

"Thank You for Your Loving Hands"

Thank you for your loving hands, your loving heart,
your loving ways—
Thank you for the gifts you bring into the world each day.
And if you ever doubt yourself, remember us, who love you
well—
We know all the gifts you bring into the world each day.
So thank you for your loving hands, your loving heart,
your loving ways,
Thank you for the gifts you bring into the world each day.
—by Judy Fjell and Lisa Bregger

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to honor the group by letting the leader know if I will be absent, and to come to the group one last time and say good-bye if I need to quit
- to avoid cross talk, giving feedback or trying to fix anyone
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to not gossip about what is shared in the group, and not tell other people's stories
- to listen to what others share with an open heart, and to share deeply in my turn

Covenant Groups

Healing



Healing yourself is connected with healing others.
—Yoko Ono

Healing

Chalice Lighting

We light this chalice flame as a sign of our faith
May we ever trust
The good light within each heart
The sacredness of life
The transformative force of love
And our own power to make a difference
—Anonymous

Sharing of Joys and Sorrows

Silence

Silence, holding ourselves and each other in silent support.

Shared Readings

Your grief for what you've lost lifts a mirror
up to where you've bravely working.

Expecting the worst, you look, and instead,
here's the joyful face you've been wanting to see.

Your hand opens and closes and opens and closes.
If it were always a fist or always stretched open,
you would be paralyzed.

Your deepest presence is in every small contracting and expanding,
the two as beautifully balanced and coordinated
as bird wings.
—Rumi

May all beings everywhere plagued with sufferings of body and mind
quickly be freed from their illnesses. May those frightened cease to be
afraid, and may those bound be free. May the powerless find power,
and may people think of befriending one another.
—The Buddha

The soul is healed by being with children.
—Fyodor Dostoyevsky

Love one another and help others to rise to the higher levels, simply by
pouring out love. Love is infectious and the greatest healing energy.
—Sai Baba

A lot of people say they want to get out of pain, and I'm sure that's
true, but they aren't willing to make healing a high priority. They aren't
willing to look inside to see the source of their pain in order to deal
with it.
—Lindsay Wagner

Healing may not be so much about getting better, as about letting go of
everything that isn't you—all of the expectations, all of the beliefs—
and becoming who you are.
—Rachel Naomi Remen

Deep Sharing and Deep Listening

Round 1: Share your definition of healing.

Round 2: What memories does the word “healing” evoke? What has
helped you heal in your life?

Round 3: Use this time to make a connection to something another
participant said during sharing.

Closing Words

May all that is not love within us and without us be healed. May all that
is love within us and without us be revealed. May every day of our lives
be lived in love.
—Barbara De Angelis

Closing Song

“Thank You for Your Loving Hands”

Group Business

Homework for the next meeting.

Homework: Healing

What is healing? Which one of the following definitions correctly defines healing for you?

1. To make sound or whole
2. To restore to health
3. To cause (an undesirable condition) to be overcome
4. To restore to original purity or integrity
5. To return to a sound state
6. To restore damaged living tissue to normal function

What is the difference between being healed and being cured? Some believe that being cured means returning to the state you were in before you were sick and that being healed means you have learned to live with your condition with or without treatment.

In today's world we have many choices for healing methods, such as holistic therapies, Western medicine, alternative medicine, or prayer. Regardless of whether our focus in healing is on the physical, mental, emotional, or spiritual level, all levels are invariably touched by the process and none can be separated out from the rest.

Although the world is full of suffering, it is also full of the overcoming of it.

—Helen Keller

Healing takes courage, and we all have courage, even if we have to dig a little to find it.

—Tori Amos

Eventually you will come to understand that love heals everything, and love is all there is.

—Gary Zukav

Healing is a matter of time, but it is sometimes also a matter of opportunity.

—Hippocrates

There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with.

—Harry Crews

The practice of forgiveness is our most important contribution to the healing of the world.

—Marianne Williamson

Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God.

—Ram Dass

Of one thing I am certain, the body is not the measure of healing; peace is the measure.

—Phyllis McGinley

There are so many ways to heal. Arrogance may have a place in technology, but not in healing. I need to get out of my own way if I am to heal.

—Anne Wilson Schaef

For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness.

—Reba McEntire

All healing is first a healing of the heart.

—Carl Townsend

Humor is healing.

—Brad Garrett

Our sorrows and wounds are healed only when we touch them with compassion.

—*Buddha*

If there's no breaking then there's no healing, and if there's no healing then there's no learning.

—*One Tree Hill*

It's when we start working together that the real healing takes place . . . it's when we start spilling our sweat, and not our blood.

—*David Hume*

Gracious words are a honeycomb, sweet to the soul and healing to the bones.

—*Proverbs 16:23–25*

Questions to Ponder

- Think of a time when you were trying to heal. What contributed to the healing? Healing is a process; how fully do you think you were eventually healed? How did you know when you were healed?
- Think about your connection between spirituality and healing. Can you think of a time when your own spirituality contributed to your healing?
- Do you think it is harder to heal injuries that are physical, mental, or emotional? Why?
- Some believe that visualization can promote healing. If you believe this, what would you visualize?

Journal Activities

- Choose one of the quotes and write about how it applies to your life or your beliefs.
- Write about a time when someone else contributed to your healing. What enabled them to help you? What relationship did you have with that person?

Leader's Guide: Healing

This session focuses on the concept of healing.

Chalice Lighting (2 min)

Ask someone to read the chalice lighting reading found in the bulletin as you light the chalice.

We light this chalice flame as a sign of our faith
May we ever trust
The good light within each heart
The sacredness of life
The transformative force of love
And our own power to make a difference
—Anonymous

Sharing of Joys and Sorrows (10 min)

Ask group members to check in, telling in one or two sentences how they are doing this week. Share information about absent members.

Silence (3 min)

Give your group the gift of three minutes of silence. Time it if you would like.

Shared Readings (5 min)

Have each person in turn read from the shared readings found in the bulletin until all the readings are finished.

Deep Sharing and Deep Listening (65 min)

Do three rounds of deep sharing and deep listening. Pay close attention to the time allotted each person to ensure that everyone gets a turn to share.

Round 1 (10 min): Share your definition of healing.

Round 2 (40 min): What memories does the word “healing” evoke? What has helped you heal in your life?

Round 3 (15 min): Use this time to make a connection to something another participant said during sharing.

Closing Words (1 min)

Read or ask someone to read the closing words.

May all that is not love within us and without us be healed. May all that is love within us and without us be revealed. May every day of our lives be lived in love.
—Barbara De Angelis

Closing Song (1 min)

“Thank You for Your Loving Hands”

Group Business (5 min)

Pass out the homework for next time.