

Healing Wounds of Heart and Mind

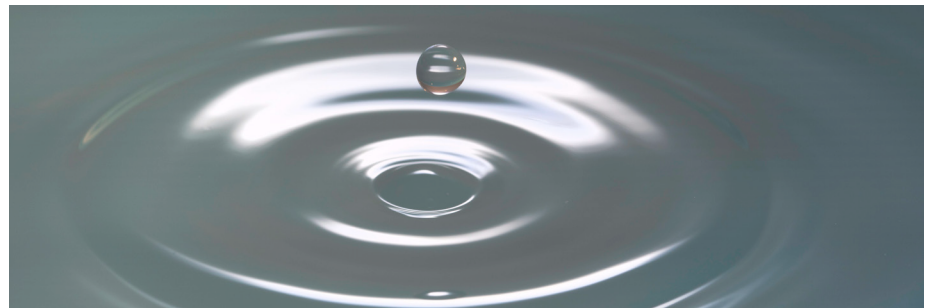
By Fran Craig

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. . . . For I have the desire to do what is right, but not the ability to carry it out. (Romans 7:15,18b)

We all want to be perfect parents, perfect sons or daughters, perfect siblings, perfect friends. We want to do what is right, but something prevents us. We lose our tempers, we get defensive, we shut down, we just can't do it.

Often one of the things that prevents us from doing what we know we should is an unresolved issue from our past that we just can't seem to get over. Something happens in the present that brings up all those old feelings from long ago and we find ourselves reacting in the same old unhelpful, even destructive ways we always have. Sometimes these issues are rooted in our early family life.

After the Healing Conference here at Christ the Redeemer last fall with the Isaiah 40 Team, the Healing Prayer Ministry carefully reviewed the comments left by the attendees. We quickly realized many of us have



been deeply wounded by dysfunctionality in the families in which we grew up. Even in loving families, the woundedness of our parents or guardians can be passed on. And, unfortunately, these wounds affect us and our relationships with others and with God himself even today.

But there is good news. Our God is a God of healing. He cares deeply for us in our woundedness and wants to make us and our families whole.

We are in the middle of a series of three monthly Saturday Healing Services focused on understanding dysfunction in our families of origin, how it can affect us today, and how God can heal unhealthy relational patterns.

In January the service dealt with the past and how looking at our past and identifying, letting go of, and healing from the wounds of the past can help us understand and deal with the present. This coming Saturday, February 18, at 5:00 p.m., we will be looking at the present, how to

recognize, understand, and deal with dysfunctional areas in our family life now. God has a plan for us and our families, and seeking his healing for those broken areas, areas that aren't working, can help us follow his leading more closely and break the cycle of hurt passed down from parents to children.

In March, at the final service in this series, we will look ahead to the future, identifying goals and working toward functioning as an optimally healthy family.

Each brief service includes a homily dealing with the topic of the month and Holy Eucharist to prepare our hearts for healing. Then a time is offered to those who wish it of individual and confidential prayer with two of our trained prayer ministers. Two or three teams of two each will wait at the altar rail and pray one by one with everyone who wishes prayer. No one is turned away. If your need is too deep or too complicated to deal with right then, it may be suggested that you call the church office for an appointment for an extended time of prayer (also free of charge), but the ministers still will pray with you that night.

We don't need to continue in or pass on our old destructive patterns. Help is available. Come and find healing for your wounds of the past and healing for yourselves and your families now. (For more information call or email the church office.)

Today at CTR



FORUM SERIES: Zeke Smith discusses with Fr. Tim how we can "Keep Our Youth Healthy On and Around Social Media" at 10 a.m. in the Parish Hall. Part of our Keep Calm and Love Your Neighbor series.

THE ANCHOR: Junior High Youth group today at the Keifer home from 2-4pm. Snacks, games, Bible Study. Contact Fr. Brian for info, brian.barry@ctr-anglican.org.

CONFIRMATION CLASS: 10 a.m. in the Baptistry. Contact Dcn. Adam for more information, adam.gosnell@ctr-anglican.org.

This Week at CTR

MOMS IN PRAYER INTERNATIONAL: Do you worry about your children? Their friends? Their school? Experience the joy of replacing your fear with peace by praying with other moms. We meet on Thursdays during the school year from 9-10 a.m. at CTR. For more info, please contact Flora Lee, floraisabella@gmail.com or 978-626-1179.

WINTER PLAYGROUP: Kids feeling cooped up this winter? Then come get their sillies out at Winter Playgroup! Caregivers with children from ages 0-5 years old, Tuesday mornings from 9-10:30 a.m., January 17th through March. For more information contact Emma, emma.acker@ctr-anglican.org.

PRAYER FOR CTR'S STRATEGIC PLANNING PROCESS: Join us to pray, Wednesdays at 7:00 p.m. in the Sacristy.

WOMEN'S BIBLE STUDY: The Women's Ministry offers a weekly Bible study for women of all ages. The group meets in the Parish Hall every Thursday, from 10 a.m. until 11:30 a.m. for fellowship, refreshments, Scripture study, discussion, and shared prayer. Led by Carol Powers Sheridan, we will walk in gratitude, unity, and joy as we study the book of Philippians. Contact Kim Ober, kimwober@msn.com, with questions or to request materials.

CONFIRMATION CLASS: Confirmation is for those looking to make a post-baptismal profession of faith or to be received from a different church tradition. We are meeting weekly, at 10:00 a.m. in the Baptistry. Contact Dcn. Adam for more information, adam.gosnell@ctr-anglican.org.

THIRD SATURDAY MEN'S BREAKFAST: Join us on Saturday, February 18, from 8:30 – 10:30 a.m. in the Parish Hall for food, fellowship, discussion and prayer. Newcomers always welcome. If you want to bring along a breakfast entrée or accompaniment to share, please contact David Greening, david.greening@ctr-anglican.org.

CTR MEAL DELIVERY: If you, or someone you know, needs a meal, email us at mealdelivery@ctr-anglican.org. CTR volunteers cook and (sometimes the same, sometimes different) volunteers deliver the meals, with minimal fuss, as an expression of love to those who are sick, had a new baby, etc. For more info. contact Dcn. Adam, adam.gosnell@ctr-anglican.org.

Upcoming Events

24-7 PRAYER FOR LENT: Starting Ash Wednesday, through the first Sunday in Lent, we will be converting the Baptistry into a 24-7 prayer room. Join us for times of corporate prayer for Amirah House, Hagar's Sister, vulnerable children, and a time of family prayer, or simply sign up to spend an hour or two in the prayer room. Use maps with prayer suggestions to pray for the world, our country, and the North Shore; pray through a list of CTR missionaries; take time to think on and pray through scripture; express yourself artistically on a prayer wall; draw closer to God through time with him. Stay tuned for more information! Sign-up list can be found here: <https://www.24-7prayer.com/signup/a9c372>.

GO CONFERENCE NEW ENGLAND: February 17-18, Worcester, MA. Keynote speakers and workshops. For more information about the conference visit, www.go-conf.org. **A significant group ticket discount is available for CTR parishioners**, contact Emma for more information, emma.acker@ctr-anglican.org.

MASSACHUSETTS FAMILY INSTITUE presents a Regional Advocacy Training Session on Monday, February 20 from 7-8:00 p.m. at West Congregational Church, 27 Johnson Street in Peabody. The purpose is "to learn how you can reach out to state representatives & senators on issues impacting families throughout the state." RSVP to Michael King, michael@mfamily.org or 978-204-9131.

LA VIDA PARENT-CHILD TRIP this summer with Fr Tim. La Vida, the outdoors education program of Gordon College, is offering a parent-child backpacking trip this summer in the Adirondacks, led by experienced La Vida staff and with Fr Tim as chaplain. Dates are July 29 - August 5, and the cost is \$1100 per pair. If interested, please contact Fr Tim, tim.clayton@ctr-anglican.org.



"Keep Calm" Visitors...

In our continuing 10 a.m. Forum series *Keep Calm and Love Your Neighbor* we look forward to hearing from the following friends of CTR as they dialogue with Fr. Tim. A full schedule of visitors, their bios and audio recordings of past dialogues, is available on our website, www.ctrnorthshore.org.

12 February:

Zeke Smith – Keeping Kids & Youth Healthy On and Around Social Media

A former professional sports photographer, Zeke now serves boarding school students in the Boston area as an on-campus pastor with FOCUS.

19 February:

Chris Warne – Entering our Neighbor's Perspective

Chris is a Gordon College grad who spent a few years on mission in Kazakhstan upon graduation and now is at Gordon-Conwell. He is working with Fr. Tim around the question of what makes for effective witness in New England.

26 February:

Trent Sheppard – Jesus was our Neighbor, Human Like Us

Director of Campus Alpha in the Boston area, Trent will share with us about his new book: *Jesus Journey: Shattering the Stained Glass Superhero and Discovering the Humanity of God*



Cast Your Cares: Healing Wounds of Heart and Mind

*Understanding dysfunction in
our families of origin,
and how God can heal
unhealthy patterns.*

Third Saturday Healing Services

SATURDAY 5PM

FEBRUARY 18 - LOOKING AT THE PRESENT

Understanding and dealing
with the dysfunctional areas
in our family life.

MARCH 18 - LOOKING AHEAD

Setting goals and working
toward functioning
as an optimal family - what
roadblocks need to
be resolved?

CTR Crossings

My "Rule of Life" for Lent 2017

After prayer and listening to the Lord, I am committing to the following:

Poverty (Simplicity):

-...in daily life, in appetites, in desires, in gratification (for example, forgoing a favourite coffee drink or a shopping spree, or eating in a simpler way, or less time on social media, or taking a weekly walk in the woods, or etc.). For me, this means specifically the following:

- _____
- _____
- _____

- As I undertake these acts of simplicity, I will spiritually-mystically offer my sacrifices to the Lord as an identification with and prayer for the world's hurt, particularly around these issues, which the Lord has laid on my heart:

- _____
- _____

Chastity (Integrity):

- In all my relationships and in all ways of relating, I will strive to be honest and true, in love and with discernment.

- I understand that the success of this commitment is dependent upon in my relationship to the Lord and my security in him, and therefore I will make my deepest effort towards chastity to be in my prayer life this Lent. For me, this means:

- _____
- _____

Obedience (Faithfulness):

- I commit to doing my best, with God's help, to be faithful to my identity in Christ at all times, and to live consistently the story I am called in Christ to live.

Your personal copy: to put with your Bible, or prayer journal, or etc.

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Copy you may want to put into the offering plate (anonymously) on the 1st Sunday of Lent (5 March) as a sign of your commitment.

