Healing The Body of Christ

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Suffering

- Suffering is disease, disintegration, disfunction, incoherence, contradiction, and defeat.
- For example, depression, sorrow, grief, and even illness are examples of suffering.
- Even though there are many forms of suffering, there are just as many ways to heal.
- Forgiveness, reconciliation, medical care, and love are just a few of many ways to heal.
- Like when a cut binds and heals a wound, a broken relationship can be blinded by guilt and grief.
- By definition servant leaders desire to heal.
The word “health” comes from an old Saxon term that means “whole”.

All of the different parts of a person work together.

The term “healing” is an effort to make something or someone whole again.

People who are experiencing servant leadership for the first time tend to forget about the aspect of healing.

Healing is necessary for following in the footsteps of St. Francis and other servant leaders.
Francis’s Healing

- While he was in the village of Bevagna he healed a blind girl with his saliva and restored her sight.
- Francis was not only healing people physically, but he was restoring relationships with God and is teaching people to become servant leaders.
- Not only did he help individual people, but he also helped whole communities who were fighting.
- Another example of Francis being a perfect servant leader who healed was that as he was close to death he still sent brothers to help the mayor of a town and the bishop together and healed their relationship.
- Being a servant leader is a form of healing because if you listen, walk in another person's shoes, and grow awareness and they will feel much better and not upset anymore.
- If the community of people is going to cooperate with each other and actually be a community then being healing servant leaders is an essential part in making that happen.
Aaron Feuerstein was the CEO of Malden Mills which was the company that made Polartec.

The whole building was burned to the ground and 3000 jobs were going to be destroyed as well.

Feuerstein instead of just leaving these people and retiring he rebuilt the building and paid all of the employees until the building was reopened.

This is a great story and example of Franciscan Servant Leadership because he put himself in those 3000 people's shoes and saw that they were going to be on the streets if he didn't help the out.

He understood their situation and went above and beyond in healing them and saving them from being on the streets.
H.A.L.T

- H.A.L.T stands for hungry, angry, lonely, tired.
- If you ever feel rundown, H.A.L.T and ask yourself any of these questions.
  - Am I hungry?
  - Am I angry?
  - Am I lonely?
  - Am I tired?
- If you answered yes to any of these questions, then you should take care of yourself.
H.A.L.T cont’d

- Francis didn’t take care of his body well enough because he was too busy taking care of everyone else.
- During his last years of life, francis regrets that he did not take the time to take care of himself. You can prevent this from halt by:
  - Not smoking and staying away from smoky environments.
  - Praying and daily reflection.
  - Eat healthy.
  - Exercise on a regular basis.
  - Drink alcohol moderately as well as take medications as prescribed.
Friendly disentangling

Friendly disentangling is a method of conflict resolution.

This method is used and taught by Robert Greenleaf.

This method has deep roots in the Quaker tradition of peacemaking.

There are four methods.
Friendly disentangling

1) To disentangle the situation a healer seeks to focus attention on the history and the rules to understand them, keeping clearly in mind that all the people involved are part of the solution and inherently good.

2) All participants should be dealt with in a friendly manner.

3) Invite all participants to help disentangle the problematic behavior from the traditional way of doing things.

4) Ask willing participants to experiment with alternatives to the activities or beliefs that have not been effective. Invite people to explore new ways of doing things and let those willing try these new ways.
Video

https://youtu.be/JtSvwOOOTBI