

The Adventures of Yea But, Forgiveness 101

Video Series

Module #	Speaker	Length	Title	Description	Same As Other Video
Module 1					
106	Chuck	3:37	Welcome to the Adventure	I don't know why you're taking the class, thank you, this will be tough, paint the rectory, studied for a year, the origin of "yea but"	
107	Chuck	1:07	Larry's Story	Larry is dying and Chuck is asked to see if Larry's brother will forgive him -- what would you tell Larry's brother? What would your hallway speech be?	
113	John O'Leary	5:46	John O'Leary's Testimony	John tells his story of being badly burned and issues an invitation to place yourself in God's hands to experience his grace, to be childlike; who tells you the truth in your life?	
115	Alison	3:13	Alison's Story	Alison's Story of learning that her father had died, struggled to accept that someone other than God had taken her father out of this world, restless feeling	
116	Alison	1:10	Different	Individuals process hurt differently, need to respect each person's journey	
119	John Caton	1:01	Change Agent Angel	Change Agent Angel is someone who shares forgiveness story with others, you are being an angel to help them go through the forgiveness process	
121	Jermaine	1:00	Invest in Positivity	There's no I in Team, you need individuals who will walk with you and invest in you. That's the only way to grow and succeed in life	
122	Chuck	3:46	Helpful Hints	Get a friend to help you process your hurt, this class is about you, spoke/spark/flashlight, last part explains the online course (blue, green, red)	
124	Kim	1:46	Judgement Free	What it looks like after forgiving, God as my father who never lets us down, Letting go took prayer and offering it to God, don't waste your life being angry	426
125	Kim	:37	Kim's Testimony	Follow the FIKC program steps in order to be able to forgive, first you have to make the choice to forgive	322 & 511
128	Jim	3:07	Jim's Testimony	Testimony, "Welcome to Leavenworth", Hurt People, Hurt People; the closer your relationship, the more you hurt	
129	Jim	1:45	Deepening of My Faith	Deepening of Faith, reasons to forgive, take forgiveness seriously because it can make a difference in people's lives, you have a gift to give	
131	Chuck	2:25	Chuck's Transformation	Lewis Smedes - "...The prisoner was you", Chuck realized God was changing him from creator of the course to spectator of the course	
133	Spencer	:27	His Greatest Miracle	His Greatest Miracle is to take an unholy man and put him back in the world and keep him holy in it, he did it for me, and he will do it for you	
135	Katherine	1:14	Starting Point	Starting point was attending a forgiveness course, realizing daughters were hurting because of the divorce, learning about how others have dealt with their experiences	226
137	Dr. Mack	1:09	The Main Goal of Forgiveness	Main Goal of Forgiveness is releasing the desire to retaliate & eventually wish one's perpetrator well, if possible final goal is reconciliation	
138	Dr. Mack	1:13	Carrying Our Burdens	Horse Collar - carrying our burdens is painful, primary strategy for removing horse collar is forgiveness - forgiveness is the greatest need we have as human beings	
140	Chuck	1:52	Iron Sharpens Iron	Knights of Columbus commercial	
141	Chuck	1:54	Joke of the Day	Gary Mule Deer, golf championship	
Module 2					
204	Chuck	1:35	Joke of the Day	Lenny Dawson of Kc Chiefs, "Do you know who I am?"	
207	Chuck	3:13	Are you Thermostat?	Forgiveness/relationships is so complex, Hurt People Hurt People, have to get in touch with the hurt, Acknowledge Own Process the hurt, Thermometer v Thermostat	
208	Chuck	3:40	Emotions vs. Actions	You are not responsible for your emotions, but you are responsible for your actions, don't let emotions control you, you have to acknowledge the hurt,	
212	Kim	2:12	Hurt People Hurt People	Impacts of Hurt People who Hurt People, childhood full of anxiety due to father, anger with father because he continued bad behavior, affected mood & health, it bottles up	
213	Dr. Mack	1:45	Hurt People Hurt People	Gather info on those Hurt People who Hurt People, walk a mile in their moccasins to understand rationale for their behavior	
216	Alison	:39	Adoration (mislabelled)	Not about Adoration Are you dedicated or committed? Finding the right tools that work for you, one liners, etc.	
217	Jermaine	1:00	Prison Confession	People say they truly forgive, "but", serious sex crime in jail confided that he too had been abused, example of hurt people hurt people	
219	Jim	1:21	It Got Me Moving	Forgiveness class: it got me moving, it's a marathon but it helped me take the first step, it helped get momentum behind him, doesn't mean it is immediate, but it is progress	

224	John Caton	:54	How to Tool	This course is a "how to" tool in order to forgive, don't know of other tools that are better than this course	
226	Katherine	1:14	Becoming A Better Mom	Starting point was attending a forgiveness course, realizing daughters were hurting because of the divorce, learning about how others have dealt with their experiences	135
227	Alison	:57	Can't Do It Alone	You can't do it alone, You need Jesus! He is there to walk with you. Just Lean In. Forgiveness will bring healing.	
230	Jim	1:50	Keep Moving	Lack of forgiveness is painful/feel stuck, isn't it time to start letting go? It requires humility. The center of our faith is forgiveness - it's not OK to continue to not forgive.	
231	Dr. Mack	1:21	Frame	How do you deal with the hurt? Distance, reframe situation, gather info, empathy	425
234	Chuck	1:08	You Deserve To Stop Suffering	You Deserve to Stop Suffering because of what other people have done for you, Chuck mentions Boundaries but not explained	
236	Jermaine & Jim	3:36	Ex-Con Wisdom	How have you hurt others? The more you love, the harder it is to forgive. Trust is broken.	
238	Dr. Mack	1:55	The Heart Wants Justice	The more you love each other, the more it can hurt; We want justice; hard to forgive perp if he doesn't own up, still have to do it & forgive ourselves; understand how you have hurt others	324
239	Jim	1:35	Blindspot	Forgiveness is a blindspot, use FIKC to help you through it	
240	Jim	1:45	Foster Care Wisdom	This forgiveness journey is serious, not casual; if foster kids can forgive those who have failed them, use them as your inspiration. Forgiveness is a fundamental Catholic belief	
241	Jim	2:45	Suicide Prevention Insights	Forgiveness often fits in suicide prevention, we are now teaching the health factors and the language to put around suicide	
244	Spencer	1:43	Environment Change is Crucial	Sometimes you have to change the environment so you can change other people's expectations of you; You are a new man in Christ so you want to operate as a new man.	
245	Chuck	2:31	Don't Waste Suffering	Redemptive Suffering, how do you use your suffering for good? How do you find meaning in your suffering? Chuck wearing Mary shirt, parents who have to bury a child	
249	Alison	:41	Finding A Place of Peace	ADORATION if affected by trauma, you need coping mechanisms, and for Alison, Adoration brings her comfort in the presence of Christ	448
250	Spencer	1:29	Importance of Relationships	Identifying the bad and the good people - the most important relationship is the one Jesus sends, they pour out love to you	
251	Alison	:49	Put it at the Foot of the Cross	Experience at her father's funeral, keeping your eyes on Jesus, put it at the foot of the cross	
255	John O'Leary	6:50	Day 2 Wrap Up	What have you heard? Identify 1 key take away and put it into practice	
256	Chuck	2:05	Why...grows to...What!	How do you handle things you did not choose, do not want and cannot change; Move from asking God "why?" to "what am I supposed to learn from this suffering"	446
Module 3					
305	Chuck	1:32	Joke of the Day	Ship & Lighthouse, sometimes we're forced to change	
310	Chuck	8:21	George Story	Story of Chuck's friend George who struggled to forgive his brother. Seek to Understand, Life changes quickly--don't wait to forgive	
311	Jim	2:35	Why is Forgiveness a Blindspot	We think we know it all, we are judgmental, and we need to humble ourselves. How do we love, how do we heal	
312	Alison	1:30	Forgiveness is a Difficult Choice	You have to choose forgiveness, if you don't you are giving power to the perpetrator. You have to make the choice to forgive every day	
319	John Caton	1:05	We Are Invited to help others	Funeral story, How can we help others forgive before it's too late. Don't wait	
320	Katherine	:52	Forgiveness Has Levels	You may start with forgiveness on one level and be called to a deeper level, how can you truly and authentically forgive	
321	Kim	:38	You Can't Fix Him	You have to work on yourself, you may not be able to change the other person	
322	Kim	:37	Follow The Steps	Follow the FIKC program steps in order to be able to forgive, first you have to make the choice to forgive	125 & 511
323	Alison	1:18	Reality Tested Wisdom	Forgiveness is hard, it is personal and it hurts, but once you start to work on forgiveness you will feel lighter	
324	Dr. Mack	1:56	Our Hearts Seek Justice	When they won't acknowledge they have hurt you & continue to hurt you, we want justice, but it is important to forgive even without that acknowledgement	238
327	Jermaine	1:17	People Are Important	We are social beings, surround yourself with people who push you forward, we all need help and God blesses us through others	
328	Spencer	2:21	A Holy Spirit Induced Moment	(Emotional) Do little things to invest in someone, it is a process and people need help. People need to hear message several times, don't let the devil divide your families.	
330	Jim	1:47	Tools	Stop looking backwards, start looking forward, let FIKC help pull you along, allow grace not judgmentalism, difficult to forgive yourself	
331	Jermaine & Jim	4:06	Excon Wisdom	How do you forgive yourself? If you hold onto the hurt, you won't grow, forgiveness is a gift that you have to cherish	

333	John O'Leary	7:04	Day 3 Wrap Up	Identify one thing you have heard, only we can make the choice to free ourselves, John was bullied in High school, finally made choice to forgive bully and himself for believing the lie.	
Module 4					
414	Chuck	2:16	Go from Victim to Survivor	Drop it, Leave It, Let it Go, Story about lady walking around room with bowling ball	
415	Jermaine	2:10	Go from Victim to Survivor	From Victim to Victor, "NO" means Next Opportunity; striving, not just surviving, but thriving; God wants abundance for us	
416	Alison	1:02	Choose to be a Survivor	We can all play the role of a victim because it is safe, but we need to be a survivor, be brave, need to model braveness	
417	Jim	:50	The Load is Lifted	Unforgiveness is like carrying weights, need to try to drop it, leave it, let it go - even if you can only loosen it	
420	Chuck	2:56	Bannister Story	What do you worry about most? That is what you hang on to, it stops you from becoming what God wants you to be	
422	Jermaine & Jim	4:16	Ex Con Wisdom	For those that have hurt others, it takes energy to be a survivor, you need your faith - "faith it until you make it"	
425	Dr. Mack	1:21	Reframing	How do you deal with the hurt when the is very deep or repeated? Need distance from perpetrator in order to reframe	231
426	Katherine	:39	A Deep Examining of Our Hearts	Deep Examining of Hearts when it comes to picking up our hurt and dropping it on the ground	
426	Kim	1:46	Respect Individuality	What it looks like after forgiving, God as my father who never lets us down, Letting go took prayer and offering it to God, don't waste your life being angry	124
428	Spencer	1:21	The Devil Creates A Lie	Mother died story, Father of lies tricks us and it affects our relationships	
430	Jermaine & Jim	3:27	Ex Con Wisdom	If you've hurt someone, you may be trying to drop it, but people keep bringing it up, this video is good for people who have been hurt	
438	Miracle Box Movie	3:54	Miracle Box by Fr. John Clote	Movie excerpt of family forgiving person who killed their grandma	
439	John Caton	:35	The Power of the Sacrament	The best confession he had felt like Christ was sitting there with him	
440	Chuck	2:07	Peter or Judas?	Be brave enough to experience the transforming power of confession; Be open to people changing, don't pigeon-hole them, difference between Peter & Judas	
442	Chuck	1:52	Missing An Opportunity?	Can you go through life without going to confession? Yes you can, but you are missing out on the tools God gave you	
444	Chuck	1:29	A Topic For Discussion	The only sin that is deemed unforgivable: Blaspheming the Holy Spirit	
446	Alison	:49	Put it at the Foot of the Cross	Experience at her father's funeral, keeping your eyes on Jesus, put it at the foot of the cross	251
447	Jermaine	1:01	Surrender	His father's experience with drugs and incarceration, his father was his superhero; when his father surrendered to Christ, Jermaine knew God was real	
448	Alison	:41	The Power of Adoration	ADORATION If affected by trauma, you need coping mechanisms, and for Alison, Adoration brings her comfort in the presence of Christ	249
453	John O'Leary	9:16	Day 4 Wrap Up	When we are hurt by others, we can hold on to that hurt and focus on it. Whatever we focus on, grows. Story of his father's battle with Parkinsons	
Module 5					
507	Chuck	3:20	What's Your Temperature	Welcome to Day 5, Faith vs. Knowing, What are you called to do? What is the next step? Faith of a tight rope walker- get in the wheelbarrow	
511	Kim	:37	Test	Follow the FIKC program steps in order to be able to forgive, first you have to make the choice to forgive	125, 322
512	Kim	:45	Paradox	Kim dealing with her father's failing health and she is doing much of the organizing for his next steps, easier to do now that she has forgiven	
513	John Caton	:31	Free to be...the new you! (1)	The benefit of forgiving is peace of mind, when the tension has been reduced, softened, it reduces anxiety	
514	Katherine	:30	Free to be...the new you! (2)	Great to see a connection on her opening prayer about the 1 sinner and the 99 righteous, and it came back to her in the end	
515	Alison	:39	Free to be...the new you! (3)	Her story is not complete, she wants to share her story of how she has come out of this as a survivor	
516	Jim	:56	Who do you reach out to?	Hurt people, hurt people. People are self absorbed so they don't realize they hurt. Who do you need to reach out to? Man up and do it.	
517	Jermaine & Jim	3:46	The New You	This course can help, it will	
518	Spencer	2:15	Embrace the Paradox	Our God is a Heart Changer, first a person needs to meet Christ before change can be made, do unto others, praying for warden, getting laundry for bunkee	
522	Dr. Mack	2:01	Remove the Collar	Wearing horse collar: forgiveness is greatest need, most treasured gift we can give, the burden isn't fully removed, but can be made lighter	
523	Dr. Mack	4:00	Reframing the Picture	Story about Susan Bossler and her father getting stabbed, she now is working to eliminate the death penalty, still in favor of justice but also in favor of life, not death	

524	Melissa Ohden	3:41	God Ordained Moment	Survivor of failed abortion, was adopted, had opportunity to meet her biological mother who did not know Melissa had lived	
525	John O'Leary	9:46	Day 5 Wrap Up	This is going to be really, really hard, but we can do it together. Piano Lessons, Moving forward in spite of the challenges we have, ends with piano playing	
532	Chuck	3:12	Humility	What does humility have to do with forgiveness? Humility is gained through life experiences, only through strength can we be humble, story of Chuck's mom's death,	