

# Healing Touch Spiritual Ministry

## Mission Statement:

By the power of God's love and the spiritual guidance of the Holy Spirit, Our Saviour's Healing Touch Mission is...

- to establish a healing ministry that integrates prayer and hands-on healing
- to offer the health-promoting benefits of Healing Touch to Our Saviour's congregation and the community
- to teach and practice prayer and healing within our Christian tradition

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He sent them out  
to proclaim the kingdom of God  
and to heal.

Luke 9:2



# How Does Healing Touch Work?

Healing Touch is a sacred healing art that flows from the laying-on-of hands found within our Christian tradition. Through prayer, centering and healing intention, specially trained ministers use their hands as instruments of God's grace (energy) to enhance the body's capacity for healing and well-being.

During a HT session, you are asked to give a brief history and establish a healing goal. Information is held in confidence. You will lie fully clothed on a massage table as practitioners use light touch to lay-on-hands to specific areas of your body. Relaxing music may be played as you are encouraged to relax and open your heart to receive God's healing gift.

Clients often report a

- deep sense of relaxation
- connection to self, others, and God
- increased alertness

Mutual feedback is invited, and resources are provided to facilitate physical, emotional, mental, and spiritual health and well-being.



# How Can Healing Touch Help?

Healing Touch is a safe, complementary therapy that can offer benefits for a variety of health problems, as well as enhancing regular, ongoing medical care. It has been found to be helpful for:

- Relief of pain
- Reduction of anxiety and stress
- Preparation for and follow-up after medical treatments
- Wound and fracture healing
- Disease prevention
- Chronic illness
- Support for the grief process
- Spiritual enhancement
- General well-being



# *Experience Healing Touch*

*Individual Sessions*  
*are offered by appointment in the*  
*Prayer Room, at*  
**Our Saviour's Lutheran Church**  
*Arlington Heights*

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*Each first Saturday of the month*  
*September through May*

## *Healing Touch* *Spiritual Ministry Clinic*

*sponsored by*  
**Our Saviour's Lutheran Church**

*8:30 am to 10:00 am*  
**Healing Touch Practitioner Exchange**

*10:00 am to 12:00 noon*  
**Individual Healing Touch Sessions**

*Open to the community—all are welcome!*

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**Practitioners and Clients:**  
**please call Gretchen Mahin**  
**at 847-398-6679**  
**to schedule an appointment.**



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# *Healing Touch* *Spiritual Ministry*



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*"You are Christ's hands—*  
*Christ has no body now but yours,*  
*no hands but yours,*  
*no feet but yours.*  
*Yours are the eyes*  
*through which to look*  
*with compassion on the world.*  
*Yours are the feet*  
*with which he is to go about doing good;*  
*Yours are the hands*  
*with which he is to bless all now."*

*—Teresa of Avilla*

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**OUR SAVIOUR'S**  
**LUTHERAN CHURCH**  
*presents...*

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*Healing Touch Spiritual Ministry*  
*is offered at*

**Our Saviour's Lutheran Church**  
**1234 N. Arlington Heights Road**  
**Arlington Heights, Illinois**