

**Opening Music: Lakota Peyote ~ HEALING SONG ~**

[https://www.youtube.com/watch?v=d\\_afgeTAopc&list=PLaso2pOb\\_I91035P0Is2TF-c7DvrRJTAD&index=20](https://www.youtube.com/watch?v=d_afgeTAopc&list=PLaso2pOb_I91035P0Is2TF-c7DvrRJTAD&index=20) (audio)

**Chalice Lighting**

We light this candle as a symbol of our faith.  
By its light may our vision be illumined;  
By its warmth may our fellowship be encouraged;  
And by its flame may our yearnings for peace, justice and the life of the spirit  
be enkindled.

**We join together now...**

We join together now to worship as a beloved community.  
Each individual brings to our gathering faith and ideas, but each of us also  
yearns to share fellowship one with the other.  
May we look beyond any differences to the common bonds that unite us: faith,  
hope, love, health, wealth ... or the lack of it 😊  
May all divine qualities inside us shine through our worship today and may  
they shine everywhere we go.

**1<sup>st</sup> Hymn:** 21 'in Sing your Faith' (purple book) 'Come and find the quiet centre'

Come and find the quiet centre  
in the crowded life we lead,  
find the room for hope to enter,  
find the space where we are freed:  
clear the chaos and the clutter,  
clear our eyes, that we can see  
all the things that really matter,  
be at peace and simply be.

Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
knows our being, touches base,  
making space within our thinking,  
lifting shades to show the sun.  
raising courage when we're shrinking,  
finding scope for faith begun.

In the Spirit let us travel,  
open to each other's pain;  
let our lives and fears unravel,  
celebrate the space we gain:  
there's a place for deepest dreaming,  
there's a time for heart to care;  
in the Spirit's lively scheming  
there is always room to spare.

*Words by Shirley Erena Murray b. 1931 © 1992 Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used with permission.*

*Music: Lewis folk melody, traditional, arranged by John L. Bell, b. 1949.*

**QUOTE 1:** "We are healthy only to the extent that our ideas are humane." — Kurt Vonnegut, *Breakfast of Champions*

**QUOTE 2:** "And [God] shall heal the breast of the believers." (Qur'an 9:14)

**QUOTE 3:** "And when I am ill, it is [God] who cures me." (Qur'an 26:80)

**STORY: 'HEALTH IS WEALTH' by Sailabala Rath** (*this includes a few language/other imperfections, but I cannot change the author's words*)

Once upon a time, there was a king, who was very lazy. He did not like to do anything. He waited for his attendants to serve him every moment. He used to lie on his bed always. A time came when he really became inactive.

Only eating good food and sleeping made him fatty. So fat he became, that he could not move around by himself. He felt sick; doctors were called in to treat him. Nothing could help him to become fit and fine. In spite a lot of wealth, the king was not happy as he was unhealthy. The king was a kind hearted and cordial person. All his subjects were sorry to learn about the fact that their king was not well.

One day the minister met a holy man (Sadhu) on the outskirts of the city. While conversing with each other, the "Sadhu" came to know the fact that the king was unwell. He told the minister that he could cure the king. Hearing this the minister's face brightened. He arranged immediately for a meeting of the "Sadhu" and the king.

The "Sadhu" saw the depressed king for a while and then spoke nothing serious had happened and that the king would be alright. From the next day the treatment would start. He asked the king to come to his hut which was at a distance from the palace.

The king had to come on foot to the hut. The king agreed, after so many years the king came outside to walk on the road. His ministers and attendants accompanied him. By the time he reached the Sadhu's hut, he was breathless, sweating and uncomfortable.

The "Sadhu" came out of the hut, noticing everything. He offered cool water to the king. The king felt better. The Sadhu brought out an iron ball, the size of a football and gave it to the attendants asking his majesty that daily morning and evening he had to roll that ball in the palace grounds.

The king okayed to the "Sadhu" and left. After fifteen days when the "Sadhu" came to the palace to meet the king, he had lost a considerable amount of weight, was feeling much better and was active. All his sickness had disappeared.

**HYMN: 106 'Nothing distress you' (Sing your Faith aka purple book)**

Nothing distress you,  
nothing affright you,  
everything passes,  
God will abide.  
Patient endeavour  
accomplishes all things;  
who God possesses  
needs naught beside.

See the world's glory!  
Fading its splendour,  
everything passes,  
all is denied.  
Look ever homeward  
to the eternal;  
faithful in promise  
God will abide.

Lift your mind upward,  
fair are his mansions,  
nothing distress you,  
cast fear away.  
Follow Christ freely,  
His love will light you,  
nothing affright you,  
in the dark way.

Love in due measure,  
measureless goodness,  
patient endeavour,  
run to love's call!  
Faith burning brightly  
be your soul's shelter;  
who hopes, believing,  
accomplishes all.

Hell may assail you,  
it cannot move you;  
sorrows may grieve you,  
faith may be tried.  
Though you have nothing,  
he is your treasure:  
who God possesses  
needs naught beside

*Words St. Teresa of Avila 1515 – 1582 translated Colin Peter Thompson. b 1945*

*Music Tune 'Many Mansions' by Peter Cutts b.1937*

## **Reading 1: 10 Bible Verses About Health**

**1 Corinthians 6:19-20:** *Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.*

**Psalms 91:10:** *No evil will befall you, Nor will any plague come near your tent.*

**Psalms 103:2-5:** *Bless the LORD, O my soul, And forget none of His benefits; Who pardons all your iniquities; Who heals all your diseases; Who redeems your life from the pit; Who crowns you with loving-kindness and compassion; Who satisfies your years with good things, So that your youth is renewed like the eagle.*

**3 John 1:2:** *Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.*

**Exodus 15:26:** *And He said, "If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer."*

**1 Timothy 4:7-8:** *But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.*

**Proverbs 3: 5-8:** *Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight. Do not be wise in your own eyes; fear the LORD and turn away from evil. It will be healing to your body and refreshment to your bones.*

**Proverbs 4:22:** *For they are life to those who find them, And health to all their whole body.*

**Proverbs 17:22:** *A joyful heart is good medicine, But a broken spirit dries up the bones.*

**Philippians 4:6-7:** *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.*

**MUSIC: What was I made for? - Celtic Harp Solo -**  
<https://www.youtube.com/watch?v=8rbhU0zJU-Q> (video)

## **Reading 2: Science and Health – Chapter 8 – Footsteps of Truth – 219:6-22 – Mary Baker Eddy**

In mathematics, we do not multiply when we should subtract, and then say the product is correct. No more can we say in Science that muscles give strength, that nerves give pain or pleasure, or that matter governs, and then expect that the result will be harmony. Not muscles, nerves, nor bones, but mortal mind makes the whole body "sick, and the whole heart faint;" whereas divine Mind heals.

When this is understood, we shall never affirm concerning the body what we do not wish to have manifested. We shall not call the body weak, if we would have it strong; for the belief in feebleness must obtain in the human mind before it can be made manifest on the body, and the destruction of the belief will be the removal of its effects. Science includes no rule of discord but governs harmoniously. "The wish," says the poet, "is ever father to the thought."

### **REFLECTIVE ADDRESS: HEALTH IS WEALTH**

It is said "Health is wealth". If health is lost, everything is lost. If health is lost, the capacity to work is lost. Inability to work leads to poverty and misery. By contrast, if we have health we are able to work and this, in turn, adds to our wealth. Therefore good health is one of the basic foundations on which our lives are built. The importance of health has been emphasised also at national level. Winston Churchill used to say: "Healthy citizens are the greatest asset any country can have."

For the common man and woman, health is merely an absence of sickness and ailments. This view is narrow and one-sided. The term 'health' is much more comprehensive. Good health is the state of all-round physical, social and mental well-being of a person, which enables him or her to live and work normally and to resist the negative impact of his environment. Often less importance is placed on emotional health. Kurt Vonnegut used to say: "We are healthy only to the extent that our ideas are humane."

Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it is about how these five elements interact. However, there is a subjective element to what health and well-being is.

According to Christian Larson, the more you think of what is right, the more you tend to make every action in your mind right. The more you think of the goal you have in view, the more life and power you will call into action in working for that goal. The more you think of your ambition, the more power you will give to those faculties that can make your ambitions come true. The more you think of harmony, of health, of success, of happiness, of things that are desirable, of things that are beautiful, of things that have true worth, the more the mind will tend to build all those things in yourself, provided, of course, that all such thinking is subjective.

What Christian Larson says is not that far off from what Mary Baker Eddy said in our second reading earlier on: “for the belief in feebleness must obtain in the human mind before it can be made manifest on the body, and the destruction of the belief will be the removal of its effects”. The merits or the advantages of having good health at all levels can hardly be exaggerated. Good health is not only important but is also an essential ingredient for a happy life. A healthy person is able to work and live on their own in conditions of relative happiness.

In her work *Eat, Pray, Love*, Elizabeth Gilbert points out that happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. Once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upwards into that happiness forever, to stay afloat on top of it. This can become a more feasible endeavour once a person enjoys full health.

A healthy person is not dependent on others and is in a better position to relax and to enjoy the thrill of life, and is able to enjoy life in its varied forms. By contrast, an unhealthy person finds it difficult to be happy and joyful. Physical ailments bring in pain, sorrow, bitterness, mental tension and sleepless nights. In extreme circumstances, lack of health may mean survival on continuous charity, often with conditions attached, as many people in the underdeveloped world have come to realise.

It is, therefore, essential that we try to acquire good health. Good health cannot be bought, it can only be wrought. Acquisition of good health calls for certain concrete steps. According to many doctors and health specialists, three basic factors bring about good health. They are: (a) clean environment, (b) good habits and (c) clean mind.

One of the basic requirements for good health is to live in a clean and healthy environment. Unfortunately, this is becoming almost impossible today. Our entire environment is polluted. The water that we drink is polluted. The food that we consume is contaminated. The air that we breathe is full of dirt and poisonous elements. Our cities, towns and rivers have become dumping grounds of wastes and breeding grounds of dangerous microbes. Unless and until this pollution is prevented our chances of acquiring good health may remain a distant dream.

Secondly, good personal habits go a long way in helping to acquire good health. Good habits, such as getting up early, maintaining personal cleanliness, temperance in eating, doing physical exercises, adequate sleep and rest, and so on, are vital elements which help in the acquisition of good health. You may ask: what exactly is meant by temperance in eating? Well, here is an answer from a Hadith relating to Prophet Mohammed (PBUH): when eating, our stomach should be one-third filled with food, one-third with water and one-third with air.

Thirdly, the importance of a clean mind for the acquisition of good health cannot be underestimated. To a great extent, the mind controls the body. Many doctors say that the mind is so powerful that it can dispel even the most incurable ailments of the body, if it so desires. Optimistic outlook, serene mentality, joyful spirit, laughter, clean thoughts, and so on, have unfathomable impact in bringing about good health. Pretty much along similar lines, Mary Baker Eddy says that “the belief in feebleness must obtain in the human mind before it can be made manifest on the body”.

I perfectly agree with the maxim ‘health is wealth’. Unfortunately, very few care about this ‘wealth’. People spend sleepless days and nights, running after material wealth forgetting that the first step to acquire material wealth is to have good health. In the words of Steve Maraboli: “How would your life be different if...You were conscious about the food you ate, the people you surround yourself with, and the media you watch, listen to, or read? Let today be the day...You pay attention to what you feed your mind, your body, and your life. Create a nourishing environment conducive to your growth and well-being today.”

### **3<sup>rd</sup> HYMN: 147 (Sing your faith aka purple book)**

**‘Spirit of earth, root, stone and tree’**

Spirit of earth, root, stone and tree,  
water of life, flowing in me,  
keeping me syable, nourishing me,  
O fill me with living energy!

*Spirit of nature, healing and free,  
Spirit of love, expanding in me,  
Spirit of life, breathe deeply in me,  
Inspire me with living energy!*

Spirit of love, softly draw near,  
open my heart, lessen my fear,  
sing of compassion, help me to hear,  
O fill me with loving energy!

*Spirit of nature, healing and free,  
Spirit of love, expanding in me,  
Spirit of life, breathe deeply in me,  
Inspire me with living energy!*

Spirit of life, you are my song,  
sing in my soul, all my life long,  
gladden and guide me, keep me from wrong,  
O fill me with sacred energy!

*Spirit of nature, healing and free,  
Spirit of love, expanding in me,  
Spirit of life, breathe deeply in me,  
Inspire me with living energy!*

*Music: 'Leaving of Lismore' Traditional Scottish melody Arr by David Dawson*

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## **Offering Prayer**

This church is sustained by what we are able to bring to it:

Our time and our energy,

Our love and our resources.

At the end of the service, today's collection will be gratefully received to support the work of this congregation.

## **A PRAYER: to Heal a Friend**

Think, o Great Spirit, of our friend who is ill, whom we now commend to Your compassionate regard.

Comfort him/her upon his/her sickbed and ease his/her suffering. We beg for deliverance and submit that no healing is too hard for the Divine, if it so wills.

We therefore pray that You bless our friend with Your loving care, renew his/her strength, and heal what ails him/her in Your loving name.

Thank You and so be it.



## **GUIDED MEDITATION**

Find a comfortable position and gently close your eyes. Let your hands rest in your lap or by your side and allow your body to begin to relax.

Let us begin by focusing on our breath. Take a deep breath in through your nose, feeling the cool air enter your body. Slowly exhale through your mouth, releasing any tension or stress you might be holding onto. Again, take a deep breath in, and as you exhale, let your shoulders drop, your jaw soften, and your whole body start to unwind.

Now, allow your breath to find its natural rhythm. With each inhale, you are bringing in calm and peace. With each exhale, you are releasing tension and anything that no longer serves you.

Gently, begin to focus attention to your body. Notice any areas that feel tight or tense. Observe, without trying to change anything. Acknowledge any discomfort or heaviness and send your breath to these areas. With each exhale, imagine tension melting away, dissolving into the air.

Let us focus now on a feeling of care and compassion for yourself. Imagine a warm, gentle light surrounding you. This light is here to protect, nurture, and care for you. It begins at the top of your head and slowly flows down, filling you with warmth and relaxation. As this light travels down, it soothes your mind, eases any stress, and helps you feel deeply at peace. Feel its warmth as it moves over your face, your neck, down to your shoulders. It releases any weight you have been carrying. Allow it to flow down your arms, hands, all the way to your fingertips.

Now, the light spreads down your chest, easing any tightness around your heart. You feel a deep sense of care for yourself — knowing that in this moment, you are deserving of this peace and relaxation. Let the light move through your stomach, releasing any tension or knots, and down into your hips and legs, all the way to your toes. Every part of you is now enveloped in this healing, soothing light.

Take a moment to enjoy this sensation. Know that you are safe, you are cared for, and you are important. Let that thought settle into your mind: I am worthy of care. I am worthy of wellness.

Now, imagine placing your hand over your heart. Feel the gentle rise and fall of your chest with each breath. Repeat these words silently:

- "I am enough."

- "I am worthy of love and care."

- "I am whole, just as I am."

As you repeat these affirmations, allow any lingering tension or worry to leave your body. Imagine them drifting away like clouds in the sky, leaving you feeling lighter, more at ease. Take a few more deep, intentional breaths. Feel the calm and peace you have cultivated in this moment. Know that you can return to this feeling of self-care and wellness whenever you need it.

When you are ready, slowly begin to bring your awareness back to the room. Wiggle your fingers and toes, stretch if you need to, and when you feel ready, gently open your eyes.

Take this sense of calm with you as you move through your day, knowing that you have cared for yourself, and that this peace is always within you.

**POETRY: PROMISE YOURSELF**, by Christian D. Larson

To be so strong that nothing  
can disturb your peace of mind.  
To talk health, happiness, and prosperity  
to every person you meet.

To make all your friends feel  
that there is something in them  
To look at the sunny side of everything  
and make your optimism come true.

To think only the best, to work only for the best,  
and to expect only the best.  
To be just as enthusiastic about the success of others  
as you are about your own.

To forget the mistakes of the past  
and press on to the greater achievements of the future.  
To wear a cheerful countenance at all times  
and give every living creature you meet a smile.

To give so much time to the improvement of yourself  
that you have no time to criticize others.  
To be too large for worry, too noble for anger, too strong for fear,  
and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world,  
not in loud words but great deeds.  
To live in faith that the whole world is on your side  
so long as you are true to the best that is in you."

**Closing Words**

We are blessed with an abundance of good things for we which we are truly thankful, as long as we remember them.

We are privileged with great freedom and power, for which in return we act with responsibility.

We are lucky to have shared this time and space together, because we are lucky to have each other.

May the spirit of this place and these friends go with us into the busy city.

**MUSIC: Qinghai Lake - Mongolian bilingual, Dai Qing Tana HAYA Orchestra** [https://www.youtube.com/watch?v=oN\\_6DWgR9rw](https://www.youtube.com/watch?v=oN_6DWgR9rw) (video)