

**The story behind the song "Heal Me"**  
**from Sue Ford, the song's creator**

I went to bed with a very bad cold and awoke in the night with crazy screaming pain in my head. Tearing, pounding, awful pain. I was ready to do anything to make the pain go away. I took ibuprofen. I took Chinese herbs. I took homeopathic remedies. I tried to go back to sleep but found it very, very hard. I commiserated with the babies with earaches! No wonder they cry and cry and can't stop crying. I felt very much like doing that myself. I laid there and prayed and waited 'til morning. Finally morning came and my children woke up so I could take them to my sister in law's house (Debra Roberts) to be cared for and I could drive out to find help. It was pouring down rain and I had to concentrate hard on driving through the pain and the rain. I found help at the Sisters of Mercy Urgent Care in Weaverville. They told me that one of my eardrums had burst and that the other ear was infected also. They gave me medicine and I felt better by the next night and got a good nights rest.

I had felt great fear at during that time -- when I realized that I couldn't hear very well. I am a singer / song writer and the thought of not hearing for a musician is a nightmare. I tried to carry on with life as usual - I was home schooling my children and my husband was in his busy season of touring (professional puppeteer) so I felt like I had to keep going. One evening while I was waiting in the car for my daughter to get out of rehearsal, I began contemplating why this was happening to me. Why I, a person who felt my life's purpose was music, how was it that I could end up with reduced hearing?...and it dawned on me... maybe our wounds and pain are Messages from God... the refrain - "Heal Me... I am listening... Heal Me ... I have heard." - came to me and I wrote it down in my journal. I was not to take my hearing and other gifts from God for granted. "I am offering myself... my old patterns... they will crumble." It was a moment when I realized that my life would be forever changed. I continued to work on the song for months afterwards and took it to my songwriters group who helped me tweak the words and the form of the song. Debbie Nordeen, the director of Womansong, and I worked out the arrangement of the three part harmonies for women. "Heal Me" now has a life of its own and I am very humble and grateful to be part of its birthing. And I am very grateful to the Sisters of Mercy for helping to comfort me and care for me as part of this journey - to help be part of the healing process that led to my realizations, my lessons and this song.

**From Debra Roberts, producer of the "Heal Me" video**

Years ago, I recall Sue phoning me in a panic that her ears hurt and that she needed me to look after my nieces so she could go to the doctor. She was so upset that I planned to have my husband look after the girls so I could drive her somewhere but she dropped the girls off so quickly that I was still in the house as she started to drive away.

I remember chasing her down our long driveway and halfway down our long road to try and get her attention. It was pouring with rain, I was soaked and she never heard or saw me. Later that day I found out about her eardrum - it was a very scary time for Sue. I did not, at the time, know where she had gone for medical care.

Recently, when we were hired to do the short video piece for Sisters of Mercy Urgent Care, we were trying to decide on the right soundtrack. I immediately thought of "Heal Me", written by Sue. I had heard this women's choral piece many times and have always loved it. It seemed to perfectly embody the caring healing relationship the Sisters of Mercy have with the wide community. The song was approved by Bruce and Sister Maria Goretti and a few others. A week later, I was talking with Sue who was so happy to know that her song would be used for this purpose. It was at that time that she told me the song had originated at a time just after she had received care from the Sisters of Mercy for her eardrum. I had remembered the moment but had never known she had gone there. I got chills when she told me because I realized the perfection of the choice of music and how Divinely guided a choice it was.

## **Heal Me**

By Sue Ford

Heal me, I am listening.  
Heal me, I have heard.  
I have felt your timeless presence  
in the Silence, in the Knowing.  
I am with you in my laughter,  
in my crying, in my growing  
Cleanse my soul. Let new Hope begin.  
Let me embrace all the Love within.  
Help me believe I am Whole.  
I'm singing.

Heal me, I am listening.  
Heal me, I have heard.  
Please relieve me in this struggle.  
I am grateful.  
I am humble.

I am offering myself, my old patterns,  
they will crumble.

Cleanse my soul. Let new Hope begin.

Let me embrace all the Love within.

Help me believe I am Whole.

I'm singing.

Heal me, I am listening

I am listening

Listening