

prevention | healing | empowerment

institute for healing of memories

2012 annual report



VISION

The Institute for Healing of Memories seeks to contribute to the healing journey of individuals, communities and nations.

OUR MISSION

We are a trust committed to:

Facilitating the healing process of individuals and communities in South Africa and internationally

Remembering the apartheid years and healing the wounds

Redeeming the past by celebrating that which is life giving and laying to rest that which is destructive

Working in partnership with others who share our vision

OUR APPROACH

We do this to assist people on their journeys towards healing and wholeness within a safe space.

We offer Healing of Memories activities such as workshops, seminars, talks and sermons.

We are developing models for dealing with emotions such as anger, hatred and guilt, and processes for reconciliation and forgiveness.

We seek to be fully inclusive and respectful of diversity; respectful of different faith communities and belief systems.

PRINCIPLES

We believe all people:

are spiritual beings and of infinite worth

share responsibility for the past and therefore are responsible for dealing with it

are capable of being both victim and victimiser

should face history and face themselves.



FROM THE PATRON

Kirsty Sword Gusmão

"It is most encouraging to read of how the work of the Institute for Healing of Memories continues to expand across the world. Here in Timor Leste we know from our own painful experiences over many years, that the healing journey takes many years. Personally I hope that there will be further opportunities in the future for the Institute to work in Timor Leste. As in so many places, building a new nation here, is coupled with the ongoing journey of healing and reconciliation. I wish the Institute well for the year ahead."



FROM THE CHAIRPERSON

Delene Mark

What a wonderful climax in the life of the Institute for Healing of Memories, when the book *"Redeeming the past: My Journey from Freedom Fighter to Healer"*, was launched in September 2012. This memoir of Fr Michael Lapsley, written with the help of Stephen Karakashian, is a deeply moving and motivating story which displays how the conviction, courage, determination and forgiveness of one man has resulted in his own survival, healing and victory but more so an example of HOPE for humanity.

The book launch was a moment to celebrate, and the demand for this book is an indication that despite the harsh economic crises facing the NGO world, the institute led by Fr Michael will continue to be supported financially by people and



organisations who understand the importance of this work. There is a thirst in the world for the work of the institute in bringing healing, transformation and peace to a deeply troubled world.

If writing a memoir was not enough! The 2012 annual report also details much work done by Fr Michael both locally and internationally

During 2012, the institute has also seen the delivery of a wonderful youth programme mainly in the Western Cape, while work in KwaZulu-Natal has seen much renewed energy with wonderful delivery of workshops under the leadership of Alphonse. We are grateful to all the staff members for their dedicated hard work and are pleased to see the willingness of staff to learn and increase their own capacity.

On behalf of the board and trustees of the institute we express our thanks to Fr Michael and all members of the staff, to all our partners, donors and friends and to all who have participated in the work of the institute. Thank you for your contribution to the success and effectiveness of the organisation.

We do look forward to your on-going prayers and support.

Delene Mark

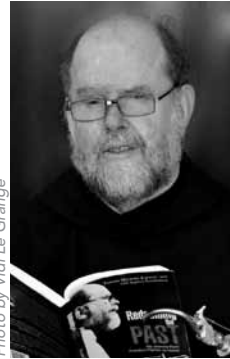


Photo by Virdi Le Grange



DIRECTOR'S REPORT

Fr Michael Lapsley, SSM

Why is it that as we age each year disappears in a flash? 2012 was no exception.

The biggest thing that happened in 2012 for the Institute and for me personally was the launch of **Redeeming the Past: My Journey from Freedom Fighter to Healer**, published first in the United States and subsequently in South Africa.

We were blessed to have spectacular launches in Cape Town and at the UN in New York in particular. There were also events across the United States and in Durban and Johannesburg, in Melbourne and Sydney, in 4 New Zealand towns and cities, Then at the end of November, I travelled to Geneva for a launch at the World Council of Churches who are also

co-publishers in Europe. The WCC gave copies to every member of their Central Committee. I have been invited to be a speaker at the seven yearly Assembly of the World Council of Churches in Korea in October.

In South Africa there was massive media coverage of the publication including to my astonishment in 2 airline magazines.

In many ways the book is now doing the work of the Institute to assist people in their own healing journey in many parts of the world.

On May 17 I was awarded an honorary doctorate of divinity from the Virginia Theological Seminary in Alexandria in the United States

The year ended on a high note. Freedom Park in Pretoria which is dedicated to South Africa's very long road to Freedom invited me to speak there. We are now exploring an ongoing partnership.

In recent years the Institute has done much work in Zimbabwe including with the Anglican Church which suffered much from the activities of a renegade bishop who was supported by the Zimbabwean police. One of the most joyful experiences of my life was to be present when the faithful were able to reenter their own Cathedral after worshipping in tents for several years.

Much of the work I have been involved in personally is covered in the reports from Margaret Fell, Linda Rich and Stephen Karakashian all from the USA and Patrick Byrne from Luxembourg.

You will read further in Alphonse's report about the training course I led in July and August; **"Healing individual and collective wounds: Sharing experiences from South Africa and around the world."**

Looking Forward

I am in the process of organizing several book related events in the UK in cooperation with the European Province during July including Durham, Willen and Liverpool Hope University.

In September together with the brothers of SSM in Lesotho we will be organizing a book event opened by King Letsie III in the context of a seminar on Lesotho's healing journey.

I wish to pay tribute to the staff of the Institute, our facilitators, our volunteers, our Board under the leadership of Canon Delene Mark, our Patrons, our Partners, our Donors, our dear friends across the world all of whom play a unique and vital role in Healing of Memories. May God bless us all



Book launches of *Redeeming the Past* in New York, Oregon and South Africa

by co-author Stephen Karakashian

When Fr Michael asked me to work with him in preparing his memoir I readily agreed. It was a quiet project, mainly taking place in the early morning hours in my home office sitting at my computer writing. Unexpectedly, everything changed when the memoir was published and a round of book launches began. I have joked to colleagues that I woke up in a party I didn't know I was invited to.

Not long after the book's publication in the United States, friends where I live in Portland, Oregon began urging me to organise a book event here and agreed to help. To my surprise, more than 75 highly enthusiastic folks turned up on a warm Sunday evening in August. Although Fr Michael was unable to be present, attendees got acquainted with him through Melvin McCray's compelling biographical video. The surprise highlight of the event was the presence of Dr Glen Gordon, the surgeon who saved Fr Michael's life in 1990 when he was bombed in Harare, Zimbabwe. Dr Gordon, who now lives in a university town about 100 miles

from Portland, spoke to the group of Fr Michael's courage, his faith, and his unshakable commitment to the struggle for freedom, even as he lay in a hospital bed bandaged and fighting for his life. After he finished speaking, Dr Gordon led us all in a rousing chorus of *Amazing Grace*, which was a fitting climax.

Having traveled to South Africa, in early September I attended book launches with Fr Michael in Cape Town, Johannesburg, and Durban. The venue for the Cape Town launch on September 3 could not have been more appropriate since it was at the District Six Museum. More than 300 people turned out and we sold well over 100 books. I found myself sitting next to Her Worship, Patricia de Lille, the Mayor of Cape Town, in a row that included Fr Michael, Archbishop Emeritus Desmond Tutu, and Glenda Wildschut, who presided. Adrian Kaplan, representing our South African publisher Struik Christian Media, began by saying how proud Struik was to publish Fr Michael's memoir and then described in very personal terms the impact that reading the book had had on him and the members of his staff. There were moving speeches by many, including Archbishop Tutu and Fr Michael. I took the opportunity to express my appreciation for all that I have received from South Africa over these last twenty-two years.

I said that working in the country had changed me profoundly and I thanked Michael in particular for the opportunities he has given me. I also said that writing this book was a chance for me to give back something to a country that had given me so much. The Pro Cantu Youth choir once again sang like angels, as they had two years earlier at the Mass of Thanksgiving marking Fr Michael's survival from his bombing.

The Joburg launch took place at the Apartheid Museum on September 7. The weather was quite threatening, so much so that my plane was struck by lightning as we prepared to land. Although rain and hail reduced the turnout somewhat, there was nonetheless a highly enthusiastic audience for a programme that featured a panel discussion chaired by Onkgopotse JJ Tabane on the Way Forward for South Africa. In addition to Fr Michael and me, panelists included Trevor Manuel, Tito Mboweni, and Brig. Gen. Monwabisi Jamangile, Chaplain General of the SANDF. Distinguished members of the audience included Zanele Mbeki, wife of the former President, and Nobel Prize Winner Nadine Gordimer. Books were sold by CNA, which is carrying Fr Michael's memoir in its stores throughout the country.



Cape Town book launch – September 3, 2012

About 100 people attended the Durban book launch at the Diakonia Centre four days later on September 11. Anglican Bishop Rubin Phillip, Dr Zweli Mkhize, Premier of KwaZulu-Natal and veteran social justice activist, Mary de Haas, were featured speakers. A panel discussion afterwards prompted vigorous audience participation and copies of Fr Michael's memoir were eagerly snapped up by those present.

On September 27, a book launch at the United Nations in New York capped a remarkable series of celebrations, not only of the



publication of Fr Michael's memoir, but also of his life and work. The UN launch was arranged by Helen Clark, a long time friend of Fr Michael's and now the Administrator of the United Nations Development Programme and formerly the Prime Minister of Fr Michael's home country, Aotearoa New Zealand. Members of the diplomatic corps and Fr Michael's numerous supporters in New York were welcomed to the event by Helen Clark. Particularly memorable was an address by His Excellency Ebrahim Rasool, the South African Ambassador to the United States who lifted up Fr Michael's work as an example to be emulated by all peoples of the world, regardless of nationality and faith. The launch also provided an opportunity to highlight a video of Fr Michael's life, beautifully constructed by the New York journalist and videographer, Melvin McCray.

Our thanks to all who helped to organize these events and to those who attended and have received the book so enthusiastically.

Michael Lapsley's 2012 visit to Luxembourg

by Patrick Byrne

The Luxembourg branch of ACAT (Action by Christians for the Abolition of Torture) was once again privileged to welcome Fr Michael, accompanied by Victor Cervati, to the country from 27 to 31 January 2012. This provided a further valuable opportunity to update supporters of the IHOM on recent developments, to publicise the healing-of-memories project and to forge closer ties between the Institute and its partner organisations.

Father Michael was able to meet Mr Georges Friden, the Political Affairs Director at the Foreign Ministry, who confirmed that the Luxembourg Government would continue to support the IHOM projects. Discussions were also held with senior staff at the Caritas office, another of the Institute's partners. They were interested to hear about the planned launches of Fr Michael's memoir and, in particular, ACAT's efforts to have the book translated and to find a German (and, hopefully, later a French) publisher.

Fr Michael also led a follow-up session for people who had taken part in the 2011 healing-of-memories workshop; and he was

invited to give a talk to a gathering of Luxembourg's Catholic lay workers. Participants showed a very keen interest, so much so that they asked him to come back in April 2013 to allow them to attend a full-scale HOM workshop.

The newly appointed Catholic archbishop of Luxembourg, Jean-Claude Hollerich, was also very keen to meet Fr Michael, and the city centre Protestant Church invited him to its Sunday service, at which the congregation were given some insight into his own special brand of 'bicycle theology'.

His visit could not be complete without him visiting a secondary school and spending some time with a hundred-or-so students, telling them about the choices he has had to make in his life, during and after apartheid, and listening to what they had to say about the choices they were facing and what they would like to do to make our world a better place for everyone.

A thoroughly inspiring four days for all those who crossed Fr Michael's path.





Healing of Memories North America

by Margaret Fell

There were two Healing of Memories workshops conducted in Minnesota in 2011. The March retreat was held at Christ the King Retreat Center in Buffalo, Minnesota. This workshop included veterans, Lutheran and Episcopal clergy, spiritual directors, and a retired policeman. Although similar to our previous workshops, this workshop was also profoundly unique.

Fr Michael Lapsley's work in the United States in 2012 included an honorary doctorate from Virginia Theological Seminary, publication of his memoir, *Redeeming the Past: My Journey from Freedom Fighter to Healer*, a book launch at the United Nations and in cities around the United States, issue of a DVD "The Father Michael Lapsley Story and the Founding of the Institute for Healing of Memories", and workshops, speeches, and meetings in Hawaii, New York, Minnesota, and Colorado.

Fr Michael began his spring schedule in April conducting facilitator training for staff at Barrier Free Living, a New York facility for disabled victims of domestic violence and then conducted a

one-day programme on healing individual and collective wounds at Manhattanville College in Purchase, New York.

He began a six day residency at New York's Stony Point Center with a class on nonviolence for interfaith interns with the Community of Living Traditions and concluded with a two-day Healing of Memories workshop for participants aged 19 to 81 from the Community of Living Traditions, Psychotherapy and Spirituality Institute, and American Friends Service Committee in Philadelphia, New York.

During its 189th Commencement ceremony on May 17, 2012, Virginia Theological Seminary conferred a Doctor in Divinity, *honoris causa*, upon Fr Michael. The degree was awarded by the Rt. Rev. James J. Shand, bishop of Virginia, and chairman of the Board of Trustees of Virginia Theological Seminary.

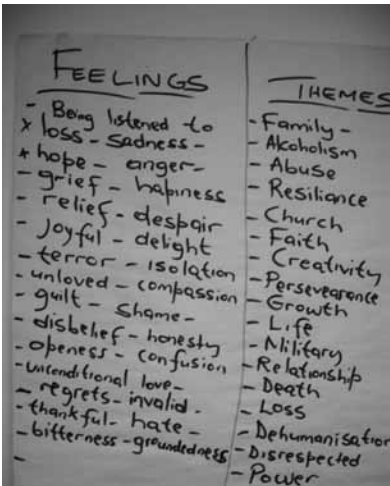
Prior to the official release of his memoir, *Redeeming the Past: My Journey from Freedom Fighter to Healer*, Fr Michael and his book were introduced by the book's publisher, Orbis Books, at the Religious Booksellers Trade Exhibit in St. Charles, Illinois. The next day he held the first launch of his new book in Crystal Lake, Illinois.



On the evening of June 6, 2012 Fr Michael, accompanied by Madoda Gcwadi arrived in Hawaii for ten days filled with activity. This was Fr Michael's (XX) visit to the islands, having conducted workshops and talked with a variety of groups in spring of 2010 and 2011.

One of the highlights of his time in Hawaii in 2012 was his connection with the Anglican, or Episcopal, community in Honolulu. The Rev. Walter Brownridge, Dean of the Cathedral of St. Andrew, founded by Hawaii's King Kamehameha IV and Queen Emma in 1862, served previously in Cape Town and enthusiastically welcomed Fr Michael. He was invited to preach at the Cathedral and lead the Dean's Forum, an adult discussion group, on Sunday morning. The Cathedral also offered a venue for a book release event that was well attended and resulted in the sale of the two cartons of books on hand.

Previous HOM workshops in Hawaii had been open to the community. This year, a workshop was held at Women's Way, a residential drug and alcohol treatment programme for women. The workshop participants also included women from a prison furlough programme. The experience was intense and evaluated by the women as deeply healing and beneficial. Facilitators were moved by the women's stories of multiple trauma, victimisation, their acknowledgement of their actions that harmed others and their desire to not pass this cycle to their children. Again, the power of being heard and of listening and in a safe, non-judgemental and supportive environment was affirmed.



For the third year, Fr Michael was invited to speak at a forum at the State of Hawaii Judiciary, this year focusing on restorative justice. Continuing to learn more about the historical trauma of the overthrow of the Hawaiian kingdom and the movement to restore the culture and sovereignty, Fr Michael spent much of the day at Ulupo Heiau, an ancient sacred Hawaiian spiritual site where he was guided by a Hawaiian kupuna, or elder, and a Hawaiian minister who shared the history of Ulupo, the restoration efforts and some of the current Hawaiian concerns.

During his visit, a full page article about his work, including the workshop at Women's Way, appeared in the local newspaper, the Honolulu Star Advertiser.

In July, with great anticipation and joy, Fr Michael's memoir was published. In the book's foreword, Archbishop Emeritus Desmond Tutu said of Fr Michael, "Since his bombing, Fr Michael has become a marvelous advocate for healing and reconciliation in South Africa and other strife-torn regions of the globe. He has truly become a citizen of the world, and I have watched his work with a growing sense of awe and admiration. Although he was broken physically, he has become the most whole person I know, truly a wounded healer."

On September 27, the book's official launch was held at the United Nations. Among the speakers were the Honorable Geraldine Fraser-Moleketi, former Minister of Public Service and Admin of South Africa, the Right Honorable Helen Clark, former Prime Minister of New Zealand, His Excellency Ebrahim Rasoon, South African Ambassador to the United States, Siphosami Malunga, former human rights lawyer from Zimbabwe, and Father Colin Griffiths SSM, Provincial of the European Province of the Sacred Mission.



“Pain Knows No Boundaries: An Interfaith Journey of Healing and Hope” – St John’s University Collegeville



From New York, Fr Michael traveled to Minnesota for two weeks. The first event, a workshop at Dunrovin Retreat Center, was the largest so far in Minnesota, with 25 participants including veterans, faith leaders, spiritual directors, and seminarians. The workshop was a collaborative effort between United Theological Seminary and the Healing of Memories Working Group.

On October 2, after meeting with students at United Theological Seminary in New Brighton, Fr Michael travelled to St. John’s University in Collegeville where his lecture “Pain Knows No Boundaries: An Interfaith Journey of Healing and Hope” was enthusiastically received by a packed auditorium of 400 students and faculty.

During each visit to the Twin Cities, Fr Michael meets with a team of military veterans, faith leaders, and spiritual directors he is training to facilitate Healing of Memories workshops. The team will begin offering Healing of Memories workshops on their own in 2013.

An integral part of Fr Michael’s Minnesota trip was serving as the Scholar-in-Residence for the annual Havel Symposium, a collaboration of The House of Hope and St. Thomas University. The programme brings to the Twin Cities a well-known scholar for a week-long visit to engage students, church and community to consider the importance of strong community groups in maintaining and furthering democracy, and to involve them in society building. During the four-day programme Fr Michael attended classes at St. Thomas, discussing his work of healing and reconciliation throughout the world. On October 9 he presented the annual Havel Symposium Lecture “Courageous Citizenship: Redeeming the Past and Building the Future” at St. Thomas University.



*Havel Symposium Lecture,
University of St. Thomas*

Fr Michael was also a familiar face on the United Theological Seminary campus during his two-week stay, attending classes, preaching at the chapel, and lunching with students and faculty. A highlight of his schedule at the Seminary was an evening interfaith lecture which was open to the public and which included responses from Adil Ozdemir of the Muslim Christian Dialogue and Rabbi Amy Eilberg with the Jay Phillips Center for Interfaith Learning. His final event at the seminary was a workshop for chaplains and pastors entitled "Healing as a religious leader; facilitating healing and implications for ministry." The programme provided a brief introduction to the format and content of the Healing of Memories workshops.

Fr Michael's Minnesota trip ended at St. Joan of Arc Catholic Church in Minneapolis where he preached at two gymnasium packed masses.

On October 20, Fr Michael's work was highlighted by Melissa Harris Perry in her "Foot Soldier" segment on MSNBC. There she showcased his international work with war veterans in Minnesota, incarcerated women in Hawaii, and in New York with residents at Barrier Free Living, those who have been affected by the Greensboro



*Michael with Louisa Hext, The
Forgiveness Project*

Massacre, members of 9/11 Families for Peaceful Tomorrows, and with people who have been long term incarcerated.

Fr Michael then travelled West. On October 23, he spoke with 300 students at St. Mary's Academy in Englewood, Colorado, a Catholic girls high school run by the Sisters of Loreto. Fr Michael talked with the students about how his experience in the anti-apartheid struggle, his bombing, and his healing work as chaplain of Cape Town's trauma treatment center had led to his life-long commitment to work on behalf reconciliation and healing. His remarks complimented the high school's religious theme for 2012 which was developing a sense of inner harmony.

Fifty people attended his visit to Queen of Peace Catholic Church in Aurora, Colorado. His message of healing was particularly timely since Aurora had been the site of the May 20, 2012 theater shooting.

Fr Michael also met with students at Regis University in Denver on October 24 and that evening attended a book launch at the Tattered Cover Book Store in Denver.

The Loretto Community and St. Andrew United Methodist Church jointly sponsored a programme "Healing of Memories: Journey

of Individuals, Families, Communities and Nations" on Saturday, October 27 at St. Andrew United Methodist Church in Highlands Ranch, Colorado.

Fr Michael concluded his trip by preaching and con-celebrating mass at Holy Redeemer Episcopal Church in Denver.

A very busy fall schedule in New York was cancelled due to Hurricane Sandy but many of the events are now planned for 2013.

Despite the weather, on November 8 Fr Michael participated in an informal community dialogue at Christ Episcopal Church in Tarrytown, New York. Attendees included health care professionals, community activists, and faith leaders who are interested in attending or sponsoring Healing of Memories workshops or becoming workshop facilitators.

In December 2012 the Institute for Healing of Memories – North America was pleased to launch its website <http://na.healing-memories.org>!

The Revd Margaret Fell is Chairperson of the Board of the Institute in North America



DEPUTY DIRECTOR'S REPORT

Alphonse Niyodusenga

This year marked the continuation for implanting the IHOM Strategic plan for 2011-2013 that focuses on rehabilitation, prevention and empowerment through Healing of Memories workshops, Restoring Humanity Project with youth as well as community healing dialogues in different communities. Through programme activities, we have seen how the empowering benefits of the Healing of Memories workshops and youth workshops (storytelling circles, visiting historical/present day- sites of dehumanization, leadership workshops, etc) give life changing transformation to individuals, families, groups and communities haunted by past memories, as well as being relevant to current trauma. At the same time, the funding continued to be one of our biggest challenges as most donors continued to cut down on their grants to South Africa. Despite these challenges, we are encouraged by the impact the IHOM work is making in many people's lives.

Fundraising

2012 continued to be the most challenging year for the Institute in terms of fundraising. The new strategy was implemented to raise funds through fundraising events and fundraising dinners beside sending out proposals to potential funders. The Institute managed to host five fundraising dinners both nationally and internationally.

While the Institute is continuing to receive limited grants from several international funding organisations and individuals, it is still a challenge to attract funding in the very competitive South African funding environment where support for issues such as poverty, high unemployment, HIV/Aids, housing, etc. often take priority. The Institute will continue to implement the new funding strategies in 2013 through series of fundraising events and increasing partnership activities. In addition, project managers are also expected to take full responsibility for fundraising for their projects.

Organisational Development

Training course

The Institute hosted the training course from 15 July 2012 to 4 August 2012 in Cape Town led by Fr Michael Lapsley and Fatima Swartz. The theme of the course was "Healing individual and collective wounds: Sharing experiences from South Africa and around the world." A total of 11 trainees from seven countries (USA, India, Zimbabwe, United Kingdom, Zambia, Rwanda and South Africa) attended the training. Objectives of the training were (a) to explore personal healing and how it relates to wider communities and history of nations, (b) to provide notions of forgiveness, reconciliation, restorative justice, trauma and trauma debriefing and community healing, and (c) to introduce participants to the fundamental of Healing of Memories facilitation practice. At the end of the training, trainees expressed the impact of the course on their personal lives as well as receiving insights and perspectives on dealing with issues of healing, reconciliation, forgiveness, restorative justice and trauma in their context.

Facilitator Curriculum Development

Over the years, the Institute has been facing a challenge to maintain a level of facilitation excellence. Some of the facilitators appeared to have grown and developed through their exposure to the healing and transformation processes of the workshop and in their ability to steward the storytelling sessions. However, recent feedback from participants indicated that some of the facilitation has been of a lesser standard than expected. For some time the Institute has been considering what might need to be initiated to up-skill current HOM facilitators as well as attract and select a new wave of facilitators who could be trained and developed to a standard high enough to steward this sensitive work.

Several comprehensive discussions have taken place to settle on the specifics of intensive development of deep facilitation skill and the preparation that goes into readiness to co-facilitate the Healing of Memories workshop.

The Institute is envisaging a year- long training – four modules of five days each (20 days) beginning in 2013. The training would be extensive because the Institute believes that deep listening and



more process-oriented facilitation is not simple to “teach.” The Institute has noticed that excellent facilitation skill seems to evolve when it is rooted in authenticity and courage, and has much to do with the life experience and “way of being” practiced by the individual. One facilitator said, “The more I wish to “go out” and to serve others, the more I must “go in” to understand myself.”

IHOM Staff training on Monitoring and Evaluation

The Institute has been committed to develop its staff on various skills. Staff training on Monitoring and Evaluation was held from 17th-20th September 2012. The training was facilitated by Inside out M&E specialists. The objective of the training was to equip IHOM Staff with the knowledge and expertise to be able to design and manage a process of developing and implementing M&E Systems into their programmes. The training covered the following areas: (a) Introductory M&E within the Institute in order to build the

Planning Monitoring and Evaluation capacity, (b) developing the necessary tools to collect data on IHOM programme indicators and analyzing data collected, and (c) developing results chains for IHOM programmes and results based organisational plans. The Staff appreciated the knowledge on M&E and they have already started to implement it in their programmes. The training was sponsored by EED and we would like to express our gratitude to EED for their support. Thanks to Inside Out for their knowledge and skills that they provided to the IHOM Staff.

Thanks

I would like to express my gratitude to the Board, Institute Director and colleagues both in Cape Town and KZN for their commitment and continued support in 2012. Thank you to all facilitators both in Cape Town and KZN for their contribution to the work of the Institute. Thanks to donors for your generosity which is making a huge difference in the lives of many people.

Healing of Memories workshops in the Western Cape – by Alphonse

Achieved

The following activities were achieved in the Western Cape

- (a) Week-end workshops – 19 held successfully
- (b) Seconds phase workshops – 5 held
- (c) Reunions – 7 held
- (d) Focus meetings – 2 SANTOC Seminars on Prevention and Combating of Torture of Persons Bill 2012.
- (e) Facilitator training – 1

Statistics

Date	Target Group	Venue	No of participants
15 – 17 February	Prison Workshop	Goodwood Prison	20
12 – 14 March	Stellenbosch Students Workshop	Stellenbosch	22
23 – 25 March	Reconciliation Workshop	Lutheran Centre	31
31 March	Second Phase Workshop	Little Stream	22
26 April	Re-union	IHOM Office	17
4 – 6 May	Restoring Humanity	Lutheran Centre	35
18 May	Re-union	Goodwood	20



Date	Target Group	Venue	No of participants
25 – 27 May	Ex-combatants Workshop	Lutheran Centre	22
29 May	Re-union	Atlantis	29
2 June	Second Phase Workshop	Schoenstatt	24
8 – 10 June	HIV/AIDS Workshop	Lutheran Centre	25
22 – 24 June	World Vision Atlantis	Lutheran Centre	27
29 June – 1 July	Restoring Humanity Workshop	Lutheran Centre	32
6 – 8 July	HIV/Aids	Lutheran Centre	26
21 July	Second Phase Workshop	Schoenstatt	24
24 – 26 August	Ex-combantants	Lutheran Centre	25
29 August	Re-union	IHOM Office	26
31 August – 2 September	Restoring Humanity	Lutheran Centre	28
8 September	Second Phase	Schoenstatt	21
14 – 16 September	Interfaith workshop	Lutheran	27
28 – 30 September	Ex-combatants	Lutheran Centre	25
3 October	Re-union	IHOM Office	19
5 – 7 October	HIV/Aids	Lutheran Centre	25
23 – 25 October	Prison Workshop	Goodwood	20
2 – 4 November	Interfaith	Lutheran	29
6 – 9 November	Women-Robben Island	Robben Island	26

Date	Target Group	Venue	No of participants
10 November	Second Phase	Schoenstatt	24
16 – 18 November	HIV/Aids	Lutheran Centre	28
23 – 25 November	Women workshop	Lutheran Centre	26
28 November	Re-union	IHOM Office	19
Total			744

Demographics

<20 yrs	20 – 29yrs	30 – 39yrs	40 - 49 yrs	50 –59 yrs	60 – 69yrs	>69 yrs
81	132	261	148	69	31	22

Gender

Women	Men
59%	41 %

Racial groups

Africans	Coloureds	Whites
52%	39%	9%

Some feedback from inmates at the end of the workshop in Goodwood prison:

“For the first time since I came to prison, I was given a space to reflect on what I did and the pain that I caused in my family and community. It was painful for me. My story was

listened to and acknowledged. I realised that I became violent because I grew up in a violent environment and I never thought about it before the workshop. I have learnt to live with people, to believe in myself and to start my journey towards healing. I need more workshops and follow ups.”

“I feel not alone anymore. I feel encouraged, inspired by other participants’ stories and relieved. I feel different than the way I was before the workshop. I want to continue to deal with my feelings. One workshop is not enough because I have much stuff that I want to let go.”

Asking youth from Restoring Humanity Project if there is any programme that stood out for them in 2012, most of them reported the impact of Healing of Memories workshop in their person life. One young person said, “The workshop helped me to begin the process for forgiving the people that have hurt me emotionally. I was able to share my story.”

Training course

The Institute held the training course from 15 July 2012 to 4th August 2012. The theme of the training was “Healing individual and collective wounds: Sharing experiences from South Africa and around the world. The training was led by Fr Michael Lapsley and Fatima Swartz.

A total of 11 trainees from various countries namely USA, United Kingdom, Zimbabwe, Rwanda, India, Zambia and South Africa attended the training. Objectives of the training were (a) to create an opportunity to explore personal healing and how it relates to wider communities and the history of nations, (b) provide safe and sacred space to grapple with notions of forgiveness, restorative justice, trauma and community healing, and (c) introduce participants to the fundamentals of Healing of Memories facilitation practice. Different topics were covered including training on Healing of Memories methodology, inputs around forgiveness, reconciliation, restorative justice, trauma and its effects, debriefing and community healing. One participant said, “The training was an asset that helped me to discover a way for addressing many challenges in political and spiritual life. Apart from exercising what I have learnt at work, I will also integrate that in my community”



Healing of Memories in the Western Cape report 2012

– by *Madoda Gcwadi*

Introduction

The Institute for Healing of Memories is proud of the 2012 outcomes and acknowledges the role that each one of the staff and facilitators in enabling the healing of individuals and nations to take place. Indeed each contribution, commitment and warm attitudes ensured the organisation's success. It is humbling for the organisation to witness the signs of hope through participant's eyes. This is one of the reasons that make us proud as the IHOM family. The participant's smiles and gratitude gives the organisations' wheels and wings to carry the healing journey with joy and pride. Like any journey, the 2012 had its challenges and yet we are optimistic that we are on the right path. Each step has been a golden opportunity for new learnings and has encouraged us to sharpen our techniques in the journey of healing.

There has been a massive increase in the need for healing of memories in South Africa and the entire world since challenges of trauma and suffering are increasing every day. In South Africa we were horrified by the Marikana massacre and escalating vicious crimes are leaving the multitudes in pain and fear. The traumatic experiences were and still are a clear indication that the past is here to bite us. The escalating violence over the past few years has indicated that this will continue since there are few platforms for healing taking place. This reality is a challenge to all of us. We have the responsibility of healing individuals, communities and nations. This is why the healing of memories is relevant today and in need on a massive scale. The Institute for Healing of Memories has boldly played its part once again in the healing journey of the country and the world. According to the learning's and wisdom shared by most participants who came to our workshops, the time has come for healing the human family. "We need healing of memories in our communities.



The past will continue to haunt if we do not share our stories, us.”

The facilitators described this reality as serious in the extreme, needing more healing of memories in different communities. Currently, the suffering caused by the intergenerational trauma has challenged the Institute for Healing of Memories to continue facilitate workshops for the youth. There are many young people who are committing suicide because of what has happened to them and others. It is sad to know that many end up in prison.

Recently a number of organisations have sought partnership with IHOM because the HOM’s methodology for healing is life changing. The testimonies from the participants have put the organisation on the right map hence collaborations with other NGO’s have grown. The networking circles have intensified and we are glad to be part of the Western Cape Networking Forum. We do acknowledge the fact that we cannot be fully human on our own. In the African traditions there is a saying which we strongly believe that says, “Umntu ngumntu ngabantu.” in IsiXhosa language. This merely says “I am because you are.” We need each other in the journey of healing of individuals, communities and nations.

The Healing of Memories Workshops

The Institute for Healing of Memories has conducted 18 healing of memories workshops in 2012. The overall objectives of the healing workshops are to create a safe space for healing of memories to take place. The IHOM encourages participants to take one step in the journey of becoming whole. It is refreshing to note that most participants who attend our workshops do appreciate our compassionate role in the healing journey. The process has been redemptive and very humbling. It is rewarding to see glimpses of hope in participant’s eyes. “It took me 31 years to get this stuff off my chest.” A participant shared this sad reality in deep gratitude. This reflection is an indication that the work of HOM is in great need. People suffer for a long time before they can heal their emotional wounds of the past. It is in this regard that the Institute for Healing of Memories is imperative.

The IHOM recognise that each workshop has its own dynamics and issues. During the workshops, we have learnt that for some people the pain in South Africa is increasing because of social and economic realities. The participants’ suffering is caused by current and fresh wounds in our new democratic society. This has



been very helpful since some participants go back home to help restore their families. "I can't wait to reach home and tell my child that I love her. Isn't that amazing? It has been a very successful year for IHOM workshops. All our objectives were met. The great organization and well-timed planning were key lessons drawn. We do acknowledged our skilled facilitators for their contribution in the healing journey of individuals and communities.

The diversity within our workshops has improved. "I appreciate the space to listen to others because I have never sat with black people in my entire life." The initiatives of bringing participants from different communities have strengthened interaction and enhances social cohesion. New attitudes to the IHOM are an indication that our methodology is working very well.

The workshops also allowed participants to identify circumstances where further intervention is needed. We have referred some participants for further counseling as some came to the workshop thinking about suicide.



The lessons learnt from the Healing of Memories workshop brought some important facts to the nation.

- There should be more intergenerational workshops so that the parents can understand their children better.
- There was a deep reflection on how socio economic issues like crime, poverty and hunger can hinder healing.
- Most participants came from broken families and disintegrated communities because of the separation caused in the past.
- More efforts should be made to encourage the White community to attend our workshops.
- The inclusion of more foreigners in the healing of memories workshops should be encouraged.
- Healing should take place in spite of the reality of violence and crime.

Some of the questions raised in the workshops by participants

- Where is God?
- Why should I forgive?

- How do I move forward?
- Why was I born?

Impact of the healing of memories workshop

The healing of memories workshops were successful and their impact has added to lives of individuals, families, communities and nations. There was so much depth and wisdom shared. This has encouraged many more to come to the workshops since participants share their experiences with friends. Many participants indicated they would like to be facilitators. The testimonies and openness is a sign that healing of memories workshop is a liberating process. Participants have learnt to always have an open door for growth and wisdom. The process is not only about giving but there is so much to receive from the wisdom of the world. We have also learnt that some participants may have travelled as twice as much as the facilitators in their journey of healing and wholeness. That gave us courage as the team of facilitators to acknowledge that reality and not be ashamed to be strengthened by others on our path. There was hope and it was refreshing to hear someone saying, "Now I know what to do."

Many participants were optimistic about their future and are glad to realise that they have contribution and role to play in the journey of healing. They were so moved by Fr Michael Lapsley's story and made decision not only to be survivors but also to be victors of their reality.

Conclusion

The need for healing of memories workshops is clearly growing and number of workshops should increase to meet the demands from different communities. Most facilitators felt it is necessary to receive personal debriefing sessions and more re-unions for them so as to be efficient in meeting the objectives of the IHOM. There have been tremendous steps of unity and sincere invitations from different organisations for networking purposes. It is important to keep strong ties with organisations with similar objectives.



Restoring Humanity

– by *Co-ordinator Fatima Swartz*

The Youth Development Programmeme in the Western Cape focused on the implementation of the “**Restoring Humanity**” which brings together young people from three diverse communities. The project was structured to speak to the three strategic objectives of the Institute: Healing, empowerment and prevention.

All activities give life to the values of the Institute, honoring our humanness and guided by our spiritual need to be part of and connected to the human family. The first year of the project brought together the communities of Atlantis, Athlone and Masiphumelele (Group A 2011). The second year of the project saw the expansion to Michell's Plain, Khayalitsha and Belhar/Delft Group B 2012). Young people from Bishop Lavis and individuals from various areas also participated in some of the workshops hosted by the programmeme.



Developing youth facilitators

To support and sustain the expansion of the Programme a core of youth facilitators were recruited from the organisations and areas in which the programme operates. This objective is to grow a group of facilitators that understand the basic principles of how people learn.

- To acquire the skills to develop workshops that are experiential in nature that engage participants in learning journeys that enable them to draw on their own experiences as a source of knowledge.
- To deliver the workshops in such a manner that participants become curious about society and how it works.
- To develop critical thinking skills that will allow them and the participants to develop interventions in their communities that will make a difference to their lives and that of their communities.
- Throughout the year we worked with a group of 14 facilitators to develop these skills. This has become a project within itself.

The ongoing training, support and mentoring is bearing fruit. This process will be continuing in the next year with a new cohort of facilitators joining the team from the new areas identified. One of the outcomes from this process is a resource book that captures the workshops developed by the team, of facilitators and tested in the various workshops. The Resource Book will be launched in the first quarter of 2013.

Activities for Learning and Reflecting

The reoccurring themes of Human Rights, South African Constitutional literacy, Identity, Cultural diversity and Non Racism continued to be explored in various workshops. An emerging theme from these workshops is how young people relate to their own diversity in their families and local communities. The question of indigenous people, their right to land, cultural expression and place in society are surfacing as one of the burning issues for the young people.

Exploring the spiritual nature of human beings their needs and interconnectedness are new threads the workshops are working with. The task of developing tools to use in these workshops has been a challenge for the team as its biggest learning and an opportunity to think creatively about these issues and engage in a more creative way.





Learning about the history of our country and how it shapes the present remains a cornerstone of the work we do. Visiting various institutions, memorials and communities are all part of these conversations. Learners benefit hugely from engaging with history in this manner. Using various art forms further enhances the quality of the experiences of our participants. They are not just able to get exposure to various art forms but also acquire some skills. A group of young people has been working on their personal stories contextualized within their communities, illustrating the challenges they face as young people. They will be launching their work in the second quarter of 2013.

As we work with the communities we continue to build bridges, breaking barriers across socio-economic, cultural and geographical space. Forging a common vision for their communities and the country taking us towards a more caring and humane society.

Healing journeys

Attending the Healing of Memory workshops for all participants and facilitators has enabled the programme to sensitise participants to the pain and emotional turmoil experienced by their peers and elders. It creates a space for participants to begin their own healing journeys one step at a time. In addition it also



raises issues of forgiveness, reconciliation and justice. For now we have not explored these themes in any great depth with participants but a need has been expressed that we do so, and we will give this much more thought in the coming months.

School Project

During the second and third school term the Restoring Humanity partnered with the Scalabrini Centre to form part of a consortium of organisations to deliver a cultural diversity workshops in schools to address the increase of xenophobic violence in schools. Our teams of youth facilitators delivered 3 workshops in 10 schools, in areas ranging from De Doorns to Atlantis to Ocean View.

These workshops were very well received by learners and educators. It has created the possibility of developing a school project that allows the Restoring Humanity project to work with young people in their schools providing creative learning activities that form part of grade 10 Life skills curriculum. This school project will be further expanded in 2013.

Partners

- Baluleka Youth Project of the District Six Museum
- Youth Art Development Co-operation (YARD)
- Fusion- South Africa (Athlone)
- Scalibrini Centre(Unite as One campaign)



Annual Report for KwaZulu-Natal Programmes

– by Alphonse and Nombuso

Healing of Memories Programme

In 2012, the Institute for Healing of Memories continued to contribute to the healing journey of individuals, families and communities of KwaZulu-Natal, a province which has suffered in the past from political violence and now with the changing landscape of challenges such as high rate of crime, HIV and AIDS infection, political violence, accidents due to negligent and drunk driving, broken relationships, etc. The Institute believes that when we listen to and acknowledge each other's stories, human relationships can be transformed, communities brought together and a common path forged based on mutual understanding and shared values.

The following activities were achieved in the KwaZulu-Natal in 2012

- (a) Week-end workshops- 9 held successfully
- (b) Reunions-1 held
- (c) Healing Support Network meetings- 7 held

Statistics

The table below gives a picture of activities undertaken with its demographics of the population we have engaged with.

Date	Target Group	No of participants
17 – 19 April	Newcastle	35
20 April	Healing Support Network	22
4 – 6 May	PACSA support group	30
8 – 10 June	PACSA support group	30
15 June	Healing Support Network	26
23 June	Healing Support Network	19
13 – 15 July	Durban Central	32
28 July	Healing Support Network	21
3 – 5 August	PACSA support group	30
17 –19 August	Newcastle	32
20 August	Healing Support Network	27
24 – 26 August	Restoring Humanity Project	34
14 – 16 September	Durban Central	29
29 September	Healing Support Network	25
30 October – 1 November	KZNCC	24
19 November	Healing Support Network	23
Total		439



Demographics

<20 yrs	20 – 29yrs	30 – 39yrs	40 - 49 yrs	50 –59 yrs	60 – 69yrs	>69 yrs
34	147	82	73	86	11	6

Gender

Women	Men
62%	38 %

Racial groups

African(Black)	Coloured	Indian	Whites
61%	26%	11%	2%

Feedback from participants showed that all participants benefited from the workshops in one way or another and that many lives have changed. Although healing is a journey, there was evidence that there were some immediate benefits they experienced that have left an indelible mark in their lives.

As most participants mentioned at the workshop in (Mphumulo Zululand) that held from 30 October-1st November in partnership with KZNCC, South Africa comes from a hurting, damaging and embittering past. Recent violence, police brutality, crime and rape in our communities show that South Africans have not dealt yet

with feelings from the past in order to live in harmony and peace with each other. One participant said, “psychologist (including Healing of Memories), believe that the first step to healing painful memories, is to –TALK about the painful experience/s in a trusting, deep-listening, non-judgemental and truthful environment. I agree, and what I saw happening in this workshop, confirms that the first step to healing painful memories is –being heard.”

Some feedback from participants on impact of Healing of Memories workshops in 2012:

“I see myself and I feel myself as a new different person

than the way I came. So I feel energetic and I feel proud of myself that I have done something for my life.”

“I feel a big difference and I realize that I already forgave my husband who was abusing me and I am going to take a journey forward.”

“I feel different after a Healing of Memories workshop because I shared my story that I kept inside in me for many years. It was like a burden that I was carrying in my life. I learnt that I have to forgive and move forward. Listening to other participants’ stories encouraged me to begin my journey towards healing. I realized that healing must begin with me then it will impact all people around me.”

“As a black South African, it was my first time to share my story with an Indian South African and a white person. It was also my first time to listen their stories. I felt relieved

because I expressed my feelings that I have been carrying for a while. I changed my negative perceptions towards them. I did manage to let it go because it was something that was deep inside me which I never thought I could talk about it.”

“The Healing Support Network helped me to continue my healing journey after a workshop. Sharing my journey towards healing at the HSN meeting allowed me to put my problem on scale and see that I am better and I feel encouraged to move forward. Healing is a process and I do not want to go back where I was before the workshop.”

“I am asking that these workshops continue so that we manage to live with our families better. ”



Restoring Humanity Project in KwaZulu-Natal

– Lindela

The Restoring Humanity Project started in KwaZulu-Natal in July 2011 and most activities were implemented in 2012. The project seeks to equip young people with the knowledge and skills to actively participate in shaping a society where previous mistakes are not repeated and the rights and freedoms of each individual are upheld. The project has been running in three communities namely Glenwood, Sydenham and Chesterville. Participants were developing the capacity and skills to address actions that consciously and subconsciously destroy and take away human dignity in their communities.

In a report on the state of youth released early this year by SAIRR it states. 'The data points to a generation in crisis. If a third of young people have nothing to occupy them all day, it is not surprising that sexual activities, drugs, alcohol and crime rates

are high among young people. Research shows that lack of stable families contributes to many of the social problems it affect the countries future workers, entrepreneurs and leaders. Working with the young people in the past few years it has become apparent that the social conditions within communities has made it important for young people to engage in processes of healing that will enable them to reach their potential.

Various activities and workshops were conducted with young people from three communities. The three remarkable activities that took place in 2012 are the leadership training, Healing of Memories workshop and youth camp. The leadership workshop was held on the 25, 26 and 27 May 2012 at Kononia Centre. The training was aimed and capacitating, strengthening relationship with partners and communities. A session about ideologies helped young people to understand issues that lead to diversity barriers. Participants were given an opportunity during group

discussion to look at issues of racism, sexism, classism, religion, gender, culture and the role of media in education raising pressing issues on diversity.

During feedback after group discussion participants reflected that there is so much that youth are exposed to with different cultural backgrounds which leads to limitations in understanding diversity. Participants reflected that in order to embrace another person's culture we need to take time to learn about it so that we can be able to understand why is it important to people who practice different cultures to ensure that we don't discriminate those who practice a different culture. Youth also reflected that there is a need to embrace different cultures for a better society

The Healing of Memories workshop that held on 24th-26th August 2012 created a safe space for youth to start a healing journey

which is more about allowing each individual to reflect on past and recent wounds that have had a negative impact on their lives and be in touch with the feelings relating to different events. Participants were able to embrace their uniqueness and abilities as beautiful human beings. A positive energy was evident as some were looking at life with a positive attitude and were ready to conquer the world.

The Youth Camp was held from 1st-3rd October 2012 at YMCA. Youth were given a platform to discuss different topics including cultural backgrounds and how men and women identify with each other in our societies, history of South Africa and its impact on South African society, media and its effects, issues around human rights and leadership, issues around choices, forgiveness, reconciliation and restorative justice.

Statistics

Type of workshop	No of participants	Population Group
Healing of Memories workshop	34	Black:22 Coloured: 8 Indian:4



Type of workshop	No of participants	Population Group
Youth Camp	106	Black:62 Coloured:32 Indian:12
Leadership workshop	19	Black:19
Various restoring humanity activities in communities	189	Black:102 Coloured: 69 Indian:18
Total	348	Black:205 Coloured: 109 Indian:34

Feedback from a KZN Youth Facilitator

“The project has been a success and it has empowered me as well as other facilitators. The project has groomed and restored the lives of many youth in all three communities. The project has opened my eyes especially on the little things that I take for granted and forget that those little things are the same things

that build and teach me the value of life. The project helped me to understand the history of South Africa, the pain, suffering that some people had undergone through their lives, issues around human rights and leadership, forgiveness and personal healing journeys. As facilitator, I can testify to my personal growth and changes through the programme.”



2012 FINANCIAL REPORT

by Avra Richen – Financial Manager

ADAPTATION TO THE CHANGING FINANCIAL ENVIRONMENT

Comparatively speaking, a clear pattern of a diminishing income base can be seen in our financials over the past three years. In 2010 our income was in excess of R4.3 million; R3.5 million in 2011 and now R2.8 million in 2012. This has led to abandonment of plans for expansion and further reductions were made to already amended budgets to accommodate this dwindling funding pool. Dipping into our reserves to fund our work has been our only solution.

Over these past few years we have made a number of strategic moves to adapt to this changing environment. We have developed a document with an amended version of the workshop format which targets the corporate sector and government. This strategy requires more dedicated attention and

marketing. We have had limited success with fund-raising dinners given on our behalf and plan to build and expand on this in 2013 targeting local donors and philanthropists as guests. Funded workshops are on the increase. We also encouraged current recipient organisations to contribute where they can but this has been mainly by way of transport for their participants.

The Institute successfully ran a Healing of Memory Course targeting international participants and the local NGO sector. This proved to be quite popular and with an adjustment in costing it could be the success that we hope it will be. In addition a facilitator course using the Healing of Memories methodology is being developed to be offered at University level from which the Institute will derive an income. Currently a facilitator training module is being offered at UWC using the Institute's methodology.

The launching of Fr Michael's memoir with the accompanying 15 minute synopsis DVD was a great success. It succeeded in raising the Institutes profile

both locally and abroad which was also part of our strategic objectives. The Institute will receive all the royalties from sale of these books. The book has proved a valuable tool in boosting the sales of Institute memorabilia range as well.

The shift in mind-set has already taken place and adaptations towards self-sustainability are definitely in progress. In 2013 a far more aggressive strategy is envisaged. Besides the above-mentioned HOM course developments, plans are underway to increase our service provider partnerships and move towards doing more funded workshops. Other plans include a “healing through music” concert both locally and abroad; an annual lecture and a big fund-raising dinner; all utilising high profile musicians, speakers, hosts and guests. In addition a Golf Day fundraising drive will be hosted by a local radio celebrity. A few more events are also planned so 2013 will definitely be a busy year. We are quite excited by all these prospects some of which have already been set in motion. We are certain that they will definitely bear fruit and fulfil our objective of being more self-sustaining in the future.

The Institutes owes a debt of gratitude to the Luxembourg Foreign Ministry as well as the CS Mott Foundation for generously coming

to aide in our time of need. We are also very grateful for the ongoing support of the work of the Institute by all our loyal funders, such as the Church of Sweden, EED (now with Brot für die Welt), Caritas Luxembourg, Missio, Society for the Sacred Mission and all our other funders listed below. Thank you.

List of Institute Funders

AngliCORD	Holy Family Sisters
AngloGold	Luxembourg Ministry of
Anglo American Chairman's Fund	Foreign Affairs
Caritas	Missio
Church of Sweden	Mott Foundation
City of Cape Town	Mr A Crocket
Dawn Zain	NAMPAK
Dick & Sally Roberts	National Lottery Development Trust
Coyote Foundation	R Bray
Dr Henry Payne	Sanlam
Dr Margaret Nash Estate	SSM
EED	Struik Media
Ev. Lutheran Kirchenkreis Hamburg Ost	United Church of Canada
Havelock North	World Council of Churches

General Information

<i>Country of incorporation and domicile</i>	South Africa
<i>Type of trust</i>	Inter Vivos
<i>Trustees</i>	Canon DM Mark (Chairperson) Ms.G Wildschut Prof.P Gobodo-Madikizela Fr.M Lapley SSM (Director) Prof.P Meiring Imam A R Omar Mr.O J J Tabane Dr.C H Thesnaar Fr.M Twum-Darko Rev. S P Xapile Ms..JK Myburgh
<i>Registered office</i>	1 Waterford Mews Century Boulevard Century City 7441
<i>Business address</i>	5 Eastry Road Claremont 7708
<i>Postal address</i>	PO Box 36069 Glosderry 7702
<i>Bankers</i>	The Standard Bank of South Africa Limited
<i>Auditors</i>	Cecil Kilpin & Co Chartered Accountants (SA) Registered Auditor
<i>Trust registration number</i>	IT 4386/98
<i>Tax reference number</i>	2197/1340/03



Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

Statement of Financial Position

	Note(s)	2012		2011	
		R	R	R	R
Assets					
Non-Current Assets					
Property, plant and equipment	2	2 116 693		1 868 638	
Current Assets					
Trade and other receivables	3	1 186 697		253 725	
Investment accounts	4	1 127 664		2 612 838	
Cash and cash equivalents	5	191 737		271 345	
Total Assets		2 506 098		3 137 908	
		4 622 791		5 006 546	
Equity and Liabilities					
Equity					
Trust capital	6	1 000		1 000	
Accumulated surplus		3 659 087		3 420 103	
		3 660 087		3 421 103	
Liabilities					
Non-Current Liabilities					
Other financial liabilities	7	940 514		963 187	
Current Liabilities					
Other financial liabilities	7	22 190		21 680	
Trade and other payables	8			91 887	
Deferred income	9			508 689	
		22 190		622 256	
Total Liabilities		9 62 704		1 585 443	
Total Equity and Liabilities		4 622 791		5 006 546	

Institute for Healing of Memories Trust
annual financial statements
for the year ended 31 December 2012

Statement of Comprehensive Income

	Note(s)	2012 R	2011 R
Revenue	10	3 229 115	3 548 305
Other income		7 95 384	96 413
Operating expenses		(3 800 313)	(3 711 416)
Operating surplus (deficit)	11	224 186	(66 698)
Investment revenue	12	111 701	159 554
Finance costs	13	(96 903)	(102 830)
Surplus (deficit) for the year		238 984	(9 974)
Other comprehensive income		-	-
Total comprehensive income (loss) for the year		238 984	(9 974)

Statement of Changes in Equity

	Trust capital R	Accumulated surplus R	Total equity R
Balance at 01 January 2011	1 000	3 430 077	3 431 077
Changes in equity			
Total comprehensive deficit for the year	-	(9 974)	(9 974)
Total changes	-	(9 974)	(9 974)
Balance at 01 January 2012	1 000	3 420 103	3 421 103
Changes in equity			
Total comprehensive income for the year	-	238 984	238 984
Total changes	-	23 8984	238 984
Balance at 31 December 2012	1 000	3 659 087	3 660 087

Note(s)

6



Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

Statement of Cash Flows

	Note(s)	2012	2011
		R	R
Cash flows from operating activities			
Cash used in operations	15	(1 301 527)	(195 337)
Interest income		111 701	159 554
Finance costs		(96 903)	(102 830)
Net cash from operating activities		(1 286 729)	(138 613)
Cash flows from investing activities			
Purchase of property, plant and equipment	2	(255 890)	(12 492)
Sale of investments		1 485 174	134 065
Net cash from investing activities		1 229 284	121 573

	Note(s)	2012	2011
		R	R
Cash flows from financing activities			
Net movement in other financial liabilities		(22 163)	(19 829)
Net cash from financing activities		(22 163)	(19 829)
Total cash movement for the year		(79 608)	(36 869)
Cash at the beginning of the year		271 345	308 214
Total cash at end of the year	5	191 737	271 345

Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

Notes to the Annual Financial Statements

2. Property, plant and equipment

	2012			2011		
	Cost/ Valuation	Accumulated depreciation	Carrying value	Cost/ Valuation	Accumulated depreciation	Carrying value
Land and buildings	2 093 406	–	2 093 406	1 837 516	–	1 837 516
Furniture and fixtures	47 125	(31 906)	15 219	47 125	(27 194)	19 931
Office equipment	43 493	(43 493)	–	43 493	(43 493)	–
IT equipment	144 825	(136 757)	8 068	144 825	(133 634)	11 191
Total	2 328 849	(212 156)	2 116 693	2 072 959	(204 321)	1 868 638

Reconciliation of property, plant and equipment – 2012

	Opening balance	Additions	Depreciation	Total
Land and buildings	1 837 516	255 890	–	2 093 406
Furniture and fixtures	19 931	–	(4 712)	15 219
IT equipment	11 191	–	(3 123)	8 068
	1 868 638	255 890	(7 835)	2 116 693

Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

Reconciliation of property, plant and equipment – 2011

	Opening balance	Additions	Depreciation	Total
Land and buildings	1 837 516	–	–	1 837 516
Furniture and fixtures	24 644	–	(4 713)	19 931
IT equipment	–	12 492	(1 301)	11 191
	<u>1 862 160</u>	<u>12 492</u>	<u>(6 014)</u>	<u>1 868 638</u>

Pledged as security

Carrying value of assets pledged as security in terms of mortgage bond referred to in note 7:

	2012 R	2011 R
Land and buildings	2 093 406	1 837 516
Details of properties		
Erf 52246, Claremont, Cape Town		
– Purchase price	1 300 000	1 300 000
– Additions since purchase or valuation: 2009	793 406	537 516
	<u>2 093 406</u>	<u>1 837 516</u>



Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

	2012	2011
	R	R
3. Trade and other receivables		
Trade receivables	797 090	–
Deposits	5 308	5 308
Staff loans	360 825	2 250
VAT	1 186 697	246 167
	253 725	253 725
4. Investment accounts		
Standard Bank market link – 07 513 3164	60 846	31 532
Standard Bank market link – 07 530 3094	1 267	5 126
Standard Bank market link – 07 373 6538	1 367	5 225
BOE Investment account	1 064 183	2 570 955
	2 612 838	2 612 838
5. Cash and cash equivalents		
Cash and cash equivalents consist of:		
Cash on hand	5 775	11 407
Bank balances	185 962	259 938
	191 737	271 345
6. Trust capital		
Capital account	2012	2011
Balance at beginning of year	R	R
	1 000	1 000
7. Other financial liabilities		
At amortised cost		
Mortgage bond	962 704	984 867
The bond is secured over the land as described in note 2 and is repayable in monthly instalments of R9 770.		
Non-current liabilities		
At amortised cost	940 514	963 187
Current liabilities		
At amortised cost	22 190	21 680
	962 704	984 867
8. Trade and other payables		
Mortgage bond	–	91 887



Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

	2012	2011
	R	R
9. Deferred income		
Africa Diaspora		1 000
Anglican Missionary Society		4 984
Anglo American Chairmans Fund		80 000
Australia via Anglicord		127 524
Cheryl Gill		3 222
DP Botha		13 000
DRC Asvoelkop		4 500
Daughters of Charity		16 440
Diocese of Cape Town		50 000
Dr Bridgette McIntyre		300
Dr Margaret Nash		1 000
Eglise Protestante		3 550
Elizabeth Neave		3 787
Foundation Caritas		6 284
Goteborgs Kyrk		1 755
Gottfried Wolff		4 867
Hilary G Worth		385
Holy Family Sisters		10 000
Inkamana Monestary Abbey		10 426
International Bazaar		28 471
J&J Gay		750
JE Ladybrand		6 000
Jette		700
John Bruce Why		2 230
KVS Kirchlische		13 012
Kathy Ackerman-Robins		30 000
Mr David Verno		3 075
NG Bergsig		500
NMF Killarney		5 000
Otto Dulge		2 691
Pamela De Haven-Wood		2 787
Permanent Trust		30 000
Saldhana Diocese		3 400
St Georges Cathedral		4 650
Sven Eric & Astrud		29 900
Vivienne Alivi Eriotis		500
SIT Cape Town 803		2 000
	508 690	

No deferred income was received in the current year to be utilised over the future periods.

Deferred income in prior period was fully utilised in the current period.

Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

	2012	2011
	R	R
10. Revenue		
Grants	3 118 197	3 476 225
Royalty income	85 348	–
Sale of memorabilia	2 240	1 110
Workshop income – international	23 330	–
Workshop income – KZN (Local)	70 970	
	3 229 115	3 548 305
11. Operating surplus (deficit)		
Operating surplus (deficit) for the year is stated after accounting for the following:		
Operating lease charges		
Premises	273	–
• Contractual amounts		
Depreciation on property, plant and equipment	7 835	6 013
Employee costs	1 773 463	2 103 323
	111 701	159 554
12. Investment revenue		
Interest revenue		
Other interest		
	96 903	100 685
13. Finance costs		
Bank	–	2 090
Late payment of tax	–	55
Interest paid	96 903	102 830
	35 700	30 060
14. Auditors' remuneration		
Fees		
	238 984	(9 974)
15. Cash used in operations		
Surplus (deficit) before taxation		
Adjustments for:		
Depreciation and amortisation	7 835	6 013
Interest received	(111 701)	(159 554)
Finance costs	96 903	102 830
Changes in working capital:		
Trade and other receivables	(932 972)	(95 748)
Trade and other payables	(91 887)	91 887
Deferred income	(508 689)	(130 791)
	(1 301 527)	(195 337)



Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

	2012		2011	
	R	R	R	R
16. Grants				
Australia via Anglicord	47 269		96 532	
Anglo Gold Ashanti	80 000		–	
Caritas Luxembourg and				
Bridderlechen Deelen	521 298		476 919	
Christ Church Parish	8 128		–	
Church of Sweden	295 784		272 286	
Convent of the Holy Cross	–		200	
CP Ryan	–		300	
Dawn Zain	1 000		100	
Dick & Sally Roberts Coyote				
Foundation	–		132 205	
Evangelischer Entwicklungsdienst	481 025		471 187	
Ev. Lutheran Kirchenkreis Hamburg-				
Ost	80 180		101 353	
Global Giving	–		363	
Hargrave Foundation	–		249 415	
Harmone Kommune	–		44 058	
Havelock North	854		–	
Holy Family Sisters	5 000		–	
Kirchenkreis Essen Germany	–		12 021	
L' Eglise Anglican - Luxembourg	–		20 632	
Lambeth Palace	–		110 056	
Luxembourg Foreign Ministry	450 196		–	
Magaret Nash Birthday Collection	10 000		–	
Missio	64 315		–	
Mott Foundation	–		1 122 372	
Nampak Ltd	10 000			
New Zealand Consulate	20 000		10 000	
National Lottery Development Trust	797 090		–	
Nordelbisches. Ev. Luth. Kirshes				
Luebeck	–		56 451	
Pastor Mike Adams			1 500	
R Bray	1 000		700	
Sisters of Mercy	–		388	
Society of Sacred Mission	86 669		130 375	
Sven-Eric Fjellstrom & Astrid	–		30 000	
United Church of Canada	78 139		67 037	
United Church of Canada 2	–		69 778	
World Council of Churches	80 250		–	
	3 118 197		3 476 228	

Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

Statement of Financial Performance

	2012	2011
	R	R
Grants received	3 118 197	3 476 225
Revenue		
Royalty income	85 348	–
Sale of memorabilia	2 240	1 110
Workshop income – International	23 330	–
Workshop income – KZN (Local)	–	70 970
	10	3 548 305
Other income		
Donations – Household improvements	508 689	–
Insurance	41 990	1 377
Interest received	111 701	159 554
Workshop fees	244 705	95 036
	907 085	255 967
Expenses (Refer to page 19)	(3 800 313)	(3 711 416)
Operating surplus	11	335.887
Finance costs	13	96 903
Surplus (deficit) for the year	238 984	102 830
		(9 974)



Institute for Healing of Memories Trust

annual financial statements
for the year ended 31 December 2012

	Note(s)	2012		2011	
		R	R	R	R
Operating expenses					
Advertising		11 511		44 163	
Auditors' remuneration	14	35 700		30 060	
Bank charges		5 962		10 505	
Computer expenses		38 643		51 785	
Conference costs		69 486		–	
Depreciation, amortisation and impairments		7 835		6 013	
Email and internet costs		38 732		11 846	
Employee costs		1 773 463		2 103 323	
Entertainment		2 143		2 143	
Equipment		2 622		2 281	
Course costs		114 764			
Fines and penalties		8 009			
Insurance		16 807		19 938	
KZN workshop and office expenses		263 962		239 413	
Lease rentals on operating lease		273		–	
Legal expenses		50		–	
Book launch costs		185 649		–	
Motor vehicle expenses		–		877	
Other expenses		1 877		–	
Parking		9 495		8 516	
Postage		4 542		5 896	
Printing and stationery		22 308		22 506	
Publicity and video production		512		649	
Repairs and maintenance		4 919		33 313	
Security		6 062		4 963	
Staff welfare		32 908		13 318	
Subscriptions		250		250	
Telephone and fax		45 035		42 509	
Travel - local		92 970		40 245	
Travel - overseas		262 220		913	
Utilities		13 664		10 622	
Workshop costs		379 839		728 699	
Facilitators Honoria		106 500		84 000	
Youth workshops		241 601		192 670	
		3 800 313		3 711 416	

Organisational Structure

Patrons:

The Most Revd. Desmond Tutu, Archbishop Emeritus,
Helen Clark Administrator of United Nations Development
Programme;
Kirsty Sword Gusmão Former First Lady of Timor-Leste;
HRH Grand Duchess Maria Teresa of Luxembourg

Board of Trustees:

Canon Delene Mark (Chairperson) CEO Hope Africa
Dr Christo Thesnaar (Secretary) – University lecturer on pastoral care and youth
formation, University of Stellenbosch
Fr Michael Twum-Darko – Treasurer - IT Project Management Consultant and
associate priest at the Cathedral Church of St. George the Martyr
Onkgopotse JJ Tabane – CEO Oresego Holdings
Imam Abdul Rashied Omar – Moslem cleric, university lecturer and deputy
chairperson of the Inter-Religious Commission on Crime & Violence
The Revd Piet Meiring, Professor of Religion and Missiology, (Retd) University of
Pretoria
Glenda Wildschut – Leadership Development Consultant
Assoc. Prof. Pumla Gobodo Madikizele – University of Cape Town
Dr Spiwo Xapile – JL Zwane Centre
Janine Myburgh – Attorney
Fr Michael Lapsley, SSM (Director)

Staff of the Institute:

Director – Fr. Michael Lapsley, S.S.M

Deputy Director – Alphonse Niyodusenga

Manager – Western Cape Programmer – Alphonse Niyodusenga

Restoring Humanity Project Manager – Fatima Swartz

Healing of Memories workshops organizer–Madoda Gcwadi , Mercy Mwaura (Loret Loumouamou) October 2012

Restoring Humanity Project in Kwazulu Nata - Co-ordinator Lindela Mchunu

Healing Support Network Organizer- Nombuso Mbanjwa

Healing of Memories workshops in Kwazulu Natal- Alphonse and Nombuso Mbanjwa

Finance Manager – Avra Richen

PA/Secretary – Eleanor Kuhn

Housekeeping – Lydia Vuba

Institute for Healing of Memories

5 Eastry Road, Claremont 7708, South Africa

Phone: (+27-21) 683 6231

Fax: (+27-21) 683 5747

Email: info@healingofmemories.co.za

Website: www.healing-memories.org



Banking Details

Standard Bank

Mowbray Branch,

Main Road

Mowbray, Cape Town 7700

South Africa

Branch code: 02-49-09

Name of account: Intitute for Healing
of Memories

Account #: 075133164 (Marketlink account)

Swift Code: SBZAZAJJ

