



Healing Thoughts

The Glennon House

Songs: Set 8

October 6, 2009

Volume 10, Number 1

This Week

- **Noon Hour of Prayer**
Tues. 12 – 1 pm
- **Soaking Prayer**
Tues. 4 – 5 pm
- **Tues. Healing Service**
6:00 pm in the Church
- **Stress Class**
No Class tonight
Resumes next Wed.
Oct. 14th @ 6:30 pm
- **Caregivers Workshop**
Thurs. Oct 8th
11:30 – 1:00 pm
- **Prayer Ministry**
Mon - Fri 9:00 – 5:00

Upcoming Events

- **Evening Soaking Prayer**
Mon Oct 12th
6:00 – 7:00 pm
- **Healing Ministry Planning Meeting**
Tues. Oct 13th
4:30 – 5:30 pm
(All are welcomed)
- **Stress Class**
Wed Oct 14th
6:30 – 8:00 pm

The Healing Ministry at All Saints Church

The Glennon House, 377 E. Fairbanks Ave., Winter Park, FL 32789 ■ 407-647-8925

Email: healingministry@allsaintswp.com Website: www.glennonhouse.org

Stress Class

Wednesday October 14th
in the Glennon House
6:30 - 8:00 pm

HEALING DISCUSSIONS - STRESS

Learn About Our Enslaving Expectations
(People, Possessions, Performance)
The Value of Stress (!)
Conquering vs. Coping

And Biblical tips for survival.

*There will be **interactive discussion**.*

No homework. Come to One or Come to All.

Wednesday: September 23rd, September 30th, and October 14th
From 6:30 – 8:00 pm (after Wednesday Night Dinners)

Anger Class

Wednesday October 21st
in the Glennon House
6:30 - 8:00 pm

HEALING DISCUSSIONS - The Good, the Bad, and the Ugly about ANGER

We all get angry.
Does your anger ever get you in trouble?
Do you let it burrow in and fester?
Does it cause physical symptoms or
damage your interpersonal relationships?

Come learn to harness anger in positive ways.

*There will be **interactive discussion**.*

No homework. Come to One or Come to All.

Wednesday: October 21st, October 28th, and November 4th
From 6:30 – 8:00 pm (after Wednesday Night Dinners)

Healing Ministry Links

[What's New](#)

[Weekly Calendar](#)

[Past Healing Missions](#)

[Past Newsletters](#)

[Fr. Al Durrance](#)

[Holbeck Ministries](#)

PodCast



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Activities

[Soaking Prayer](#)

[Generational Healing](#)

[Course on Christ's Healing Ministry](#)

[Healing Missions](#)

GIFTS TO: THE HEALING MINISTRY at ALL SAINTS CHURCH, Winter Park
Funding of **The Healing Ministry at All Saints Church, Winter Park**, is independent from the parish budget of All Saints Church. **The Healing Ministry** relies primarily upon contributions made at the Tuesday evening Healing Services and by donations made during visits to *The Glennon House*. The operating costs of *The Glennon House*, its staff, prayer ministry, healing missions and some specially acquired guest teachers, are derived from those generous donations and contributions.

Healing Thoughts - Masks – Kirsten Aufhammer

Love makes your soul crawl out from its hiding place. It takes off masks that we fear we cannot live without and know we cannot live within.
~ Zora Neal Thurston

As a young child I was terrified of anyone wearing a mask. My parents tell of my being at Disney and hiding underneath my mom's skirts when the characters walked through the park. You can imagine how I felt about Halloween!

Over the years I realized that there were actually people behind those costumes and masks. This enabled me to cope with visible masks that people wear. But, people often put on masks that can't be seen with the visible eye. (e.g. a happy face when we are actually depressed and stressed.) Sometimes the masks we put on are for our own protection. Other times it is to hide something we view as a weakness. Or it might even be that we want to ignore how we really feel inside by masking it with another feeling. Whatever the reason, we as humans have become master mask wearers.

With my fear of masks it is ironic that I would don one for many years of my life. My mask of choice was that of the fun loving "Party Girl." I hid all my sadness, loneliness, and fear behind a big smile, sarcastic wit, humorous comments, and laughter. To the world I appeared like the class clown or the life of the party. But inside I was dying more and more each day. Some days were a struggle to even get out of bed because I was so burdened by the depression pressing down on me. All I wanted to do was pull the covers back over my head and never come out. I actually lived like that for awhile...staying in bed 15 – 20 hours a day. Yet, when I left the house it was like a switch had been thrown. My fake smile was plastered on. My practiced "natural laugh" was ready at a moments notice. My sarcastic wit was finely honed. I was transformed into the perfect little happy-go-lucky "Party Girl" the moment I stepped out of the door.

I think we are inherently aware, in our spirit, that as children of God we were never meant to wear masks. I know for me, I came to the point where I just couldn't don my mask anymore. I knew I needed help. It was through Inner Healing at the Glennon House and Christian Counseling that I began to pour out my pain to the Lord and receive His healing touch. Jesus showed me how to take off my mask. God knows what's really in our hearts. Our part is to be willing to be brutally honest with Him by telling Him about the pain that is twisting our insides. It is only by expressing the pain to Him that He can begin to heal those areas in our lives. Look at how King David poured out his anger and pain in the Psalms. He was brutal with his words! But he was also known as a "man after God's own heart."

If you are going through your days donning a mask before facing the world please visit the Glennon House for an appointment with a trained Prayer Minister. Open the doors to your heart, letting the Lord in to heal you. His greatest desire is for you to stop wearing masks and start being who He created you to be – mask free!

"God hath given you one face, and you make yourself another."
~ William Shakespeare

The Healing Ministry is an ecumenical expression of the healing gifts of Jesus Christ and welcomes the involvement of believers of every Christian denomination.

THE PRAYER REQUESTS YOU GIVE TO US:

Prayer requests are placed in a special basket at *The Glennon House* for one month. These requests are prayed for, individually, each day by prayer volunteers. Every week at the Tuesday evening healing service, those hospitalized or in "imminent need" are prayed for by the clergy and all other names, currently in the Prayer Basket, are prayed for aloud by the congregation. We use only the first names of those we are praying for, in order to respect their privacy. To have a need placed in the basket, call (407) 647-8925 or drop by.

Prayer Ministers:

Fr. Al Durrance, Pastor
Steve Horrell, Dcn. Carolyn Petersen, Dcn. Liz Tucker, Dr. Barbara Keene, Don Jaeger, Doris Matthews, Dick Mead, Kirsten Aufhammer, and others.

Youth Ministry

Many parents who attend the Healing Ministry have requested youth care for their older children during the Tuesday Night Service. Well, ask and you shall receive! We heard your requests and we now offer a Youth Healing Ministry opportunity for children ages 6-15 years old in the Thomas Center. (We still have child care for children 5 and under in Rm. 103.) Charles and Lisa Clayton lead this group that offers: lessons on healing, crafts, prayer time for self and others, study time, and free pizza dinner. So bring your children for a fun filled evening, while you attend the Healing Service. [Click here](#) for contact information. **On hiatus for the summer.** [Back to top](#)

Caregiver's Workshop

Join us on the second Thursday of the month from 11:30 – 1:00 pm for the Caregiver's Workshop. The Healing Ministry's mission is to aid and empower all people to receive 'healing' and 'wholeness' from Jesus. This includes those who minister as well as those who receive care. This month, the caregiver group will continue to focus on those who provide care. Caregivers are prayed for as they choose to "pick up their mat" (like the man at the pool called Bethesda) stepping toward healing for themselves and their needs through discussion and prayer time. These workshops are to encourage, comfort and reenergize caregivers. Dr. Barbara Keene and Don & Sarah Jaeger will be the leaders for this workshop. [Click here](#) for more details.

Extended Prayer Appointments

For those who desire an extended time of individual prayer with a Prayer Minister, please call The Glennon House at (407) 647-8925. Appointments with Prayer Ministers provide ample time for you to sift your heart and communicate your need for prayer. **The Glennon House has specially trained prayer ministers** who are willing to arrange their schedules to accommodate your needs. Simply call us and we will find a prayer minister who will minister to your specific needs either in **The Glennon House** or by telephone. [Back to top](#)