

**Welcome!** to our quarterly Newsletter from the Diocese of Sheffield's Healing & Wholeness Group, updating you on healing & wholeness news around the Diocese.

## ***Blessing the Body***

*The blessing takes  
one look at you  
and all it can say is  
holy*

*Holy hands.*

*Holy face.*

*Holy feet.*

*Holy everything*

*in between.*

*Holy even in pain.*

*Holy even when weary.*

*In brokenness, holy.*

*in shame, holy still.*

*Holy in delight.*

*Holy in distress.*

*Holy when being born.*

*Holy when we lay it down  
at the hour of our death.*

*So, friend,*

*open your eyes (holy eyes),*

*For one moment*

*see what this blessing sees,*

*this blessing that knows*

*how you have been formed*

*and knit together*

*in wonder and*

*in love*

*Welcome this blessing*

*that folds its hands*

*in prayer*

*when it meets you;*

*receive this blessing*

*that wants to kneel in reverence*

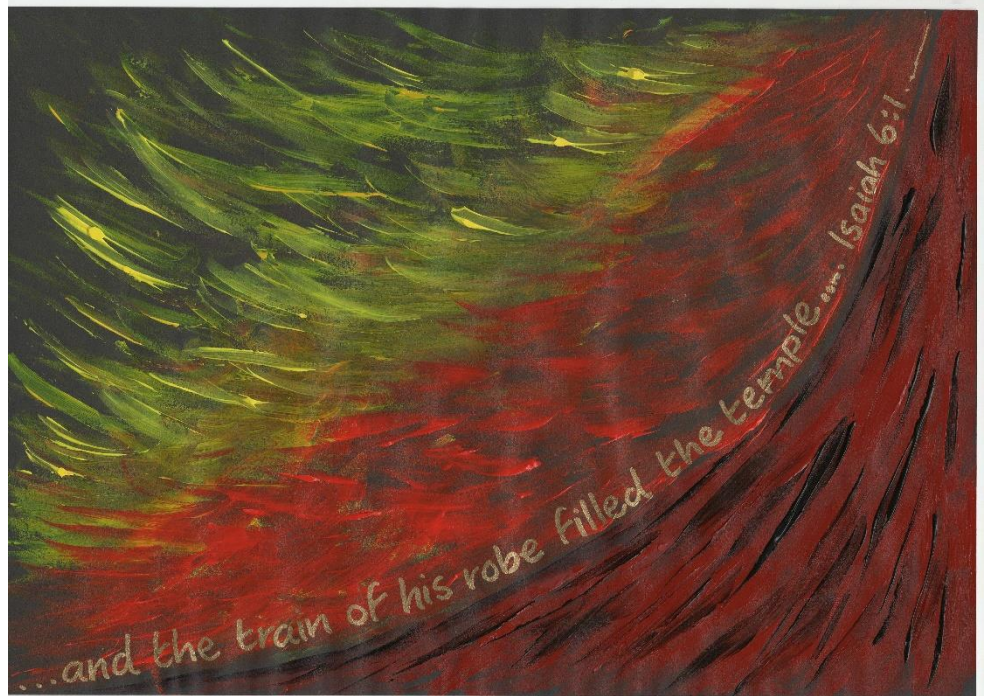
*before you:*

*You who are temple,*

*sanctuary,*

*home for God*

*in this world. Amen. Jan Richardson*



I have been somewhat obsessed with Jan Richardson's poem 'Blessing the Body' since I came across it at an Advent retreat at Holy Rood retreat centre in Thirsk in December!

This same 'holiness' is that talked about in Isaiah Ch 6 and at the core of this week's reading from Revelation Chapter 4 with its vision of heaven.. "Holy, holy, holy is the Lord God Almighty." 'Holy, holy. Holy' is our response to God who is at the centre of our lives..

When life is tough, worship focuses us on what truly matters. Words fail us, don't they, when we truly encounter God and the miraculous, the birth of a child or breathtaking beauty: A silence of awe and wonder..

Jan's beautiful blessing expresses God and what God sees in each of us so well.. How would you paint holiness?

Louise

What does God say to you through Jan's words, I wonder?

The healing and wholeness team are blessed by you all getting involved and shaping our healing ministry together. Please read on to discover ways for you to get involved and how to get in touch with your ideas!

## **Guest writer for our Newsletter!**

This quarter's 'guest writer' for our newsletter is our very own Rev Chris Low, a retired Anglican Minister, now a member of the healing team, the Order of St Lukes and an associate minister in Chapeltown. 33 years ago Chris was miraculously healed from Multiple Sclerosis. She shares with us this lovely, powerful article about her experiences and through them what she learned about healing ministry. You will find her article at the foot of this newsletter.

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## ***This year's Healing and Wholeness programme:***

### ***Don't miss out – book NOW!***

**Renew Wellbeing Networking Retreat Morning 10-12am 8<sup>th</sup> March 2025;  
St Polycarp's, Wisewood Lane, Sheffield, S6 4WA:**

*Join us to learn more about developing a Renew Wellbeing Space in your church,  
find out what other churches are doing already and how to network..*

*or just to enjoy time out in a Renew Wellbeing Retreat space with us!*

**to book:** [Click here](#)

Please consider finding out more or joining our developing Renew Wellbeing Network: St Polycarp's, Rotherham Minster, St Thomas Crookes, St John's Kimberworth Park, and St John's Park are all exploring this already..

***Being prayerful • Being present • Being in partnership***

[www.renewwellbeing.org.uk](http://www.renewwellbeing.org.uk)

[churchofengland renew-wellbeing-spaces](https://www.churchofengland.org/renew-wellbeing-spaces)

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## ***For your Diaries: Booking links to follow shortly..***

### **Exploration of Healing Day:**

**Saturday 28th June 2025 9–2pm**

**At the Vine, St Barts, Primrose Hill, Langsett, Sheffield S6 2UW**

A day to explore what healing looks like, for ourselves, those we minister to and others...

*An experiential day to explore Wellbeing, Healing and Wholeness in more depth. The day will be both inspirational and practical and will explore the diversity of what Healing can look like.*

*To include:*

- *Worship,*
- *An exploration of the Theology and Diversity of Healing,*

- *Guidelines for healthy healing ministry*
- *Grappling with the hard questions about healing*
- *Workshops on exploring healing presence and Healing prayer Ministry.*
- *A question and answer session*
- *Prayer resources from church house*
- *A Healing and Anointing service to finish.*

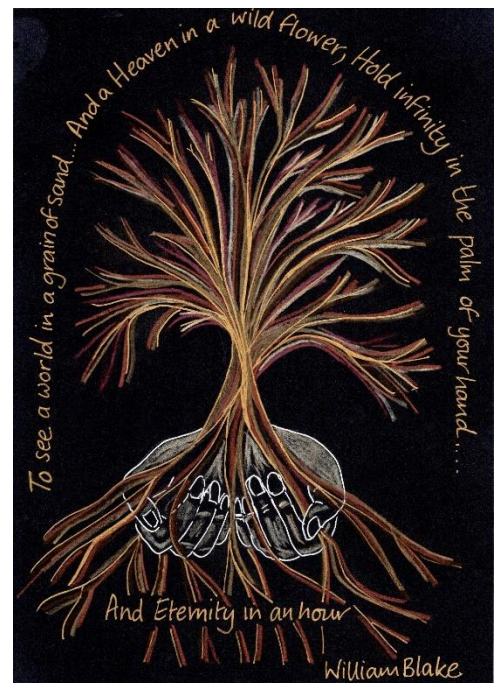
We hope to launch a **Church Healing buddying system** and **'Pop-up' Healing Services around the Diocese**

Come along and get involved!

Meet the Healing and Wholeness team, ask questions and find out how we can resource you!

For more information or to share your ideas on what we can include, contact [healing.ministry@sheffield.anglican.org](mailto:healing.ministry@sheffield.anglican.org)

**All welcome!** Refreshments provided Please bring your own lunch



**Prime Whole Person Care Day**  
**Saturday 15<sup>th</sup> November 2025 9-2pm**  
**At St John's Owlerton, Hillsborough,**  
**Sheffield S6 2DF**



**Providing spiritual care in the context of disease: A day to explore how the church and Healthcare Workers can work in partnership to restore those with disease to wholeness.**

*Dr Emma Hayward, a GP and medical school educator in Leicester and a lay reader in her local church and her team of Christian healthcare educators from Prime will run a half day course on how we can work together with health and social care to enable ourselves and our congregations be healthy and whole.*

Click here for more information about Prime: [PRIME services - PRIME](#)

**Other things we are thinking about Facilitating for the future:**

- **A Mental Health awareness and signposting morning**
- **An open Day to model Partnership working..**  
*including all those partners we work with to share ideas and resources eg. CAB, Working Winn, the Samaritans, Social prescribing, Local Mental Health Partners*

**Please get in touch if you are interested in these ideas for your teams or would like to help with or host something..**

## ***News from around the Diocese: The H&W Team out and about...***

- **The H&W team has started to attend Deanery Synods** to let them know more about the Healing and Wholeness team, what we can offer and to ask how we can help. So far Louise Castle has been welcomed by the Attercliffe, Snaith and Hatfield and Doncaster and West Doncaster Deanery Synods and there are dates in the diary to visit Hallam, Ecclesfield, Adwick-le-Street, Tankersley and Wath Deanery Synods later this year. It has been lovely to find out what healing ministry is happening already around the Diocese and to start working together to support each other. Look out for the healing team at a synod near you and give us a warm welcome!
- **The Three Spires Dementia Core Group:**  
**How do we provide spiritual support to people with dementia?**  
Siobhan Hoyes from the Healing team is on the *Three Spires Mission Area Dementia Core Group*.  
[Click here](#) to read the interesting and inspirational article written for our webpage by Wendy Weeks the co-ordinator of the Dementia group from *St Mary's Walkley, St Mark's Broomhill and St John's Ranmoor*

Be inspired by the work and services they run for people with Dementia both by visiting and running services in local nursing homes and supporting people in larger services in church – I am!

[Click Here](#) to have a look at one of their orders of service and to pinch some of their ideas.

Thank you, Wendy, Siobhan and the Team!



## **More Healing Services from the Healing and wholeness team to inspire and refresh you....**

Why not bring your healing team to be renewed and prayed for? Opportunities to pause and be refreshed or to collect ideas for your own services.

### **Healing Services at the Cathedral**

Unfortunately **we have had to stop our regular monthly Healing Service at the Cathedral** due to scheduling problems for the Saturday time slot. Please pray and watch this space for what comes next, whatever that may be.

***Prayers for healing and anointing continue to be offered at the Cathedral after the Sunday morning 10.30 service every Sunday***



**Quarterly H&W service for Rotherham churches or anyone in need of prayer**

**4.30pm Sunday 16 March:  
Rotherham Minster S60 1PD**

*'those who wait for the Lord shall renew their strength...' Isaiah 40:31*

Living life under his wings:

Space to 'be' and spend time with God

A Service to explore the Healing Power of God together

All welcome!



**7pm Sunday 30 March St Mark's Broomhill S10 2SE**

Holy Ground: A Service to explore Wellbeing, Healing and Wholeness especially for all those who find Mothering Sunday hard.

*Reflective services with space to simply 'be' with God and receive anointing for healing & prayer. All welcome! No need to book.*

Future dates 28/6/25, 31/8/24, 30/11/25

**Let us know about your healing services so we can advertise them for you.  
Or if you would like help setting one up, please contact:**

**[healing.ministry@sheffield.anglican.org](mailto:healing.ministry@sheffield.anglican.org)**

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**News and Resources for your ministry are all on our Healing and Wholeness page of the diocesan Website: [Healing & Wholeness](#)**

- ***we still need information for our section on Resources to help us help those in crisis in Doncaster.. If you can help us with this please get in touch***

This section of the webpage is written to help you signpost people helpfully to professional help when someone is suffering a mental health, housing or financial crisis. To have a look please scroll down the Healing and Wholeness page to the section:

**Further Resources**

**Emergency Help for those in Crisis**

- ***If you haven't looked already*** check out our direct link (below) to our Healing and Wholeness Prayer Station Resources at Church House. Please let Julia Fall know if you have any more ideas for resources you would find helpful. Thank you Julia!

***STOP PRESS! A Full size Labyrinth will be available to borrow shortly***

[Healing & Wholeness Prayer Station Resources](#)



## **Get in touch!**

We are always keen to hear what is going on in your Healing and Wholeness Ministry around the Diocese, so if you have held a healing service or event, have set up a wellbeing space or resource or are planning to do so, please get in touch with us so we can share ideas and let people know. We can help with resources and communications. Please join our Facebook group to share ideas and resources: [Healing & Wholeness in the Diocese of Sheffield | Facebook](#), and we have a dedicated webpage too, [Healing & Wholeness](#)

You can contact me, Rev Dr Louise Castle:  
[healing.ministry@sheffield.anglican.org](mailto:healing.ministry@sheffield.anglican.org)

God Bless you all,  
Louise

*Rev Dr Louise Castle*

*Bishop's Advisor in Healing and Wholeness  
Diocese of Sheffield*



## **GOD'S GRACE AND HEALING POWER.**

*By Rev Chris Low*

"I'm sorry to have to tell you this, but the scan shows that you have multiple sclerosis." Shock, horror, fear, all crowded together as I processed what this diagnosis might mean. As always, my first recourse was to the Lord. John and I were part of our church's healing ministry team and had witnessed God's hand at work in miraculous ways so we knew he could heal me.

I prayed, my family prayed, our church family and friends prayed. I was anointed and also received the laying on of hands time and again, but the disease continued to affect me, encroaching more and more upon my life



and forcing unwanted changes. Finally, I had to acknowledge that I was going to have to follow my doctor's advice and begin to explore taking early retirement on health grounds.

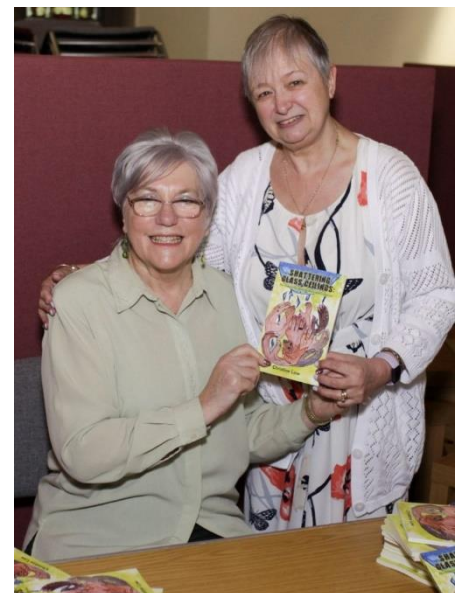
Six years after being told of the diagnosis, at a training weekend for healing ministry teams, run by the International Order of St Luke the Physician, all those prayers were answered, and I was healed. There isn't space here to share the details of the ministry I received and the accompanying call to the ordained ministry, (at a time when the Anglican church here in the UK was not ordaining women!). However, if you would like to learn more, along with all that followed, then do read my book, 'Shattering Glass Ceilings: no obstacle too great for God's enabling power'. Pub AuthorHouse UK and also available as an eBook.

It is now 33 years since I was healed and I continue to be free of multiple sclerosis, praise be to God. After a difficult and, at times dispiriting journey, I was ordained in 1999 and now, aged almost 77, continue to joyfully serve God in whatever way he calls me, most especially in the healing ministry. After over 40 years of healing ministry I remain passionate about encouraging churches to develop a healing ministry in accordance with our Lord's teaching.

When introducing the healing ministry into a church, an essential pre-requisite for the congregation is sound, biblically based teaching on the subject of healing, and all that this means. This includes facing the hard reality that we don't always see the results we hope for. Additionally, those ministering should be excellent listeners and receive appropriate preparation and training. They will also need prayerful support and the opportunity for regular reflection.

From my own experience, I know only too well how vulnerable those requesting healing are. They need to be met with love, a total absence of judgement, and feel that they have been heard. Many need to be reassured of our Lord's love and acceptance and helped to understand that in this world of instant gratification we sometimes have to wait for the answer to our prayers. The reassurance that people will continue to pray for them is hugely encouraging.

Careful listening is central to this ministry, both to the person requesting ministry and to God. Long, convoluted and repetitive prayers are neither necessary nor helpful. We also need to avoid falling into the trap of counselling or advising and should remember that we are simply interceding on behalf of another. God is the healer not us and loves each of us unconditionally; we can trust the outcome to him.



*The photo shows me with Bev Stead who illustrated the cover, taken at the book launch in 2022.*

*Chris*