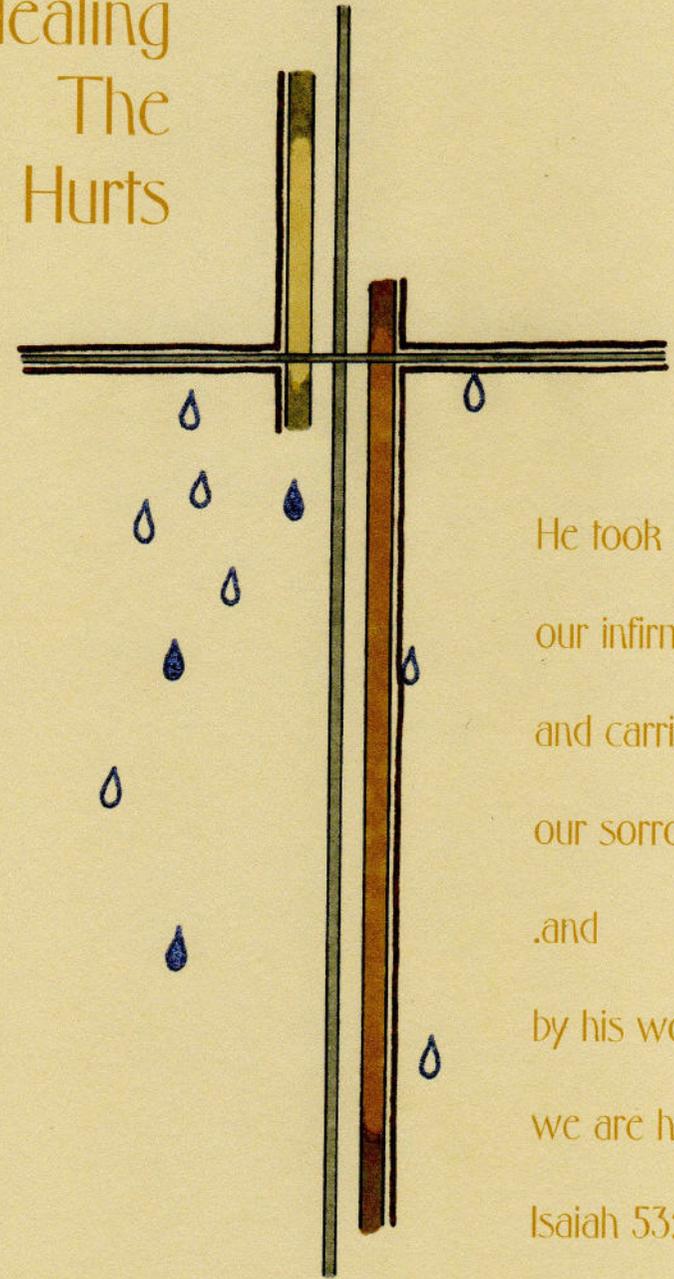


Healing
The
Hurts



He took up
our infirmities
and carried
our sorrows
.and
by his wounds
we are healed
Isaiah 53:4,5

Order of Service

Healing the Hurts

With thanks to

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Opening Hymn

'We cannot measure how you heal...'

(Church Hymnal 514 'Ye banks and braes' DLM)

Call to worship

Welcome to this service of worship.

Jesus said,

'Come to me,
all you who are weary and burdened,
and I will give you rest.

Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls.'

(Matthew 11.28)

(some words appropriate to the place and context)

Jesus still calls the heavy-hearted and offers them comfort.

We gather in response to his invitation.

We seek to find comfort in him and with each other.

*We cannot measure how you heal
Or answer every sufferer's prayer;
Yet we believe your grace responds
Where faith and doubt unite to care.
Your hands, though bloodied on the cross,
Survive to hold and heal and warn,
To carry all through death to life
and cradle children yet unborn.*

*The pain that will not go away,
the guilt that clings from things long past,
The fear of what the future holds,
Are present as if meant to last.
But present too is love which tends
The hurt we never hoped to find,
The private agonies inside,
The memories that haunt the mind.*

*So some have come who need your help,
And some have come to make amends
As hands which shaped and saved the world
Are present in the touch of friends.
Lord, let your Spirit meet us here
To mend the body, mind and soul,
To disentangle peace from pain
And make your broken people whole.*

John Bell and Graham Maule

Prayers

Ever living and ever loving God,
As we bow in your presence, we reflect on the words of the psalmist

Where can we go from your Spirit?
Where can we flee from your presence?
If we go up to the heavens, you are there;
if we make our beds in the depths, you are there.
If we rise on the wings of the dawn,
if we settle on the far side of the sea,
even there your hand will guide us,
your right hand will hold us fast.
If we say, "Surely the darkness will hide us and the light become night around us"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

(silence)

We bow before you,
confused and needing your healing touch;
We are confused by many feelings:
anger, hatred, hurt, resentment
and in the darkness,
this is sometimes directed at you, Lord.

Where were you? Where are you?

In his agony, Jesus cried,
'My God, my God, why have you forsaken me?'

That has been and is our cry.

(silence)

As you were there in his pain,
so we seek you in our pain and loss,

Like Jesus, we would place ourselves and those we love
in your hands.

Grant us a sense of that love which is always there
even when we are unable to feel it,
Grant us that peace which the world is unable to give,
Lord, we believe; help our unbelief.

(silence)

These prayers we offer through Jesus Christ our Lord,

AMEN
(quiet music)

A Litany of lament -

Leader: Out of the depths I cry to you O Lord

Response: **O Lord, hear my voice**

Voice 1: My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning?

Leader: Out of the depths I cry to you O Lord

Response: **O Lord hear my voice**

Voice 2: How long O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart?

Leader: Out of the depths I cry to you O Lord

Response: **O Lord hear my voice**

Voice 3: Listen to my prayer O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught.

Leader: Out of the depths I cry to you O Lord

Response: **O Lord hear my voice**

Voice 4: Save me, O God, for the waters have come up to my neck. I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me.

Leader: Out of the depths I cry to you O Lord

Response: **O Lord hear my voice**

Response: O Lord hear my voice

Voice 5: Have mercy on me O God, according to your unfailing love; according to your great compassion blot out my transgressions.

Leader: Out of the depths I cry to you O Lord

Response: O Lord hear my voice

All: To you, O Lord, I lift up my soul; show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Saviour and my hope is in you all day long. Amen

*(Psalms 130 vv.1-2; 22 v.1; 13 vv.1-2; 55 vv.1-2;
69 vv.1-2; 51.v.1; 25 vv.1,4-5)*

A Liturgical Act

During the singing of the next hymn, we invite those who would like to do so to come to the front and take a taper to light a candle in memory of a loved one, a friend, a colleague or to express a willingness to begin to forgive those who have caused pain.

There will be plenty of time to do this - music will play quietly after the hymn has finished. It may be that some might like to use the words following the hymn to commend loved ones into the hands of the God whose nature and whose name is Love.

Hymn

'We lay our broken world'

Wild Goose Publications SM 66 86 (St Ethelwald)

*We lay our broken world
In sorrow at your feet,
haunted by hunger, war and fear,
Oppressed by fear and hate.*

*Here human life seems less
Than profit, might and pride.
Though to unite us all in you
You lived and loved and died*

*We bring our broken towns
Our neighbours hurt and bruised
You show us how old pains and wounds
For new life can be used.*

*We bring our broken loves,
friends parted, families torn;
then in your life and death we see
that love must be reborn.*

*We bring our broken selves,
Confused and closed and tired;
Then through your gift of healing grace
New purpose is inspired.*

*Breathe in us, Fire of God,
Our life and strength renew;
Find in us peace and hope and love,
And lift us up to you.*

Anna Briggs

Letting Go

I let go

Window and door, house and home,
memory and fear:

I let go the hurt of the past
and look to the hope of the future

I let go

Knowing that I will always carry part
part of my past - part of you- with me,
woven into the story of my life.

Help us, Christ our brother,
softly to fold inside the grief and the sadness,
to pack away the pain and to move on,
taking each day in your company,
travelling each step in your love Amen.

(quiet music until all who wish to light candles have returned to their seats)

Psalm 103 - read responsively

Praise the Lord, O my soul:
and all that is within me praise his holy name

**Praise the Lord, O my soul:
and forget not all his benefits**

Who forgives all your sins
and heals all your infirmities.

The Lord is full of compassion and mercy;
Slow to anger and of great goodness.

He will not always be chiding:
Nor will he keep his anger for ever.

He has not dealt with us according to our sins:
Nor rewarded us according to our wickedness.

For as the heavens are high above the earth:
so great is his mercy over those that fear him;

**as far as the east is from the west
so far has he set our sins from us.**

As a father is tender towards his children:
So is the Lord tender to those that fear him.

**For he knows of what we are made:
He remembers that we are but dust.**

The days of man are but grass:
He flourishes like a flower of the field;

**When the wind blows over it, it is gone
and its place will know it no more.**

But the merciful goodness of the Lord
endures for ever and ever toward those that fear him

**And his righteousness upon their children's children;
Upon those who keep his covenant
And remember his commandments to do them**

Glory be to the Father and to the Son and to the Holy Spirit
**As it was in the beginning, is now and shall be for ever.
Amen**

Reading

from the letter of Paul to the Romans 8:30-39

What, then, shall we say in response to this? If God is for us, who can be against us?

He who did not spare his own Son, but gave him up for us all-- how will he not also, along with him, graciously give us all things?

Who will bring any charge against those whom God has chosen? It is God who justifies.

Who is he that condemns? Christ Jesus, who died-- more than that, who was raised to life-- is at the right hand of God and is also interceding for us.

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

As it is written:

"For your sake we face death all day long; we are considered as sheep to be slaughtered."

No, in all these things we are more than conquerors through him who loved us.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Guided reflection / reflective meditation

(10 minutes)

Hymn

'O love that wilt not'

H&P 685 St Margaret

*O Love that wilt not let me go,
I rest my weary soul in thee;
I give thee back the life I owe,
That in thine ocean depths its flow
May richer, fuller be.*

*O light that followest all my way,
I yield my flickering torch to thee;
My heart restores its borrowed ray,
That in thy sunshine's blaze its day
May brighter, fairer be.*

*O Joy that seekest me through pain,
I cannot close my heart to thee;
I trace the rainbow through the rain,
And feel the promise is not vain,
That morn shall tearless be.*

*O Cross that liftest up my head,
I dare not ask to fly from thee;
I lay in dust life's glory dead,
And from the ground there blossoms red
Life that shall endless be.*

Reading

from the Gospel of John 11: 17-27

On his arrival, Jesus found that Lazarus had already been in the tomb for four days. Bethany was less than two miles from Jerusalem, and many Jews had come to Martha and Mary to comfort them in the loss of their brother.

When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home.

"Lord," Martha said to Jesus, "if you had been here, my brother would not have died.

But I know that even now God will give you whatever you ask."

Jesus said to her, "Your brother will rise again."

Martha answered, "I know he will rise again in the resurrection at the last day."

Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?"

"Yes, Lord," she told him, "I believe that you are the Christ, the Son of God, who was to come into the world."

Music

'I know that my redeemer liveth'

(solo voice from back of church)

or

Instrumental music, eg. The Lark Ascending

Prayers for the Healing of Relationships

Let us pray:

Lord Jesus, reconciling us to each other and to God, pour out your Spirit upon us that there may be a real work of reconciliation in our midst now.

We remember neighbours....

past and present, good neighbours and bad neighbours.

We remember friends....

good friends and those who let us down.

We remember those with whom we worked....

those who were good to be with and those who were a problem to us.

We give thanks for every good relationship and seek your mercy for relationships which went wrong, whoever was at fault.
May your mercy cover any harm or hurt which these whom we have remembered did to us or we to them.

***O Lord, hear my prayer, O Lord hear my prayer,
When I call, answer me.***

***O Lord, hear my prayer, O Lord hear my prayer,
Come and listen to me.***

(Taize Chant)

We remember those whose work was meant to help us

doctors, teachers, police officers, nurses and all the ordinary people in shops, offices and factories.

We give thanks for all the skill and care which has helped us.

May your mercy cover any harm or hurt they did to us or we to them.

O Lord hear my prayer....

We remember those who needed us to help them, who needed our skill, our care, our prayers.

We give thanks for any way in which we were able to mirror your love to them.

We ask for your mercy to cover any harm we did, or any good we failed to do in their time of need.

O Lord hear my prayer....

We remember those whose suffering cries out for healing, disturbing our peace; those whose plight cries out for justice and those whose misery challenges our right to be comfortable.

We give thanks for any way we can respond to their need.

Have mercy on our weakness and on our slowness to respond to your Spirit.

O Lord hear my prayer....

Now with this work of reconciliation begun, we would pray as one family,

*Our Father, who art in heaven,
hallowed be thy Name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom, the power, and the glory,
for ever and ever. Amen.*

Hymn

'Brother, sister, let me serve you'

Church Hymnal 517 Servant Song 8787

*Brother, sister, let me serve you,
let me be as Christ to you.
Pray that I may have the grace
to let you be my servant, too.*

*We are pilgrims on a journey,
and companions on the road;
we are here to help each other
walk the mile and bear the load.*

*I will hold the Christ-light for you
in the night-time of your fear;
I will hold my hand out to you,
speak the peace you long to hear.*

*I will weep when you are weeping;
when you laugh I'll laugh with you.
I will share your joy and sorrow
'til we've seen this journey through.*

*When we sing to God in heaven
we shall find such harmony,
born of all we've known together
of Christ's love and agony.*

*Won't you let me be your servant,
let me be as Christ to you?
Pray that I may have the grace to
let you be my servant, too.*

Richard Gillard (b. 1935)

Blessing and sending out

At the end of this act of worship and reflection, we remind ourselves that it is the pain and loss of terrible experiences in our lives or in the lives of those for whom we care and whom we seek to support that has brought us together.

In these moments we have looked again into the darkness and acknowledged that terrible things have happened. We have reminded each other of the possibility of God's presence in our suffering, of his grace and love, and of the hope and possibilities of experiencing the joy of life again.

Let us go from here with a sense of renewal, knowing that in spite of the loss and suffering of the days that have passed, we can begin or continue to live anew, that we can rise above the sorrows of the past and once again experience joy in living.

Let us intend to bear our losses and our enduring pain through a keen sense of the closeness of God, by raising our hearts, and by finding in each moment, each person we meet, each act of kindness or moment of beauty, hope for today and the strength to go on.

And so....may the peace of God,
which passes all understanding,
keep our hearts and minds in the knowledge and love of God
and of his Son, Jesus Christ our Lord;
And the blessing of God, the Father, the Son and the Holy
Spirit, Remain with us always. Amen.

May the final hymn be a personal prayer sung in community as we leave this place....

Hymn

'May the mind of Christ my Saviour'

H&P 739 St Leonard's (Gould) 8785

*May the mind of Christ my Saviour
Live in me from day to day
By his love and power controlling
All I do or say.*

*May the word of God dwell richly
In my heart from hour to hour
So that all may see I triumph
Only through his power.*

*May the peace of God my Father
Rule my life in everything
That I may be calm to comfort
Sick and sorrowing*

*May the life of Jesus fill me
As the waters fill the sea;
Him exalting, self abasing
This is victory*

*May I run the race before me
Strong and brave to face the foe
Looking only unto Jesus,
As I onward go.*

Kate Barclay Wilkinson