

St. Mary's of the Lake, Watkins Glen, NY  
St. Benedict's, Odessa, NY



## Finding Peace and Healing in a Troubled World, Part I

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## Finding Peace and Healing in a Troubled World, Part I

### Webinar Tips

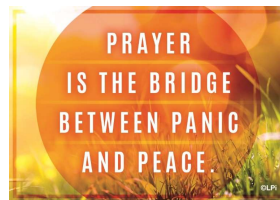
- All participants are muted to reduce background noise
- If slides are not fully visible, check at the top center of your screen for “fit to window” under arrow.
- If you would like to ask a question, at the bottom of your screen you should see a box with the letters “Q & A”. Click it and you can type your question. It will show on my screen.
- In addition to the slides, you should see a video of me. It should appear in the upper right of your screen. It should not block any significant content on the slides. If it does, you can drag it around.

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## Finding Peace and Healing in a Troubled World, Part I

### Opening Prayer



St. Raphael the Archangel  
The name means “God Heals”  
(You can read about St. Raphael in the Book of Tobit)

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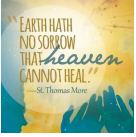


## Finding Peace and Healing in a Troubled World, Part I

This presentation includes information from my presentation on the Sacraments of Healing that was part IV in my series, *Sacraments: Channels of God's Grace*  
[www.renewaloffaith.org/sacramentsvideo](http://www.renewaloffaith.org/sacramentsvideo)

And my presentation,  
*Why Is It So Hard to Forgive Myself (and others)?*  
<http://www.renewaloffaith.org/video---why-is-it-so-hard-to-forgive.html>

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## Finding Peace and Healing in a Troubled World, Part I


### What the Sacraments Offer

- *Catechism of the Catholic Church*, 1131- “The Sacraments are **efficacious signs of grace**, instituted by Christ and entrusted to the Church, by which **divine life is dispensed to us.**”
- Baltimore Catechism - “A sacrament is an **outward sign instituted** by Christ to give **grace.**”

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## Finding Peace and Healing in a Troubled World, Part I



### Which of the Seven Sacraments are “Sacraments of Healing”?

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## Finding Peace and Healing in a Troubled World, Part I

### Sacraments of Initiation

- Baptism
- Confirmation
- Eucharist


### Sacraments of Healing

- **Anointing of the Sick**
- **Reconciliation**

### Sacraments of Service

- Matrimony
- Holy Orders

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## Finding Peace and Healing in a Troubled World, Part I

### Which of the Seven Sacraments are “Sacraments of Healing”? Cont’d

“But in a sense all the sacraments can be understood as sacraments of healing, since all are efficacious for the healing of fallen human nature.” (Healy, *Healing*, 137)

Most, especially, the Eucharist is a source of strength and spiritual food.

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## Finding Peace and Healing in a Troubled World, Part I

### Which of the Seven Sacraments are “Sacraments of Healing”? Cont’d

- Anointing brings **spiritual** healing in times of **physical** illness
- Reconciliation heals our **brokenness** with God and the Church from our sins.

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## Finding Peace and Healing in a Troubled World, Part I

### Healing in the Old Testament

- Numbers 21:4-9 “From Mount Hor they set out by way of the Red Sea, to bypass the land of Edom, but the people’s patience was worn out by the journey; so the people complained against God and Moses...So the LORD sent among the people seraph serpents, which bit the people so that many of the Israelites died... So Moses prayed for the people, and the LORD said to Moses: Make a seraph and mount it on a pole, and everyone who has been bitten will **look at it and recover.** **Accordingly Moses made a bronze serpent and mounted it on a pole, and whenever the serpent bit someone, the person looked at the bronze serpent and recovered.**”

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## Finding Peace and Healing in a Troubled World, Part I

### Healing in the Old Testament

- Sirach 38:9 “My son, when you are ill, do not delay, but pray to God, for it is he who heals.”

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## Finding Peace and Healing in a Troubled World, Part I

### Healing in the New Testament

- Many stories of Jesus healing the sick
  - Jesus touched those who were prohibited from being touched – healing power of touch
  - Need for support from community
- Miracle cure vs. Faith changes how we look at suffering in sickness
  - Lepers
    - Physical healing
    - Restored to community from isolation
  - People who have told me about a “sense of peace”

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### **Anointing** of the Sick in the New Testament

- “He replied, “The man called Jesus **made clay and anointed my eyes** and told me, ‘Go to Siloam and wash.’ So I went there and washed and was able to see” (John 9:11).
- “They drove out many demons, and **they anointed with oil** many who were sick and cured them” (Mark 6:13)

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### **Anointing** of the Sick in the New Testament

James 5:13-15

“Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise. Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and **anoint [him] with oil** in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. **If he has committed any sins, he will be forgiven.**”

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## Finding Peace and Healing in a Troubled World, Part I



What does the word  
“Anointing”  
mean?

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## Finding Peace and Healing in a Troubled World, Part I

What does the word “Anointing”  
mean?

- Refers to pouring oil on
- In terms of the Sacrament of Anointing, it symbolizes the reception of God’s Grace

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### What does the Catechism say about Anointing?

*Catechism of the Catholic Church, 1293*

“Anointing, in Biblical and other ancient symbolism, is rich in meaning: oil is a sign of abundance and joy; it cleanses (anointing before and after a bath) **and limbers (the anointing of athletes and wrestlers); oil is a sign of healing, since it is soothing to bruises and wounds; and it makes radiant with beauty, health, and strength.**”

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## Finding Peace and Healing in a Troubled World, Part I

### Effects of the Anointing of the Sick

*Catechism of the Catholic Church, 1520*

“A particular gift of the Holy Spirit. **The first grace of this sacrament is one of strengthening, peace and courage to overcome the difficulties that go with the condition of serious illness or the frailty of old age.** This grace is a gift of the Holy Spirit, who **renews trust and faith in God** and **strengthens against the temptations of the evil one**, the temptation to discouragement and anguish in the face of death.”

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## Finding Peace and Healing in a Troubled World, Part I

### Effects of the Anointing of the Sick cont'd

*Lumen Gentium, 11*

“By the sacred anointing of the sick and the prayer of the priests the whole Church **commends those who are ill to the suffering and glorified Lord** that he may raise them up and save them (cf. Jas. 5:14-16). And indeed she exhorts them to contribute to the good of the People of God by **freely uniting themselves to the passion and death of Christ.**” (cf. *Catechism of the Catholic Church, 1521*)

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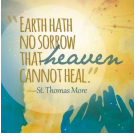
## Finding Peace and Healing in a Troubled World, Part I

### Effects of the Anointing of the Sick cont'd


I have not seen an immediate physical healing when I anoint them.

I have been told they feel peace as they are anointed. There is spiritual healing. Which is more valuable?

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### How does the Sacrament of Reconciliation offer healing?

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### The Names Signify What It Means

(Catechism of the Catholic Church, 1423-1424)

- Confession – Why is it necessary for us to confess our sins to be healed?
- Penance
- **Reconciliation**
- **Metanoia**

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### Effects of Reconciliation

*Of course, we are reconciled with God (restored to a “state of grace”). What Else?*

*Catechism of the Catholic Church, 1468-1470*

“Those who approach the sacrament of Penance obtain **pardon** from God’s mercy for the offense committed against him, **and** are, at the same time, **reconciled with the Church** which they have wounded by their sins and by which by charity, by example and by prayer labors for their conversion.” (Lumen Gentium, 10)

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## Finding Peace and Healing in a Troubled World, Part I

### Why confess to a *human* priest?

Question from a previous presentation

- “I struggle with the idea of going to confession. I don’t struggle with the idea of being sorry for my sins and asking God for forgiveness. Why does the priest need to be involved?”

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## Finding Peace and Healing in a Troubled World, Part I

### Reconciliation in the Bible New Testament

- Matthew 9:1-8 – Healing of the paralytic
  - Verse 6 “But that you may know that the Son of Man has authority on earth to forgive sins.”
  - Cf. Mark 2:1-12
- John 20:19-23
  - Verse 23 “Whose sins you forgive are forgiven them, and whose you retain are retained.” (cf. Matthew 18:18)

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### Penance - Evidence of Our Contrition (aka satisfaction, *Catechism of the Catholic Church*, 1459-1460)

*Catechism of the Catholic Church*, 1430

“Jesus’ call to conversion and penance, like that of the prophets before him, does **not** aim **first** at **outward works**, “sackcloth and ashes,” fasting and mortification, but at the **conversion of the heart, interior conversion**. Without this, such penances remain sterile and false; however, interior conversion **urges expression in visible signs, gestures and works of penance.**”

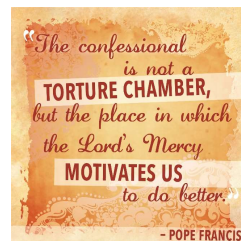
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## Finding Peace and Healing in a Troubled World, Part I

### People’s Experience of Confession

- Stories of people getting yelled at in the Confessional
- My first time going when I came back



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## Finding Peace and Healing in a Troubled World, Part I

### Act of Contrition

*My God,*

I am **sorry** for my sins with **all my heart**.

In **choosing** to do wrong

And failing to do good,

I have sinned against you

Whom I should love above all things

**I firmly intend**, with **your help**,

To do penance,

**To sin no more.**

And to avoid whatever leads me to sin.

Our Savior Jesus Christ

Suffered and died for us.

In his name, my God, have Mercy.

Amen.

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## Finding Peace and Healing in a Troubled World, Part I

### The Prayer of Absolution

God, the Father of mercies,  
Through the death and resurrection of his Son  
Has **reconciled** the world to himself  
And sent the Holy Spirit among us  
For the **forgiveness of sins**;  
Through the ministry of the Church  
May God give you **pardon** and **peace**,  
And I absolve you from your sins  
In the name of the Father, and of the Son,  
and of the Holy Spirit.  
Amen.

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## Finding Peace and Healing in a Troubled World, Part I

### To Conclude Part I

- Anointing brings spiritual healing in times of physical illness
- Reconciliation heals our brokenness with God and the Church from our sins.
- We also have broken relationships that need reconciliation and/or forgiveness
  - With family
  - With friends
  - With strangers

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## Finding Peace and Healing in a Troubled World, Part I

### Future Schedule

- March 24<sup>th</sup>
- April 7<sup>th</sup>
- When you exit this webinar a short evaluation questionnaire should come up to invite your feedback.
- The slides for this presentation will be available online at [www.renewaloffaith.org/healing](http://www.renewaloffaith.org/healing)

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## Finding Peace and Healing in a Troubled World, Part I

### Resources

Berg, Rev. Thomas, *Hurting in the Church: A Way Forward for Wounded Catholics*. Huntington, IN: Our Sunday Visitor. 2017.

*Catechism of the Catholic Church. Second Edition*. Libreria Editrice Vaticana, 1997.

Guzman, Sam, *The Catholic Gentleman: Living Authentic Manhood Today*. San Francisco: Ignatius Press. 2019.

Healy, Mary, *Healing: Bringing the Gift of God's Mercy to the World*. Our Sunday Visitor: Huntington, IN. 2015.

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## Finding Peace and Healing in a Troubled World, Part I

### Resources cont'd

Howe, Leroy T., *Guilt: Helping God's People Find Healing and Forgiveness*. Nashville: Abingdon Press. 2003.

Kraybill, Donald B., Steven M. Nolt, David L. Weaver-Zercher. *Amish Grace: How Forgiveness Transcended Tragedy*. Jossey-Bass (John Wiley & Sons, Inc.) 2007.

*St. Joseph Edition of The New American Bible Revised Edition*. New Jersey, Catholic Book Publishing Corp. 2010.



## Finding Peace and Healing in a Troubled World, Part I

### Resources (cont'd)

Shannon, Rev. Msgr. William H. Shannon, *Here on the Way to There: A Catholic Perspective on Dying and What Follows*. Cincinnati: St. Anthony Messenger Press. 2005

Sri, Edward, *Who am I to Judge: Responding to Relativism With Logic and Love*. San Francisco, Ignatius Press. 2016.

Tighe, Tommy, *St. Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being*. Notre Dame, IN, Ave Maria Press. 2021.

USCCB, *United States Catholic Catechism for Adults*. Washington, DC: USCCB, 2006.