



uniting
church
Kiama Jamberoo

Healing Service

Thursday 23 July 2020

A video of this service can be found here:

<https://vimeo.com/440518522/bc5929dc29>



Welcome to today's healing service. We are all glad you can join us. You will need a comfortable place to sit, and if you have them:

- a candle to remind you that Christ is present with us as we meet, no matter how we meet*
- a piece of lavender, rosemary, daphne, tea tree or eucalyptus oil or a favourite perfume or scent. We will use the fragrance as part of the service.*

Take whatever fragrance you have and rub it gently on the palms of your hands, lift your hands to your face and breathe in the fragrance. Do this as we pray the words "Breathe" throughout this service.

There will be links to songs or music you can pause and watch. Let the fragrance be a reminder of Jesus, present with you always.

This healing service is one where we can sit quietly and breathe in the love of God, the love of Jesus, the risen Christ, and of the Holy Spirit present within and around us.

It is based on the Celtic Circle of Healing and Blessing. Celtic spirituality acknowledges 'caim' or encircling, a confidence in God's intimate and loving care. The music provided for the online version of the service is Celtic, it may include some Gaelic language and will be of slower pace, to allow time for us to concentrate on the theme – Breathe, breathing in God.

Welcome to you all.

This may be a time when you are seeking healing for yourself, for loved ones, for friends and for strangers. May we commit this time to slow ourselves so we can hear and sense the healing fragrance of God with us.

Song: May it be (instrumental)

<https://youtu.be/b8Dly6GpQvo>

The first reading today is from John 20: 21-22

²¹ Again Jesus said to them, "Peace be with you. As the Father has sent Me, so also I am sending you." ²² When He had said this, He breathed on them and said, "Receive the Holy Spirit..."

Reflection:

Jesus came to the disciples as they were frightened and confused after his crucifixion. He came to them as they experienced grief and longing for a return to what they had before. As the passage says, Jesus breathed on his disciples. What is implied though is they must have taken in that holy breath, it became part of them. We, too, come to Jesus and ask him to breathe his Spirit into our lives but it's not just about his breathing out, it's also about us breathing in.

Lift your fragrant hands to your face. Read the small prayer as you breathe in the encircling peace Jesus offers.

Breath

(Read aloud)

Breathe Your peace in
like a gentle breeze
into my life;

Breathe my despair out,
dispel the dust
of unease and fear,
Bring release.

(sit and enjoy the quiet breathing in the fragrance of God's creation)

The second reading is from Job 33:4

“The Spirit of God has made me, and the breath of the Almighty gives me life.”

Reflection:

Despite everything that went wrong to, for and about Job, this small sentence tells everyone who Job knew God to be for him. These words are for us too.

Jesus came that we might have life, and have it abundantly (John 10:10) and that means for us as well. Bruce Epperley, in his book ‘Healing Worship’ says that “God’s aims at authentic healing or shalom – the peace of mind, body and spirit that comes from the recognition that we are always in God’s hands and therefore can always awaken to new spiritual and relational possibilities in every life situation and health condition.”

For Job, for us and for others, the most important words here are “recognition that we are always in God’s hand...” Always and forever.

Lift your fragrant hands to your face. Read the small prayer as you breath in the healing peace Jesus offers.

Breath

(Read aloud)

Breathe Your peace in
like a gentle breeze
into my life;

Breathe my despair out,
dispel the dust
of unease and fear,

Bring release.

(sit and enjoy the quiet breathing in the fragrance of God’s creation)

Song: This is the air I breathe

<https://youtu.be/dLQ873w0r4Y>

Healing Prayer

True healing is more
than restoration of flesh and blood,
or knitting of bone to bone.

True healing is wholeness,
where body, soul and spirit unite.

True healing is peace,
the knowledge of God's presence,

a hope that knows no end.

True healing cries 'Father,
not my will but yours.'

True healing knows love perfectly,

a love that casts out fear.

True healing overcomes,
endures, for eternity. Amen

(c) Tanya R Dooley

Song: Be thou my vision

<https://vimeo.com/413358064>

The third reading is from Isaiah 42:5

Thus says God the Lord,
Who created the heavens and stretched them out,
Who spread out the earth and its offspring,
Who gives breath to the people on it
And spirit to those who walk in it,

Reflection

Isaiah's words here are telling the world about the one who will come, the Messiah, who will not falter in bringing justice to the world, 'by the power of his gospel and by grace, he will teach principles which will lead people into lives of wisdom and justice' in and for God (Matthew Henry commentary). God, who created the heavens, who spreads out the earth and its offspring, who gives breath to all people, will send Jesus to be with us.

And his gospel is to make a new covenant with the people of Israel, bring light to the Gentiles, open the eyes of the blind, free the captives from whatever holds them imprisoned and release them from the darkness in which they sit.

Healing isn't always about cure, it is about healing mind, body and soul so we can live as people in a covenant (promise) with God. We know God's healing or shalom will be victorious but in the mean time we also experience injustice, sin, death, grief and violence. This is sometimes our experience of life and sometimes we need to think about Isaiah's last line in the quote "and Spirit to those who walk in it. What ever we do, whatever we see, whatever we experience God gives Spirit to those who walk in His ways, who try to live lives of wisdom and justice.

Lift your fragrant hands to your face. Read the small prayer as you breath in the restorative peace Jesus offers.

Breath

(Read aloud)

Breathe Your peace in
like a gentle breeze
into my life;

Breathe my despair out,

dispel the dust
of unease and fear,

Bring release.

(sit and enjoy the quiet breathing in the fragrance of God's creation)

Song: May it be (sung and with the lyrics)

https://youtu.be/_8u4VLk0iTI

Our final blessing

The Prayer of St Patrick

This prayer was written in response to death threats made to Patrick, and others like him, as an encouragement that 'divine omnipresence' (God present everywhere) is a lived reality – God our protector and guide in every life situation.

Christ behind and before me
Christ beneath and above me
Christ with and in me
Christ around and about me
Christ on my left and on my right
Christ when I rise in the morning
Christ when I lie down at night
Christ in each heart that thinks of me
Christ in each mouth that speaks of me
Christ in each eye that sees me
Christ in each ear that hears me.

God to enfold you
Christ to touch you
The Spirit to inspire you. **Amen**

This service has been adapted from a Worship Service written by Rev Dr Bruce Epperley.
Meredith Yabsley
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