

Readers' Stories of Forgiveness

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After my senior year of high school, I held deep-seated resentment toward my varsity basketball coach for showing favoritism and preference for the starting players on the team.

About six years later, I unexpectedly crossed paths with him and his family in a wildlife sanctuary. He

was excited to see me and began sharing how his whole philosophy of coaching had radically changed from focusing on the performances of star players to emphasizing the importance of a total team effort. I was genuinely happy to hear about it.

That night I awoke from a sound sleep with the realization that I no longer hated the coach. What a tremendous relief. The following morning, I noticed that my hands were suddenly clear of warts, a skin condition that began to appear, coincidentally, six years earlier. This experience made me understand the vital importance of forgiveness to our own health and well-being and to better practice my religion, Christian Science.

— Robert Storm, Santa Barbara