



Nationwide Quaker Days of Healing

This guidance is **not** intended to replace any patterns or procedures a Quaker Meeting may already have established.

This day is an extended Meeting for Worship with a specific focus on healing.

Ensure that the meeting place is as quiet as you can make it. Do all you can to create an ambience of peace and calm. Make a separate room available for quiet conversation and refreshments. Remind folk that mobile phones should be switched off. If you have sufficient numbers, a door greeter may be helpful.

Ideally, there should be an anchor person, spiritually led, acting as a co-ordinator, with 'designated elders' for the day, each covering one hour of the Meeting and helping to facilitate the worship. Make sure that people understand that they stay for as long as they wish. Some may want to come for a short while only. Others may wish to stay for much longer with optional comfort and refreshment breaks. Some groups may wish to use a white board with 'post-it' notes to build up a picture of healing concerns throughout the day. In the interests of confidentiality though, all notes must be destroyed at the end of the meeting.

At the beginning, have a short period of time for the group to centre down into the stillness and silence of that divine space. Be receptive to the presence of the Holy Spirit. Then begin the Worship for Healing as suggested.

Where appropriate, the elder at the beginning of their hour of duty should briefly explain that our focus is to surround persons or situations in need of healing with God's Love and to 'hold those concerns in the Light.' Remind F(f)riends that *there is only one Healer - that Healer is God, and it is from God that all healing energy flows. However, with 'that of God within us'. we ask to be used as channels for healing, putting Love into action and sending out the Light to where it is needed.* If prompted, Friends should be encouraged to express their concerns verbally, so that the group may silently add their prayers and spiritual energy. Any ministry should be totally focussed on healing. Some groups may find it helpful to visualise a pool of healing in the centre, where names and concerns may be placed. If you have been joined by folk from other churches or faith groups, be aware of their needs and encourage them to participate with their prayers for healing in their own way

For those not used to the concept of 'distance healing', one very useful pattern to adopt is the 'AIR' process (Attunement, Intention and Release).

Begin by 'tuning in to the Presence of God' (Attunement). Look deep within and focus on 'that of God within you'. Be aware of the Presence of God surrounding all.

The second stage is Intention. Have the very clear intention in mind of the person or situation in need of healing. As a channel for healing, let that of God within you reach out to the healing concern. Visually surround that concern with the Light and the Love of God. Do not seek for a specific outcome. Ask that the healing given be for the highest good of the person or situation.

The third stage of the process is release. At best, we are channels for healing, so 'let go and let God' : allow your spiritual energy to join with others, so that our corporate spiritual energy is released to focus on those healing needs that are of concern to us all.

At the end of this extended Meeting for Worship for Healing, join hands, REMEMBER to give thanks to God for the healing that has been given, and then 'let go and let God.'

'ALL HEALING IS LOVE IN ACTION'

The Nationwide Quaker Day of Healing is promoted by the Friends Fellowship of Healing

<http://www.quaker-healing.org.uk/>

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