

Embracing Healing for balance of body, mind and spirit

*Embracing Healing offers God-centered and spiritually inclusive services
for the promotion of health and wellbeing
of persons, communities and the environment.*



Saturday Sept. 30, 2023 2 – 6 pm

Ebenezer United Methodist Church

3345 Charles St. Fallston, MD 21047

410-800-867

Adults & children
are welcome



Practitioners will volunteer these whole person health modalities:

Healing Prayer will be offered by our prayer team. **Reflexology**, a non-invasive practice based in the theory that there are reflex areas on the feet that connect with all parts of the body. It promotes deep relaxation and stress reduction.

Journaling/Poetry a spiritual practice of attentive writing for opening to Holy Presence, guidance and healing. **Reiki** for stress reduction and relaxation also promotes healing. It imparts God's healing energy of love administered by laying on of hands.

Sound Meditation a tool using sound vibrations as an opportunity to get quiet and enter into receiving mode.

**"Beloved, I pray that all may go well with you and that you may be in good health,
as it goes well with your soul". 3 John 1:2**

*Donations gladly accepted for local mission outreach