

Forgive & Forget returns for its third season and wants to hear your stories

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Forgive & Forget, e.tv's local reality show with a heart-warming difference, returns to your screens for its third season on Tuesday 6 January 2009.



For the past two seasons, Forgive & Forget has helped people reunite with loved ones with whom they no longer have contact with surprising them through different acts of forgiveness.

Feuds are started so easily, with a harsh word or action said or done in a fleeting moment of anger but forgiveness seems to be one of the hardest things to do. That's why candidates on Forgive & Forget are helped to create spectacular and emotional situations to pave the path to reconciliation.

Now it's your turn. If you've hurt someone you care deeply about and have tried to make amends but it's not working, let Forgive & Forget help you.

Here's what you have to do:

- a. Put your feelings and thoughts on paper or type it on screen - simply post your letter to Forgive & Forget, PO Box 71917 Bryanston 2021 or email forgiveandforget@endemol.co.za. Sms works too so sms Forgive and your name to 35910 (smes are charged at R3 per sms).
- b. Stay close to your phone, post box or computer - If your story is compelling enough, one of the show's researchers will contact you to hear more about your story.
- c. Lights, camera, action! - Be prepared to give it your all as you beg for forgiveness and attempt to reconcile with your loved one on national TV.

Entries for Forgive & Forget are open until April 2009 but there is no time like the present to heal old wounds and right your past wrongs. Start the New Year with a clear conscience and an open heart.

Forgive & Forget is presented by Lehlohonolo Saint Seseli, well known actor, MC and producer. This father of two hails from Soweto and enjoys playing the bass guitar and drums. He has been on South African screens before in local youth drama Backstage and the popular drama series Home Affairs. Lehlohonolo is a creative, intuitive communicator and looks forward to helping candidates on the show achieve their goal of forgiveness.

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