

## English Only

استخدمها فقط إذا ما فهمت الصوت فقط لكن إذا لسه ما فهمت الكلام، ممكن تنزل تحت وتشوف "النص مع المعنى". مرة ثانية، لا تجمع كلمات.. الكلمات فهي مهمة الفهم اهم.

**Time: 00:00**

Voice 1

Welcome to Spotlight. I'm Ryan Geertsma.

Voice 2

And I'm Robin Basselin. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

**Time: 00:28**

Voice 1

Marina Cantacuzino is a news writer. In 2003, she started a project that changed her life. For many months, Marina worked with an artist named Brian Moody. Together, they met with individuals that had been affected by crime. Some of the people were victims of crimes. Other people were criminals. Brian took pictures of each person. Marina asked each person to tell their story. These stories were about terrible pain, loss, and regret. But they were also about forgiveness.

Voice 2

Marina and Brian gathered these stories and pictures together. With them, they created an exhibit or public art show. They called the exhibit "The F Word." It used the words and images of the people to show that forgiveness is complex. This exhibit led Marina to start an organization called "The Forgiveness Project." Today's Spotlight is on The Forgiveness Project and the power of spreading forgiveness around the world.

Voice 1

In 2004, The F Word exhibit opened in London, England. Many people came and saw it. Soon, other cities wanted to show the exhibit too. So, the exhibit started travelling around

the world. People in over 350 places saw The F Word show. Marina wrote about two main ways people reacted to the exhibit.

Voice 3

“There are people who see forgiveness as a very honorable and humble way to react to terrible events. And then there are those who simply laugh at it. For the first group, forgiveness is a strong value. It is strong enough to end generations of trouble caused by revenge – when people choose to hurt those who hurt them. But for the second group, forgiveness is just a weak answer. This group feels that forgiveness lets the violator go free and only encourages more violence.”

**Time: 03:54**

Voice 2

Marina learned a lot about forgiveness through her work on the exhibit. She discovered that forgiving is not easy for anyone. Talking about forgiveness causes strong emotions – both in people who choose to forgive and in people who do not forgive. Marina saw that forgiveness was a process that only worked if people freely chose it. She also recognized that it had the power to transform or completely change difficult situations. This power and the popularity of the exhibit caused Marina to start The Forgiveness Project.

Voice 1

The goal of The Forgiveness Project is “to build a better future by healing the wounds of the past”. They do this by encouraging discussion and education about forgiveness. They also work to spread positive stories of forgiveness.

Voice 2

One part of the project is its prison program. This program is designed to teach prisoners about forgiveness and help keep them from doing more crimes in the future. The Forgiveness Project also works in schools. It provides materials that help students explore ideas about forgiveness. It also teaches students about conflict resolution.

Voice 1

The Forgiveness Project also has a special place on its website where it collects stories from men and women all over the world. This collection of stories shows how complex forgiveness is. For example, consider the stories of Tracey Ford and Mariane Pearl.

Voice 2

Tracey Ford believes in forgiveness – even in the worst situations. And in 2007 her belief was tested. Her son Andre was 17. He went to a friend's birthday party. When he was there, criminals shot guns at the party crowd. They shot Andre two times and murdered him. The police did not find the people who killed Andre. And yet, Tracey says she forgives the people who killed her son. She told The Forgiveness Project:

**Time: 07:20**

Voice 4

“Forgiveness is not saying that what happened was okay. It is being able to say in your heart that you accept what has happened. And you will not let it stop you living a life or seeing humanity in the person who has hurt you.”

Voice 1

But Mariane Pearl feels differently about forgiveness. Mariane lived in Pakistan with her husband. In 2002, her husband was murdered by a terrorist group. She told The Forgiveness Project that she could not forgive her husband's killer. But she also did not want revenge. She did not want to hurt him in return. Instead, she wanted the court system to provide justice. She describes her feelings on The Forgiveness Project website.

Voice 5

“Revenge is a basic human desire. It is the animal part of man. It gets us nowhere... But forgiveness lacks substance as an answer to extreme situations... You have to win some sort of victory over the people who have hurt you. You can only do that by denying the terrorists their goal. They try to kill everything in you... The only way to oppose them is by demonstrating the strength they think they have taken from you. That strength is to keep on living, to keep on valuing life.”

Voice 2

As Mariane's story demonstrates, it is difficult to talk about forgiveness without talking about justice. So, The Forgiveness Project encourages people to seek restorative justice. This kind of justice works to build relationships between victims and the criminals who hurt them.

Restorative justice also identifies ways to repair harm when possible. Matthew James' story is a good example of restorative justice.

**Time: 10:21**

Voice 1

Matthew is from England. One day, while Matthew was at work, someone entered his house. This person stole his things and left. Matthew was angry. A few weeks later, the same robber came back to Matthew's home. Now Matthew felt unsafe. He felt like he could not protect himself or his girlfriend. After a month, the police arrested the man who entered Matthew's house. His name was Billy.

Voice 2

Soon after, a police officer invited Matthew to meet Billy. Matthew decided to go to the prison and talk with Billy. But he was not the only person there. Other victims Billy hurt were there too. Billy told Matthew and the others about his past. Then, the victims talked about how they were hurt by Billy's actions. Matthew saw a change in Billy. Billy could now see how his actions had hurt real people like Matthew. Matthew told The Forgiveness Project,

Voice 6

"When I left the prison I recognized that things had changed for me. I changed from being a victim of crime to being able to see things from Billy's side. Some kind of balance had returned."

Voice 1

Forgiveness looks different in every situation. For some people, it requires justice. For others, it is a process of grace. Some people can only forgive if the criminal shows regret for his actions. Others can forgive without even knowing the criminal. For some it means every

day deciding to forgive again. Even though people may experience and describe forgiveness differently, Marina Cantacuzino believes it always has power. She writes,

Voice 3

“Forgiveness is difficult, costly and painful. But it has the possible ability to completely change a person.”

Voice 2

The writer of this program was Courtney Schutt. The producer was Ryan Geertsma. The voices you heard were from the United States and the United Kingdom. All quotes were adapted and voiced by Spotlight. You can find our programs on the internet at [www.radioenglish.net](http://www.radioenglish.net). This program is called “The Forgiveness Project”.

## النص مع المعنى

حاول تستخدمها فقط للضرورة القصوى. مهارة التخمين والاستيعاب هي الأساس، مو حفظ الكلمات.

### الوقت: 00:00

Voice 1

Welcome to Spotlight. I'm Ryan Geertsma.

الصوت الأول

مرحباً بك في Spotlight. أنا ريان جيرتسما.

Voice 2

And I'm Robin Basselin. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

الصوت الثاني

وأنا روبين باسيلين. يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبحث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم

### الوقت: 00:28

Voice 1

Marina Cantacuzino is a news writer. In 2003, she started a project that changed her life. For many months, Marina worked with an artist named Brian Moody. Together, they met with individuals that had been affected by crime. Some of the people were victims of crimes. Other people were criminals. Brian took pictures of each person. Marina asked each person to tell their story. These stories were about terrible pain, loss, and regret. But they were also about forgiveness.

الصوت الأول

مارينا كانتاكوزينو هي كاتبة أخبار. في عام 2003 ، بدأت مشروعاً غير حياتها. عملت مارينا لعدة أشهر مع فنان يدعى بريان مودي. اجتمعوا مع أفراد تعرضوا لجرائم. بعض الناس كانوا ضحايا الجرائم. وآخرون هم مجرمين. التقط بريان صوراً لكل شخص. طلبت مارينا من كل شخص أن يروي قصته. تدور هذه القصص حول الألم والخسارة والندم وأيضا حول التسامح

## Voice 2

Marina and Brian gathered these stories and pictures together. With them, they created an exhibit or public art show. They called the exhibit “The F Word.” It used the words and images of the people to show that forgiveness is complex. This exhibit led Marina to start an organization called “The Forgiveness Project.” Today’s Spotlight is on The Forgiveness Project and the power of spreading forgiveness around the world.

### الصوت الثاني

جمعت مارينا وبريان هذه القصص والصور معًا. قاموا معا بإنشاء معرض أو عرض فني عام. أطلقوا على المعرض “The F Word” و استخدموا في المعرض كلمات وصور عن الناس لتوضيح أن التسامح صفة معقدة. قاد المعرض مارينا إلى بدء مشروع يسمى “مشروع التسامح”. يسلط Spotlight الضوء اليوم على مبدأ التسامح وقوة نشر التسامح حول العالم.

## Voice 1

In 2004, The F Word exhibit opened in London, England. Many people came and saw it. Soon, other cities wanted to show the exhibit too. So, the exhibit started travelling around the world. People in over 350 places saw The F Word show. Marina wrote about two main ways people reacted to the exhibit.

### الصوت الأول

في عام ٢٠٠٤ ، افتتح معرض The F Word في لندن- إنجلترا. حضر الكثير من الناس المعرض. وسرعان ما أرادت مدن أخرى إنشاء المعرض أيضًا. لذا، بدأ المعرض بالسفر حول العالم. شاهد الناس في أكثر من ٣٥٠ مكانًا عرض The F Word كتبت مارينا عن طريقتين رئيسيتين لرد فعل الناس على المعرض.

## Voice 3

“There are people who see forgiveness as a very honorable and humble way to react to terrible events. And then there are those who simply laugh at it. For the first group, forgiveness is a strong value. It is strong enough to end generations of trouble caused by revenge – when people choose to hurt those who hurt them. But for the second group, forgiveness is just a weak answer. This group feels that forgiveness lets the violator go free and only encourages more violence.”

### الصوت الثالث

"هناك أناس يرون الغفران وسيلة شريفة ومتواضعة للغاية للرد على الأحداث المريعة. بالمقابل هناك من يستهزئون بهذه الصفة. بالنسبة للمجموعة الأولى ، فإن التسامح قيمة قوية. إنها قوية بما يكفي لإنهاء العديد من المشاكل التي يسببها الانتقام وذلك عندما يختار الناس رد الإساءة بالإساءة. ولكن بالنسبة للمجموعة الثانية ، فإن التسامح هو مجرد إجابة ضعيفة. تشعر هذه المجموعة أن التسامح يعطي المعتدي مساحة من الحرية ويشجع على المزيد من العنف.

## الوقت: 03:54

### Voice 2

Marina learned a lot about forgiveness through her work on the exhibit. She discovered that forgiving is not easy for anyone. Talking about forgiveness causes strong emotions – both in people who choose to forgive and in people who do not forgive. Marina saw that forgiveness was a process that only worked if people freely chose it. She also recognized that it had the power to transform or completely change difficult situations. This power and the popularity of the exhibit caused Marina to start The Forgiveness Project.

### الصوت الثاني

تعلمت مارينا الكثير عن التسامح من خلال عملها في المعرض. اكتشفت أن التسامح ليس سهلاً على أي شخص. الحديث عن الصفح يسبب مشاعر قوية – سواء للأشخاص الذين يختارون الصفح أو للأشخاص غير المتسامحين. رأت مارينا أن التسامح طريقة لا تفي بالعرض إلا إذا اختارها الناس بمحض إرادتهم. وأدركت أيضاً بأن هذه الصفة لديها القدرة على تحويل المواقف الصعبة أو تغييرها بالكامل. أدت هذه القوة وشعبية المعرض إلى إنشاء مارينا لمشروع التسامح.

### Voice 1

The goal of The Forgiveness Project is “to build a better future by healing the wounds of the past”. They do this by encouraging discussion and education about forgiveness. They also work to spread positive stories of forgiveness.

### الصوت الأول

الهدف من مشروع التسامح هو "بناء مستقبل أفضل من خلال شفاء جروح الماضي". يتم ذلك عن طريق تشجيع المناقشة والتثقيف حول التسامح. كما أنهم يعملون على نشر قصص إيجابية عن التسامح.

### Voice 2

One part of the project is its prison program. This program is designed to teach prisoners about forgiveness and help keep them from doing more crimes in the future. The Forgiveness Project also works in schools. It provides materials that help students explore ideas about forgiveness. It also teaches students about conflict resolution.



## الصوت الثاني

برنامج السجن هو جزء من هذا المشروع. تم تصميم هذا المشروع لتعليم السجناء على الصفح والمساعدة في منعهم من ارتكاب المزيد من الجرائم في المستقبل. يعمل مشروع التسامح أيضًا في المدارس. يوفر مواد تساعد الطلاب على استكشاف الأفكار حول التسامح. كما يعلم الطلاب حول حل النزاعات.

### Voice 1

The Forgiveness Project also has a special place on its website where it collects stories from men and women all over the world. This collection of stories shows how complex forgiveness is. For example, consider the stories of Tracey Ford and Mariane Pearl.

## الصوت الأول

يملك مشروع التسامح أيضًا مكانًا خاصًا على موقعه على الإنترنت حيث يجمع القصص من الرجال والنساء في جميع أنحاء العالم. تُظهر مجموعة القصص هذه مدى تعقيد مبدأ التسامح. على سبيل المثال، خذ بعين الاعتبار قصص تريسي فورد وماريان بيرل.

### Voice 2

Tracey Ford believes in forgiveness – even in the worst situations. And in 2007 her belief was tested. Her son Andre was 17. He went to a friend's birthday party. When he was there, criminals shot guns at the party crowd. They shot Andre two times and murdered him. The police did not find the people who killed Andre. And yet, Tracey says she forgives the people who killed her son. She told The Forgiveness Project:

## الصوت الثاني

تريسي فورد تؤمن بالتسامح – حتى في أسوأ المواقف. وفي عام 2007 تم اختبار إيمانها. كان ابنها أندريه في السابعة عشرة من عمره. ذهب إلى حفلة عيد ميلاد صديق. عندما كان هناك، أطلق المجرمون النار على المتواجدين في الحفلة. أطلقوا النار على أندريه مرتين وقتلوه. لم تعثر الشرطة على الأشخاص الذين قتلوا أندريه. ومع ذلك، تقول تريسي إنها تغفر للأشخاص الذين قتلوا ابنها. قالت لمشروع التسامح:

## الوقت: 07:20

### Voice 4

"Forgiveness is not saying that what happened was okay. It is being able to say in your heart that you accept what has happened. And you will not let it stop you living a life or seeing humanity in the person who has hurt you."

الصوت الرابع

"الخوف لا يعني أن ما حدث كان على ما يرام. إنها القدرة على القول أنك تقبل ما حدث في قلبك. ولن تدع ذلك يمنعك من عيش حياة أو رؤية الإنسانية في الشخص الذي آذاك".

### Voice 1

But Mariane Pearl feels differently about forgiveness. Mariane lived in Pakistan with her husband. In 2002, her husband was murdered by a terrorist group. She told The Forgiveness Project that she could not forgive her husband's killer. But she also did not want revenge. She did not want to hurt him in return. Instead, she wanted the court system to provide justice. She describes her feelings on The Forgiveness Project website.

الصوت الأول

لكن ماريان بيرل تشعر بشكل مختلف تجاه مبدأ التسامح. عاشت ماريان في باكستان مع زوجها. في عام 2002 ، قتلت جماعة إرهابية زوجها. أخبرت مشروع التسامح أنها لا تستطيع أن تسامح قاتل زوجها. لكنها أيضا لا تريد الانتقام. لم ترد أن تؤذيه في المقابل. وبدلاً من ذلك ، أرادت أن يوفر نظام المحاكم العدالة. تصف مشاعرها على موقع مشروع التسامح.

### Voice 5

"Revenge is a basic human desire. It is the animal part of man. It gets us nowhere... But forgiveness lacks substance as an answer to extreme situations... You have to win some sort of victory over the people who have hurt you. You can only do that by denying the terrorists their goal. They try to kill

الصوت الخامس

"الانتقام هو رغبة إنسانية أساسية. إنه الجزء الحيواني من الإنسان. لا يوصلنا إلى أي مكان ... ولكن المغفرة تفتقر إلى الجوهر كرد على المواقف المتطرفة ... عليك أن تحقق نوعاً من الانتصار على الأشخاص الذين آذوك. لا يمكنك فعل ذلك إلا بحرمان الإرهابيين من هدفهم. إنهم يحاولون قتل كل شيء بداخلك ... الطريقة الوحيدة لمعارضتهم

هي من خلال إظهار القوة التي يعتقدون أنهم أخذوها منك. هذه القوة هي الاستمرار في الحياة، والاستمرار في تقييم الحياة".

#### Voice 2

As Mariane's story demonstrates, it is difficult to talk about forgiveness without talking about justice. So, The Forgiveness Project encourages people to seek restorative justice. This kind of justice works to build relationships between victims and the criminals who hurt them. Restorative justice also identifies ways to repair harm when possible. Matthew James' story is a good example of restorative justice.

#### الصوت الثاني

كما توضح قصة ماريان أنه من الصعب التحدث عن التسامح دون الحديث عن العدالة. لذا ، فإن مشروع التسامح يشجع الناس على التماس العدالة التصالحية. يعمل هذا النوع من العدالة على بناء العلاقات بين الضحايا والمجرمين الذين يسببون الأذى. كما تحدد العدالة الإصلاحية سبل إصلاح الضرر عند إمكانية ذلك. قصة ماثيو جيمس هي مثال جيد على العدالة التصالحية.

### الوقت: 10:21

#### Voice 1

Matthew is from England. One day, while Matthew was at work, someone entered his house. This person stole his things and left. Matthew was angry. A few weeks later, the same robber can back to Matthew's home. Now Matthew felt unsafe. He felt like he could not protect himself or his girlfriend. After a month, the police arrested the man who entered Matthew's house. His name was Billy.

#### الصوت الأول

ماثيو من إنجلترا. ذات يوم ، بينما كان ماثيو في العمل ، دخل شخص ما منزله. هذا الشخص سرق أغراضه وغادر. كان ماثيو غاضبا. بعد بضعة أسابيع ، تمكن السارق نفسه من العودة إلى منزل ماثيو. الآن شعر ماثيو بعدم الأمان. شعر أنه لا يستطيع حماية نفسه أو صديقته. بعد شهر ، ألقت الشرطة القبض على الرجل الذي دخل منزل ماثيو. كان اسمه بيلي.

#### Voice 2

Soon after, a police officer invited Matthew to meet Billy. Matthew decided to go to the prison and talk with Billy. But he was not the only person there. Other victims Billy hurt were there too. Billy told Matthew and the others about his past. Then, the victims talked about how they were hurt by Billy's actions. Matthew saw a change in Billy. Billy could now see how his actions had hurt real people like Matthew. Matthew told The Forgiveness Project,

الصوت الثاني

بعد فترة وجيزة ، دعا ضابط شرطة ماثيو لمقابلة بيلي. قرر ماثيو الذهاب إلى السجن والتحدث مع بيلي. لكنه لم يكن الشخص الوحيد هناك. وكان هناك ضحايا آخرون تسبب بيلي بالآذى لهم . أخبر بيلي ماثيو والآخرين عن ماضيه. ثم تحدث الضحايا عن كيف تضرروا بسبب تصرفات بيلي. رأى ماثيو تغييرا في بيلي. استطاع بيلي الآن أن يرى كيف أساءت أفعاله أناساً حقيقيين مثل ماثيو. قال ماثيو لمشروع التسامح ،

Voice 6

"When I left the prison, I recognized that things had changed for me. I changed from being a victim of crime to being able to see things from Billy's side. Some kind of balance had returned."

الصوت السادس

"عندما غادرت السجن ، أدركت أن الأمور تغيرت بالنسبة لي. لقد تغيرتُ من كوني ضحية في الجريمة إلى شخص لديه المقدرة على رؤية الأشياء من وجهة نظر بيلي. لقد عاد لي نوعا من التوازن."

Voice 1

Forgiveness looks different in every situation. For some people, it requires justice. For others, it is a process of grace. Some people can only forgive if the criminal shows regret for his actions. Others can forgive without even knowing the criminal. For some it means every day deciding to forgive again. Even though people may experience and describe forgiveness differently, Marina Cantacuzino believes it always has power. She writes.

الصوت الأول

المغفرة تختلف في كل موقف. بالنسبة لبعض الناس ، يتطلب الأمر العدالة. بالنسبة للآخرين ، هي نعمة. يمكن لبعض الناس أن يغفروا فقط إذا أظهر المجرم الندم على أفعاله. و يمكن للبعض الآخر أن يغفروا حتى دون معرفة المجرم. وبالنسبة للآخرين فكل يوم هو يوم آخر للتسامح. على الرغم من أن الناس يمرون بتجربة التسامح ويصفونها من وجهة نظر مختلفة إلا أن مارينا كانتاكوزينو تعتقد أن لها القوة دائما. تكتب،

### Voice 3

"Forgiveness is difficult, costly and painful. But it has the possible ability to completely change a person."

الصوت الثالث

"الصفح صعب ومكلف ومؤلم، ولكن لديه القدرة المحتملة على تغيير الشخص بالكامل."

### Voice 2

The writer of this program was Courtney Schutt. The producer was Ryan Geertsma. The voices you heard were from the United States and the United Kingdom. All quotes were adapted and voiced by Spotlight. You can find our programs on the internet at [www.radioenglish.net](http://www.radioenglish.net). This program is called "The Forgiveness Project".

الصوت الثاني

كاتب هذا البرنامج هو كورتنى شوت. المنتج هو ريان جيرتسما. الأصوات التي سمعتها كانت من الولايات المتحدة والمملكة المتحدة. جميع الاقتباسات تتماشى مع هذا البرنامج وتم التعبير عنها بواسطة **Spotlight**. يمكنك العثور على برامجنا على الإنترنت على [www.radioenglish.net](http://www.radioenglish.net). يسمى هذا البرنامج "مشروع التسامح".