



Dear Woolf friends,

My name is Katherine O'Loone and I'm a social psychologist. I've been at the Woolf Institute since 2018 when I joined as a researcher on the now-completed Measures of Success project. In this newsletter introduction, I'd like to give you an idea of what a day in the life of a Woolf Institute researcher looks like.

Today is a slightly atypical day in the life of a researcher in that it involves a visit to the Royal Chapel, St James' palace. I have a meeting with a Royal Chaplain, who served as head chaplain for the British Armed Forces during the Balkans conflict. The Woolf Institute is about to start a new research project called 'Forgiveness and future-building' which explores the ways that religious and cultural variations in conceptualisations of forgiveness impact on the process of identity formation in post-conflict societies. So I am keen to meet the chaplain to hear his experiences during his time as an army chaplain, and his thoughts on forgiveness and how this has (or has not) been a major factor in subsequent developments in the Balkans.

After this atypical morning, I return home and settle into what is a more typical day. With colleagues from Poland and the US, I have been putting together a research grant proposal over the past few months. The proposed research investigates the impact that the practice of religious fasting has on human wellbeing, health and social relations. The deadline is early February so multiple Zoom calls a day are now necessary to make sure we have all the correct documentation in place.

This is followed by a lot of coffee (this is not a myth- researchers do drink a lot of coffee). In this gap between meetings, I have the chance to read an article on extreme rituals and prosociality to see if we can adapt or replicate their methodology on our work on fasting. I then have another Zoom call with Justin Lane, a consultant on the Forgiveness project who will be responsible for the computational modelling component. I've known him for over 10 years, we met as MA students at Queen's University, Belfast on the Cognition and Culture programme. It is such a rewarding feeling to be able to work with him, on a fascinating research topic and do the exciting things we could only dream of when we were students.

I hope that I was able to share with you just how varied and exciting my job can be. Like all research, it is never just about one person, there is a whole team of people involved in the process who give support, advice and ideas. The Woolf Institute is an amazing place where the combined insights of so many diverse voices come together to strengthen our research output, all of which contributes in different ways to our common aim – develop greater

understanding between faith groups and overcome prejudice and intolerance. I hope you will join us on the research journey as we start the Forgiveness and future-building project.

Best wishes,

Dr Katherine O'Lone  
Research Fellow and Outreach Manager

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This Week At Woolf

**FORGIVENESS AND FUTURE-BUILDING**

BY

**DR KATHERINE O'LONE**



[CLICK HERE TO LEARN MORE ABOUT THE FORGIVENESS PROJECT](#)

[PODCAST: FORGIVING](#)

[FORGIVENESS WEBINAR](#)

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**ISGAP-WOOLF INSTITUTE  
CONTEMPORARY ANTISEMITISM IN COMPARATIVE PERSPECTIVE  
INTERNATIONAL SEMINAR SERIES**

**21 February: Dave Rich**

**7 March: Haras Rafiq**

**9 May: Prof Katherine Harbord**

**16 May: Dr R. Amy Elman**

**30 May: Dr Lev Topor**

**6 June: Max Horder**

**13 June: Chloe Pinto**



**ISGAP WEBINARS**

The Institute for the Study of Global Antisemitism and Policy (ISGAP) is delighted to launch its forthcoming seminar series. Now working in partnership with the Woolf Institute, we are pleased to announce the ISGAP-Woolf Institute seminar series.

The series will allow ISGAP Visiting Scholars to deliver their latest research to diverse academic and community audiences. It will also bring ISGAP's broader network of scholars to the Woolf Institute, allowing for new ideas on contemporary antisemitism to be shared and developed.

Held in the Woolf Institute's Cambridge home, the seminars will include in-person presentations from leading experts. The events will be streamed over Zoom and Facebook and made available to view afterwards.

Each event will begin at 5pm GMT/12pm EST. We look forward to welcoming you online or in person at the Institute.

**[CLICK HERE FOR MORE INFORMATION](#)**

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# COMING SOON

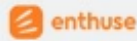
*Naked Reflections Podcast x The Woolf Institute*

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