

TOWARDS WHOLENESS

No. 155 AUTUMN/WINTER 2019

£2.50



The **Friends Fellowship of Healing** is a Quaker Recognised Body in the Religious Society of Friends. (*Registered Charity number 284459.*)

Since its foundation in 1935, it has sought to uphold the cause of a healing ministry, and seeks to be a channel to help people towards health and harmony of body, mind and spirit, which it believes is God's purpose for everyone. It has prayer groups attached to many Meetings, and also postal groups to enable isolated people, and those who may be unable to join a local group, to co-operate with others in the service of healing prayer. The Fellowship holds conferences, retreats and workshops held either at a residential centre (*Claridge House, Dormans Road, Dormansland, Lingfield, Surrey RH7 6QH*) or elsewhere. All members annually receive three issues of **TOWARDS WHOLENESS**, the journal of the Fellowship, published in March, July and November.

ANNUAL FEES

(which include all necessary insurance/materials/newsletters etc.)

UK FFH Member	£15
Overseas FFH Member	£21
QSH - Full Healer	£35 (inc FFH Membership)
QSH- Probationer	£35 (inc FFH Membership)
QSH - Full Healer/Probationer insured elsewhere	£21 (inc FFH Membership)

Cheques, payable to Friends Fellowship of Healing, should be sent to The FFH Membership Secretary, 52 Ridge Road, Middlestown, Wakefield, W Yorks. WF4 4QP

Letters, articles, news items and other contributions for *Towards Wholeness* should be sent to the editor, Gervais Frykman, 52 Ridge Road, Middlestown Wakefield, W.Yorks. WF4 4QP, 01924 264180. gervais153@talktalk.net
Deadlines: February 1st, June 1st and October 1st.

For further information about the **FFH** please contact the Clerk: David Mason, 2 Fir Avenue, New Milton, Hants, BH25 6EX. 01425 626112
david.mason1948@gmail.com

Donations for the work of the Fellowship are most welcome.

Cover photo by Nicholas Rawlence

FFH/QSH Web-site: www.quaker-healing.org.uk

CONTENTS

2.	Healing Convoy	Stephen Feltham
4.	Healing our Meetings	Gordon Slaymaker
7.	Love Never Dies	Judy Clinton
9.	A Healing Week at Claridge House	Barbara Earl
12.	QSH News and Events	
12.	Healer Support Weekend	Cherry Simpkin
14.	Report on BYM 2019	Anne Le Marinel
15.	A Note on the FFH Committee Meeting	David Mason
18.	Quaker Nationwide Day of Healing	
20.	Holding in the Light	Judy Clinton
21.	A Hug	Robin Goodman
24.	Apokatastasis	Elizabeth Angas
27.	Coping With Clients' Emotions	Anon
28.	Letters	
32.	The Hyacinth	Maureen Steffen

The Postal and Phone Link Groups give prayer support to people seeking reassurance and healing. Some members have joined these groups because they are physically isolated by handicap, age or geography. Others may already belong to a local healing group and are able to give additional commitment by also belonging to one of the postal or phone link groups, or are simply committed to the power of prayer.

All are welcome to join. If you would like to help in this way, please write the Postal Co-ordinator, **Maureen Anderson**, (*contact details on inside cover*) with a few details about yourself. Your letter will be passed on to one of the group secretaries who will then contact you direct and give you the names of two or three people to uphold in prayer regularly.

Talking Friends holds recordings of Towards Wholeness.

Anne Brewer records them and sends to Talking Friends for distribution to Friends with visual impairment. The subscription for one year is £3 for TW publications.

www.talkingfriends.org.uk

Alan Johnson is the convener of Talking Friends.

alan.johnson1@blueyonder.co.uk, 0121 476 0217

HEALING CONVOY

Stephen Feltham

I recently drove from Tintagel to Croyde Bay. Like most males I am a perfect driver although at times prone to a smidgeon of impatience with other road users. One can imagine my ire when I was stuck at a roundabout. A guy was waving through lorry after lorry of heavy goods vehicles of every conceivable type.

The guy eventually got out of my way and I followed the convoy bitterly regretting my bad luck in being stuck behind a line of vehicles that was impossible to overtake.

Bad luck, how wrong could I be?



As I followed the convoy I noticed the banner on the van in front

“SOUTH WEST TRUCKERS
CHARITY CONVOY
BUDE – MILKY WAY
2019”

I didn't think much of that; a 100+ line of HGVs pumping out fumes contaminating the countryside. This is the sort of thing Extinction

Rebellion followers would rail against. Surely, there is a cleaner and less damaging way of raising cash. How utterly counter-productive?

BUT, as I drove, a change came over me and my demeanour altered.

A great number of villagers came and watched the convoy. They were enjoying the spectacle of many large vehicles trundling through their villages. There was flag waving and cheering and taking photographs as the convoy passed.

Most notable were their faces; pure happiness. Such a simple event, a bunch of lorries but, nonetheless, bringers of joy and the stimulus of many smiles and animated conversations. I joined in the fun. This convoy was nothing to do with me but being at the end of the line I was the recipient of many smiles and flag waves and, in return, I smiled and waved back enthusiastically.

I had never thought an HGV as a conduit for healing, but the stress and frustration I felt at having my journey delayed had morphed into enjoyment; it was a simple pleasure of strangers waving, enjoying themselves, and wishing well to all upon whom their gaze fell. Even me.

I wondered if the sense of well-being and good-will was mirrored by those at the Extinction Rebellion disruption in London a few weeks previously? Were those protesters filled with the joy of just being human? Were they likely to smile and bestow the milk of human kindness upon strangers as they travelled to and from London to make a spectacle of themselves and be noticed in the name of saving the planet?

Yes, I know the charity convoy polluted the atmosphere. But were not the planet and the people in it were far better served by the Spirit of goodwill resulting from the convoy and by the healing it engendered, than by the stress and disruption of blocking London bridges?

When a stranger smiles do you feel less or more inclined to cast your bread upon the waters? And, when your life is disrupted and inconvenienced how likely are you to exude the qualities we aspire to?

The planet has many ills and humanity has an obligation to negate the damage it has done, but we live within a holistic universe and whilst the link between a smile here or a scowl there on the well-being of planet earth may be a bit tenuous, there is no doubt that there is as much healing required for humanity as a result of protest as there is for the healing of the planet in the first instance.

There is no point in creating a healed planet if to achieve it we leave humanity itself in need of healing.

28th May 2019

Healing our Meetings *Gordon Slaymaker Lancaster Meeting*

For those who take air flights you will be aware of the safety notices. Put on your own oxygen mask first.

At times we pray for the healing of our Meetings but may be reminded that such general, broad spectrum offerings do not address the issues. Perhaps because it is not specific enough.

Having been a signed-up Q member for over forty years, longer than most, not as long as some, I have, in recent times become aware of deficiencies in our way of being together. I hear of so many meetings having conflict to a greater or lesser extent. It has not been enough to have in Faith and Practice a paragraph from Joan Fitch about conflict. She has long since left us and although I heard tell of her in my early time with Quakers in Cumbria, there is now nobody who could or would say what those issues were which led her to pen P 10.22.

In more recent times there is the research paper by Susan Robson in which she details the extent of the denial in Quaker Meetings about their conflicts. In Scott Peck's book, 'A Different Drum', he talks about authenticity. A community that is in denial, or does not address its

conflicts is a 'fake community'. To become authentic they need to journey the zone of chaos. It is this area that seems to put so much fear into so many.

We cannot go there.

It is not 'loving'.

It would not be 'kind'.

A recent article in *The Friend* by Sue Glover-Frykman gave an instance of conflict where eventually a Friend asked another if they were the problem. Yes, was the reply. Perhaps the whole Meeting should have addressed that sooner.

I have become aware of people coming into our meetings with a great deal of baggage, whether from their working life in business or perhaps from a previous 'main stream' establishment church, particularly Roman Catholic.

That baggage is the preconceived practices regarding meeting processes whereby the ego can jump in. "Wow, I'm up for that!" says the ego, and it promptly takes control. And when asked what they like about being clerk to meeting the answer is, 'being in control'.

As Ivan Hutnik says in a recent article in *The Friend*, meetings can be comfortable billets for those who bully and intimidate but when those bullies are heavy weight, fluent Quakers very few would stand against them or even point out that their practices are not Quaker. For those 'in-comers', it is where they use business methods to hide behind and deny when faced with difficult issues.

Another practice in the business world is the constructive dismissal, where there is someone who is not understood or is persistent with a suggestion. They are then ignored and even constructively excluded. The individual resigns and the Meeting then sits smugly back thinking the problem is resolved. In a recent membership issue this arose but when application was withdrawn the Area Meeting acted as if that problem was resolved. Not so. The rot set in and continues.

We are supposed to be an honest and open spiritual society. When serious issues such as harassment are not recorded there is, very conveniently no 'audit trail'. An archivist reviewing old records would find no mention of drugs in Friends schools or sexual harassment in meetings. What a perfect group of people these are. What a perfect religion this is. The trouble is, too many of us gaze at our navels and sit on our hands. This is called denial.

And then there is the lack of traction to get these issues out into the wider society, otherwise known as censorship. All this does not make for an authentic church. We need to understand what 'keeping our meetings' means.

So to healing. The boil needs to be lanced to release the pus.

So these points and of course many more, need to be held in the light of truth, honesty, openness, then we can be set free. Otherwise all our fancy 'works' such as sanctuary cities and peace action are as nothing.

A SMILE costs nothing, but gives much.

It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it.

A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen,

for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile.

Give them one of yours, as none needs a smile as much as he who has no more to give.

Anon

This is not an easy time of year for me. I love the spring; but when it is fully established with its sunshine, its lengthening days and its prolific growth, I am also reminded – often at a visceral level – of my then twenty-two year old son’s terrifying abuse of alcohol, which within a matter of weeks resulted in his untimely death. The passage of time since then brings a degree of accommodation to such an experience, but the pain of it all can still rear up and bite me.

Recently I was sitting in my quiet time and these words of Rob’s, which he had uttered more than once, floated up into my mind: “If ever you need me Mumma, I’ll come.” Tears came immediately, and whilst feeling the impossibility of this I called out loud to him, “I need you, come. I still miss you, dreadfully.” I cried some more ... and that was that.

Two days later I received an email. It was forwarded to me through the coordinator of group that I belong to. This email was from Brian (not his real name), an old friend of my son’s, whom I hadn’t seen since the funeral – nearly eighteen years ago! This man wanted to make contact with me, now. I responded to him immediately, saying how lovely it was to hear from him, and that I was intrigued to know why he was contacting me at this time.

The reply was that he didn’t know, only that he’d had such a strong urge to reach out to me over the past few days; that he’d never forgotten Rob; and that he would like to come and talk to me about him. I said that it smacked of Rob being at work, to which he replied that while every rational cell in his body said this was nonsense, he couldn’t explain why the need to make contact with me had been so very strong. I could imagine my son, always a good networker, saying,

“Umm, coming to see you is a tad difficult, Mumma, I’ll send Brian instead.”

A day after I’d received Brian’s email (he had gone to a great deal of trouble through Google to track me down and had made contact within a matter of hours), he came to my house. We talked non-stop for three hours. I’d known him over many years, but just at the level of a mum opening the door to a lad who was calling to ask my son to do something, or to hang out with him making a racket in the sitting-room. I’d never had an in-depth conversation with him.

Brian told me as we met that superficial conversations didn’t interest him. Rob was someone he could talk deeply with; since Rob’s death he had never found anyone like him; and how much he missed that. He said that he didn’t want to dwell on Rob’s last weeks, or the way in which he died, but rather to talk about the impact that his life had on him and so many other people; about his extraordinary ability to love unconditionally and to trust other people, often to his own detriment; and his off-the-wall ways of dealing with things. How wonderful it was to share in all those memories. This made Rob come alive again and was so precious.

We talked about all sorts of other things in our current lives too, which connected in some way with Rob, and brought insights for us both. It was such a multi-faceted meeting, resulting in the agreement that we would meet again.

All this took place just over a week ago and I’m still amazed by it happening. My mind wants to understand how it was possible. What was the mechanism by which my heart-felt cry was answered, and so rapidly, and to our benefit? I’ve shared the tale with many people by now, and they have all been amazed by it too. I passed it on as ministry in meeting for worship, and one Friend

said to me afterwards, “Don’t waste your energy trying to understand. It came from love.” Yes, it came from love, in response to a heart-felt cry, and the connection was made. It is true: love never dies.

25.05.19

A HEALING WEEK AT CLARIDGE HOUSE *Barbara Earl Croydon LM*

In early September, I was fortunate to attend an inspiring four-day course with Quaker Spiritual Healers (QSH) held at Claridge House, the peaceful and welcoming retreat centre in Dormansland, near Lingfield. As is usual at this house, vegetarian food was plentiful and nourishing, the garden beautiful and the atmosphere calm and relaxing; the perfect conditions in which to learn and enjoy any course.

Twelve participants, some of advanced experience, travelled from across the U.K. (except one who gamely flew in from Bialystok in Poland) to meet with tutors Lee Britten-Jones and Anne Le Marinel for a full programme covering such topics as: energy centres, chakras, body scanning, meditation, listening skills, distant healing and practical contact including the laying on of hands as both healer and recipient. The impact of the course has stayed with me on my return as the experiences that we shared as a group were deep. Friends were so engaged with the material and practices that discussions often continued during meals and free time as we came together more surely after each session.

The FFH was established in 1935 initially to provide distant or absent healing and to promote a prayerful healing ethos generally. The idea that in “Spirit we are One and It knows no distance” underpinned the fellowship. It is one of the largest special interest groups within the Religious Society of Friends (Quakers) and has in excess of 500

members. The Quaker Spiritual Healers (QSH) which was inaugurated in 2001 is a sub-Group of FFH.

Spiritual healing may often be confused incorrectly with the concept of complete cure and unfortunately, this can lead some to reject the whole idea of what is really an expression of Divine Love. Healing works towards wholeness and it is no coincidence that the FFH magazine is titled as such. It is not an exercise just aimed at bringing about improvements in physical health as emotional and spiritual aspects of the individual are embraced with as much importance as bodily well-being.

Course notes reminded us that “The Healing Ministry is not just about spectacular miracles (although these may happen). There may not be a physical cure but that does not mean nothing is happening. Healing the mind or the spirit can be just as, if not more, important and it is not so obvious to the outside world.”

To be a true conduit we must ensure that we “get out of the way” by forgetting self and stilling our ego in silence as we ground ourselves in order to allow the Spirit to go where It will and where It is needed. To receive healing, however, one only has to have hope and believe in the power of Life. As Quakers we know that we need no intermediary to link directly with the Divine but perhaps in times of stress or great need we need a little assistance in connecting with the Source and this is where this kind of practice can help.

Healing, of course, is not confined to those who have been on Quaker courses, we can all be channels for the Light even in informal settings. When we listen actively with compassion to others with no fixed agenda and put aside our desire to frame a glib reply or give unwanted advice, we are using the spiritual gift of healing. When we speak someone’s name warmly and give kind eye-contact we are offering a small, but powerful, healing act. Anyone can do it; one does not need

to be demonstrating unique aptitude. For we ourselves are not the healers, that would be the province of God, the Presence, we are but instruments or transparencies. “We are the lamps that cast that Light” (course notes). As Jesus said:

“I can of my own self do nothing... the Father within, he doeth the works.” John 5:30 and 14:10

One of the many joys of the week was the way in which the course tutors gave space and encouragement for participants to share their spirituality and specific healing techniques. On returning home, I have been reminded of the simple but profound words of Walter Lanyon, “When you see that of God in someone, you bring about a healing.”

“A Temple Not Made with Hands”, Walter Lanyon (Kessinger Legacy Reprints)



QUAKER SPIRITUAL HEALERS' NEWS and EVENTS

Having read Barbara Earl's inspiring article are you interested in becoming a Quaker Spiritual Healer?

The next residential course is at Claridge House on Monday 21st September – Friday 25th September 2020.

However, it may be possible to make arrangements for a non-residential earlier than this if there is sufficient interest in your local area.

Please contact Kay Horsfield: horsfield.k@gmail.com for further information.

We are pleased to say that Penelope Beard, Strawberry Roth and Rachel Sewell are now full QSH Healers.

HEALER SUPPORT WEEKEND

Cherry Simpkin

The Healer Support weekend was held at Claridge House from 19 to 21 July 2019. There were 13 of us taking part, being a mixture of experienced QSH healers and probationers.

The first evening was devoted to introductions and generally getting to know each other and ended with a led visualisation.

In the first session on Saturday morning, Kay Horsfield asked us to think of what brings us joy and the importance of this in the healing process. We were also each given a notebook to take home and continuing recording the joyful happenings in our lives and their effect on our well-being.

Elizabeth Angas then gave a talk on Autogenics and its role in relieving stress. Elizabeth is an Autogenics therapist with many years' experience. She taught us how to use a series of affirmative

statements which should be repeated in a particular order. These can be used in any stressful situation to bring calmness and boost self-confidence and enable the problem in question to be overcome.

After free time in the afternoon, the next session was devoted to general discussion and sharing of experiences and to healing practice. In the evening session, we shared our knowledge of using various tools to aid our healing practice, such as dowsing rods, pendulums and crystals.

On the Sunday morning, we joined the regular Claridge House Meeting for Worship. This was followed by a talk by Anne Simpson on Protection. We considered ways to protect ourselves and our healing practice from various psychic threats, including looking at how our own lifestyles and attitudes can influence this.

We then ended with a general discussion.



The weekend provided an invaluable mixture of interesting and informative talks and opportunities for experienced healers and probationers to share ideas and experiences. Hopefully, Healer Support Weekends will once more become regular events in the FFH Calendar.

The Healers Support Weekend in 2020 will be from Friday 19 June to Sunday 21 June.

The cost will be £240 per person. Bursaries are available.

Please book through Cherry Simpkin.

REPORT ON BYM 2019

Anne Le Marinel

There were 31 Friends who attended the QSH presentation at Britain Yearly Meeting. Kay Horsfield with Technical assistance from David Mason, gave an inspiring and informational talk on Friends Fellowship of Healing and Quaker Spiritual Healers. During the talk there was a self-healing meditation, which was well received. There was also the opportunity for one-to-one contact healing practice, this was found to be enlightening to many of the participants. There was a lot of interest shown with most of the Towards Wholeness publications and information being distributed.

David Mason and Anne Le Marinel hosted a stand at the Group Fayre for FFH and QSH. Again a lot of interest was shown by Friends although unfortunately there was insufficient space to actually carry out any healing. We hope this might be addressed next year at Bath.

Photograph in TW154 - Ed

A NOTE ON THE FFH COMMITTEE MEETING

David Mason

I had the joyful duty of Clerking our Autumn Meeting and it was an exciting and very productive event spanning 3 days 15 - 17 October.

There are now 10 of us on the Committee, all with roles and a focus to raise the profile of healing in Britain and to encourage and help new healers become fully qualified and integrated into the Healing Community.

We have agreed to provide signed Healing Certificates to all newly qualified healers and those of you who would like replacement certificates, I am confident that this can be arranged at no expense to you.

We discussed the ongoing success of the Nationwide day of Healing and are pleased to report that the date for future events is now fixed as the first Saturday in March.

Our FFH membership currently stands at around 540 people and from this pool we are actively encouraging those of you who would consider becoming Healers to let us know as we are planning to take our healing courses out to the regions – more on this in other articles.

We are pleased to report that we finally have a literature committee again, the last one dissolving with the sad resignation of Anthea, Ros and Jim. Our new committee will comprise: Stephen Feltham, Kay Horsfield and Gervais Frykman.

Elizabeth Angas, the link person for the Postal Prayer Groups communicated a report from Maureen Anderson and Margaret Kray on their work, along with a brief request from Elliot Mitchel the Editor of the QSH Newsletter. Elliot says:

“I am hoping to increase the circulation of the FFH newsletter by e-mail (preferably) or by post before my three-year tenure ends in December 2021. We know that many housebound people and others enjoy reading

it and it keeps members in touch with each other. It is a struggle however to fill its pages each quarter with relevant articles-so please keep sending copy to me wherever possible.”

So a plea from your Clerk, do send him what material you want to share.

We have reviewed our Training Manual, our systems for communication, recording membership, our ideas for a Healing Gathering (13-15th Nov 2020 at Woodbrooke), our Healing Statement and our Constitution. Altogether a busy but fruitful meeting.

Finally, we decided to move our stock of Healing Books from Claridge House (we have left them a usable quantity for Healing courses etc) to a new location under the management of Anne Mason (yes, my wife!) Anne volunteered whilst at QFAS this year and her taking charge of the storage, management, cataloguing and distribution gives us a better opportunity to get them to you faster. As an introductory offer we have decided to make all our books available at half price until Christmas this year. Postage will be as incurred and added to your invoice. Anne can be contacted on her mobile 07732789974 or by email: annemason1958@gmail.com

Please note that the Claridge House programme will no longer be included in Towards Wholeness. This is to make more space available for letters and articles. The programme is available on the Claridge House website <https://www.claridgehousequaker.org.uk>

Humility is not thinking less of yourself, but thinking of yourself less.

DISTANT HEALING FROM HOME

Elizabeth Angas suggested that we have one Need we pray for each month by *Holding in the Light*, doing this alone, but joining all together on the first Friday of the month at 12 noon.

Dec The control of populations so there is housing and facilities for all.

Jan The development of a fairer, more equal world.

Feb An understanding of justice and compassion by all, so crime is no more.

March The prevention of conflict and unrest in the world.

April The sustainability of our planet.

Please see <http://www.quaker-healing.org.uk> and choose “An Extra Way of Distant Healing” for more information.

FRIENDS FELLOWSHIP OF HEALING GATHERING

The FFH Gathering will be held at Woodbrooke 13th – 15th November 2020. The cost is £260. For two guests attending the gathering and sharing a room it is £455. This works out at a 25% discount.

A guest who would not be attending the gathering but sharing a room with a member of the gathering would be charged £88 (full board).

The programme is to be arranged.

The number of places is limited. Bookings can be made via the Membership Secretary.



**QUAKER
NATIONWIDE
DAY OF HEALING
SATURDAY 7th MARCH 2020**

11.00am to 3.00pm

**A MfW to be held in Meeting Houses and Friends'
homes around the country.**

HOLD YOUR CONCERNS 'IN THE LIGHT'

RADIATE PEACE, LOVE AND LIGHT

REMEMBER: ALL HEALING is LOVE IN ACTION.

Further details

www.quaker-healing.org.uk

friendshealing@gmail.com

Organised by the Friends Fellowship of Healing

SUBSCRIPTIONS FOR 2020

These are due as from 1 January 2020.

The rates are shown on the inside front cover of this issue.

If you are paying by standing order please ensure that the amount is the current subscription rate.

If you would like a standing order form, please contact the membership secretary, Pauline Frykman, whose details are on the inside back cover of TW.

Cheques can be sent to the membership secretary.

You can also make payment via the FFH Website www.quaker-healing.org.uk, and choose "Payment" from the menu at the top of the home page.

Please consider gift aiding your subscription. This enables FFH to claim an extra 25p for every £1 you pay without any extra cost to you. (Gift aid cannot be claimed on the £14 insurance premium element of the QSH subscription). Thanks to all those who have already signed a gift aid form. However, as the wording of the older forms is now out of date, we are legally obliged by HMRC to point out that if the gift aid claimed by all the charities you donate to in a tax year exceeds the Income or Capital Gains you pay in that year you will be liable to pay the difference. Hopefully, that will not be the case. Please contact the Membership Secretary (contact details on inside back cover) if you wish to gift aid your subscription, or if you wish to change an existing gift aid form or if you have already signed a gift aid form and no longer pay sufficient tax.

Penitent: "Remember not my sins, O Lord!"

Lord: "What sins?"

It's a beautifully bright spring morning. As I do the washing up, I'm delighting in sunlight shafting through my kitchen window. The warmth of the sun is wonderful. The garden is illuminated and the distant hill stands clear against a bright blue sky.

But, oh boy, does the bright light show up just how dirty the window is! I had no idea it was so encrusted with muck which has accumulated over the past few weeks of winter weather. I'm aware that my view is not as clear as it might be, and I have an urge to get out there and clean the glass.

This sets me to thinking of our Quaker expression, 'I'll hold you in the Light,' usually said when someone we know is going through a difficult time. It's said as an expression of love and concern, and with a desire to give comfort. But it can mean much more than that. If I say I am holding someone in the Light, am I not wishing for that person an illumination of their situation so that they may heal in mind, body or circumstance? It's not just a kindly platitude of well-wishing: it's more searching than that. It aims to give a person who is struggling the means by which they can see things more clearly, and therefore be able to take steps to help themselves or to ask others for help.

If I don't first see the dirt on my window I'm not going to clean it so that my view is clearer. This is a somewhat trivial practical example, but I see that the principle is deeply significant when it comes to resolving situations which have become very difficult. When I say that I am holding someone in the Light, I am asking a higher, more seeing power (God, if you call it that) to shine the torch of awareness upon them. This may not be at all comfortable, but it may be vital. The Light shows us our darkness, and in being aware of the contents of the darkness we have the opportunity to see what stands between us, our well-being and our relationships with others. That is potentially empowering and may lead to us making changes in how we live our lives. It can 'show us the way through' (as Rex Ambler words it in our Quaker Experiment with Light meditation.)

And let us not forget that the Light also shows us beauty, and brings warmth, life and hope. It's powerful. Thanks to the sunshine beaming through my window just now, I'll use our expression, 'holding in the Light' with much greater understanding. 16/2/19

A HUG

Robin Goodman

After Poppy died life was never going to be the same again. This dog had come into our lives just when we needed her. She gave us unconditional love and laughter. She taught us the value of enjoying life right now. Life is fun right now.

Poppy took me out for walks in the wildness everyday no matter what the weather, no matter how tired or whatever else had to be done. These walks grounded me as nothing else can. I have written stories about them. Usually I found a comfy boulder upon which to sit and just Be; Poppy would come from wherever she was, whatever trail she was following and sit, leaning against me and we sat in quiet contemplation and companionship.

Then she died and the emptiness left us bereft. There was no comfort to be had. I stopped walking. The house quiet and tidy and full of empty places, where her beds had been, where her food and water bowls had been, no toys underfoot, no bowing with wagging tail politely asking if I had forgotten a little thing like a walk? No dog under my feet as I was grating cheese. No dog sitting on John's lap as he ate his tea – always hopeful but never and I do mean never given titbits. She never gave up hoping. Then she died aged only nine and a half because of a hidden cancer. There neither was nor can there be any comfort.

Each year we go to the same place for our holiday; a beautiful place just across the Minch from where we live. The journey is easy, a two and a half hour ferry crossing and then just an hour north along roads going through incredibly lovely landscapes, mountains and lochs,

forests and waterfalls. The team who work there and the owners know us well and they all loved our rascally, lively dog Poppy. We found the hotel because of Poppy; trawling through the internet over five years ago I was looking for a place where dogs are welcome so we could have a break and found this site, Kylesku Hotel where the site claimed 'happy dogs are welcome'. We deemed Poppy to be a happy dog; they, after meeting her agreed. So we returned to this very happy place each year, each year booking the next; thus it was that we had booked for this year while we were away with Poppy last year.

Poppy hated the car deck of the ferry. She had her ears back, dry mouth and trembling so I used to take her up the gangway which she did not mind at all, went to the seats in the pet area. John brought her bed up from the car and she settled down for the crossing. We had to go for breakfast one at a time so someone was always with her.

This time I stayed in the car with John and went on board in the car. I too hated the car deck; no wonder Poppy hated it so, noisy, smelly and frankly scary as we went up onto the mezzie deck. Then I crumpled with grief. I seriously questioned whether this was a good idea to go back to where we had all been so happy. John comforted me as best he could and reminded me that we could go walkabout on the ferry and go into breakfast together. I'd rather have had Poppy.

The drive north was as spectacular as ever. Instead of stopping to walk Poppy we went to a cafe for a coffee. Never done that before.

When we drove up to the hotel entrance I sat there falling apart; this was a bad idea. I could not go on in.

Who believes in coincidences? At that precise moment, Denise, a wonderful lady who works there and we have known all this time was walking down the entrance slope with her two dogs. Denise took one look at me and then I was enveloped in a huge hug. Denise, who had lost one of her dogs a year or so ago, held on to me with this hug until the pain eased and so we were able to walk up to the reception. We were greeted with smiles of welcome. Kate told me that, that morning

at briefing the team were told 'Robin and Jon arrive today but not with Poppy who has died'. Kate said that there was shocked silence and that the team were upset as everyone loved Poppy; she was a dog like that.

Two mornings later I was falling apart again; this time it was Vikki who sat with me, holding my hand and talking gently to me until the pain subsided.

All the team were being so kind to us. Kylesku felt like, and was, a safe place to bring pain and grief.

Healing process can happen when surrounded by loving care. As the time went on we came to confront the grief as we walked in familiar places without our happy dog running all over the place. Then we returned in the afternoon to our safe haven. Slowly we began to come to terms with no Poppy.

Dogs are welcome there; it has to be the most dog friendly place in the universe and so we were in the company of people and their dogs. This turned out to be a good thing. We met and enjoyed so many dogs. Dogs who gave us comfort too in their own way. Dogs are cleverer than many people realise and are aware of others' needs and emotions.

Now we are back at home and the healing process will continue. I am grateful for the love and support we were given that has started the process. We have started walking again. Yesterday we went to a nearby headland, high enough to have its own contour line; full of hidden archaeology from the Iron Age when it was a thriving centre of population. We paused at the top to think of all those people so long ago, leaving their traces with field boundaries and midden and the standing stone which I am convinced is the large stone at the centre of a stone circle. Maybe not, we need archaeological research to find out. We wondered about the people of so long ago and our own grief seemed so small. It was putting things into perspective.

On the way out we met a delightful young dog on the beach who ran up to us, played with us and there we were running along the beach laughing.

We have found healing with love shown to us, with laughter given us by other dogs and healing too in knowing that Healing Friends are upholding us still.

I have tried so often to offer healing in the form of sending love and support that I now know how it feels to be on the other and receiving end of healing. Dear Friends this is vital work that you do. Please keep it up, often unsung and you never really know how you have helped. Sometimes healing comes through another person crossing a path, like Denise getting me up that slope. I do not understand how this all works, only that healing diffuses through the atmosphere, going where it is needed. I know too that if you offer kindness and healing to the universal pot of kindness then there will be kindness there for you to withdraw when you need it too.

APOKATASTASIS

Elizabeth Angas

(Acts 3:21) (1 Corinthians 15:28)

Our life is about Love and God is Love. These truths now have a certainty, a solidity. Certain too, is that we are each an incarnation, human beings on Earth, but also spirits, each a soul on a spiritual journey, each having a meaning and purpose, a raison d'être, a path. So our life is eternal, an immortality, beginning in the BeforeLife, continuing in the AfterLife, a path where the Incarnation is our model, our guide, to lead us in a life about being God's Love.

Now, there is another certainty: it is for everyone, all will be included, finally knowing the Divine. For the Apokatastasis, the Universal Restoration will happen, all becoming embraced in Love.

No one will be left out. It is a universal truth. All able to be Love. Able to receive Love. For that Quaker belief is true: we are each a '*that of God*', each have an inner divinity of Love.

All creatures will be restored to the Friendship of God. All will know God. This is what is meant.

The early church fathers knew this. Many mystics have realised it, including Richard Rohr. All can discover it through their experiential faith. We don't need dogmas or creeds. But Bible truths can jump out at one. Or from other holy books like *Quaker Faith and Practice!* Or we know through serendipity, synchronicity or intuition, receiving through discernment. For these enlightenments are sent throughout our life, each time we are ready.

Hand in hand with this evolving is discovering who we are: realizing our True Self, gradually recognizing our Higher Being, that inner soul or spirit which is our divinity. When we know our own self through individuation, we are ready to pass, fully being Love.

Thus, we can be repaired at our root, recovered and restored, a restitution to primordial state, returning to our origins, to our Creator. But there will be no judgement, no punishment, only compassion and understanding: an opportunity for amelioration, a sort of Jungian Therapy.

Having sorted out these beliefs, what meaning does it have for my present life and values? It is New Year's Eve for 2017. I am nearly 82, making my Resolutions. For although a spiritual being, I am also a practical human, needing to live a better life.

I need to make my earthly home warm, dry, clean and hospitable, where everyone is welcome: a home of loving kindness where I can be compassionate, to continue my work as a healer.

As well as continuing my individuation and evolving, I need to become more mobile, flexible, to overcome various physical ills with a naturopathic nutrition and exercise.

Thus begins my apokatastasis, my universal restoration. To respond to this healing. To recognize I am held in the Light, learning to be Love, responding to all, as a *that of God*. 31st. December 2016.

The rich industrialist from the North was horrified to find the Southern fisherman lying lazily beside his boat, smoking a pipe.

“Why aren’t you out fishing?” said the industrialist.

“Because I have caught enough fish for the day” said the fisherman.

“Why don’t you catch some more?”

“What would I do with it?”

“You could earn more money” was the reply.

“With that you could have a motor fixed to your boat and go into deeper waters and catch more fish.

Then you would make enough to buy nylon nets. These would bring you more fish and more money. Soon you would have enough money to own two boats ... maybe even a fleet of boats. Then you would be a rich man like me.”

“What would I do then?”

“Then you could really enjoy life.”

“What do you think I am doing right now?”

Often, during healing, a person may feel emotions welling up. The atmosphere of acceptance and trust has made it acceptable to be vulnerable. For the healer it is an indication that the person feels safe. Sometimes just the recognition that someone is listening to them and giving them time and attention is enough to open the floodgates. Sometimes years of suppression have created a huge lake of unshed tears dammed up behind a wall of good manners and civilized behaviour. The tears are for the buried grief and pain of a lifetime, for the little child within who has had such a hard time. Our society is very ill at ease with the expression of emotions. Most of us have been taught that it is babyish, and shows appalling lack of control. Christopher Spence, one time director of London Lighthouse – the organisation for people with Aids – once said 'If all the tears of the suburbs were shed, it would never stop raining'. It is a very sacred honour to be entrusted with someone's tears. Don't worry that you won't know what to do. You don't have to do anything. In fact, you are already doing it...you have found a way to reach out and touch. Don't be afraid or embarrassed. Don't say 'there, there don't cry' or anything. The tears are very healing. Just be there, ready with the tissues. You can't make it different. You can't change the past, but you can be a witness. You can stand steady beside them and accompany them on their journey. Also, people often feel bad and guilty that they have taken so long to get to the point of seeking healing. It's important for them to understand that they did the best they knew how with the choices that were available to them. Now their innate wisdom knows that they no longer have to be limited by the same choices, and they are free to widen their horizons. The tears are often tears of relief. The role of the healer is to help create a space where change is possible. Trust this process. Remember, you are not perfect, but you are enough, and you are there.

LETTERS

From: Elizabeth Angas
Sent: Thursday, July 18, 2019
Subject: Latest towards wholeness

Dear Gervais - Thank you and congratulations on the latest TW - the one with Robin's island beach on the cover. All very inspiring and interesting. I like the way you are still including my Distant Healing from Home - thanks.

I like the article from you - God's Ego - well done. Love to Pauline and you
Elizabeth.

Dear Gervais

I need you to know of my discomfort at there being such a long article from you in both the current edition and the previous edition of TW. Seven pages for one article in a total of thirty-two is too many in my opinion. TW is not a suitable forum for writing of this intellectual calibre and it should be published in a journal more learned than TW. An article which dominates the magazine in size causes the problem of the number of published contributions being reduced and this in turn reduces the airing of the many different aspects of healing. One of TW's strengths has been the wide diversity of its content. If contributors do not get their work published, then the number of contributions will diminish, and TW will be the poorer for that. I am not a person who wraps his thoughts in fancy words but despite that I hope you will consider my comments. They are meant to be taken in loving kindness and for the love of TW.

Your Friend sincerely
Geoffrey Martin
23 Jul 2019

Geoffrey

I also had fears that my article would overbalance that issue of TW. I considered it very important, and it was for me to say it as it was on my plate as it were. This stuff was burning a hole in my pocket, or in other language, risking damaging my throat chakra if I didn't give it out. Moreover it is directly in line with the experience of the first Quakers. How much more important could it be? For this reason I took a chance. I considered publishing it in two instalments, but it is closely argued, and when I saw I could get it onto 7 pages by halving the space between paragraphs I rejected that option in favour of the risky strategy of including the whole. I have had one appreciative response, several cancellations, though I have no reason to think they are related to my article, and yours. I am pleased to say that many articles that were held over are in the draft of the next TW. I was also in doubt as to whether my article exceeded the bounds of TW, but as I do not know what those are, I couldn't answer myself. I am naturally delighted that you mention its "intellectual calibre". I agree with you on the need for diversity and for receiving of many articles. Your comments are taken in loving kindness. I am wondering whether to publish them and the other comment as letters in the next TW.

In Friendship

Gervais

Dear Gervais

Thank you for sharing your thought process. It sounds powerfully like the process we go through when we minister and I can see that you had no other way forward than to publish.

I am grateful to you for your work as editor of TW and I wish you a gentle ride.

Your Friend sincerely

Geoffrey Martin

Gervais

With reference to your article "God's Ego" in "Towards Wholeness"
No. 154 Summer 2019:

Your article about your spiritual/ mystical experiences was like a gift to me because it described and gave affirmation to some of my own experiences. You and those who you quote have a clarity and facility with words which seemed to describe almost exactly and far better than I could, such a state of being.

I find there are very few people of my daily acquaintance (with the exception of a few Quakers or those with an Eastern religious faith) who would recognise or make sense of my attempt at sharing such things.

The sharing is important but how can one know which people are able to recognise my truth? Could I have appreciated your article had I not already experienced what you were writing about? Do the words only make sense after the experience?

It seems I have to use great discretion before I mention to others that I am a channel for healing. I sense there is a suspicion from some that perhaps I am a little unhinged or even egotistical. For the most part I stay quiet, even more so regarding my mystical experiences.

Reading your article felt like a blessing. It not only affirmed my reality that there is another world, it gives me courage to attempt to communicate it. Thank you for your courage.

In Friendship

Carol Curtis.

Afternoon Gervais,

A tiny bit of news which you may want to put in the next copy.

Margaret Shaddock long time contact at Bewdley Meeting as convenor of our local FFH group has died aged 95.

Margaret was also active in our meeting and outside it especially whenever someone was unwell or distressed, with a kind word, card, message or a quiet one to one afternoon tea, and she always followed it up long afterwards till she knew the person was better.

She will be greatly missed by Bewdley FFH group and other local groups.

Tony Sargent and David Mee

2/10/2019

IRISH BLESSINGS

May the roads rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields
And until we meet again
May God hold you in the hollow of His hand.

May there always be work for your hands to do.
May your purse always hold a coin or two.
May the sun always shine upon your window pane.
May a rainbow be certain to follow each rain.
May the hand of a friend always be near to you and
May God fill your heart with gladness to cheer you.

THE HYACINTH

Maureen Steffen, Cheltenham LM

Old Mrs Maggs lives quite alone
In a sad dark room with no telephone
No contact with the outside world has she
Except the Social Worker one week in three.

The room is dark and chill, yet not bare
For litter and dust is strewn everywhere
Small heaps of clothes and books and tins
A lifetime's hoarding of useful things.

But as time's gone on they've grown stagnant there
Detritus remaining from lifelong wear
The Social Worker's tried many a time
To encourage Mrs Maggs to clear up the grime
But persuasion and pleadings have met with deaf ears,
So there'll never be headway in this flat she fears.

But suddenly one day there's a wonderful change
No longer a dark room tainted with mangle
It shines, it's been cleaned, there is sparkle and light
And there on a table stands a hyacinth white.

Mrs Maggs then explains that the flower glowing there
Shamed the room and cured her despair
Its brightness and beauty and delicate grace
Gave her strength to tidy and transform the place.

So beauty and light can help us perceive
What talking and words can never achieve.

Based on a true story, but the name has been changed.

Clerk: David Mason, 2 Fir Ave. New Milton, Hants, BH25 6EX.
david.mason1948@gmail.com 01425 626112.

FFH/QSH Membership Secretary: Pauline Frykman, 52 Ridge Road, Middlestown, Wakefield, W Yorks, WF4 4QP. gervais153@talktalk.net 01924 264180.

Treasurer: Cherry Simpkin, 78 Courtlands Ave., Lee, London, SE12 8JA.
cherry.simpkin@btinternet.com 020 8852 6735

Editor of Towards Wholeness: Gervais Frykman, 52 Ridge Road, Middlestown, Wakefield, W Yorks. WF4 4QP. gervais153@talktalk.net 01924 264180.

FFH/QSH Gatherings and Courses Secretary: Kay Horsfield, 25 Valley Rise, Watford, WD25 7EY. horsfield.k@gmail.com 01923 675671

Postal Prayer Groups Co-ordinator: Maureen Anderson, 8 Rosebank Ave., Falkirk, FK1 5JW. maureen.e.anderson38@gmail.com 01324 624876.

Newsletter editor: Elliot Mitchell, 19 Florida Court, Bath Road, Reading, RG1 6NX.
elliottjames49@yahoo.com 07772 248 411.

Immediate Prayer Group: Mike Green 01989 485566

Urgent Prayer Group: Anne Brennan, 3 Annandale, South Street, Castle Cary, Som. BA7 7EB. anni.b@live.co.uk 07969 689406.

Prayer Group for the Mother and her Unborn Child: Mina Tilt, 185 Robin Hood Lane, Hall Green, B28 0JE. theminatree@blueyonder.co.uk. 0121 778 6778.

Claridge House, Dormans Road, Dormansland, Lingfield, Surrey RH7 6QH.
The Manager. welcome@claridgehousequaker.org.uk 01342 832150.
web site: www.claridgehousequaker.org.uk

IF YOU ARE THINKING OF MAKING A WILL...

have you considered leaving something to the FFH? A specimen form of words could be: "I give and bequeath (state what...) to the Friends Fellowship of Healing (being a Charity registered under the Charities Act, No. 284459), to the registered address of the Charity as recorded with the Charity Commission at the time that this bequest comes into effect, AND I DECLARE that the receipt of this legacy by the then proper officer for the Fellowship, shall be a complete discharge to my Trustee(s) for that legacy."



ISSN 1745-0845

FFH PUBLICATIONS

Available from The Manager, Claridge House, Dormans Road,
Dormansland, Lingfield, Surrey, RH7 6QH. Tel: 01342 832150.
Please add postage. Cheques to be made out to Claridge House.

Valerie Cherry	Grief Experienced – second edition	£1.80
Sue Glover Frykman	'Rite' from the Spirit	£2.00
Kitty Grave	A Pool of Quiet – Meditations for a month	£2.00
Joanna Harris (ed.)	In Praise of Claridge House	£2.50
Joanna Harris and Alan Pearce (eds.)	Quakers & Healing Today	£2.00
David Hodges	George Fox and the Healing Ministry	£4.00
David Hodges	Science, Spirituality and Healing	£2.25
Louie Horne	A Closeness of Living: the spiritual legacy of Louie Horne	£2.00
Rachel Pinney	Creative Listening	£2.00
Jim Pym	What kind of God, what kind of Healing?	£2.50
Anne Smith (ed.)	Friends Find Words...	£2.50
Anne Smith (ed.)	A House of Stars: Celebrating Life and Life after Life with Children and Angels	£3.00
Rosalind Smith	Simple Healing	£1.20
Rosalind Smith	Quakers & the Spiritual/Psychic Dimension	£2.00
Rosalind Smith	Meditation and Contemplative Prayer	£1.50
Elizabeth Stubbs (ed.)	Coming Through the Darkness	£1.50
Mavis E Timms	Lift Up the Stone – based on the Gospel of Thomas	£2.00
Stephen Feltham & Peter Wilson	Moving Towards Wholeness (A Workbook and Journal)	£5.50 + £1.30 P&P

Printed by Healeys Print Group, Ipswich