



St Mary's Church, Woodbridge

A Time to Heal

Come and join us on a journey !

A Time to Heal is the title of a booklet published by the Church of England and has been used by a small group of us who have been meeting together to search the ministry of healing. We are not comfortable with the term Healing Ministry: it sounds a little precious and exclusive. So we prefer to use the title *A Time to Heal*. Our group, of about 14 members, gathers every two months, and has been meeting since late 2007. We have discussed, and prayed about what healing and wholeness means to us as individuals, as a Christian congregation and in the local and wider community.

More recently our gatherings have been times of deep searching and probing, listening through prayer, learning and exchanging hopes and concerns. Early in 2009 Bishop Clive met with us - to celebrate Eucharist, and to support us in our searching and to help us discern our way ahead.

As a group we seem to be coming to the understanding that we are all in need of healing - and that we are all capable of being channels of God's Love to help bring healing and wholeness. We are trying to come to terms with what might be God's Will for us. We have been thinking about the need for reconciliation, forgiveness and prayer; and we are beginning to realise that we all need healing for our pains – whether they be physical, mental or spiritual, and we need healing for our sorrows, our bereavements and our mistakes.

We are now planning to meet again on **Thursday 19 November at 6.30 for 7.00pm in St Mary's Church** for an informal, simple Eucharist – during which we hope to focus our energies in God so that we may all be channels of his wholeness in love.

Do come and join us as we journey ! If you would like to share a light supper with us, and hear more about our journey so far - and participate in this experimental, even radical, Eucharist do please be in touch with any one of us. We would be happy to talk to you – and share our experiences and our love.

If you are thinking of coming along on 19 November it would be helpful, for catering purposes, if you would add your name to the list at the back of the church.

Signed by the members of the group: Rev Kevan McCormack, Rev Paul Hambling, Rev John Hare, Rev Siw Carlsson, Michael Stagg, Beryl Dyer, Margaret Lowe, Betty Richardson, Margaret Washington, Penny Bird, Liliash Sheepshanks, Esmé Stone, Heather Paxman, Margie Stagg

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“Lord, I am not worthy to receive you, but only say the word, and I shall be *healed.*”

“... that He may live in us and we in Him”

“...May we who share Christ's body, live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world...”

Do not look forward in fear to the changes in life: rather look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things; And when you cannot stand it, God will carry you in His arms. Do not fear what may happen tomorrow; the same everlasting Father who cares for you today will take care of you every day. He will either shield you from suffering or will give you unfailing strength to bear it. Be at peace then and put aside all anxious thoughts and imaginings. (prayer of Francis de Sales)