

4. Touch

	Running Order	Materials to Collect and Prepare
1	Setting Out 5	<ul style="list-style-type: none"> * welcome and greetings. * list of quotations? If being used. Found in resources
2	Relax & Enjoy 15.	<p>Massage : CD player and CDs suitable for relaxation.</p>
3	Story 10	<p>The Touch (page 6) pieces of</p> <ul style="list-style-type: none"> * rough Hessian or scrim * fine cool cotton or linen * soft, richly coloured fleece <p>Music CD/ Audio 12 Coverdale Album 'Breath of Heaven' by David Fitzgerald.</p>
4	Creative Exploration 15	<ul style="list-style-type: none"> * A cut out copy of the triquetra (Page 11) for each person * pens, pencils and felt tips * boxes of matches, scissors , tea lights. <p>Some music or audio track 9 'Pachelbel's Canon 15 min.</p>
5	The Story 10 Reflection 10	<p>Love and Forgiveness (page 7-8)</p> <p>Story box</p> <ul style="list-style-type: none"> * green base felt * Three brown & four black felt strips * gold coins or 'Monopoly'® money * pictures of dirty and washed feet * perfume bottle, tress of hair * red heart and tea light * word picture of 'Shalom <p>Audio track 10 - O the deep, deep love of Jesus'. 4 min.</p>
6	Conclusion 10	<ul style="list-style-type: none"> * The Journey : green felt base and five white felt circles (approx 16 cm diameter) * cut outs - (page 10) plus two wine glasses, a tea-light, matches, and a lamb. * Music CD / Audio track 1 Sheep may safely graze <p>Wine/soft drinks and nibbles to share at the end.</p>

LEADERS' GUIDE

1. Setting Out

- ◆ Welcome everyone as they arrive and, if using them, hand out the quotations. Ask if anyone would like to share what gives them the greatest buzz. The idea shared at the end of the last session.
- This final session we will look at our sense of touch.



2. Relax and enjoy

- One thing is sure : Touch is essential to our well-being. Babies will not thrive if they are not touched. The new born baby craves skin to skin contact with the mother.
- Even more than the other senses touch can be misused if it is ruled and dominated by the soul. The continuing accounts of child abuse in all walks of life illustrate this.
- There are a variety of ways to relax with touch. If you have a pet, stroking its fur is very relaxing. It is known to reduce blood pressure.
- Using a foot spa is good at the end of a day, as is taking a hot bath. Indian Head Massage is becoming more common and is very relaxing. Back and shoulder massages are a great way to unwind.

Massage.

- ◆ Spend a few minutes showing how to do a simple back and shoulders massage then divide into pairs, one doing the massage and the other receiving. After 5 or 6 minutes change over.
 - ◆ If anyone does not want to take part they can simple relax listening to the music.
1. Put the hands on the shoulders of your partner—both of you take some deep breathes.
 2. Leave the left hand on the left shoulder and with the right hand make several circular movements around the right shoulder blade. Then use the left hand on the left side.
 3. Put the tip of the fingers on the shoulders and the thumbs on either side of the back-bone and move the thumbs upwards. Massage the muscle of this area. X 3
 4. In the same position move the hands along the top of the back massaged the shoulder and back muscles here. X 3
 5. Slide the hands from the shoulders down to just above the elbow. Here the hands squeeze the arms by pushing inward with both hands. X 3
- ◆ Repeat points 2 - 5 of the massage. Then change over partners.

3. **Story : The touch** (page 8) - Mark 5:21-43.

- ◆ Give out the three different pieces of cloth to each person and ask them to put them on their lap with the fleece at the bottom, the cotton next, and the rough hessian on top.
- ◆ People may like to close their eyes. Tell this story very slowly with many pauses.
- ◆ At the end play some quiet music / **Audio Track 12** 'Coverdale' from the album 'Breath of Heaven' -David Fitzgerald. Do not rush on.

4. **Creative Exploration**

- ◆ Give each person a cut out of the large triquetra no.4. Start playing some music or / **audio track 9** **Pachabel's Canon** very quietly. It needs to be background sound only or it will intrude on the work being done.
- We will look again at a triquetra. As we said this symbol can represent our three-in-one nature: spirit, soul, and body.
- Look at one of the outer spaces. Let this represent your body. Be aware of your body : your breathing ... heartbeat ... the position of your limbs ... your comfort or discomfort ... any pain or illness
- Now look at another of the outer spaces. Let this represent your soul. Be aware of your mind thinking ... processing the sounds and sights that are coming through your bodily senses. Be aware of your emotions ... any ups and downs you have felt during the day. Take a moment to listen to your mind and your emotions. Is your soul at peace?
- Now look at the third space. Let this represent your spirit. The spirit is more hidden, and yet can reach further. It can reach beyond your physical senses. It touches the eternal. It is where the Holy spirit speaks God's word to us.... Are you aware of this part of yourself?
- We now know that God accepts us as we are but sometimes it is difficult to accept ourselves.
- Now look at the space in the centre where all three come together. We need to find shalom there. Shalom is a Jewish word, usually translated as 'peace'. But it means much more than peace. It means wholeness, and balance, and harmony. Shalom is what we experience at the centre of our being when spirit, soul and body are in harmony. We may feel shalom in a moment of awe or beauty in the natural world ... or when we hold a new-born baby in our arms ... or at work or play or sport when everything comes together right (everything flows) ... or in worship ... or in the intimacy of two people who love each other and are committed to one another ...It is almost certainly experienced during those moments when we feel truly 'alive', those 'buzz' moments.

- Sometimes it can be hard to find shalom within us. This can be caused by a variety of reasons. For example:
 1. We are in too much pain.
 2. Holding on to resentments or anger or....
 3. Feeling guilty
 4. Lack of trust
 5. Our soul is still too much in charge.
- I invite you to reflect on anything that might be blocking your sense of Shalom and to write it down in the central part of the Triquetra.

5. The Story: Love and Forgiveness (Page 9-10)

- ◆ Tell the story.
- ◆ Allow some silence before playing some music or **Audio track 10 - O the deep, deep love of Jesus**

6. Response and Reflection.

- ◆ When the music is finished, Place some scissors, tea-lights and matches within reach of everyone.
- Look at the central area of the triquetra again.. I wonder what you would like to do with what is written there - As a further piece of music is playing, let the holy spirit show you what to do with the words written there. You have at your disposal a tea light, matches, felt tips and scissors.



Play music or audio track 11 Sanctum Nomen.

NOTE. *It could be that serious issues are raised for someone by this session e.g. that block-ages are caused by guilt or painful experiences. If this happens, or you see anyone experiencing distress, gently acknowledge it but do not get drawn into talking about it during the session. If it feels right, talk to them privately at the end of the session and make known to them whatever appropriate listening or counselling your church / town can offer.*

7. Conclusion

- ◆ Begin to play some music (**audio track 1?**) very quietly as background to the words.
- We have heard in this session about a woman set free from suffering. Jesus offers freedom to all who reach out to him. He said “If the Son sets you free you will be free indeed.” (John 8:36)
- Jesus lived his life in the power of the holy spirit & led by his spirit
- We began our journey together with a glimpse of that power in the story of The Wedding.
- Let’s finish by revisiting the journey we have made.



The Journey (page 9).

Say this very slowly.

A blessing

‘The Lord bless you with light for the next step of your journey, true friends to accompany you, courage when the road is hard, and the call of eternity in your heart. Shalom.’

As an alternative for a Christian group you might like to use Ephesians 3:16-19:

I pray that out of his glorious riches [the Father] may strengthen you with power through his Spirit in your inner beings, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fulness of God.

- ◆ Bring the course to a close by sharing some refreshments together.

The Touch

Materials : hessian / scrim, fine cotton, richly-coloured soft fleece.

[Give each person three pieces of cloth; They lay them on their lap with the fleece on the bottom, the cotton next and the hessian on top. Ask people to close their eyes and keep them closed as they listen to the story.

Tell the story. (If possible, learn it in advance so that you can tell it with your own eyes closed, feeling the pieces of cloth.) Read it slowly; with pauses. Take your time. Experience it yourself as you tell it.]

For this story you need just these 3 pieces of cloth. . . .and your imagination!

Let us go back approx 2000 years to the sea of Galilee where Jesus is teaching and healing.

Take the first piece of cloth in your hand. It is rough and coarse and bristly. Rub it against your skin, your face, your arm ; this cloth is unpleasant to the touch. . . . as you do this see before you a desperate woman. A poor woman isolated from society because for 12 long years her body had not stopped bleeding.

It wasn't the pain and discomfort that was the worst for her to bare. It was being shunned because of her illness. Sometimes the longing for someone to hold her close or even just to touch her hand overwhelmed her. But no-one did. No one would No one cared enough to risk being called unclean.

"If I can only touch the edge of his cloak I will be well," she thought. **Pause**

Take the second piece of cloth in your hand. It is strong and cool and refreshing. Move it against your skin, your face ,your arm. This cloth is pleasant to the touch. as you do this imagine it represents the cloak that Jesus is wearing. Then see Jesus himself surrounded by the jostling crowd.

Out of that crowd steps Jairus, an important man in the community, but that morning, just a desperate father. "Come to my house," he says "my daughter is dying. I know you can make her well." Jesus started to move through the crowd when suddenly he felt power leave him.

"Who touched me?" he asks. Disregarding the consequences the woman replies "It was me," **Pause**

Take the third piece of cloth in your hand It is soft and warm, and soothing. _Move it against your skin. your face, your arm . This cloth is smooth and welcoming It feels good.

Jesus looked at the woman . "Daughter," he says, "your faith has healed you. Go in peace.

"Daughter." ... "Daughter!" the woman repeats. "He called me daughter." **Pause**

For the first time in so many years she felt accepted, loved, a complete person. The rough, harsh part had gone. In its place was warmth and joy.

And the other daughter, Jairus' daughter? She too was made whole by a touch from Jesus.

Love and Forgiveness.

- ◆ **Materials** Story box, Green felt, 3 brown felt strips, 4 black strips, model lamb, pictures of dirty / washed feet stuck back to back, perfume bottle, lock of hair, Shalom picture, red heart, tea light, matches, coins or Monopoly® money. (Use either gold covered chocolate coins or 2p pieces soaked in vinegar to clean them and then sprayed with gold paint.)

<p><i>Spread out a large green piece of felt.</i></p> <p><i>Take 3 brown felt piece and lay them out as three sides of a house</i></p> <p><i>Add the picture of dirty feet inside the 'house'</i></p>	<p>Jesus was invited for a meal at the home of a certain Pharisee named Simon.</p> <p>When Jesus arrived Simon did not greet him with a kiss nor send a servant to wash his feet as was the normal custom.</p> <p>Feet get very smelly walking on dusty roads with open sewers.</p>
	<p>A woman was following Jesus. She had heard Jesus speaking to the crowds and his words had given her hope.</p>
<p><i>Turn over the card to show the picture of the feet being washed. Add a lock of hair then a jar of perfume.</i></p>	<p>She entered Simon's house and approached Jesus.</p> <p>Overcome, she began to cry. Her tears flowed over Jesus' feet.</p> <p>She let down her long hair to dry them and poured perfume over them.</p> <p>The sweet smell of the oil covering the smell of the streets.</p>
<p><i>Bring out five coins to represent the £50 owed</i></p> <p><i>Then a bag with lots of coins. Pour these out onto the felt.</i></p> <p><i>Cancel these debts by putting an X sign with four pieces of black felt across the two groups of coins.</i></p>	<p>Simon was horrified. Didn't the teacher know what sort of woman this was that was touching him.</p> <p>Jesus, knowing what Simon was thinking, said "There were two men who owed money to a money lender. One owed him fifty pounds the other five hundred. Neither had the means to repay him so the money lender cancelled - both the debts. Which of these, Simon, do you think will love him the most?"</p> <p>"The one who had the biggest debt cancelled," said Simon</p>

<p><i>Above the felt house put a red heart</i></p>	<p>“Quite so” said Jesus. “You showed little hospitality to me. Not so this woman. With her own tears she washed my feet and dried them with her hair.</p> <p>I tell you Simon this woman’s many wrongs have been forgiven for she loved much. Your lack of love shows where you stand.”</p>
<p><i>At the bottom of the felt lay the word Shalom in Hebrew / English script.</i></p> <p><i>Put a tea light on the heart and light it.</i></p>	<p>Jesus turned to the woman, “Your sins are forgiven. Go in peace. Shalom.”</p> <p>How clean and whole she felt.</p> <p>And in the centre of her being a light began to shine.</p> <p>Have a few moments of silence then</p> <p>Some music or audio track 10 “O the deep, deep love of Jesus</p>

Our Journey

- ◆ Begin to play some music or **audio track 1** very quietly as background to the words.
- We have heard tonight about a woman set free from suffering. Jesus offers freedom to all who reach out to him. He said “If the Son sets you free you will be free indeed.” (John 8:36)
- Jesus lived his life led by his spirit and in the power of the spirit
- We began our journey together with a glimpse of that power in the story of The Wedding.
- Let’s finish by revisiting the journey we have made.

*Tell this reflection **very** slowly. Lay down each circle with reverence and care.
Feel the rhythm*

On the felt place a white felt or cotton circle and on it place a glass of water and a glass of wine.

We tasted the rich wine of the kingdom. **Pause**

Place another white circle and on it place the word Shalom.

And smelt the fragrance of Shalom **Pause**

Lay another circle and place on it the Isaac in the star shape

We heard the cry of a baby, born of a promise.
Pause

Lay another circle and place the small pictures of the two trees and the risen Jesus.

We saw two trees and the hope of heaven. **Pause**

Put a heart-shaped piece of fleece or paper on the last circle and place the triquetra shape in the centre of the heart.

We touched the heart of mystery and found love and healing there. **Pause**

Let the music play out to the end.

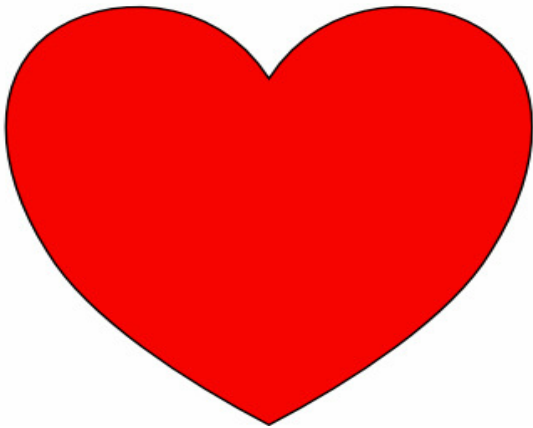
‘The Lord bless you with light for the next step of your journey, true friends to accompany you, courage when the road is hard, and the call of eternity in your heart. Shalom.’

- ◆ Bring the course to a close by sharing some refreshments together.

Touch

1. Nature is not affected by finance. If someone offered you ten thousand dollars to let them touch your eyeball without blinking, you would never collect the money. At the very last moment, nature would force you to blink your eye. Nature will protect her own. *Dick Gregory*
2. A child's hand in yours - what tenderness and power it arouses. You are instantly the very touchstone of wisdom and strength. *Marjorie Holmes*
3. Touch comes before sight, before speech. It is the first language and the last, and it always tells the truth. *Margaret Atwood.*
4. Have a heart that never hardens, and a temper that never tires, and a touch that never hurts. *Charles Dickens.*
5. The mind's first step to self-awareness must be through the body. *George Sheehan*
6. Often the hands will solve a mystery that the intellect has struggled with in vain.
Carl G. Jung

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A Triquetra

