Health Ministries Association Conference

September 11-13, 2017

**Opening Prayer for Breakout Session**

**Tuesday September 12th 2:30-3:45**

**Hands… A Meditation**

Close your eyes and relax… Hold your hand…focus on them.

What do you feel?

Is your skin soft or rough?

Feel the creases.

Are they moist or dry?

Are your fingers tense?

Do you shake?

Are you fearful?

Do your hands yearn for the touch of a loved one?

Remember the “feel” of the past. (Give them a few seconds).

…the day the macaroni noodles slipped through your fingers

…your mother’s hand holding yours as you went to school for the first time

…the prick in your finger as you tried climbing over the picket fence

….the intensity of the touch of your first love as you held each other’s hands

…the uncontrollable tremor as you gave your first injection

…the touch of a new born baby’s skin

…the peace you received while you held the hand of a dying person

..the love you know because you touch and can be touched

Your Hands…a gift from God.

Your Hands…His Hand!

Taken in part from Anne Marie MacIsaac- May 2001

Open your eyes if you have not already.