

In this "Hot off the press":

- **Touché moves house:** We are pleased to invite you to our house-warming on Friday 23 October 2015 from 5 PM.
- **Crowdfunding:** Join us to make more aggression counselling possible! Fight with us and open your purse!
- **Team day:** beautiful moments, crazy ideas and new group photos
- **Dark red:** reflection on a football game about forgiveness, guilt and patience
- **Promo video ING Solidarity Award:** as last year's award winners, we want to encourage others to give their organisation a boost.
- **Music for Life:** Boxing for Life and a call-out for the warmest week from 18 until 24 December 2015.
- **Touché is looking for volunteers:** Do you have some spare time or do you want to make time for us on a regular basis? Then you are the person we are looking for!
- **Play Again:** a play performed by 'Theatre from A to Z' in cooperation with Touché at Oudenaarde prison on Friday 27 November 2015.

Happy reading!

PS "Like" our [Facebook page](#) and stay informed about our activities and doings.

MOVING HOUSE

Let's start with the joyful news of our move to Kortrijksesteenweg 391. We will occupy the ground floor and the first floor of a nice residence.

Please inform as many people as possible about our new location. We do not want you to get lost in the metropolis of Ghent (our underground has its limits). May this comfort those who tend to get lost: our house is situated near Sint-Pieters railway station and some major access roads.

The house-warming will be on 23 October and starts at 5 PM. Note down this event!

Everybody is absolutely welcome at our party. Please let us know if you come!

However, one cannot make an omelette without breaking eggs. That is why we ask your support to bring this to a favourable conclusion. We are looking for funds to help financing our move and the refurbishment of our new location.

You can help us by donating on account number BE15 0003 2565 1430, or you can donate a fixed sum each month by authorising a direct debit. Do not hesitate to inquire about our house-moving budget estimate for a neat list of what we need.

Therapy rooms for rent:

From November 2015 our therapy spaces are for rent for periods of 4 hours. Bathroom, waiting room and kitchen are communal. Our prices are democratic: 60€ per month for one period, 110€ for two periods and 160€ for three periods.

CROWDFUNDING

More people are looking for help to cope with their aggression-related problem and that is good news!

Fight with us and open your purse!

In this way we become partners in making aggression counselling possible!

You can find more information [here!](#)

We have some therapy spaces for rent for therapists who are interested in building up their own therapeutic practice at our place.



TEAM DAY

Group photos, special thanks to Lieven Nollet



DARK RED

A back football player escapes a card after fouling the forward. Two legs straight forward. An attack on the physical integrity of the advancing young man. He deserves 'dark red', some journalists reckon, but in reality quite the contrary happens: the player receives understanding and a standing ovation. This action possibly inspires the journalists, who passionately discuss the issue during editorial meetings. Once on the pitch, a player tries things out. Young legs like to floor a back player once in a while. That is what a Hungarian journalist assumed when she thought that the Syrian national team approached, without ball, through the lush grass. Her feet swiftly moved from defender to defender, who kissed the hard-won Hungarian ground one by one.

She gets 'dark red', loses her job, and asks forgiveness, claiming that 'one of those people came straight at me and I was afraid'.

The capacity to forgive is a nice virtue' we read in the Flemish dictionary. A little bit further the dictionary says 'Patience is really a nice virtue'. But let's stick to forgiveness. 'Nobody is lost forever, everyone deserves a second chance' says the headline in the newspaper HLN above the picture of a broadly smiling police officer and the man who attempted to stab him with a knife the year before.

The strength of forgiveness. But there is a price: you scratch my back, I'll scratch yours. In the eyes of the policeman the attacker was to change his ways. A fulltime job, to continue working on a better version of yourself. You should imagine yourself part of a reality show on a commercial channel. How can we tackle this? How can we make sure that we become better versions of ourselves, so that we too can enjoy some forgiveness as well?

The therapy rooms are being filled with feelings of guilt, that do not find a sympathetic ear anywhere and that cannot count on understanding and forgiveness by the right people. How bad can it be when you are paralysed with guilt only you can pay off? If I only had made this or that choice then or if I only had not... The paralysis caused by those feelings of guilt, is quite universal and has been used in the New Testament to illustrate the strength of forgiveness: the parable of the lame man who is brought to Jesus. Jesus puts being forgiven on the same level as standing up from paralysis. In our secular world others receive the power to forgive. But who are they? And are they not too busy with themselves to be concerned about your feelings of guilt? Forgiveness often has a religious connotation: purification - one good turn deserves another- and some chastisement as well and making sacrifices, please. We like to see you suffer, while you are building a better version of yourself.

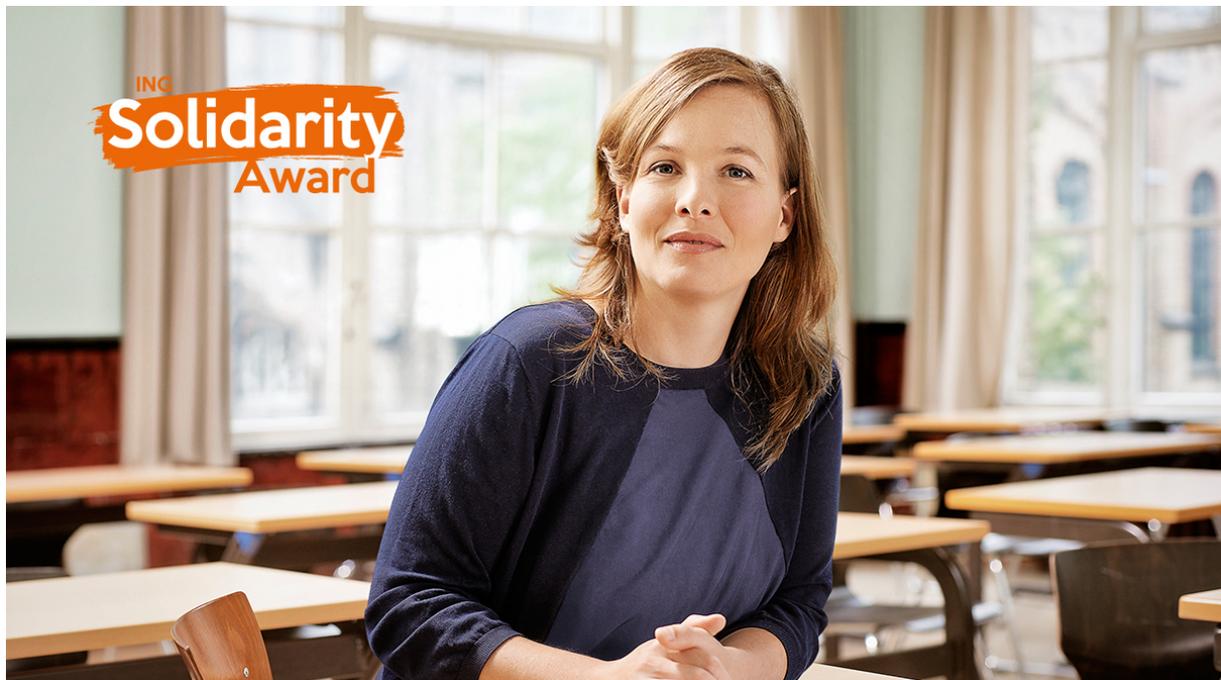
Perhaps we should expect little consolation from the other?

A man told me once that for years he had been haunted by psychoses about demons. Drugs had induced the psychoses, apart from a tempestuous and detached life style, a life in the margin of what is socially acceptable. Along with him always came some demons who prompted him words of guilt and dehumanisation. To the question how he had managed to silence those demons, he answered in a quiet tone: "by doing good the past years and by asking myself for forgiveness."

He reaches Baron Von Münchhausen proportions, who, while seated on his horse, using his strong arm pulls himself and his horse out of the quicksand. Getting stuck and being forgiven. One is the antidote for the other. Maybe we should fully acknowledge forgiveness as a relief supply before everything goes haywire.

PROMO VIDEO ING SOLIDARITY AWARD

As last year's ING Solidarity Award winners, through this [film](#) we like to encourage others to submit their own project.



MUSIC FOR LIFE APPROACHES!

MUSIC *for*
TOUCHÉ

.....

**SLA GEWELD
DE WERELD
UIT!**

studio
brussel
**MUSIC
for LIFE**
De Warmste Week

Een warme actie van

TOUCHÉ

ZO 20 DEC – WOE 23 DEC

kerstmarkt Gent

VU: Marjan Gryson

Feeling stressed during this busy Christmas period? Touché has a solution!

A fun fair punchball attraction becomes a good cause machine.

Everyone who punches the ball generates money for the good cause, the harder you punch the more money.

Venting your aggression helps!

But Music for Life also means:

OPPORTUNITIES to show your big heart to your friendly/beloved non-profit organisation. Well, what a coincidence, we are a non-profit organisation and precisely because you are on our newsletter mailing list, you are one of our friends and beloved ones.

We can join forces to activate the most creative parts of our brains and to set up a supporting initiative. In the past we had stand-up comedy, stress balls, a film performance,...

But insanity would not be insanity if it would not be hiding in our minds. So... let your most insane and warm-hearted initiatives take shape and support vzw Touché for Music For Life. Register your action on musicforlife.stubru.be.

VOLUNTEERS WANTED

Who are we looking for?

a wise man or woman who wants to support us 1 day a week and who knows something about: finance (strategic finance and accounting), ICT, administration and reception (duties) or who has helping hands that are eager to join us at events and activities. Call us, write to us, let us know!

PLAY AGAIN THEATER VAN A TOT Z



On Friday evening 27 November 2015 'Play Again', a play by the socially inspired theatre collective 'Theater van A tot Z' premieres in Oudenaarde prison. The collective mainly aims at youngsters and their tutors in organisations and schools, but the subjects of violence and making existential choices will appeal to an adult public as well.

The contents and the scenario are being shaped with the help of the prisoners that take part in Touché's 'project group' in Oudenaarde prison.

Mark the date in your diary. More information will follow!