



## ST. THÉRÈSE OF CARMEL

### Sacraments of Healing – Spiritual Care Ministries *Healing Prayer Preparation*

Dear Parishioner,

The Human Person was created by God to love, honor, and serve Him, and after a life of faithful service, to enter eternal life in heaven. Throughout Salvation History, Humanity has been plagued by illness and death, sin and temptation, oppression, obsession, and the like. Catholics/Christians today continue to struggle with attack on our physical bodies by various illnesses, as well as our ongoing struggle with temptation. Further, our parish occasionally receives inquiries from members of the community expressing their need for pastoral care attributed to what is described as an interior spiritual battle.

It is the responsibility of clergy to offer care that addresses the whole person, body, mind, and spirit. To strengthen the whole person to persevere in faith through the challenges of life, the faithful should, as a matter of habit or as an initial step in a healing process, adopt the “Spiritual Exercises” of daily prayer, weekly Sunday Mass attendance with reception of the Eucharist, and monthly Confession, if this is not already a regular practice. The adoption of one or more of the various devotions of the Church, to include personal prayer, fasting and almsgiving, will also help to strengthen the whole person in body, mind, and spirit.

When the need arises to specifically address one or more of the conditions that plague Humanity, St. Thérèse of Carmel Catholic Church offers the **Sacrament of the Anointing of the Sick, the Sacrament of Reconciliation** and, in collaboration with diocesan clergy and local laity formed in the prayers of spiritual healing, spiritual assistance through the parish’s **“Healing Prayer Ministry”**.

The parish’s approach to “Spiritual Care” of the whole person has as its foundation the “Spiritual Exercises” of daily prayer, weekly Sunday Mass attendance with reception of the Eucharist, and monthly Confession. The Sacraments of Healing and the prayers offered through the Healing Prayer Ministry are dependent on these practices as they prepare the individual spiritually to welcome the Holy Spirit and to receive worthily the Church’s principal Sacrament of Healing, the Eucharist.

For those of the faithful who may feel the need to confront the powers of darkness more deliberately, it is **necessary** that one seek out, **from within the clergy**, a trained spiritual director to discern the need for such a confrontation, and the cause and nature of any dark influence. The USCCB publication “**Prayers Against the Powers of Darkness**” may be of devotional help, as it contains a treasury of prayers, praises and invocations of the saints.

In Christ,

Fr. Chris Tozzi, Pastor