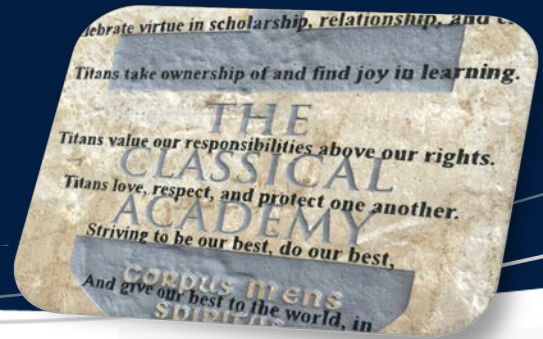


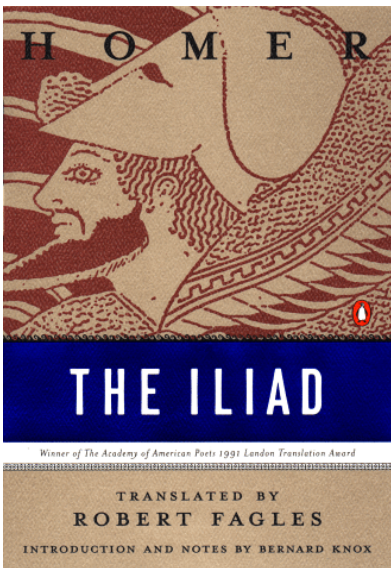
Palmarium

The Classical Academy exists to assist parents in their mission to develop exemplary citizens equipped with analytical thinking skills, virtuous character, and a passion for learning, all built upon a solid foundation of knowledge.



Reflections on Forgiveness

••••• Assorted Quotes



Still, we will let all this be a thing of the past, though it hurt us, and beat down by constraint the anger that rises inside us. Now I am making an end of my anger. It does not become me, unrelentingly to rage on. *Homer – The Iliad (around 8th century BC).*

A life lived without forgiveness is a prison. *William Arthur Ward (1921-1994)*

One should never do wrong in return, nor mistreat any man, no matter how one has been mistreated by him. *Socrates (470-499 BC)*

I have always found that mercy bears richer fruit than strict justice. *Abraham Lincoln (1809-1865)*

Always forgive your enemies – nothing annoys them so much. *Oscar Wilde (1854-1900)*

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it. *Mark Twain (1835-1910)*

One forgives to the degree that one loves. *Francois de La Rochefoucauld (1613-1680)*

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Page 8 *Forgiveness Poster; Poster* Nelson Mandela



- Whole Person Focused
 - Relationship Based
 - Classically Oriented
 - Idea Centered

THE GIFT OF FORGIVENESS

by *Dorothy Simpson, Susan Stone, Rebecca Wade, and Jennifer Walker* (Elementary Educational Philosophy Team)

Forgiveness is not an occasional act; it is a constant attitude – Martin Luther King Jr.

Unjustly arrested and sitting in a jail cell in Alabama, Martin Luther King Jr. penned a speech that included the words:



“Forgiveness does not mean ignoring what has been done or putting a false label on an evil act. It means, rather, that the evil act no longer remains as a barrier to the relationship. Forgiveness is a catalyst creating the atmosphere necessary for a fresh start and a new beginning. It is the lifting of a burden or the canceling of a debt. The words ‘I will forgive you, but I’ll never forget what you’ve done’ never explain the real nature of forgiveness. Certainly one can never forget, if that means erasing it totally from his mind. But when we forgive, we forget in the sense that the evil deed is no longer a mental block impeding a new relationship.” Yes, from a jail cell . . .

Forgiveness, according to Wikipedia*, is “the intentional and voluntary process by which a victim undergoes a change in feelings and attitude regarding an offense, lets go of negative emotions such as vengefulness, with an increased ability to wish the offender well.” It seldom begins with a feeling but with a resolution to go through a process. *from the American Psychological Association and The Greater Good Science Center

[continued next page]



CHARACTER STRENGTHS CLASSIFICATIONS and

MERCY in *Character Strengths and Virtues*, Peterson of prosocial changes that occur within an individual who partner (McCullough, Pargament, & Thoreson, 2000a) tendencies regarding the transgressor becomes more negative (e.g., vengeful, avoidant). It is useful to distinguish between forgiveness, which is a readiness or proneness to forgive (R.C. Roberts, 1995), and forgiveness, which can be thought of as psychological changes vis-à-vis a specific transgressor and a specific transgression. Forgiveness can be considered a specialized form of mercy, which is a more general concept reflecting kindness, compassion, or leniency toward (a) a transgressor, (b) someone over whom one has power or authority, or (c) someone in great distress (see Gove, et al., 1966). Individuals with a strong disposition to forgive would endorse statements such as the following: when someone hurts my feelings, I manage to get over it fairly quickly; I don’t hold a grudge for very long; when people make me angry, I am usually able to get over my bad feelings toward them; seeking revenge doesn’t help people to solve their problems; I think it is important to do what I can to mend my relationships with people who have hurt or betrayed me in the past; I am not the type of person to harm someone simply because he or she harmed me; I am not the type of person who spends hours thinking of how to get even with people who have done bad things to me” (446).

DEFINITIONS:

In their chapter on FORGIVENESS and Seligman write: “Forgiveness represents a suite has been offended or damaged by a relationship When people forgive, their basic motivations or action positive (e.g., benevolent, kind, generous) and less for themselves

Peterson, C., & Park, N. (2009). Classifying and measuring strengths of character. In S. J. Lopez & C. R. Snyder (Eds), *Oxford handbook of positive psychology*, 2nd edition (pp. 25-33. New York: Oxford University Press. www.viacharacter.org

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press and Washington, DC: American Psychological Association. www.viacharacter.org



- FORGIVENESS:** Mercy; accepting others’ shortcomings; giving people a second chance
- HUMILITY:** Modesty; letting one’s accomplishments speak for themselves
- PRUDENCE:** Careful; cautious; not taking undue risks
- SELF-REGULATION:** Self-control; disciplined; managing impulses & emotions

THE GIFT OF FORGIVENESS *[continued]*

Corrie ten Boom, a holocaust survivor with a powerful story of mercy says, "Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart". Few things can test our resolve, our *decision* to choose selflessness, like forgiving an injustice, a betrayal, or even a slight but few things can give us a sense of freedom like being forgiven or forgiving. We find a peace when we release our grudges and bitterness or find that our own need for forgiveness has been met.

Each one of us has wronged someone else and certainly suffered our own hurts but choosing to forgive is a way out of the misery that even the memories of our pain can bring. No one would suggest that this process is easy. Dr. Robert Enright, PhD, called by *Time* magazine the "forgiveness trailblazer" for his work on the subject, has outlined an exercise involving several very helpful steps to lead us through this journey. (For those details go to: http://ggia.berkeley.edu/practice/eight_essentials_when_forgiving)



How do we help our students see that giving and receiving forgiveness is an integral part of answering the questions, "What makes a good life?" and "How can I be a good person?"

A few of the many agreed upon ideas are:



- We first and foremost model mercy toward others in our speech.
- We validate the feelings of the person wronged **before** we speak to them of forgiving
- We encourage them to look beyond the action to the person.
- We share stories. The power of story also goes a long way in encouraging all of us. For a powerful story on forgiveness see this clip on CBS News with Scott Pelley. <https://www.youtube.com/watch?v=o2BITY-3Mp4>

[continued on next page]

THE GIFT OF FORGIVENESS *[continued]*

Our Titan Creed states that “we pursue goodness,” “we celebrate virtue in relationship,” “we value our responsibilities above our rights,” and “we love, respect and protect one another.” All of these statements have the nature of forgiveness profoundly imbedded within.

The deeply personal effort that it takes to ask for forgiveness or to grant it is a worthy journey that develops our insight, our health and our relationships. And in the case of Martin Luther King, Jr., it can even change a country.

The weak can never forgive. Forgiveness is the attribute of the strong.

Mahatma Gandhi

1869-1948

All Men are Brothers: Autobiographical Reflections



I still find each day too short for all the thoughts I want to think, all the walks I want to take,
all the books I want to read, and all the friends I want to see. *John Burroughs*



photo by Justin Peterson,
High School Assistant Principal

POETRY OUT LOUD - HIGH SCHOOL

Last month fourteen TCA High School students participated in the annual Poetry Out Loud competition. The Poetry Out Loud website describes the program as encouraging students "to learn about great poetry through memorization and recitation. This program helps students master public speaking skills, build self-confidence, and learn about literary history and contemporary life. Since 2005, Poetry Out Loud has grown to reach more than 3 million students and 50,000 teachers from 10,000 schools in every state, Washington, DC, the US Virgin Islands and Puerto Rico."



POETRY OUT LOUD



Senior, Tressa Wilson was awarded first place in the TCA High School competition held at Library 21c. The two poems she recited were "I Know, I Remember, But How Can I Help You?" by Hayden Carruth and "I Find No Peace" by Sir Thomas Wyatt. Junior, Kala Lundahl, was the TCA first runner up this year. On March 6, Tressa competed at the state level in Denver and finished as the first runner up for the state of Colorado. Outstanding job! Our thanks go out to Michelle Hindman for organizing this year's event and for the great assistance provided by the English Department staff.



2017 TCA High School Poetry Out Loud Participants

DONATE
- TCA -



Strengthening
OUR Core 

 [CLICK HERE](#)

Dr. Scott Poland

Parenting in Challenging Times



In October 2016, Dr. Scott Poland, nationally recognized expert on youth suicide, school crisis, and prevention addressed the TCA community on the topic *Parenting in Challenging Times*. Click the following link

to view the video of his presentation:
<http://tcatitans.org/cms/One.aspx?portalId=765275&pageId=6493618>

The presentation slides can also be found on our website:

<http://tcatitans.org/common/pages/DisplayFile.aspx?itemId=6432400>

Each month I plan to highlight one of the slides from his presentation in this section of the PALMARIUM. This month's focus: **Youth Risk Behaviors.**



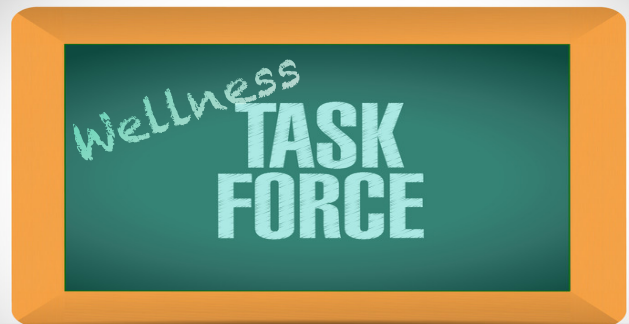
Upcoming TCA Board Meetings

Monday, April 10 @ 6:00 pm

Monday, May 8 @ 6:00 pm

Monday, June 12 @ 6:00 pm

all meetings are held in rooms 2213/14 at North Secondary



COMMUNITY UPDATE

After Dr. Poland's address to our TCA parents and staff last October discussions immediately began amongst leadership to form a **Task Force** to address wellness issues within our community. Dr. Sojourner, from day one as TCA President has stressed his focus on having **SAFE, HAPPY, and GOOD** students. The Task Force took that as their charge moving forward. Currently, the Task Force has met seven times since early December to discuss a myriad of topics related to students, staff, and our community. We have engaged with experts, reviewed various programs, talked with staff, students, and parents, and will continue to meet every two to three weeks for the rest of this school year and into the foreseeable future. The makeup of the Task Force at this time includes: **Sean Shields** (HS Principal), **Hugh DiPreto** (JH Principal), **Steve Wright** (CP Principal), **Don Stump** (NE Principal), **Jenny Combs** (Director, SSS), **Matt Sutton** (Psychologist), **Blake Galvin** (Dean of Secondary Educational Philosophy), **Felicity Taylor** (HS Counselor), **Lea List** (JH Counselor), **Suzanne Laffely** (CP Counselor), **Amber Morse** (NE Counselor), **Jennifer Whitmarsh** (NE Nurse), and **Wesley Jolly** (Director of Academic Services).

Youth Risk Behaviors: 2015

Youth Risk Behavior Surveillance Survey High School

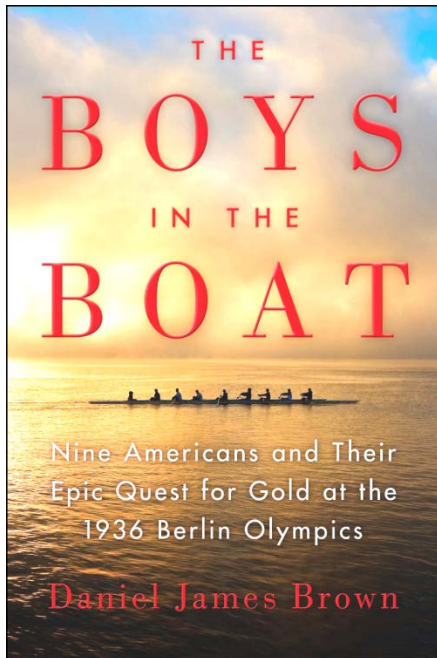
- 29.9% felt sad or hopeless
- 17.7% seriously considered suicide
- 14.6% made a plan
- 8.6% made one or more attempts
- 2.8% actually got to medical help

Only one out of three who attempt suicide get to help

28% of U.S. students in grades 6–12 experienced bullying.

20% of U.S. students in grades 9–12 experienced bullying.

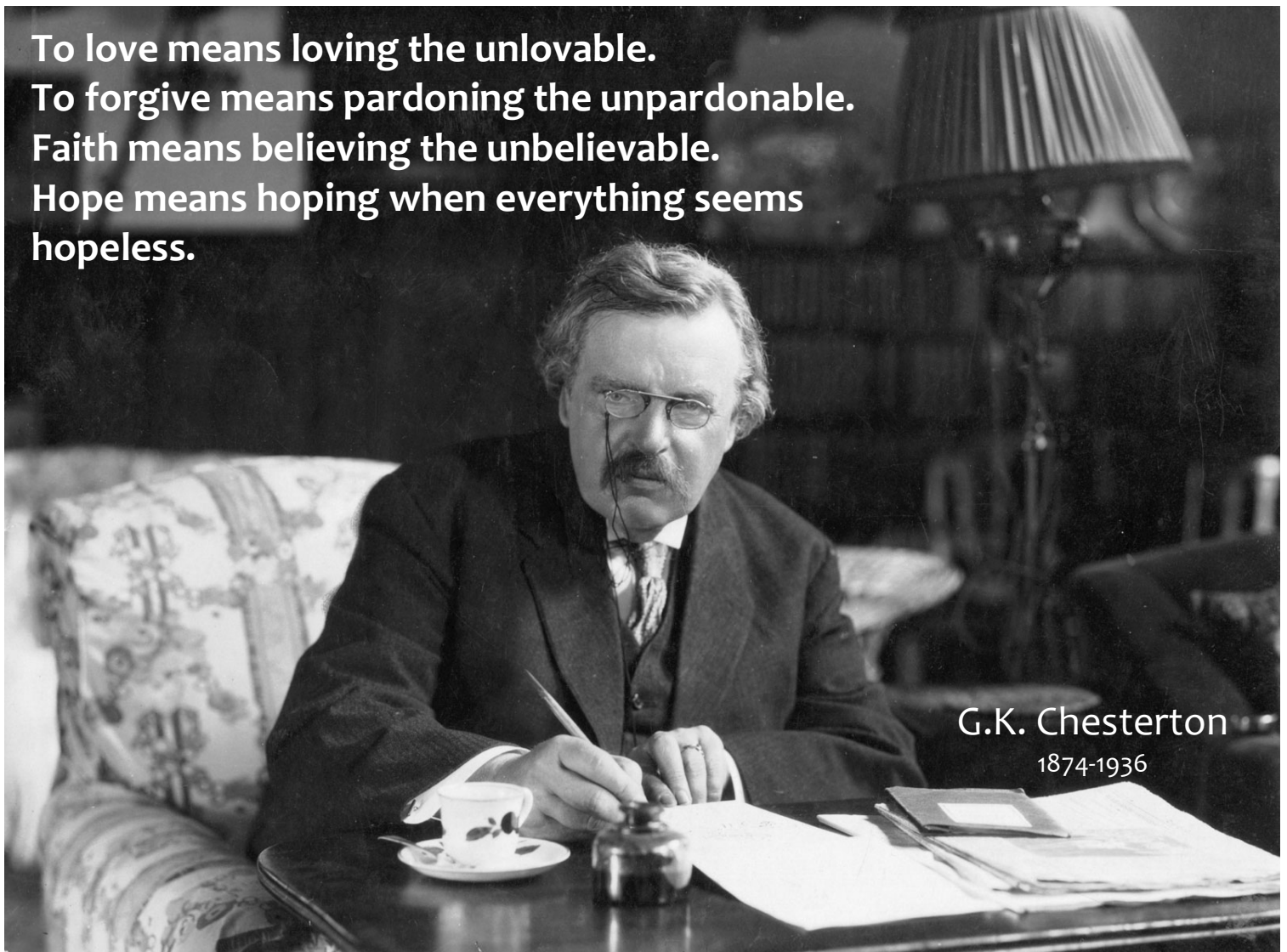
www.stopbullying.gov



BEYOND THE BOOK CLUB

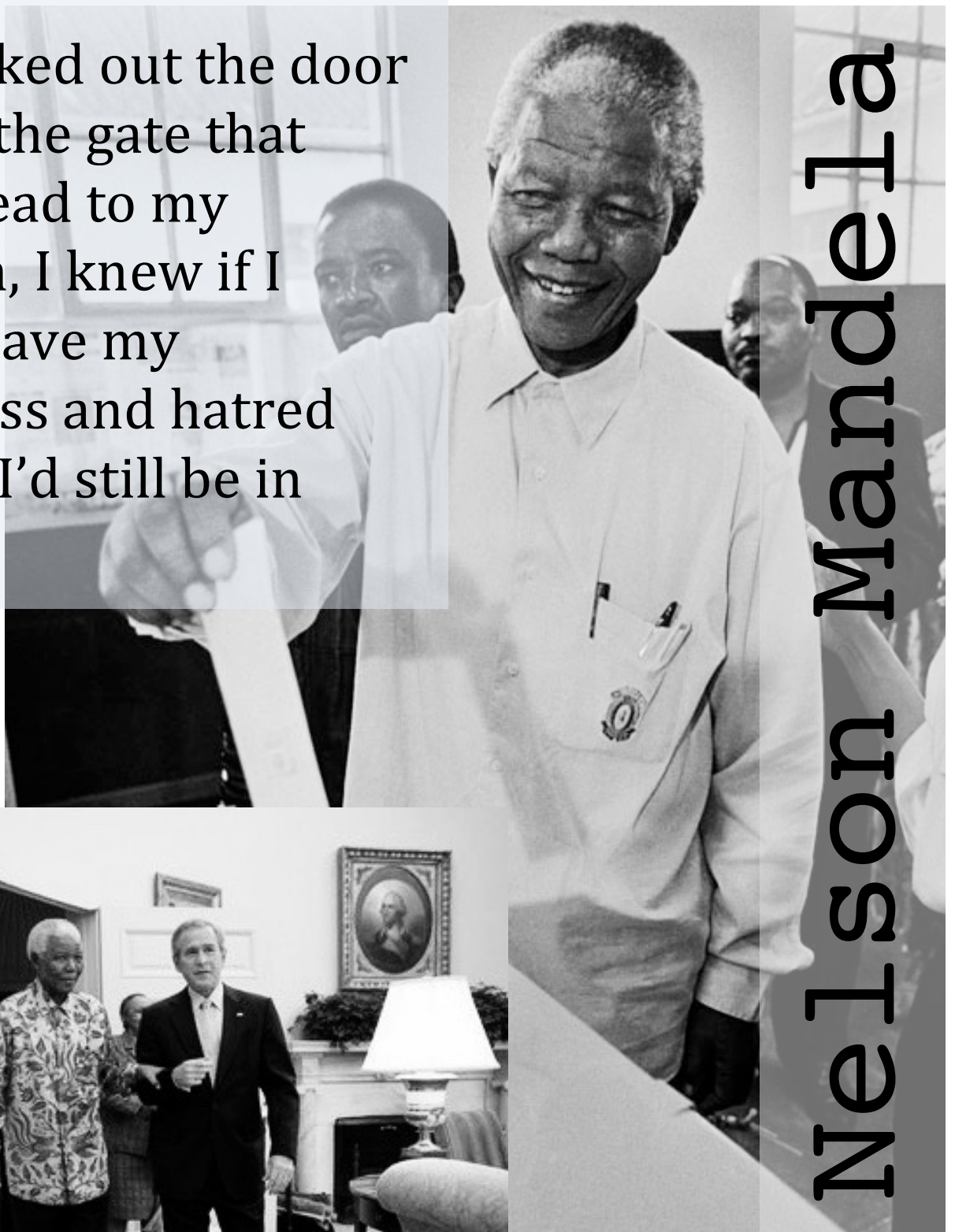
As part of our continuing *Engaging Minds* theme this year we will have our final meeting of the **Beyond the Book Club** on *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Olympics* by Daniel James Brown on April 24th and 25th at TCA's North Campus. If you would like to join us for one of the sessions please RSVP to me at wjolly@asd20.org. Our book study meetings last approximately 90-minutes and you only need to attend one of the sessions. The 2017-2018 *Engaging Minds* reading list will be provided to staff soon, as we get closer to the end of the school year. We have a great lineup planned again for next year. Thanks to all that have participated in the studies this year.

To love means loving the unlovable.
To forgive means pardoning the unpardonable.
Faith means believing the unbelievable.
Hope means hoping when everything seems
hopeless.



G.K. Chesterton
1874-1936

As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.



Nelson Mandela



Resentment is like drinking poison and then hoping it will kill your enemies.

Nelson Mandela