

Why a Healing Touch Ministry

Jesus modeled a healing ministry and instructed his disciples to teach and heal.

The Mission of a Healing Touch Ministry is twofold:

- To renew the Church's role in healing
- To reach out to those in need of healing in body, mind and or spirit

A Healing Touch Ministry within the Christian community is an expression of love and compassion for those who are in need of healing of any kind.

Christian healing is described as a gift freely given to all, rather than as a special gift of only a few.

Anyone can act as a healing presence, if that is their intention.

Healing Touch can...

- *Promote relaxation*
- *Help to manage stress*
- *Encourage healing*
- *Reduce pain*
- *Assist in managing depression*
- *Strengthen the immune system*
- *Increase a sense of well being*

*St. Andrew's-Wesley United Church
Ste 100 - 1022 Nelson Street
Vancouver, BC*



Healing Touch at St. Andrew's-Wesley United Church

The Healing Touch Ministry

The Healing Touch Ministry is part of the Stewardship Ministry.

Persons in the Ministry have completed one or more courses in Healing Touch from a qualified instructor.

A Certified Healing Touch Practitioner acts as a mentor

The volunteer practitioners meet regularly for practice. They offer Healing Touch to members of the Congregation and the Community.

For more information about The Healing Touch Ministry please call

What is Healing Touch?

Healing touch is a form of the ancient art of hands-on healing described in both the Old and New Testaments.

Healing Touch is an energy based approach to healing. By working with these energy fields that surround each of us, change can take place. These changes can be physical, mental, emotional or spiritual. Healing touch complements traditional approaches to health and healing.

The goal of Healing Touch is to restore wholeness through harmony and balance, enabling the person to self-heal.

Healing Touch does not cure a particular condition, problem or illness. It is not a substitute for medical care.

A person can be healed without being cured.

What happens when you receive Healing Touch?

You meet with two practitioners who listen to your health concerns and answer any questions you may have. The practitioners then work with the energy around your body by moving their hands in gentle motions. A light touch may be used, depending on your comfort level.

Healing Touch is provided while you are fully clothed and either sitting on a chair or lying on a padded table. During the session you may simply relax, or you might want to ask questions or share any feelings you are experiencing. You are always "in charge" of the session and if at any time you feel uncomfortable, you can ask to end the session.

A session usually lasts from 30 to 45 minutes. Afterwards, you might want to ask more questions or to reflect on the experience.