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Aramaic Prayer of Jesus

By Neil Douglas-Klotz

Abwoon d'bwashmaya (Our Birth in Unity)

Our Father who art in heaven

Oh you, breathing life in all, origin of the gleaming sound, you shine in us and around us,
even the darkness glows when we remember.

Nethqadash shmakh (Clearing space for the name to live)

Hallowed by thy name.

Help us to draw a holy breath, in which we feel only you and may your sound ring in us and
purify us.

Teytey malkuthakh (The Creative Fire)

Thy kingdom come

May your counsel rule our lives and make our intentions clear for the common creation.

Nehwey tzevyanach aykanna d'bwashmaya aph b'arha (Heaven comes to Earth:
Universal Compassion)

Thy will be done on earth, as it is in heaven

May the burning wish of your heart unify heaven and earth through our harmony.

Hawvlan lachma d'sunqanan yaomana (The Blessings of Earthiness: the Next Step)

Give us this day our daily bread

Grant us daily the bread and insight that we need, what is necessary for the call
of growing life.

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Washboqlan khaubayn (wakhtahayn) aykanna daph khnan shbwoqan l'khayyabayn
(Letting go, Heartbeat by Heartbeat)

And forgive us our trespasses, as we forgive those who trespass against us

Release the cords of the errors that bind us as we let go of that which binds us to the faults of others.

Wela tahlan l'nesyuna Ela patzan min bisha (Remembrance: The Birth of New Creation and Liberty)

And lead us not into temptation, but deliver us from evil.

Do not let superficial things lead us astray but instead free us from that which holds us back.

Metol dilakhie malkutha wahayla wateshbukhta l'ahlam almin Ameyn (A celebration of Cosmic Renewal)

For thine is the kingdom and the power and the glory, forever. Amen

From you comes the all-effective will, the living strength to act, the song that beautifies everything and which renews itself from age to age. True vitality to these testimonies! May they be the ground out of which all of my actions grow. Sealed in trust and faith. Amen.

Taken from <http://sacredconnections.co.uk/Sacred%20Connections/Prayer.htm> on 10/28/09.

Southern California Health Ministries **...now forming!**



Background information...

For several decades, the Health Ministries Association (HMA) has been the professional organization for faith community nurses, pastors, ancillary health professionals and lay health ministers. Until recently, HMA was organized at a national level with regional, state or local chapters throughout the U.S. The 'Southern California HMA Chapter' has held quarterly meetings for the last six years.

Recently due to federal regulatory issues, HMA has required all existing chapters to restructure themselves as independent organizations with no direct affiliation to the national organization. On October 10th, the 'Southern California Chapter' met to dissolve as a HMA chapter and restructure as a new organization, "Southern California Health Ministries".

Your Invitation...

You are invited to participate in the birthing of a new Health Ministries organization! Come lend your thoughts, ideas and voice to this new endeavor. Join other area faith community nurses, pastors, ancillary health professionals and lay health ministers for networking, resources and educational opportunities. The next meeting is scheduled Saturday, November 14, 2009 from 8:30 am to Noon at Methodist Hospital in Arcadia. To RSVP for the meeting, call 310-415-5291. (To carpool, call Lynne)

Coordinator's Corner



**Lynne Roy, RN, MSN,
APRN, BC**

Health ministry was developed on the foundational concept of the interrelationship between body-mind-soul. As faith community nurses and health ministers, it is our intention to facilitate wholeness and integration of lives. We hold this belief for all those to whom we serve.

Our ministry necessarily includes ourselves. While it is important we serve as a model of wholistic health, it is imperative we take care of our individual self. Periodically we should reassess our life, take inventory, re-evaluate and refresh.

Having struggled with my weight for many years, I became convicted I should do something about it. I felt the need to be congruent with my life and practice. How was I to maintain my integrity and teach nutrition by encouraging wise food choices and achievement of a healthy BMI when I did not 'practice what I preached'? It has been a

struggle with losing the extra pounds, but I am happy to say I have now achieved my goal weight.

Balancing life activities has always been a challenge for me. Work tends to take priority over leisure. I do not always get as much sleep as I should to feel refreshed in the morning. My exercise routine is not as regular as I would prefer it to be and sometimes I allow an inordinate amount of stress to creep into my life. Re-assessment, adjustment and adaptation are the process of life.

My spiritual well-being is just as important. Maintaining a connective relationship with the Creator and living out my sense of call and purpose require daily nurturance. Just as exercise and good nutrition are imperative for physical health, the discipline of spiritual practices is necessary for spiritual health.

The journey through seminary has necessarily challenged my spiritual life. I have been

introduced to ancient prayer practices and discernment processes. I have learned about the desert fathers, church history and tradition. I have come to accept and delight in the mystery of God. I have once again discovered my deepest desire, fulfilled through God's love as I serve as a faith community nurse.

Not everyone is given the gift of attending seminary as I have. There are many ways of seeking God and God's call on your life. Nevertheless, all require a connectedness to the Great Spirit. Continue to nurture your spiritual life. Challenge yourself to seek God beyond what you have found to be comfortable. Seek new experiences, break away from your routine. Participate in retreats and spiritual workshops or seek a spiritual director. For it is more often in our discomfort and uneasiness that Spirit makes God known to us and we come to know ourselves even more fully.



November 4 BP Calibration at Redlands Community Hospital

November 9 Homeless Summit for SB County. Free. 8 am - 4:30 pm. RSVP required.
Call 909-387-7450 for more information.

HAPPY HOLIDAYS!

HAPPY NEW YEAR!

January 11, 2010 (Monday) - RCH Networking Dinner meeting, 6:30 pm – 8:30 pm
Weisser Educational Building, Redlands Community Hospital

Musings Toward a Theology of Disability

In American society, the temptation to hide our difficulties is endemic. Those with obvious disabilities must be given opportunity to shake ‘the able’ out of their various forms of denial. Our refusal to honor the disabled in this way typically increases our denial and thus our distance from those who are “broken”. This telescoping of our lives feeds the need for categorizations such as good and bad, pain and pleasure, which denies those with disabilities access to the wonder of those unexpected moments of grace which come most readily in community.

Weakness is part of what it means to be human. Where in our society is pain allowed to be pain, weakness allowed to be weakness, and our “thorn in the flesh” honored without the need to explain it away which only enhances the pain of the sufferer?

My journey with disability began with my son Daniel’s experience with cancer, which led to the removal of his leg. It has continued with hundreds of patients over the years who have struggled relationally, emotionally and spiritually while experiencing disability. As a clinical chaplain I have struggled many years with the problem of evil and suffering embodied in many that I have been asked to care for over weeks and months. Now, my own experience of being on medical leave because of some memory challenges is forcing me to deal with the changes this journey brings into my life.

All of us will be challenged at one time or another with the questions of “Why me?” or “Why at all?” As we are called to face life’s complexities may we give them the power to become a catalyst, deepening the experience of our unique faith. We must come to understand that as we work alongside those who are different from us we, too are venerable creatures, disabled and mortal, knowing our limitations, our lack of knowledge, especially of God and the mystery, which surrounds the Divine.

It is easier than I had thought to be taken over by personal demons of the interior life, but as I have let go of my need to intellectualize the situation and honor my human brokenness, I have discovered the blessings of life with grace. As we let go of our need to define our life experiences as normal, which is beyond our ability, we open ourselves to see in the disabled the discerning signs of God in human form.

May we be guided by Mother Teresa as she prays, “Oh God, may I see You in those I serve today. Those damaged and disabled human persons,” [who, along with me] will at last one day be removed from all human afflictions.



**The Rev. Dr.
Alden E. Sproull**



A Testimony

As I serve as a Parish Nurse I am always in awe of how God allows me to be a part of people's lives. My congregation's Parish Nursing / Care Ministries' purpose statement is "Putting Jesus' love for us and for Him into action caring for His people through connecting hearts because we value His people..... *Let us not love with words or tongue but with actions and in truth.* I John 3:18" God has loved us so much and it is with His Love that I serve as a Parish Nurse.

Life's journey for me and people I serve can be challenging. We each have decisions to make every day. There is often no quick fix. A young family I've known for a number of years had been on their own journey. Elizabeth and her husband had 'ups and downs', tragedies and struggles. Elizabeth is now in prison as a result of crimes that she committed. We've been communicating through letters and I was privileged to be able to travel to a state prison to visit with her. To be able to look into her eyes and share God's unconditional love was an overwhelming blessing for me. I have tears in my eyes today as I recall her words: "Karen, the bible verse that says '*when I was in prison, you came to visit me*' is so alive right now. You have no idea what your personal visit means to me."

Elizabeth has known me a long time and knew that it was out of my 'comfort zone' to walk into a prison. But, I was led to go as God's servant. I knew in my heart that He wanted me there. I knew God would protect me. Before I set foot in the door I stopped and prayed - for the Holy Spirit to guide my words and actions and that God would be glorified.

Just today I received a call from Elizabeth's husband who said that she might be released early as part of the state's budgeting situation. Their two little children have been "visiting" monthly with their Mom via a video communication program. Because of other factors Elizabeth's husband and family have not seen her in person throughout her incarceration. Elizabeth is coming home to her family who, because of finances, had to move recently from their rented house to a two bedroom apartment which they also share with an extended family member. The space will be crowded along with each having their own expectation of their reunited family dynamics.

Elizabeth has told me in her letters that she has spent many hours in the Word while in prison. She wants to diligently continue on this spiritual journey but is concerned about her faithfulness. Her husband told me that he is excited and nervous at the same time of the prospect of being reunited.

Now I am asking God to be with this family - to give them time, patience and His unconditional love as they reunite. If God leads you to share some encouraging words to Elizabeth and her husband I would be honored to pass them along. You may email them to me at khardecopf@hiscross.org

In His service,
Karen Hardecopf, RN
Parish Nurse, Lay Minister
Cross Lutheran Church, Yorkville