

**An example Order of service for:
A Service of Healing and Wholeness**
for all those involved in Healing in one way or Another
held at St Mark's Broomhill on 30th Oct 2022

This informal service lasted about 45 minutes and included readings, music and time for reflection, anointing and prayer. It was offered as an opportunity for carers, those in the healing professions and those involved in healing ministry or 'welcome' within their church to reflect on what they might need to sustain and equip them to 'heal' others. We were all invited to pause and to consider what prayer we needed for our wellbeing and resilience and simply to be 'held' in prayer. The objective was to offer a sacred space for restoration and strengthening in mind, body, and spirit.

The acronym Pete Grieg introduced us to at the recent Diocesan Development day, '**P-R-A-Y**' was used to shape prayer stations set up inside the church and there was an opportunity to have our hands anointed for service.

Some pictures of the service are attached to give you some ideas for your own similar service along the same lines.

Images of the event

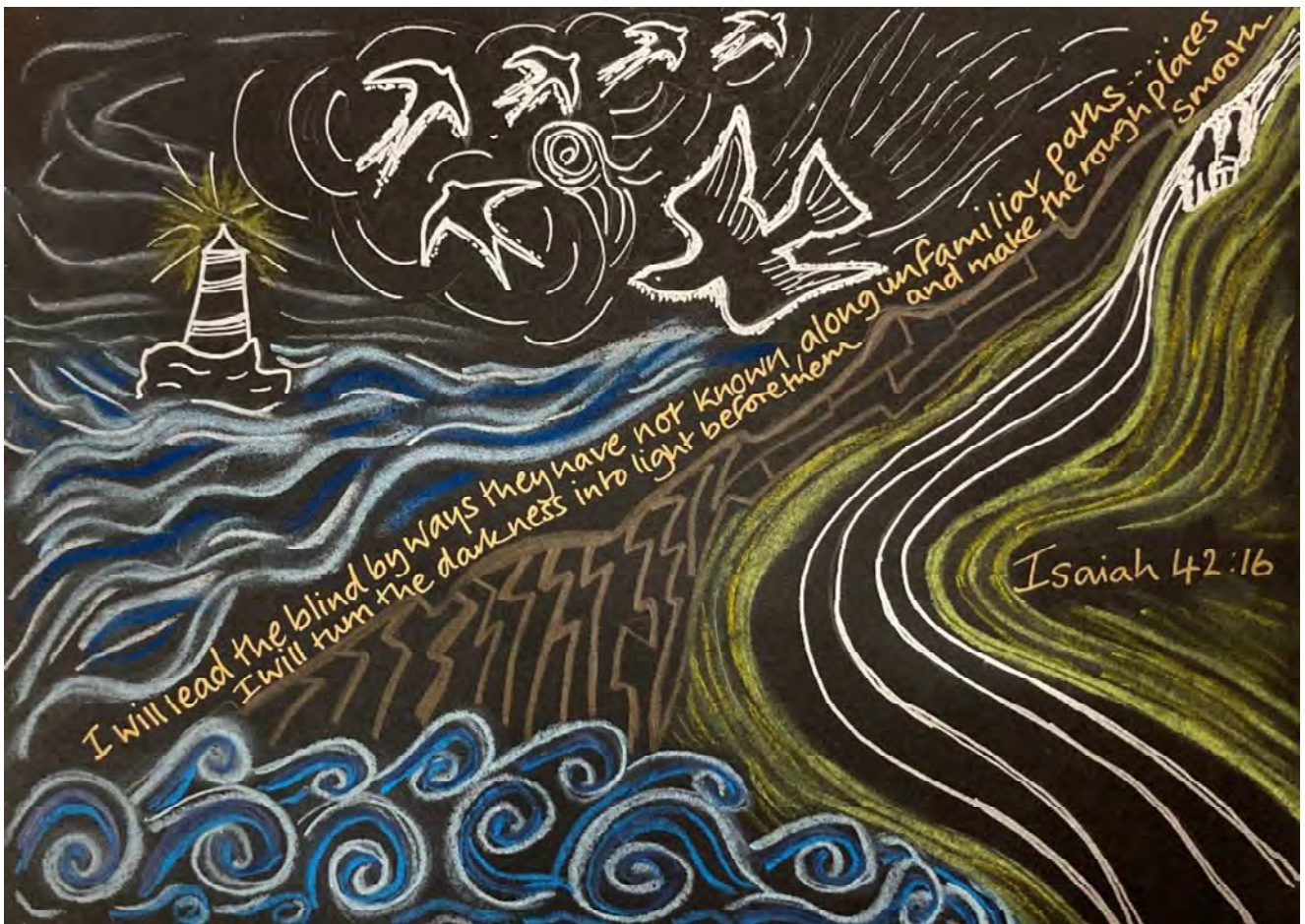


Welcome to St Mark's Church

Night Service

@7.00 pm

On Sunday 30th Oct 2022



A Service of Healing and wholeness
for all those involved in healing in one way or another

Order of Service

Gathering

Take time to settle.

Use these opening minutes to ...

Become aware ...

of your surroundings,

of those around,

of those you carry within.

Welcome & introduction

This service of readings, music, time for reflection and prayer is offered as an opportunity to reflect on what you might need to sustain and equip you to 'heal' others. It may be that you are in a healing profession, a carer for someone with dementia or a frail relative, or involved in healing ministry within your church. We will invite you during our time this evening to pause and consider what prayer you need for your wellbeing and resilience. We hope this sacred space offers a place where you can be restored and strengthened in mind, body, and spirit.

There are several prayer stations set up inside the church and you are invited to engage with these to the healing sound of the waves, the sound of the earth breathing all around.

Laying-on of hands is an optional part of our worship this evening and is an opportunity to have your hands anointed for service.

As we prepare to worship, we light a candle

Opening Responses

Warm and welcoming God
You shape us and name us
And fill us with wonder
And you hold us in love

Bright, beckoning God
You call us and bless us
And fill us with longing
And hold us in love

Strong, revealing God
You comfort us and question us
And fill us with your courage
And you hold us in love

Blessed be you O Great One,
Wild and tempestuous as the waves crash in the rocks,
Peaceful and rhythmic as the tides move across the sands.
Grace us with your wildness and your peace as we let go this night.

Reading: Mark Chapter 4 verses 35-41

The Wind Ran Out of Breath

Late that day he said to them, "Let's go across to the other side." They took him in the boat as he was. Other boats came along. A huge storm came up. Waves poured into the boat, threatening to sink it. And Jesus was in the stern, head on a pillow, sleeping! They roused him, saying, "Teacher, is it nothing to you that we're going down?"

Awake now, he told the wind to pipe down and said to the sea, "Quiet! Settle down!" The wind ran out of breath; the sea became smooth as



glass. Jesus reprimanded the disciples: “Why are you such cowards? Don’t you have any faith at all?”

They were in absolute awe, staggered. “Who is this, anyway?” they asked. “Wind and sea at his beck and call!”

Music: We listen to the sound of the ocean...



Reading: If I wanted a boat *by Mary Oliver*

I would want a boat, if I wanted a
boat, that bounded hard on the waves,
that didn’t know starboard from port
and wouldn’t learn, that welcomed
dolphins and headed straight for the
whales, that, when rocks were close,
would slide in for a touch or two,
that wouldn’t keep land in sight and
went fast, that leaped into the spray.
What kind of life is it always to plan
and do, to promise and finish, to wish

for the near and the safe? Yes, by the heavens, if I wanted a boat I would want a boat I couldn't steer.

Reflection

Time of Silence and Exploration of Prayer Stations - 15 minutes
You are invited to explore our healing prayer environment!
We will be using Pete Grieg's prayer acronym introduced to us at the Diocesan Development Day:

P-R-A-Y...

Pause



Rejoice



Ask

Yield

Taizé Chant

**In the Lord I'll be ever thankful;
in the Lord I will rejoice!
Look to God; do not be afraid.
Lift up your voices, the Lord is near;
lift up your voices, the Lord is near.**

Let us pray

Praise to you O Holy One of the Sea,
for the gift of eternity when I stand on the shore
and know your vast wonder as the waves lap over my feet.
When I am here like a child,
with pocketfuls of shells and stones and sea-glass,
I seem small and so do the troubles I bring,
before the epic arrival of each wave
causing tears of healing and awe.
Praise to you.



**You have given us a world full of wonder and beauty.
You have asked us to care for our world and to care for each other.
Strengthen and sustain us as we seek to heal your world
Amen.**

Silent Prayer with the opportunity to come forward to light a candle, or to have your hands anointed for service with the following words:

'Spirit of the living God, present with us now, enter you, body, mind and spirit, and heal you of all that harms you. In Jesus' name' Amen

**OUR FATHER in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power and the glory are yours
now and forever. Amen.**

Music: Seabirds calling

As we end this day in your safe-keeping,
I count three blessings before my sleeping

Night Shielding

I lie down in wonder at the power of your spirit this night
You swathed the sea in blue and green with silver sequins,
covering hidden depths as your love enfolds mine.
I ebb and flow in glimpsing your mystery
that hovers in midst of unknowing at the beginning
when you first appeared on the water making all from love.
Keep me open to your Spirit and surround all who need your peace.

Like the full moon on dark waters watch over us as we sleep this night.
In my waking, may I reflect the love that shines upon me always.

