groups or working with women, doing interfaith work.

Finding and creating partnerships with other organizations, finding a forum of organizations if it exists, identifying cities, communities for a pilot scheme.

• It is a mistake to rely on one person or some people’s opinion to form a general opinion of a country. This needs to be verified by engaging more with the population.
• Having dialogues and conversations will lead to understanding the issues to program that will be impactful.
• People with whom we are going to work need to understand the institute’s mission and vision to avoid creating a false image of what the institute is not.
• The concepts of healing and trauma need to be clearly explained.
• I expect more challenges in terms of language, particularly interpreting from French to local languages.
• Decision-making in case of conflict, boundaries and limits of the institute, role of partners, maybe to be specified in a MOU. Not to create false expectations at the beginning.

Way forward
Going forward, we need:

• Training of facilitators for both healing of memories and community healing
• To identify target groups and organizations to partner with besides ACAT
• Partnership agreement
SUMMARY OF IHOM ACTIVITIES
This annual report demonstrates our progress and provides examples of our achievements throughout the year. The Institute for Healing of Memories continues to play a significant role in trauma healing and reconciliation processes through the healing of memories workshops, community healing dialogues, restoring humanity activities and research at the national and international levels.

Feedback from the healing of memories workshops shows that many participants benefited from the workshops and dialogues in one way or another and we have seen life-giving transformation experienced by individuals and communities.

In addition, restoring humanity continues to equip young people with skills and knowledge to be actively involved in shaping a society where previous mistakes are not repeated and the rights of each individual are upheld in their communities. The recent study by the University of Johannesburg demonstrated that the absence of fathers and familial dysfunction continue to contribute to many of the social problems among young people within communities. The interventions from the Institute for Healing of Memories continue to help youth to engage in the process of trauma healing, which enables them to reach their potential.

Furthermore, the community healing dialogues continue to create a platform within communities to reflect on dynamics and issues that hinder them from benefiting from healing processes in our new democratic society. Plenary and group discussions proved that community dialogues are crucial; the South African Government should therefore play a critical role in bringing healing within communities.

Although the overall program activities were achieved, funding continues to be a challenge, mainly due to the global economic crisis and its impact on NGOs’ funding in general. Therefore more efforts and strategies continue to be implemented to play a part in transforming the lives and futures of vulnerable people and communities.

I would like to extend my gratitude to IHOM donors, every contribution certainly counts, whether you are an individual or a government donor or a private partner sharing our vision of trauma healing and reconciliation. Thanks to the Director, Trustees, IHOM Management, partners, staff and facilitators. Without your effort, support and commitment, we would not be able to impact on participants and communities.
Introduction
IHOM interventions responded to the issues in KwaZulu Natal. The work continues in engaging and extending to partners and communities through the office. We continue to present the vision of the IHOM by striving to be a leading agent of hope, transformation and peace and empowering individuals, communities and nations through the healing of memories.

Objectives
To help participants offload certain psychological issues which arise from present and past experiences in their life journey.

To create a safe space and bring back the sense of Ubuntu and establishing the holy space within the church, starting with the participants who have attended the IHOM process.

Key learning and insights
Learning and insights from the work of 2019 are that women are living with their abusive husbands because their faith/religion does not permit them to get a divorce. Therefore, they live as brother and sister, pretending in front of their children that everything is fine in their marriages, and when they cannot pretend any longer it is the unthinkable that happens. In this regard we have learnt that killings are happening more and more and the root cause is simply that religion and culture turn a blind eye to these issues, which are not addressed. Through these workshops we understand how culture and masculinity still allow husbands to control and abuse their wives, who always remains submissive despite the pain and shame they are enduring.

In most of the workshops in KwaZulu Natal we learnt that young people are deeply wounded in their homes, schools, churches, and that in their community they feel there is no hope because no one is listening to them.

Our target groups for 2019
Refugees, HIV/AIDS group, Interfaith, women, youth, pastors and bishops, and caregivers.

Detailed overall report from all the workshops, Phase 2, reunions and community healing dialogues
The 2019 workshops were unique and outstanding. At the 22 workshops in 2019 we have seen at times instant change in participants. In some workshops we had to work with people who
didn’t know how to read or write and this tested the strength of the facilitators to work out of the comfort zone they were used to.

In other workshops women had to come to terms with the effects which their children were facing now as a result of them not being around to raise them. They were chasing their careers not knowing that the effects would surface in their children’s lives as adults. Some had to learn to be parents again because they felt they needed to restore what they had damaged.

In KZN young people are facing huge issues and we at the IHOM need to find ways of intervening because at the rate these issues are arising, if they are not addressed as soon as possible we will have an epidemic of suicides every week. The problems that are getting bigger and bigger include drugs and teenage pregnancies.

Follow-ups

We had eight Phase-2 workshops, six reunions, 11 community healing dialogues and one Introduction to Healing of Memories. (One Step towards Healing). In the follow-up it was clear from participants’ verbal and written evaluation that the IHOM methodology and the workshops have helped them.

Community healing dialogues

These have become activities where we hear of challenging issues affecting communities and how they would like to change their community through healing of memories processes.

Testimonies which empowered us as the IHOM team

“Before I came here I was not sure how this could help me because Dr’s had failed and they had put me on anti-depressant medication, most of the time I felt like I was losing my mind the abuse has been so deep that my children have asked me from time to time that we should leave our home and go back to my family home where there is another chapter of political violence, where I have been shot at due to my father being a high political member of Ikhatha and they wanted to have me killed to get to my father. Today is the last day of the workshop and I have not taken any medication since I came and I think going forward I need to create spaces for myself to deal with issues like I did on this weekend, thank you for this space and it really helped and worked for me and seeing others as well it worked.”

“One participant shared so deeply the pain she endured as a child, family issues such as that as a child you would stay with families who were better off, but to her this was where her world would be turned upside down. One day the son of the owner of the house cornered her and raped her repeatedly and she fell pregnant and this guy told her to point out another man not him, if she did he was going to kill her. She did what she was told and pointed out another person and this man refused and said he had never been intimate with her. When the baby was born she looked exactly like her father and after questioning her she finally told the truth. To hide this misconduct she was forced to marry her rapist and he continued to rape her until her third child, then he disappeared to Joburg and when he came back years later he was on his deathbed and he died not asking for forgiveness for what he had done. She is a strong Christian but she has been
carrying this for a very long time and for some time she wanted to disclose it in her church but she didn’t feel safe because of confidentiality. She spoke of the fact that she has finally found closure to this incident of rape. She is willing to tell her child because this secret had made her bitter.”

Total number of participants who attended IHOM process, workshops, reunions, phase 2 and dialogues

<table>
<thead>
<tr>
<th>Item</th>
<th>Total no</th>
<th>Female</th>
<th>Male</th>
<th>Total</th>
<th>G-BV Cases</th>
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<tr>
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<td>363</td>
<td>163</td>
<td>526</td>
<td>69</td>
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<tr>
<td>Phase 2</td>
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<td>106</td>
<td>27</td>
<td>133</td>
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<tr>
<td>Reunions</td>
<td>6</td>
<td>77</td>
<td>12</td>
<td>89</td>
<td></td>
</tr>
<tr>
<td>Community healing dialogue</td>
<td>5</td>
<td>95</td>
<td>58</td>
<td>153</td>
<td></td>
</tr>
<tr>
<td>J 4 Peace One Step towards Healing</td>
<td>1</td>
<td>49</td>
<td>3</td>
<td>52</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>42</td>
<td>690</td>
<td>276</td>
<td>953</td>
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</table>

Targeted communities

- KwaShange semi-rural area in PMB
- Pelham - PMB
- Sweetwater’s - PMB
- Dambuza - PMB
- Scottsville - PMB
- Durban central
- Wentworth - Durban
- Umbumbulu - Durban
- Madadeni, Phillip farms and Osizweni - Newcastle
- Phongola – Zululand

Conclusion

Healing of memories workshop intervention is very vital to the healing process of an individual and collectively. Through verbal evaluations and testimonies from each and every activity we are able confidently to say that these processes are making a difference in people’s lives in KwaZulu Natal. We have achieved the goals we set for 2019, to bring more men to attend the healing processes because they would also influence others to change, but we have not yet reached the target of men we want to see in the activities. For the future, a commitment is still needed to healing, restoration and reconciliation in order to have a better and more peaceful world.
The Institute for Healing of Memories in Cape Town continues to bring significant change at individual and community level in the Western Cape Province through the implementation of the healing of memories process.

Working together with other organizations who share our vision strengthened and added a new dimension to our approach.

By bringing different communities together, the institute contributes to social cohesion as a promoter of social integration and inclusion in communities and in society at large.

A highlight this year was working with South African and non-South African teenage mothers, with the largest number of participants being from Zimbabwe. This was the first time we held a workshop with teenage mothers. They were allowed to bring their children to the workshop because no one could take care of them while they were away. A total of 27 children were accommodated in two different workshops this year and were taken care of by childminders while their mothers were in the sessions.

In response to xenophobia, the institute continues to create safe space for South Africans and non-South Africans to listen to each other’s stories and these brought both groups together in changing their perceptions.

The other high point was the fact that the institute implemented programs involving Belhar military veterans from different military formations, both from the liberation forces as well as from the apartheid regime. These activities assisted military veterans on their journeys towards healing and wholeness within a safe space.

The outstanding part was the West Africa visit, working together for the first time with the team of the Europe support group. It was a new experience to work in a different context and culture.

Objectives

Our program aims at redeeming the past through prevention, empowerment and healing by celebrating that which is life-giving and laying to rest that which is destructive.
### Activities achieved from February to November 2019

<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop focus</th>
<th>Female participants</th>
<th>Male participants</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>19-21 February</td>
<td>Germany group of Lutheran Church</td>
<td>13</td>
<td>12</td>
<td>25</td>
</tr>
<tr>
<td>4-7 March</td>
<td>Prison workshop</td>
<td></td>
<td>25</td>
<td>25</td>
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<tr>
<td>16-18 March</td>
<td>Locals &amp; migrants</td>
<td>14</td>
<td>9</td>
<td>23</td>
</tr>
<tr>
<td>23 March</td>
<td>Phase-2 workshop</td>
<td>14</td>
<td>9</td>
<td>23</td>
</tr>
<tr>
<td>12-14 April</td>
<td>HIV/AIDS</td>
<td>23</td>
<td>5</td>
<td>28</td>
</tr>
<tr>
<td>26-28 April</td>
<td>Women</td>
<td>21</td>
<td></td>
<td>21</td>
</tr>
<tr>
<td>17-19 May</td>
<td>Migrants and locals</td>
<td>16</td>
<td>8</td>
<td>24</td>
</tr>
<tr>
<td>7-9 June</td>
<td>Ex-combatants</td>
<td>10</td>
<td>14</td>
<td>24</td>
</tr>
<tr>
<td>22 June</td>
<td>Phase-2 workshop</td>
<td>17</td>
<td></td>
<td>17</td>
</tr>
<tr>
<td>26-28 June</td>
<td>Women</td>
<td>18</td>
<td>6</td>
<td>24</td>
</tr>
<tr>
<td>6-7 July</td>
<td>Young people</td>
<td>8</td>
<td>10</td>
<td>18</td>
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<tr>
<td>12-14 July</td>
<td>HIV/AIDS</td>
<td>20</td>
<td>1</td>
<td>21</td>
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<td>27 July</td>
<td>Phase-2 workshop</td>
<td>8</td>
<td>9</td>
<td>17</td>
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<tr>
<td>2-4 August</td>
<td>Women</td>
<td>4</td>
<td>12</td>
<td>16</td>
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<tr>
<td>10 August</td>
<td>Reunion</td>
<td>4</td>
<td>12</td>
<td>16</td>
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<tr>
<td>14 September</td>
<td>Phase-2 workshop</td>
<td>3</td>
<td>11</td>
<td>14</td>
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</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop focus</th>
<th>Female participants</th>
<th>Male participants</th>
<th>Total</th>
</tr>
</thead>
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<tr>
<td>20-22 September</td>
<td>Migrants and locals</td>
<td>12</td>
<td>8</td>
<td>20</td>
</tr>
<tr>
<td>28 September</td>
<td>Phase-2 workshop</td>
<td>16</td>
<td>2</td>
<td>18</td>
</tr>
<tr>
<td>5 October</td>
<td>Reunion</td>
<td>18</td>
<td>1</td>
<td>19</td>
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<tr>
<td>12 October</td>
<td>Reunion</td>
<td>3</td>
<td>11</td>
<td>14</td>
</tr>
<tr>
<td>18-20 October</td>
<td>Women</td>
<td>17</td>
<td></td>
<td>17</td>
</tr>
<tr>
<td>8-10 November</td>
<td>Locals &amp; women migrants</td>
<td>19</td>
<td></td>
<td>19</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>277</strong></td>
<td><strong>164</strong></td>
<td><strong>441</strong></td>
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</table>

441 attended the workshops, 277 women and 164 men.

**Number of workshops:**

<table>
<thead>
<tr>
<th>Weekend workshops</th>
<th>Phase-2 workshop</th>
<th>Reunion workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>5</td>
<td>3</td>
</tr>
</tbody>
</table>

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46
Impact of healing of memories process

The institute process provided participants with a deepened awareness of self and an understanding of the link between past experiences and current behaviour. It also provided tools and techniques for managing change on the journey of reconciliation and forgiveness.

The model used at the workshops helped participants deal with emotions such as anger, hatred and guilt, and processes for reconciliation and forgiveness.

Our activities were fully inclusive and respectful of diversity and of different faith communities and belief systems. Below are some stories of transformation:

**Thundy J Booi**

Participating in these workshops has taught me a valuable lesson, every veteran has a story and having others listening was therapeutic. I have learned how to put away painful memories, replacing them with good memories. Sharing personal stories has taught me how to forgive myself and my family and I now realized that I cannot change the past, difficult as that may be. Also, I know that humanity in general has something in their past that negatively impacted their lives. As St Augustine wrote: “Trust the past to the mercy of God, the present to his love, the future to his providence”. A difficult dictum to live by, but the only way that we can move on with our lives.

**Babalwa Bangani**

My name is Babalwa Bangani, residing in Delft. I first attended the healing of memories workshops in 2015 when I was working for Sakha Isizwe as a homebased carer. My intention in going to the workshop was not for me to participate in an activity that will take place on that particular weekend, it was for me to have a shelter and food for the weekend as I was homeless at the time.

Attending the weekend workshop changed me and helped me in a positive way. I was given a space to share my pain and the struggles I was facing at the time and after attending a reunion and other workshops that followed, I was able to make positive choices about my life and be the change in my family.

I am now working with the organisation called Streetscapes that is helping to uplift the lives of homeless people in Cape Town.
Challenges
Prison workshops did not work as planned. Four were planned but only one took place because the Goodwood Correctional Services were in lockdown for many months.

Lessons learned
Being a parent at a very young age may really affect and destroy your future. Young children who fall pregnant have serious challenges and they end up not being able to enjoy life like their peers.
Introduction
In 2019, the community healing project of the Institute for Healing of Memories, Cape Town office, organized and co-facilitated 17 community dialogues. Most of these dialogues focused on the alarming issue of gender-based violence in South Africa. Others were on gangsterism, Ubuntu, healing and justice; xenophobia, men’s imbizo/men’s dialogue, which looked at the concept of manhood in relation to gender-based violence; and torture. It must be recognized that IHoM could not do this work without its partners, both old ones and newly developed partnerships on different levels.

Communities and focus of the year: gender-based violence
The communities worked with are Du Noon, Delft, Khayelitsha and Atlantis in Cape Town, South Africa. However, there were other two dialogues which were conducted outside these communities, through one of our partner organizations. The communities mentioned are underprivileged and face many socio-economic issues, gender-based violence, gangsterism and substance abuse, poverty and unemployment, but with great potential as well in terms of development and initiatives taking place. Arguably, these issues mentioned are very much connected to the history of South Africa, the past and present injustices.

It must be mentioned that there has been a lot of gender-based violence which greatly shocked the nation: the raping and killing of young women and children, violence perpetrated by men. It is in this context that IHOM focused on this issue this year by organizing seven dialogues solely on gender-based violence, as part of its response and contribution to combating and preventing such violence. Some dialogues were for all genders, while in others there only men and young boys ‘men’s imbizo’, which translates as ‘men’s dialogues’. Imbizo is a shared Zulu and Xhosa word meaning a meeting or dialogue. On a positive note, it has been great to see how women stood up for their rights in this context, and some men who stood together with women in the quest to combat gender-based violence in South Africa.

Gender-based violence statistics, South Africa 2019
South Africa is becoming an increasingly unsafe place for women to live in. The Crime Against Women in South Africa Report by Statistics SA shows that femicide (the murder of women on the basis of their gender) is five times higher than the global average. This means that in South Africa, women are five times more likely to be killed due to gender-based violence committed by men. “This issue is so pervasive within South African society that 41% of people raped are children and only one in nine rape cases are reported. Of those reported, only 4% result in prosecution. This can be attributed to an inept justice system and a culture of denialism and rape culture, which protects perpetrators and vilifies survivors for being victimized”.

Community healing project
By Mandla Klanisi

Institute for Healing of Memories
2019 annual report
No. of women attending dialogues on gender-based violence | No. of men attending dialogues on gender-based violence | Total
---|---|---
83 | 43 | 130

Other dialogues conducted in 2019:

**Healing and justice**

The Institute for Healing of Memories and its partner organizations organized and co-facilitated three community dialogues on these two concepts, healing and justice. The dialogues served as a safe space for community members of Khayelitsha, Delft, and Atlantis, Cape Town, to reflect on what healing and justice mean to them, in the light of past injustices in South Africa. The dialogue focused more on present injustices which are linked or connected with past injustices and looked at the role healing can play in the journey of transforming these injustices.

| No. of women attending dialogues on healing and justice | No. of men attending dialogues on healing and justice | Total |
---|---|---|
59 | 26 | 85

**Men’s Imbizo**

The Institute organized and co-facilitated two dialogues called ‘Men’s imbizo/Men’s dialogue’ with young men and boys. This is also in response to the phenomenon of gender-based violence, which is getting worse and worse in South Africa today. Working with men and boys becomes crucial in this context, so that we can help them to unlearn all those perceptions they hold in relation to manhood and women that contribute to violence against women and girls and encourage them to be on their healing journeys. These dialogues were held in Khayelitsha and in Fishoek, Cape Town.

**Total number of men/boys attending men’s imbizo = 53**

**Torture**

One dialogue on torture was organized and co-facilitated by the Institute’s facilitators, involving people from Khayelitsha and Delft. They embarked on the journey of mapping torture in South Africa today, asking this key question - what do we regard as torture today in our communities and nationally? It appeared that the concept of torture is not something that people are talking about today in South Africa, especially in these communities. So the dialogue focused on what people regard as torture today in South Africa and in their communities. In other words where is torture taking place in South Africa today?

| No. of women attending dialogue on torture | No. of men attending dialogue on torture | Total |
---|---|---|
25 | 16 | 41
Gangsterism
The Institute organized a dialogue that looked at the issue of gangsterism. It took place in Delft community, Cape Town. Participants wrestled with this issue and with trying to find do-able actions to prevent and to deal with it. Gangsterism is very prevalent in this community and it involves killings, ‘shootings’, some kind of war between different gangs in the community, selling drugs and drug abuse. Community members live in fear every day, as this behavior not only affects those directly involved in it; schoolchildren and other members of the community are in danger as well when shooting takes place. Furthermore, it was said that this also contributes to children dropping out of school and to crime. The Institute is engaging this community, in the context of healing, prevention and empowerment.

<table>
<thead>
<tr>
<th>No. of women attending dialogue on gangsterism</th>
<th>No. of men attending dialogue on gangsterism</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>23</td>
<td>13</td>
<td>36</td>
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</tbody>
</table>

Ubuntu
Two dialogues on revisiting the spirit of Ubuntu were organized and facilitated, one in Delft and one in Khayelitsha. The dialogues aimed to unpack and revive the spirit of Ubuntu and to encourage further conversations on how we can use Ubuntu principles to overcome/heal individual, family and community issues and challenges. Ubuntu is an acclaimed African proverb that means, Umuntu ngumuntu ngabantu, a person is a person through other persons. I am because you are.

<table>
<thead>
<tr>
<th>No. of women attending dialogues on Ubuntu</th>
<th>No. of men attending dialogues on Ubuntu</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>34</td>
<td>16</td>
<td>50</td>
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</tbody>
</table>

Xenophobia
Three community dialogues were successfully conducted on the theme ‘re-looking at the issue of xenophobia’, its impact on the human family and possible ways to address and prevent it. These dialogues were held in three different communities, Khayelitsha, Delft and Du Noon. We worked with our partner organizations, Khayelitsha Peace Building Team, Baptist Church, Main Road Claremont Mosque and committed individuals.

<table>
<thead>
<tr>
<th>No. of women attending dialogues on xenophobia</th>
<th>No. of women attending dialogues on xenophobia</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>48</td>
<td>28</td>
<td>76</td>
</tr>
</tbody>
</table>
### Key Impact Indicators for the different dialogues/themes – 2019.

<table>
<thead>
<tr>
<th>Dialogue / activity</th>
<th>Key Impact Indicators</th>
</tr>
</thead>
</table>
| 1 Gender-based violence dialogues | • Participants gained deeper understanding about gender-based violence, what it is and what it is not.  
• Participants developed a sense of taking responsibility for their livelihood in this context, they desire to grow and be empowered more.  
• Participants felt listened to (men and women). |
| 2 Healing and justice | • Participants are now able to make connections between past injustices and their present socio-economic status, and the relationship between healing and justice.  
• Participants developed a high sense of taking responsibility in the quest for healing and justice in their own communities. And to do what they can to heal their communities: ‘community initiatives’. |
| 3 Men’s imbizo | • Men and young boys felt liberated from patriarchal thinking or mentality, and cultural misperceptions.  
• Participants gained deeper understanding about gender-based violence.  
• Participants felt challenged to take responsibility and play a role in combating gender-based violence.  
• Participants developed a capacity or ability to be critical about the concept of manhood and its dynamics. |
| 4 Torture | • Gained capacity to map torture in their communities.  
• Gained confidence to give their own meaning of torture.  
• Felt listened to. |
| 5 Gangsterism | • Participants gained courage in making means to prevent and to deal with gangsterism. In other words, they developed a sense of taking responsibility and playing a role, not just complaining about the issue, but doing something. |
| 7 Ubuntu | Revived the philosophy of Ubuntu.  
• Enlightened in terms of the ‘Ubuntu philosophy’ power to unite, heal and develop families and communities. |
| 8 Xenophobia | • Gained deeper knowledge of other countries and their socio-economic and political statuses.  
• Developed a sense of Ubuntu, having to understand what other brothers and sisters from other countries are going through, particularly in Africa. |

Partners worked with: Khayelitsha Peace Building Team; Baptist Church; Claremont Main Road Mosque; Masithembele org; Thuthuzela org; Du Noon Neighbourhood Watch; Du Noon primary school; Sonke Gender Justice; HIV and Aids Network; Institute for Justice and Reconciliation; Zisukhanyo High School.

***Total number of people reached through this program in 2019 = 418***
Key challenge
The winter season in South Africa is one of the key challenges or barriers to people attending dialogues when it is raining. Most of the people in communities we work with are not mobile and are not privileged enough to have cars, which means it becomes difficult for them to attend when it is raining. Public transport does not help much because it does not take them at the venue and they still need to walk some distance. Uber is expensive.

Furthermore, even though sometimes the organization would hire a mini bus, when it is raining, the experience is that people find it hard to come out of their houses, especially if there is nothing tangible that they will gain from the activity, given their socio-economic status.

One of the challenges, as spelled out by leaders of one of the communities we work with, Du Noon, is that members of this community like to attend dialogues/workshops where they will get something to take home at the end of the day, other than information. In this context, it is groceries, food – in addition to the lunch they get at the dialogue – or money. This contributes to poor attendance, because the Institute for Healing of Memories is pursuing a different mandate: it provides healing of memories workshops, dialogues, training, not groceries etc. However, it could be argued that this mentality is shaped by the socio-economic realities connected to past injustice in South Africa.

Overall remarks
Overall, the organization did very well this year, as it responded to alarming national issues such as gender-based violence, gangsterism, healing and justice issues and even xenophobia. This year alone, the nation stood still because of, amongst other things, gender-based violence and allegedly xenophobic attacks. It is hoped that the dialogues organized by the organization will bear much fruit, and judging from the feedback of the participants, there are glimpses of hope and positive impact in this regard.

“IT MUST BE MENTIONED THAT THERE HAS BEEN A LOT OF GENDER-BASED VIOLENCE WHICH GREATLY SHOCKED THE NATION: THE RAPING AND KILLING OF YOUNG WOMEN AND CHILDREN, VIOLENCE PERPETRATED BY MEN
IHOM hosted its seventh international conference “Healing Journeys: The Relationship between Healing and Justice” in 2019. In many ways it was a culmination of the thinking, learning and reflections within the organization about the role of IHOM in the present-day social, economic political and spiritual climate and the need to work more intentionally from a social justice perspective on social healing.

The conference was hosted in partnership with the Institute for Justice and Reconciliation, the Restitution Foundation, Claremont Main Road Mosque, District Six Museum and the Imam Haron Foundation. The three-day conference was attended by 109 delegates from six continents representing 17 countries.

The conference was officially opened by Kirsty Sword Gusmão, Goodwill Ambassador for Education of Timor-Leste and Patron of the Institute. After warmly welcoming delegates to the conference, she shared her own experiences of working with vulnerable communities in Timor-Leste, drawing on what is common to our collective efforts to build a better world.

The keynote address was delivered by the Honourable Thandi Modise, the Speaker of the National Assembly of South Africa. The different presentations delivered through the five panel discussions highlighted the traumatic impact of structural violence on individuals, communities and countries and the importance of understanding and unpacking the complex impact of trauma caused by natural disasters and of human interventions caused by greed, bias and political and religious dogma. They also stressed the importance of social healing processes in strengthening resilience and supporting resistance in dealing with multiple woundedness in the different contexts.

Dealing with past injustices was also a strong theme, focusing on the unfinished business of the Truth and Reconciliation Commission. This session was an open public event. Delegates were also afforded the opportunity to visit various sites in and around Cape Town that were testimony to the intergenerational trauma that has been suffered by the people of this land.

The role of justice in the journeys of healing was a continuous thread in the conference, highlighted by the political nature of healing, the role of healing in peace-building and
leadership. The importance of climate change and the impact of conflicts, especially conflicts over resources, on the livelihoods of people and refugees were raised as a key concern as we move into the future.

IHOM has been approached by the Ecumenical Institute, Bossey and the World Council of Churches to submit the papers delivered at the conference for their May/June 2020 issue of the International Review of Mission. Presenters have been informed and the list has been sent to the IRM. Whilst it will not be a joint publication, it will be mentioned that the issue has been produced in association with the IHOM.

Reflection from conference participant Maria Isabel Leon Gomez Sonet - I note that healing is a complex process, different for each community, both political and personal. Some might need justice for closure, others can make their quest for justice an empowering factor for healing. Searching for justice, working together with our communities and building bridges of solidarity can help our healing journeys. However, it is important that individuals, leaders, and communities address their trauma healing, in order to work as peace carriers and strengthen their resistance work. Lastly, can we aim for justice that is transformative rather than punitive?
Healing the Wounds of History: The Women from Elsies River and Military Veterans.

Fatima Swartz

There are two projects we are currently engaged in directly addressing the wounds of our past. Towards the end of 2018 we started working with a group of women from the Elsies River community in Cape Town. They are all women who actively participated in the anti-apartheid struggle, making huge sacrifices. One woman’s husband was killed in 1985 during a protest action. The case was heard at the Truth and Reconciliation Commission (TRC). They wanted to tell their stories but knew they needed a process of healing for them to be able to do so.

The group went through the healing process and continued their journey in 2019. We are now engaging in the very necessary process of creating dialogues and community conversations for their stories to be heard. The importance of their pain and sacrifice being acknowledged is an essential part of their healing journey. The IHOM looks forward to continuing this very important work by addressing the unresolved issues from the TRC and supporting the women’s journey.

In April 2019 the IHOM was approached by military veterans from Umkhonto-we Sizwe, living in Cape Town. They were seeking support to address the myriad challenges they face as military veterans. The IHOM, conscious of the historical context of its establishment and its vision and mission, explored with the veterans a journey of accompaniment.

More than fifty military veterans from various liberation military formations and from the apartheid forces are on a healing journey. They attended the two and a half day healing of memories workshop, the one-day Phase-2 workshop and the reunion. In addition, we engaged them in a series of four workshops, “The song in my story”. This process tapped into their creativity and culminated in a cultural performance of song, poetry and dance.

For now it is military veterans living in a housing complex in a community called Belhar. Together with partner organizations we hosted a two-day community healing process in the community. It included testimonies from military veterans participating in the project, intergenerational dialogue, military veteran guest speakers from Namibia, an interfaith service, a workshop on food and gardens and cultural performances. The veterans are organizing themselves to improve their emotional, psychological, spiritual and material conditions. We look forward to continuing the journey with them in 2020.
Restoring humanity

Fatima Swartz

In 2019 the youth development program of IHOM piloted a new project: “Restoring Humanity through Healing and Justice”. The project was the response of the Institute for the Healing of Memories to the outcry from many young people regarding the injustices of the unfinished business in South Africa.

It attempted to respond to present-day lived injustices causing great harm to the human family. It is our understanding that if the cry for justice in the face of past and present injustices is ignored, it has the potential to erupt in ways that will do more harm than good. The project engaged young people in conversations that brought both healing and a way forward to address pass and present injustices. It was implemented in three phases.

Firstly, a cohort of youth facilitators between the ages of 19 and 25 was recruited and trained to implement the “Restoring humanity through healing and justice” project. They were community based, connected to organizations/institutions already engaged in youth development programs or with the aim of implementing youth development programs.

The facilitators participated in a series of workshops to develop a critical understanding of the issues facing their communities and country that work against building a society based
on equality, peace and human dignity. This involved learning the necessary facilitation tools to work with young people and understanding what is needed to create a safe learning and healing environment for those participating in the project.

The facilitators then recruited young people from the different communities they came from for the second phase of the project. The task was to create a youth-centred exhibition that would focus on the issues they thought were the most pressing for them and their community. An exhibition camp was organized to conceptualize the exhibition and learn the skills needed to curate an exhibition. The group was joined by facilitators from Syria belonging to our partner organization Mobaderoon.

The team then went about collecting information, exploring various methods for transferring the information they had gathered and highlighting the key issues they identified. These issues included the personal safety of young people due to gang violence and war, access to clean water for drinking and personal hygiene, addiction and, in particular, the abuse of alcohol on the Cape Flats, which was identified as a key driver for gender-based and family violence. The exhibition opened on 17 June 2019 at the District Six Museum, which was also a partner during this process.

The last phase of the project was for youth facilitators to take the exhibition to their communities and use the space to engage young people about the issues they face and explore with them what Restoring humanity through healing and justice look like. The first of these exhibitions took place towards the end of the year in a community library. The response from parents, teachers and young people and those who participated in the year-long program has been very encouraging. The program for 2020 will continue the theme of healing and justice with a focus on gangsterism.

“The last phase of the project was for youth facilitators to take the exhibition to their communities and use the space to engage young people about the issues they face and explore with them what Restoring humanity through healing and justice look like.”
The Institute for Healing of Memories Trust
(Registration number IT 4386/98)
Financial Statements for the year ended 31 December 2019

GENERAL INFORMATION

Country of Incorporation and Domicile: South Africa
Registration Number: IT 4386/98
Nature of Business and Principal Activities:
The Institute for the Healing of Memories Trust was formed in South Africa and the trust operates in South Africa.
There have been no material changes to the nature of the trust’s business from the prior year.

Trustees:
Canon DM Mark (Chairperson)
Fr. M Twum-Darko
Prof P Meiring
Imam AR Omar
Dr CH Thesnaar
Fr. M Lapley SSM
Rev SP Xapile
G Wildschut (Resigned 31 December 2019)

Registered office: 5 Eastry Road
Claremont 7708
Business address: 5 Eastry Road
Claremont 7708
Postal address: PO Box 36069
Glosderry 7702

Level of Assurance:
These financial statements have been audited.

Chartered Accountants CA(SA):
Solace and Associates
14 Franz Square
Allenby Estate
Retreat 7945

Preparer:
Solace and Associates
14 Franz Square
Allenby Estate
Retreat 7945
### STATEMENT OF FINANCIAL POSITION

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<thead>
<tr>
<th>Note(s)</th>
<th>2019</th>
<th>2018</th>
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</thead>
<tbody>
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<td>R</td>
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<tr>
<td><strong>Assets</strong></td>
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<td>Property, plant and equipment</td>
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<tr>
<td><strong>Liabilities</strong></td>
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<td><strong>Current Liabilities</strong></td>
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<td>Provisions</td>
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<td>17 355</td>
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<td>Trade and other payables</td>
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<td>Deferred income</td>
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<td><strong>Total liabilities</strong></td>
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<td>1 409 063</td>
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<tr>
<td><strong>Total trust funds and liabilities</strong></td>
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<td>8 044 341</td>
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### STATEMENT OF COMPREHENSIVE INCOME

<table>
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<tr>
<th></th>
<th>2019</th>
<th>2018</th>
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</thead>
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<tr>
<td></td>
<td>R</td>
<td>R</td>
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<tr>
<td><strong>Revenue</strong></td>
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<td>7 463 758</td>
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<td><strong>Administrative expenses</strong></td>
<td>(319 429)</td>
<td>(286 247)</td>
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<td>(4 286 049)</td>
<td>(4 867 824)</td>
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<tr>
<td><strong>Surplus from operating activities</strong></td>
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<td>2 309 687</td>
</tr>
<tr>
<td><strong>Surplus for the year</strong></td>
<td>1 038 099</td>
<td>2 309 687</td>
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</table>

### STATEMENT OF CHANGES IN TRUST FUNDS

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<th>Other equity interest</th>
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<td>R</td>
<td>R</td>
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<td>3 287 492</td>
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<tr>
<td><strong>Changes in trust funds</strong></td>
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<td>Surplus for the year</td>
<td>–</td>
<td>2 309 687</td>
<td>2 309 687</td>
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<td>Total comprehensive income</td>
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<td>5 597 179</td>
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<tr>
<td><strong>Balance at 1 January 2019</strong></td>
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<td>5 596 179</td>
<td>5 597 179</td>
</tr>
<tr>
<td><strong>Changes in trust funds</strong></td>
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<td></td>
<td></td>
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<tr>
<td>Surplus for the year</td>
<td>–</td>
<td>1 038 099</td>
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<td>Total comprehensive income</td>
<td>–</td>
<td>1 038 099</td>
<td>1 038 099</td>
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<td><strong>Balance at 31 December 2019</strong></td>
<td>1 000</td>
<td>6 634 278</td>
<td>6 635 278</td>
</tr>
<tr>
<td>Cash flows from operations</td>
<td>2019 2018</td>
<td>R</td>
<td></td>
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<tr>
<td>---------------------------</td>
<td>----------</td>
<td>---</td>
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<tr>
<td>Surplus for the year</td>
<td>1 038 099</td>
<td>2 309 687</td>
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<tr>
<td>Adjustments to reconcile surplus</td>
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<tr>
<td>Cash flows from investing activities</td>
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<td>Cash flows from/(used in) financing activities</td>
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<tr>
<td>Net increase in cash and cash equivalents</td>
<td>484 747</td>
<td>177 416</td>
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<td>Cash and cash equivalents at end of the year</td>
<td>1 116 649</td>
<td>631 902</td>
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</table>

### Statement of Cash Flows

**Cash Flows from Operations**

<table>
<thead>
<tr>
<th>Item</th>
<th>2019</th>
<th>2018</th>
<th>R</th>
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<tbody>
<tr>
<td>Surplus for the year</td>
<td>1 038 099</td>
<td>2 309 687</td>
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<tr>
<td>Adjustments to reconcile surplus</td>
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<tr>
<td>Cash flows from investing activities</td>
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<td>Cash flows from/(used in) financing activities</td>
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<tr>
<td>Cash and cash equivalents at end of the year</td>
<td>1 116 649</td>
<td>631 902</td>
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</tbody>
</table>

**Notes:**

- Adjustments for decrease in trade accounts receivable: 53 046 104 434
- Adjustments for increase in other operating receivables: (23 932) (10 333)
- Adjustments for decrease in trade accounts payable: 16 666 201 466
- Adjustments for increase in other operating payables: (23 493) (17 633)
- Adjustments for decrease in trade accounts payable: (1) (2)
- Adjustments for increase in other operating payables: 16 45 52 625
- Adjustments for (decrease) / increase in deferred income: (176 770) 19 699 5 6 752
- Adjustments for depreciation and amortisation expense: (16 155) 19 699 5 6 752
- Adjustments for impairment losses and reversal of impairment losses recognised in surplus or deficit: (176 770) 19 699 5 6 752
- Adjustments for provisions: 16 155 5 6 752
- Adjustments for (decrease) / increase in deferred income: (176 770) 19 699 5 6 752
- Adjustments for depreciation and amortisation expense: (16 155) 19 699 5 6 752
- Adjustments for impairment losses and reversal of impairment losses recognised in surplus or deficit: (176 770) 19 699 5 6 752
- Adjustments for provisions: 16 155 5 6 752

**Financial Statements for the year ended 31 December 2019**

The Institute for Healing of Memories Trust

<table>
<thead>
<tr>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 038 099</td>
<td>2 309 687</td>
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</tbody>
</table>

Institute for the Healing of Memories

2019 annual report

Registration number: IT 4386/98
### 3. Property, plant and equipment

#### Balances at year end and movements for the year

<table>
<thead>
<tr>
<th></th>
<th>Buildings</th>
<th>Fixtures and fittings</th>
<th>Computer equipment</th>
<th>Office equipment</th>
<th>Total</th>
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<td><strong>Closing balance at 31 December 2018</strong></td>
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</tr>
<tr>
<td>At cost</td>
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<td>50 035</td>
<td>214 234</td>
<td>144 572</td>
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<td><strong>Closing balance at 31 December 2019</strong></td>
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<tr>
<td>At cost</td>
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<td>233 363</td>
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<td>602 451</td>
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<tr>
<td><strong>Net book value</strong></td>
<td>3 103 781</td>
<td>41 059</td>
<td>21 477</td>
<td>67 836</td>
<td>3 234 153</td>
</tr>
</tbody>
</table>
The Institute for Healing of Memories Trust  
(Registration number IT 4386/98)  
Financial Statements for the year ended 31 December 2019

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>4. Trade and other receivables</td>
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<td>Trade receivables</td>
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<td>15 610</td>
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<tr>
<td>Total trade and other receivables</td>
<td>284 509</td>
<td>104 642</td>
</tr>
<tr>
<td>5. Other financial assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other financial assets comprise the following balances</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BOE investments at amortised cost</td>
<td>3 409 030</td>
<td>3 228 439</td>
</tr>
<tr>
<td>6. Cash and cash equivalents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents comprise:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash on hand</td>
<td>28 104</td>
<td>1 327</td>
</tr>
<tr>
<td>Balances with banks</td>
<td>1 088 545</td>
<td>630 575</td>
</tr>
<tr>
<td>Total cash</td>
<td>1 116 649</td>
<td>631 902</td>
</tr>
<tr>
<td>Total cash and cash equivalents included in current assets</td>
<td>1 116 649</td>
<td>631 902</td>
</tr>
<tr>
<td>Net cash and cash equivalents</td>
<td>1 116 649</td>
<td>631 902</td>
</tr>
<tr>
<td>Provisions comprise:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provisions for leave pay</td>
<td>17 355</td>
<td>1 200</td>
</tr>
<tr>
<td>Provisions for employee benefit</td>
<td>17 355</td>
<td>1 200</td>
</tr>
<tr>
<td>Current portion</td>
<td>17 355</td>
<td>1 200</td>
</tr>
<tr>
<td>8. Trade and other payables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and other payables comprise:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade creditors</td>
<td>(3)</td>
<td>(2)</td>
</tr>
<tr>
<td>Deposits received</td>
<td>15 596</td>
<td>15 596</td>
</tr>
<tr>
<td>Accrued liabilities</td>
<td>89 516</td>
<td>89 516</td>
</tr>
<tr>
<td>Other payables</td>
<td>154 097</td>
<td>153 933</td>
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<tr>
<td>Total trade and other payables</td>
<td>259 206</td>
<td>259 043</td>
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</table>
9. Deferred income (continued)

Deferred income comprise:

<table>
<thead>
<tr>
<th></th>
<th>Opening balance</th>
<th>Amount received</th>
<th>Amounts utilised</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
</tr>
<tr>
<td>Bread for the World</td>
<td>477 438</td>
<td>1 659 677</td>
<td>1 204 944</td>
<td>932 171</td>
</tr>
<tr>
<td>Embassy of Japan</td>
<td>34 835</td>
<td>14 079</td>
<td>48 914</td>
<td>–</td>
</tr>
<tr>
<td>Humanity United</td>
<td>616 680</td>
<td>–</td>
<td>616 680</td>
<td>–</td>
</tr>
<tr>
<td>Frauke Eiben</td>
<td>44 350</td>
<td>–</td>
<td>44 350</td>
<td>–</td>
</tr>
<tr>
<td>Hawai‘i Community Foundation</td>
<td>135 969</td>
<td>–</td>
<td>135 969</td>
<td>–</td>
</tr>
<tr>
<td>Missio</td>
<td>–</td>
<td>400 664</td>
<td>200 332</td>
<td>200 332</td>
</tr>
</tbody>
</table>

|                     | 1 309 272       | 2 074 420       | 2 251 189        | 1 132 503 |
## 10. List of funders

### Grants and donations

<table>
<thead>
<tr>
<th>Subject to contract</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>AngloGold Ashanti</td>
<td>300 000</td>
<td>–</td>
</tr>
<tr>
<td>Brot Für die Welt</td>
<td>1 204 944</td>
<td>1 224 526</td>
</tr>
<tr>
<td>Church of Sweden</td>
<td>–</td>
<td>209 942</td>
</tr>
<tr>
<td>Dick and Sally Roberts Coyote Foundation</td>
<td>–</td>
<td>705 073</td>
</tr>
<tr>
<td>Embassy of Japan</td>
<td>34 835</td>
<td>–</td>
</tr>
<tr>
<td>Foundation – partage. Lu</td>
<td>161 954</td>
<td>–</td>
</tr>
<tr>
<td>Frauke Eiben</td>
<td>44 350</td>
<td>–</td>
</tr>
<tr>
<td>Hawaii Community Foundation</td>
<td>135 969</td>
<td>–</td>
</tr>
<tr>
<td>Humanity United</td>
<td>616 680</td>
<td>82 100</td>
</tr>
<tr>
<td>Luxembourg Foreign Ministry</td>
<td>483 046</td>
<td>424 754</td>
</tr>
<tr>
<td>Missio</td>
<td>200 332</td>
<td>178 403</td>
</tr>
<tr>
<td>National Lotteries Commission</td>
<td>–</td>
<td>72 848</td>
</tr>
<tr>
<td></td>
<td><strong>3 182 110</strong></td>
<td><strong>2 897 648</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Not subject to contract</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agape Stiftung</td>
<td>475 761</td>
<td>–</td>
</tr>
<tr>
<td>Action of Christians for the abolition of torture</td>
<td>–</td>
<td>40 290</td>
</tr>
<tr>
<td>Coyote Foundation</td>
<td>280 690</td>
<td>–</td>
</tr>
<tr>
<td>Donations</td>
<td>579 321</td>
<td>170 037</td>
</tr>
<tr>
<td>Hargrave Foundation</td>
<td>–</td>
<td>250 000</td>
</tr>
<tr>
<td>Holy Family Sisters</td>
<td>–</td>
<td>5 000</td>
</tr>
<tr>
<td>HOM North America</td>
<td>–</td>
<td>4 884</td>
</tr>
<tr>
<td>Luxembourg Foreign Ministry</td>
<td>–</td>
<td>258 738</td>
</tr>
<tr>
<td>Nassbaum Foundation</td>
<td>300 000</td>
<td>–</td>
</tr>
<tr>
<td>Other income</td>
<td>3 250</td>
<td>52 846</td>
</tr>
<tr>
<td>Salvitae Stiftung</td>
<td>952 212</td>
<td>–</td>
</tr>
<tr>
<td>Servants of Mary</td>
<td>–</td>
<td>142 438</td>
</tr>
<tr>
<td>Sol Plaatje Educational Project</td>
<td>–</td>
<td>249 621</td>
</tr>
<tr>
<td>SSM – Society for the Sacred Mission</td>
<td>92 000</td>
<td>77 795</td>
</tr>
<tr>
<td>The Foundation Council of the Agape Stiftung</td>
<td>–</td>
<td>1 398 942</td>
</tr>
<tr>
<td>The Rolf Stephan Nussbaum Foundation</td>
<td>–</td>
<td>300 000</td>
</tr>
<tr>
<td>Sven-Erik Fjellstrom</td>
<td>–</td>
<td>22 000</td>
</tr>
<tr>
<td></td>
<td><strong>2 683 234</strong></td>
<td><strong>2 972 591</strong></td>
</tr>
</tbody>
</table>
## 10. List of funders (continued)

### Workshop Income

<table>
<thead>
<tr>
<th>Fund</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workshop Training Fees – International</td>
<td>234,205</td>
<td>7,946</td>
</tr>
<tr>
<td>Brian Macgarry</td>
<td>–</td>
<td>16,000</td>
</tr>
<tr>
<td>Morare Matsepane</td>
<td>–</td>
<td>12,000</td>
</tr>
<tr>
<td>June Saldhna</td>
<td>–</td>
<td>12,000</td>
</tr>
<tr>
<td>IHOM North America</td>
<td>–</td>
<td>158,039</td>
</tr>
<tr>
<td>Wendy Lambourne</td>
<td>–</td>
<td>42,600</td>
</tr>
<tr>
<td>SSM – Society for the Sacred Mission</td>
<td>–</td>
<td>150,000</td>
</tr>
<tr>
<td>Liverpool Hope University</td>
<td>–</td>
<td>59,637</td>
</tr>
<tr>
<td>Action of Christians for the abolition of torture</td>
<td>–</td>
<td>78,278</td>
</tr>
<tr>
<td>Father Lennon</td>
<td>–</td>
<td>42,000</td>
</tr>
<tr>
<td>Myanmar</td>
<td>–</td>
<td>93,337</td>
</tr>
<tr>
<td>Pamela Cornwall Chambers</td>
<td>–</td>
<td>14,151</td>
</tr>
<tr>
<td>Goteborgs stift</td>
<td>–</td>
<td>70,005</td>
</tr>
<tr>
<td>Peace Makers Network Finland</td>
<td>–</td>
<td>15,874</td>
</tr>
<tr>
<td>Ann Smith</td>
<td>–</td>
<td>12,000</td>
</tr>
<tr>
<td>HOPE Africa</td>
<td>–</td>
<td>8,772</td>
</tr>
<tr>
<td>University of Lapland</td>
<td>–</td>
<td>44,284</td>
</tr>
<tr>
<td>Sabine Denecke</td>
<td>–</td>
<td>14,082</td>
</tr>
<tr>
<td>Bishop Lennon</td>
<td>–</td>
<td>13,972</td>
</tr>
<tr>
<td>Edu-Africa</td>
<td>1,500</td>
<td>1,500</td>
</tr>
<tr>
<td>Brian</td>
<td>–</td>
<td>13,986</td>
</tr>
<tr>
<td>Presbyterian Church – Jeremy Smith</td>
<td>–</td>
<td>27,895</td>
</tr>
<tr>
<td>Primrose Chivi &amp; Blessings Mudarikwa</td>
<td>–</td>
<td>16,000</td>
</tr>
<tr>
<td>Mike Ribbens Workshop Income – National</td>
<td>–</td>
<td>8,437</td>
</tr>
<tr>
<td>Workshop Income – International</td>
<td>–</td>
<td>872</td>
</tr>
<tr>
<td>Hawaii Community Foundation</td>
<td>–</td>
<td>135,433</td>
</tr>
<tr>
<td>KZNCC</td>
<td>–</td>
<td>14,450</td>
</tr>
<tr>
<td>Cape Cultural Collective</td>
<td>–</td>
<td>3,200</td>
</tr>
<tr>
<td>Malibongwe Nkunkuma -Inv2019/014</td>
<td>6,000</td>
<td>–</td>
</tr>
<tr>
<td>African Enterprise</td>
<td>5,000</td>
<td>–</td>
</tr>
<tr>
<td>Bridges of Hope</td>
<td>1,850</td>
<td>–</td>
</tr>
<tr>
<td>Skuilkrans DR Church</td>
<td>12,621</td>
<td>–</td>
</tr>
<tr>
<td>Lawe Laweki</td>
<td>15,138</td>
<td>–</td>
</tr>
<tr>
<td>Metta Development Foundation</td>
<td>127,946</td>
<td>–</td>
</tr>
<tr>
<td>Cotonou (Benin)</td>
<td>20,054</td>
<td>–</td>
</tr>
<tr>
<td>The Synod</td>
<td>113,303</td>
<td>–</td>
</tr>
<tr>
<td>Montreal/USA Travel – North America</td>
<td>271,760</td>
<td>–</td>
</tr>
</tbody>
</table>

| Total                      | 809,377 | 136,120 |
|                           | 6,674,722 | 1,086,752 |
## DETAILED INCOME STATEMENT

<table>
<thead>
<tr>
<th>Note(s)</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>R</td>
<td>R</td>
</tr>
<tr>
<td><strong>Revenue</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fundraising dinner</td>
<td>–</td>
<td>154 927</td>
</tr>
<tr>
<td>Grants and donations</td>
<td>5 865 344</td>
<td>5 870 238</td>
</tr>
<tr>
<td>Workshop income</td>
<td>809 377</td>
<td>1 086 751</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>6 674 722</strong></td>
<td><strong>7 111 916</strong></td>
</tr>
<tr>
<td><strong>Other income</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gains on disposal of assets</td>
<td>50 000</td>
<td>–</td>
</tr>
<tr>
<td>Interest received</td>
<td>209 792</td>
<td>119 778</td>
</tr>
<tr>
<td>Other income</td>
<td>403 112</td>
<td>104 686</td>
</tr>
<tr>
<td>Recoveries</td>
<td>211 810</td>
<td>65 972</td>
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<tr>
<td>Rental income</td>
<td>94 140</td>
<td>61 404</td>
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<tr>
<td><strong>Total Other Income</strong></td>
<td><strong>968 855</strong></td>
<td><strong>351 840</strong></td>
</tr>
<tr>
<td><strong>Expenses (Refer to page 19)</strong></td>
<td><strong>(6 605 478)</strong></td>
<td><strong>(5 147 319)</strong></td>
</tr>
<tr>
<td>Operating surplus</td>
<td>1 038 099</td>
<td>2 316 437</td>
</tr>
<tr>
<td>Finance costs</td>
<td>–</td>
<td>(6 752)</td>
</tr>
<tr>
<td><strong>Surplus for the year</strong></td>
<td><strong>1 038 099</strong></td>
<td><strong>2 309 685</strong></td>
</tr>
</tbody>
</table>

The supplementary information presented does not form part of the annual financial statements and is unaudited.
## DETAILED INCOME STATEMENT

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating expenses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Annual report and publications</td>
<td>83 201</td>
<td>91 900</td>
</tr>
<tr>
<td>Auditors remuneration</td>
<td>44 666</td>
<td>52 499</td>
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<tr>
<td>Bank charges</td>
<td>106 677</td>
<td>2 000</td>
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<tr>
<td>Cleaning</td>
<td>83 555</td>
<td>4 489</td>
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<tr>
<td>Community healing</td>
<td>599 653</td>
<td>8 283</td>
</tr>
<tr>
<td>Computer expenses</td>
<td>31 548</td>
<td>31 548</td>
</tr>
<tr>
<td>Consulting fees</td>
<td>27 513</td>
<td>27 513</td>
</tr>
<tr>
<td>Depreciation, amortisation and impairments</td>
<td>4 686</td>
<td>2 194 949</td>
</tr>
<tr>
<td>Email and internet costs</td>
<td>4 686</td>
<td>2 194 949</td>
</tr>
<tr>
<td>Employee costs</td>
<td>13 313</td>
<td>13 313</td>
</tr>
<tr>
<td>Fines and penalties</td>
<td>31 548</td>
<td>31 548</td>
</tr>
<tr>
<td>General expenses</td>
<td>1 000</td>
<td>1 000</td>
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<tr>
<td>Insurance</td>
<td>9 487</td>
<td>9 487</td>
</tr>
<tr>
<td>KZN equipment hire</td>
<td>48 193</td>
<td>48 193</td>
</tr>
<tr>
<td>KZN office expenses</td>
<td>50 766</td>
<td>75 575</td>
</tr>
<tr>
<td>KZN other expenses</td>
<td>1 228 213</td>
<td>107 841</td>
</tr>
<tr>
<td>KZN workshops</td>
<td>1 104 194</td>
<td>107 500</td>
</tr>
<tr>
<td>Lease rentals on operating lease</td>
<td>1 228 213</td>
<td>107 500</td>
</tr>
<tr>
<td>Municipal expenses</td>
<td>39 292</td>
<td>39 292</td>
</tr>
<tr>
<td>Postage</td>
<td>9 753</td>
<td>9 753</td>
</tr>
<tr>
<td>Printing and stationery</td>
<td>3 275 64</td>
<td>13 426</td>
</tr>
<tr>
<td>Repairs and maintenance</td>
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<td>101 943</td>
</tr>
<tr>
<td>Restoring humanity youth workshops</td>
<td>12 256</td>
<td>12 256</td>
</tr>
<tr>
<td>Security</td>
<td>5 187</td>
<td>5 187</td>
</tr>
<tr>
<td>Staff welfare</td>
<td>5 187</td>
<td>5 187</td>
</tr>
<tr>
<td>Telephone and fax</td>
<td>16 230</td>
<td>16 230</td>
</tr>
<tr>
<td>Travel - local</td>
<td>1 228 213</td>
<td>107 500</td>
</tr>
<tr>
<td>Travel - overseas</td>
<td>5 187</td>
<td>5 187</td>
</tr>
<tr>
<td>Workshop costs</td>
<td>88 564</td>
<td>88 564</td>
</tr>
</tbody>
</table>

The supplementary information presented does not form part of the annual financial statements and is unaudited.
The organization and the IHOM team and family are very grateful to all the donors who showed their continued support with all their donations. We received new funding, even though some were one-off payments. We are grateful to everyone who heard our cry when we sent an appeal for donations in order to be sustainable and to everyone for continuously supporting the Institute. The organization is able to continue with its work because of your support.

Self-sustainability
One of our efforts towards self-sustainability has been the Introduction to Healing of Memories Training Program. This program draws a good number of participants and, with the right costing and popularity, will become an income generator. We also have the charity shop, which is helping us generate income.

Thanks to the Gentlemen’s Ensemble we also held a benefit concert on 17 May at St George’s Cathedral in Cape Town, which enabled us to raise funds. We thank everyone who supported our initiative by buying tickets, with special thanks to Trevor Manuel for donating tickets for people to attend.

None of the above-mentioned events and programs could have taken place were it not for our very loyal and generous funders, partners and friends of IHOM, who provide donations in the form of funds or in kind. All these contributions have helped the Institute to do the crucial healing work that is still so evidently needed across the country and internationally, because pain knows no boundaries.

A special thanks to the Hargrave Foundation, the Hawaii Community Foundation, the Makaota Development Trust and the Women Investment Portfolio for funding our international conference, which took place in June 2019.

A special thanks to Fr Michael, founder of the Institute, for advising people to donate all their gifts for his 70th birthday to the Institute.
List of the Institute’s partners and donors, together with other individual donors

Agape Stiftung
Salvite Foundation
Brot für die Welt
Coyote Foundation
Dr Claude Blum
Humanity United
Hargrave Foundation
Luxembourg Foreign Ministry
Missio
SSM – Society of the Sacred Mission
Arm in Arm
Nussbaum Foundation
Arendt Meder
Dr Payne
Christian Kremer
P&S Kilroe
J Sigamoney
Rev Dr Twum Darko
Makaota Development Trust
Women Investment Portfolio
G Harris
Christine Crowley
Sibusisiwe Mlambo
St Aidans Church
St Bernedicts
Lungile Zondi
Moeketsi Mpholo
A.Grimwood
Christo Thesnaar
Irene Beck
L Monteith
Trevor Manuel
Aunty Chu
Wilondja Rashidi
Vinciane Istace
Lyndon
Andrea Bieler
Elizabeth
Hanna Brodrbridge
Helen
Jiale Hu
Linnemore Nefdt
Nancy
Michael Harvey
Sabine Denecke
Knut Ole Jensen

Organizational Structure
Fr Michael Lapsley, SSM – Director
Eleanor Kuhn – Personal Assistant to Director
Ntombomzi Magqazolo – Finance Manager
Fatima Swartz – Programme Manager
Loret Loumouamou-Mouketou – Western Cape Workshops Organiser
Mandla Klanisi – Community Healing Project Organiser
Clint Bowers – Organisational Support
Magdalene Moses – Community Healing Project Organiser in Atlantis
Lydia Vuba – Housekeeping
KwaZulu-Natal Office
Alphonse Niyodusenga – Chief Operating Officer and KwaZulu Natal Regional Manager
Bridget Phillips – Community Healing Project Organiser
Institute for the Healing of Memories
5 Eastry Road, Claremont, Cape Town 7708, South Africa
Tel: +27 21 6836231
Fax: +27 21 683 5747
Email: info@healingofmemories.co.za
Website: www.healing-memories.org

Banking Details
Bank: Standard Bank
Branch Name: Mowbray
Address: Main Rd, Mowbray, Cape Town, South Africa
Branch Code: 02-49-09
Name of Account: Institute for Healing of Memories
Type of Account: Market Link
Account Number: 075133164
Swift Code: SBZAZAJJ

Compiled by Eleanor Kuhn and Fr Michael Lapsley | Edited Janet Pitt | Layout and typesetting by Joan Baker