

## Uitnodigingen CU4ALL

- We hebben elkaar nodig
- Geen inclusie door exclusie
- Er valt meer over ons te zeggen dan dat wij tot de LHBTI+ behoren
- Homosexualiteit gaat niet over geaardheid, maar over wie je bent, net als hetero etc
- Wat ons bindt, is ons geloof in God
- Geloof je in God? Is een irrelevante vraag
- Ben je geliefd door God? Een relevante vraag

Leesmateriaal:

- De gewonde Heler, Henri Nouwen (Nederklandse vertaking bij LannooCampus)
- Adam Gods beloved (uitg. Orbis USA), Henri Nouwen en in het Nederlands: Adam een vriendschap (uitg. LannooCampus)
- De kracht van kwetsbaarheid, Brené Brown (uitg. Bruna)
- Boundless Compassion, Joyce Rupp
- Alle boeken van Dirk de Wachter zijn zeer de moeite...

Hieronder wat quotes van Henri Nouwen, zijn boek, en een gebed van zijn hand.

Je treft ook een tekening aan van Rembrandt: Hieronymus

En een schilderij van Fred Couprie: Herder

We spraken over:

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- Geliefd zijn is geen sentiment wanneer je het fundament beheert en je daar eigenaar van bent;
  - Compassie gaat over meeleven, niet over meelijden
  - Vriendschap gaat meer over BEvrienden, over omarmen waar je zelfs moeite mee kan hebben
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Deze drie zijn wat voorwaarden om een gewonde heler te zijn, zoals we dat eigenlijk als LHBTI-ers in nogal wat kerkgemeenschappen zijn en zelfs ook in een deel van leden en politici van de CU...

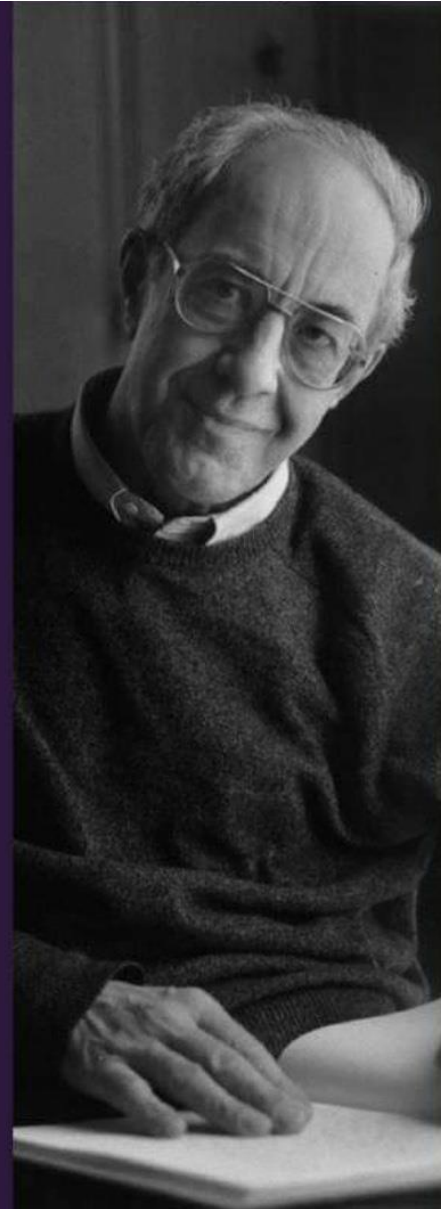
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Met hartelijke groet!

Pieter Grimbergen, CU-lid, CU4all, <https://pietergrimbergencoaching.com>

"A wounded  
healer is  
someone who  
can listen to a  
person in pain  
without  
having to  
speak about  
his or her own  
wounds."

~ HENRI NOUWEN



## Accept Your Identity as a Child of God

Your true identity is as a child of God. This is the identity you have to accept. Once you have claimed it and settled in it, you can live in a world that gives you much joy as well as pain. You can receive the praise as well as the blame that comes to you as an opportunity for strengthening your basic identity, because the identity that makes you free is anchored beyond all human praise and blame. You belong to God, and it is as a child of God that you are sent into the world.

A handwritten signature in black ink that reads "Henri J. Nouwen". The signature is written in a cursive, flowing style.

### A Prayer

Dear God,

I am so afraid to open my clenched fists! Who will I be when I have nothing left to hold on to? Who will I be when I stand before you with empty hands? Please help me to gradually open my hands and to discover that I am not what I own, but what you want to give me. And what you want to give me is love—unconditional, everlasting love.

Amen.

A handwritten signature in black ink that reads "Henri J. Nouwen". The signature is written in a cursive, flowing style.



# Live Your Wounds

You have been wounded in many ways. The more you open yourself to being healed, the more you will discover how deep your wounds are.... The great challenge is living your wounds through instead of thinking them through. It is better to cry than to worry, better to feel your wounds deeply than to understand them, better to let them enter into your silence than to talk about them. The choice you face constantly is whether you are taking your hurts to your head or to your heart. In your head you can analyze them, find their causes and consequences, and coin words to speak and write about them. But no final healing is likely to come from that source. You need to let your wounds go down to your heart. Then you can live through them and discover that they will not destroy you. Your heart is greater than your wounds.

A handwritten signature in blue ink that reads "Henri J. Nouwen". The signature is written in a cursive, flowing style with a long horizontal stroke at the beginning.







