

# November 2012

## Health Topic

Sturgeon Bay United Methodist Church  
Carol Moellenberndt, parish nurse

### *Hands of Light*

### *Healing Touch*

*"Then your light shall break forth like the morning.  
Your healing shall spring forth speedily,  
And your righteousness shall go before you;  
The glory of the Lord shall be your rear guard."*

*Isaiah 58:8*

I am writing this article as I am scheduled to go to a Healing Touch Level II class next weekend. Healing Touch is a therapy I learned about with my first class in 2001. It is a therapy where practitioners use their hands in a heart-centered, prayer centered and intentional way to support and facilitate physical, emotional, mental, and spiritual health. The goal of Healing Touch is to restore harmony and balance in the human energy system, creating an optimal environment for the healing to occur. When our bodies are out of balance they do not work as well. When the body works together it is easier for healing to take place.

Healing Touch works with the energy field which surrounds the body. The therapy session includes light touch and work above the body. The person receiving Healing Touch can be lying down or sitting in a chair. There is no need to take clothes off with Healing Touch.

Healing Touch was founded by Janet Mentgen, a holistic nurse, in 1989 and is an international program. It uses information to develop healing

therapies from scientific background as well as the historical background of healing in ancient times. (including Laying on of hands in the Bible) Practitioners complete a rigorous training program for certification. I am considered a student of Healing Touch at this time. Being a student I can give healing touch but cannot teach a class.

Benefits of Healing Touch include reduction in pain, anxiety, stress and depression. It can help strengthen the immune system, it can enhance recovery from surgery, deepen spiritual connection and it can support the dying process. In my work within our church members I have seen people enjoy the relaxation of the healing touch, reduction in pain with some, feeling of peace and enhanced healing of wounds. I can feel the change in a person's light or energy flow from before and after a session of Healing Touch. Healing Touch can be deeply moving for the practitioner as well as the one receiving the treatment.

With the Level II class which I am taking I hope to learn some new techniques for helping back pain and other new therapies. If you are interested in learning more about Healing Touch or if you would like a Healing Touch session with this student of Healing Touch please let me know.

Healing Touch  
is a  
complementary,  
integrative  
energy therapy  
that can be  
used in  
conjunction  
with traditional  
therapies.



#### Health News Notes

- **Parish Nurse hours** 10am-2pm Thursdays.
- **Blood Pressure check** on November 4th after both services
- **Parkinson Support Group** Thursday November 1st from 1:00pm -2:30pm. The program will be on Tai Chi and how it can help with balance and other symptoms of Parkinson Disease.
- **Education Program for those living with someone with Alzheimer's Disease.** The mid-stage sessions will be on Wednesday October 31st, November 14th and 28th. Late-stage sessions will be on December 5th and 12th. These sessions will be from 4:30-6:30pm. Talk to Carol to register. Everyone is welcome and these sessions are free.
- Mark your calendars for a **Christmas Remembrance Service** on Saturday December 8th at 4pm. "Roses in December" will be our theme.
- Check out our church website and the new **parish nurse section** at [www.sturgeonbaymethodist.org](http://www.sturgeonbaymethodist.org)

#### *Hands of Light*

Light is a form of energy. We can all feel energy with our hands together in prayer. We can see the light as someone's face glows with a smile or the light and sparkle in someone's eyes. "This Little light of mine, I'm going to let it shine!" As the days get shorter may you let your light shine - let God's love shine through you. And may that light be a *Healing Touch* to others in your life.