

FORGIVENESS AND FREEDOM



***Brenda Adelman** is an award-winning actor, public speaker, and spiritual life coach. She holds a master's degree in Spiritual Psychology from The University of Santa Monica, is the recipient of a Hero of Forgiveness Award from the Hawaii International Forgiveness Project & has been interviewed on NPR & Fox TV news. She has performed her award-winning solo-show, **My Brooklyn Hamlet** & spoken on **Forgiveness & Setting Healthy Boundaries** in CA, NY, HI, NM, OK, MI, AZ, London, England and in Vienna, Austria.*

You don't want to miss these two events!

Forgive & Be Free: A Pathway to Personal Freedom

Learn Brenda's 3 Step Forgiveness Process, How to Set Healthy Boundaries & Experience Freedom from the Past.

When: Tuesday, September 4 • 7 to 9 p.m.

Where: Unity of Phoenix (www.unityphx.org)

1500 E. Greenway Parkway Rm 6 Phoenix, AZ 85022

To register for this class email Michelle at mabraham@unityphx.org or call 602-978-3200

Suggested love offering: \$10-\$20

My Brooklyn Hamlet: A Meshugenah True Story

Written and Performed by Brenda Adelman

Journey with Brenda through love, murder, betrayal, loss and the ultimate power of forgiveness.

Based on Brenda's true story. Her father shot & killed her mother in 1995 and then quickly married her mother's sister. You'll laugh, you'll cry, your heart will open to the power of self-love.

When: Sunday, September 9th at 2 PM - 3:30 PM (Q & A follows show)

Where: Congregation Beth Israel 10460 N. 56th Street Scottsdale, AZ 85253
Co-sponsored by Congregation Beth Israel & Temple Chai

Tickets: \$10

More info contact Sheana Abrams at 602-971-1234 or sabrams@templechai.com.

*Tickets for this show may be purchased at Temple Chai before September 7 or at the door.

Brenda's website is <http://www.forgivenessandfreedom.com>

