

Unitarian Universalist Small Group Ministry Network Website

Small Group Ministry

Healing

First Parish Church of Stow and Acton, MA

December 2021

Opening Words and Chalice Lighting

“Let us open our minds and hearts to the place of quiet, to the silent prayer for the healing of pain, and the soft, gentle coming of love”. – *Composite [gray hymnal #480]*

Check-in/Sharing: Time to mention any issues or events on your mind that you would like to share. Please let your group know we meet in January and invite them to register for SGM 2022 which starts in February. fpc-stow-acton.org/sgm

Topic: Healing

There are periods in each of our lives during which we are totally focused on healing our bodies from injury or illness, adapting to aging or handling emotional challenges or pain. Hopefully we also have times when we can both heal smaller hurts as they arise and perhaps even find healing for past injuries or wounds.

Sometimes our emotional well-being is tied to whether our loved ones are in pain or to how our relationships are going. Some of our healing skills and practices can also help to mend rifts and heal our relationships.

“Getting better” physically is a process, which can be smooth or rough. Along the way, there may be stops and starts, or even steps backwards before progress resumes. On the other side of a difficult healing process, we might realize what we’ve learned from that journey.

Many of us have special places, people, or practices that we use to facilitate our healing. Meditation, music, nature, reading, and other sources can help us to become more aware of how our minds, bodies and spirits connect and how we often need to heal one to help another.

“I go to nature to be soothed, healed and have my senses put in order.”
– *John Burroughs*

“Emotional pain cannot kill you, but running from it can. Allow. Embrace. Let yourself feel. Let yourself heal.” – *Vironika Tugaleva*

“When I stand before thee at the day’s end, thou shalt see my scars and know that I had my wounds and also my healing.” – *Rabindranath Tagore*

It’s possible to be in health and to be healed without being cured.” - *Carl Hammerschlag*

It’s a myth that syndromes are “all in your head.” ... In reality, the word syndrome just implies that researchers and doctors don’t fully understand them yet. In fact, many former syndromes have been renamed as diseases once a cause was identified. – *Healthination from Good Rx website*

”You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we’re not. We always have the power of our minds... claim and consciously use your power.” – *Louise L. Hay*

Possible Questions for Discussion:

- Are there special places, practices, traditions or people that help your spirit heal?
- Any lessons you would like to share about how you have handled injury, pain, or aging and what has helped your body to heal or to stay healthier? What lessons did you find hard to learn?
- What helps you to be less emotionally fragile or has helped you find healing when you are in emotional pain?
- Do you have any examples of approaches that have helped you to heal a relationship?
- Have you any examples in which you needed to self-advocate for healing? Perhaps mis-diagnosis or not taken seriously?
- Could you share any of your experiences with connections between healing your mind, body, and spirit?

(Group will take a few minutes to consider topic and questions and then share).

Wrapping Up: How did you like this topic and session?

Closing Words

“Earth cure me. Earth receive my woe.

Rock strengthen me. Rock receive my weakness.

Rain wash my sadness away. Rain receive my doubt.

Sun make sweet my song. Sun receive the anger from my heart.”- *Nancy Woo*