



Transform Your Team – 9th April 2018.

Been given a second chance – We all have to seek forgiveness

Former Australia captain Steve Smith broke down in tears as he apologised for his part in the ball-tampering scandal. Smith and batsmen David Warner and Cameron Bancroft have been banned by Cricket Australia for the incident in the third Test against South Africa.

"It was a failure of my leadership," said the 28-year-old at a news conference in Sydney.

Bancroft and Warner have also apologised for their actions.

Australia coach Darren Lehmann, who was cleared of any involvement in the incident, announced later on Thursday that he would stand down following the current Test series with South Africa.

Smith added: "I am deeply sorry, I love the game of cricket, I love kids wanting to play the great game of cricket that I love. "Any time you think about making a questionable decision, think about affecting your parents. "To see the way my old man has been, and my mum, it hurts. I just want to say I'm sorry for the pain I have brought to Australia and the fans and the public."

<http://www.bbc.com/sport/cricket/43580069>

Forgiveness can be useful, but it must start with an apology from those that have made a mistake. Forgiveness and saying your sorry does not mean that we forget what happened but it can lead to reconciliation. It is a beautiful act to forgive anyone for anything, why? - It is simple, so that we can have that great gift of joy and happiness we all seek in life. The act of forgiving refers to acknowledging what happened and understanding where wrongs were committed. Then one can reflect and eventually learn from those mistakes in order of self-improvement. Asking for forgiveness, allowing others to forgive us and most importantly forgiving ourselves is vital in the process to achieve success. Which is at the heart of the Lord's prayer in the Bible. " **Forgive us the wrongs we have done as we ourselves release forgiveness to those who have wronged us.**"



So, whilst this news from the world of cricket was unexpected and not welcome, sport can sometimes provide our solutions to larger social dilemmas. Think about it – the news headlines are filled, with stories of un-forgiveness. Despite the issue/act we are an incredibly judgmental society, we all – deep down really do love stories of forgiveness. It warms our hearts and give us hope. Hope for relief and, hope for good to prevail. So, let us, each of us, weave our own stories of forgiveness of others. Research from the Mayo Clinic concluded that letting go of grudges and forgiveness can make way for joy, health, and peace. Forgiveness can also lead to **Healthier relationships ,Greater Spiritual and Psychological well-being,Less Anxiety & Stress, and Lower Hostility,Lower blood pressure,Fewer symptoms of depression,Stronger immune system,Improved health and higher self-esteem.**

Well Being & Pastoral Care As your Sports Chaplain @ Glamorgan CCC, my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral support. This support is provided to all connected with Glamorgan CCC. Including players, coaches, staff, volunteers, and families.

Philip Bishop Mobile number: 07817 297926

Email: philbish1959@gmail.com

Glamorgan Cricket, The SSE SWALEC, Cardiff, CF11 9XR T: 029 2040 9380 E: info@glamorgancricket.co.uk W: www.glamorgancricket.com

