



# What is Healing Touch?

**Healing Beyond Borders** respects the past, lives in the perfect present, and looks to the future. They are a serious organization, rooted and committed to developing the practice of healing touch therapy—and to the wellbeing of those who seek our help in times of distress.

Healing Touch is a relaxing, nurturing energy therapy. Gentle touch assists in balancing your physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care.

## HOW WILL HEALING TOUCH BENEFIT YOU?

- ◆ Reducing stress
- ◆ Calming anxiety, depression
- ◆ Decreasing pain
- ◆ Strengthening the immune system
- ◆ Enhancing recovery from surgery
- ◆ Complementary care for neck and back problems
- ◆ Deepening spiritual connection
- ◆ Supporting cancer care
- ◆ Creating a sense of well-being
- ◆ Easing acute and chronic conditions

## WHERE IS HEALING TOUCH USED?

Healing Touch is used in a wide variety of settings including hospitals, long term care facilities, private practices, hospices, and spas. Janet Mentgen, RN, founded Healing Touch in 1989 as a continuing education program for nurses, massage therapists, other health care professionals, and lay persons. Today Healing Touch has spread internationally and is taught in universities, medical and nursing schools, and other settings internationally.

## When? Where? How Much?

Sessions are being offered every **THIRD** Thursday from 1:00 PM until 6:00 PM in the Chapel here at St. James. Member of St. James Bruce Needhammer, who is an Internationally Certified Healing Touch Practitioner, will offer Healing Touch treatments to our St. James community.

Sign up in the Narthex on the Third Sunday, by calling Bruce (816.301.6045), or by calling the church office for your one hour appointment. Cost is \$20 per treatment with ½ going to the St. James Health Ministries. (Last minute walk-ins are discouraged.)

### Healing in the Church

Healing the sick was a central part of Jesus' ministry and of the early Christian church. The gospels are full of stories about Jesus healing the sick, and Jesus commanded his followers to **go and do likewise**. But this emphasis was gradually lost over the centuries as illness became solely the domain of physicians and hospitals.

**Healing Touch** is a modern version of this time-honored practice.