

NOTICES

Bradford PM Sat. 23rd March 2002. Are we all Healers? A one day workshop.
Details: Edna Woodhouse 01274 615455.

Spring Weekend Gathering, Charney Manor, 12/14th April 2002.

QSH Healing Training Courses, Mon 6th - Fri 10th May 2002, at Lattendales.
Details from the Wardens. 01768 483229. Also at Claridge House, Mon 7th -
Fri 11th October, 2002. Details from the Warden 01342 832150.

Autumn Weekend Gathering, Lattendales, 4/6th October 2002.

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*The Postal Groups offer communication and prayer for people in need and  
enable members who are isolated or housebound to belong to a healing group.*

**Immediate Prayer Group:** Rosemary Bartlett, 10 Cavendish Mews, Wilmslow,  
Cheshire SK9 1PW. Tel. 01625 526067, – or Joy Simpson Tel. 01594 841800

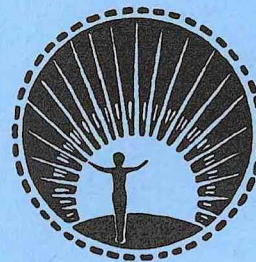
**Prayer Group for the Mother and her Unborn Child:** Joy Readman,  
11 Meadow View, Wear Farm, Bishopsteignton, Devon TQ14 9PU.

**Postal Library:** Joan King, 9 Haley Close, Exmouth, Devon EX8 4PJ  
Tel. 01395 279707

**Claridge House, Dormans Road, Dormansland, Lingfield, Surrey RH7 6QH.**  
(Warden: Debbie Wright Deputy Warden: Keith Marsden) Tel. 01342 832150

**Lattendales, Berrier Road, Greystoke, Penrith, Cumbria CA11 0UE.**  
(Wardens: David and Joan Ellison) Tel. 01768 483229

*The Fellowship is a registered charity (number 284459)*  
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TOWARDS WHOLENESS

No. 101

AUTUMN 2001

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FRIENDS FELLOWSHIP OF HEALING
(A QUAKER GROUP)

REFLECTIONS

What it's really all about is learning to rest in God's Infinite Love.
Dorothy Nimmo

*If you feel love, do not fear to give love – for if you do not give love you
will stop the flow of the river of life. Only leave the outcome in the hands
of God, for in this way lies peace.*

Jane Walker-Ozanne

*Silence is the doorway into the need of the world... There is a
need to take regular times of quiet in order to be disciplined in the
generous giving of self in our activity.*

Mother Mary Clare SLG

*What have we learnt from living since we started, except to find
in others what we are? Except to re-enkindle the commonplace?*

Rainer Maria Rilke

*A weak faith is weakened by predicaments and catastrophes,
whereas a strong faith is strengthened by them.*

Viktor Frankl

TOWARDS WHOLENESS is published in March, July and November. The minimum subscription is £7 per calendar year for Europe and Commonwealth countries, for other overseas countries **£10 Sterling only**. Cheques, payable to **Friends Fellowship of Healing**, should be sent to the membership secretary, Ruth Martin, 96 Busbridge Lane, Godalming, Surrey GU7 1QH. E-mail: Ruth.Quakerhealer@tesco.net

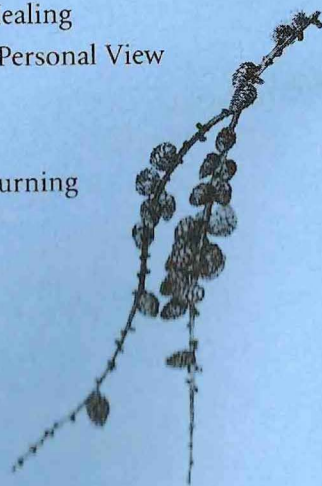
Donations for the work of the Fellowship are most welcome.

Letters, articles, news items and other contributions for *Towards Wholeness* should be sent to the editor, Rosalind Smith, 11 Beacon Hill, Dormansland, Surrey RH7 6RQ. E-mail: RosSmith@btinternet.com **Deadlines: February 1st, June 1st and October 1st.**

For information about the Friends Fellowship of Healing contact the Clerk: Joolz Saunders, 3E Crown Street, Worcester WR3 8AS. Tel: 01905 26655. E-mail: joolz@3e-crown.freemove.co.uk The Fellowship can be contacted by fax on 01573 420770, and by email at franw@gn.apc.org

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NEWS

Spring Weekend Gathering – at Charney Manor, April 12 - 14, 2002.

'HEALING WORDS' – a weekend with that most potent medicine, language. Through poetry, letters, prayer, stories, expressions, chat, we heal and are healed. This will be a weekend of reading and writing (a little), talking and listening (a lot). It will be led by **Gerard Benson**, poet, editor, broadcaster, and member of FFH. Gerard is currently 'Poet-in-Practice' in a doctor's surgery in Manningham.

The cost of the weekend will be £115. Bookings with £20 deposit to Fran Woolgrove, Thirlestane House, Kelso, Scotland TD5 8PD Tel: 01573 420695.

QSH Healing Training Course, at Lattendales, Mon 6th - Fri 10th May 2002. Details from the Wardens 01768 483229. (And see back cover.)

Autumn Gathering for *next* year – at Lattendales, October 4 - 6, 2002.

Thank you to everyone who supported the Friends Fellowship of Healing stall at BYM. It was lovely to meet up and talk with so many members.

As many of you know, the sudden and totally unexpected death of **David Woolgrove**, who has done so much over the years for the Fellowship, came as a profound shock. We had been asked to provide the *Epilogue* for the Tuesday evening, the day after it happened, and in the event we were able to have a silent meeting for worship during which we held the whole family in the Light.

We were able to offer healing and counselling to many people who requested it, and also to those who, for one reason or another, felt unwell during the sessions, for it was extremely hot during the first part of the week.

A great deal of interest was generated in the publications of the FFH, and very many booklets and pamphlets were sold. There was also a tremendous interest in **The Quaker Game** (we wished we had taken more along – but we were able to take orders which were sent on afterwards). The game, which would make a very welcome addition to the resources of all PM's, is still available, from **Ruth Martin, 96 Busbridge Lane, Godalming, Surrey GU7 1QH. Price £25 plus p&p UK £4.15; EU £5.67 (airmail); USA/Canada/Australia/New Zealand £4.67 (surface).**

GIFT AID DONATIONS

Since April 2000 registered charities have been able to claim back the tax paid by donors on money gifts. This is worth around 22p in addition to every £1 donated. The additional money can only be claimed if the donor sources the gift from income on which income tax (or business tax) has already been paid.

Donations need no longer be made by covenant; once the donation and declaration has been made there is no more for the donor to do. It is also possible for your declaration to cover all future donations to a given charity. If you have made a donation to the FFH since April last year (by means of payment or standing order) and you wish us to claim the tax please let the Treasurer know. A card is enclosed for this purpose. You will need to keep a record of your assent for your annual income tax return.

Clerk's Corner

"Where two or three are gathered..."

At our healing group on the evening of 10th September there were just two of us in the meeting house – all other regulars having offered apologies beforehand. It would have been so easy to cancel, or cut short the meeting but remembering those words and knowing there was work to be done, we got on with it! My fellow intercessor was a woman in her mid-90s, who knows a thing or two about prayer and healing and our period of quiet worship felt immediately rooted and deeply profound as we prepared ourselves.

When we had finished reading out the list of names we had been given, for some unknown reason, more and more kept emerging from both of us – many more than is usually the case, so we just kept going, giving voice to each one as it came. Eventually the flow dried up and we seemed to enter into a kind of serene calmness. As I said earlier, it would have been easy to cancel the meeting, or even denied ourselves the customary cup of tea afterwards, instead we did neither, somehow both of us wholeheartedly believing in those words and feeling a tangible sense of the spirit of prayer and healing within community.

Sadly, it only needs two or three people, as the world discovered with unbelieving shock and horror, the day after, to do so much horrendous damage, but we need to remember that the "two's or three's" can, and do, send positive energies and love flowing around the world. It is often because we think we cannot do anything that we feel helpless; plenty of people, both on their own and in groups spend time in prayer – send letters and e-mails to Prime Ministers and Presidents – organise petitions and so on. A Quaker retirement community I know of in the States spends one weekday afternoon writing letters to their President about all sorts of concerns they have. It's about believing and going on believing that prayer, too, makes a difference.

At 96, my companion of 10th September still thinks that.

Quaker Spiritual Healers

This group is now firmly established and has attracted a lot of interest since its inception at the beginning of this year. We now have approx. 70 members – full healers, probationer healers and associate members. It has proved necessary to put on three 'training' courses, two at Lattendales and one at Claridge House. And following on from that we can now offer 'taster' weekends which aim to give Friends the opportunity to make their own decision as to whether they feel drawn towards the spiritual healing ministry. It is expected that costs for this would be £20 per person (£12 concessionary), plus expenses for the facilitators. A good minimum number would be 6, and the maximum would be 20. For further details please contact **Joolz Saunders**, tel: 01905 26655.

Ruth Martin, our Membership Secretary

No, she's not retiring/resigning/ or relinquishing the job (thank goodness!), but we thought it was time she had a mention in appreciation of the very necessary but 'behind the scenes' work she does for the Friends Fellowship of Healing.

Ruth has been the membership secretary for the FFH for about eight years now. Even during this time she says the job has altered considerably with the advancements in modern technology (e.g. computers, e-mails, etc.) helping to speed up what can be a very lengthy process. Sometimes people take out standing orders for their subscription, and then send in cheques as well! The computer helps to clarify situations like this very quickly. It also helps to flag up those who have forgotten to pay!

Ruth says she finds the contact with people very stimulating, especially when they come from far away places. She has had lengthy conversations with Father E. Brady, a Roman Catholic priest who likes to receive *Towards Wholeness* and who lives and works in a mission somewhere in Central Africa, helping displaced people whose lives have been disrupted by wars. (Our prayers and good wishes go out to him.)

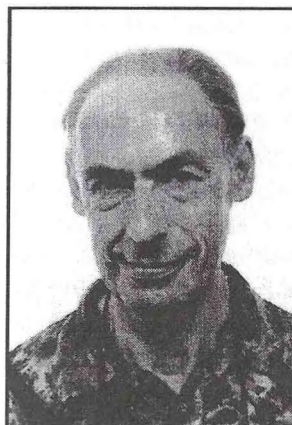
Ruth would like to remind you that subscriptions are due during the first week of January.



Keith Marsden, Deputy Warden at Claridge House.

Keith has been filling the post of Deputy Warden since 25th May this year. Although he is now divorced, his interest in spiritual healing began about eight years ago when he moved with his wife, Violet, from Manchester to North Wales. There he joined an independent group of healers based on Anglesey. One of the members there introduced him to the Quakers at the Colwyn Bay Meeting. His interest in the Society of Friends and in healing grew, but it was not until he moved, after his divorce last year, to Canterbury, that he joined the Friends Fellowship of Healing.

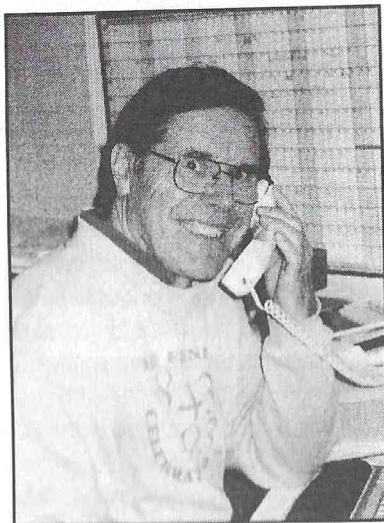
He then lived and worked in the L'Arche Community (with people who have learning difficulties), and while attending Canterbury Friends Meeting House he heard about Claridge House and the facilities offered there. After a week's retreat there it became a special place for him, and when he was shown the advert for the post of Deputy Warden he felt led to apply. He says he feels very happy and settled there, although it has been a steep learning curve. We are sure he will continue to add to its caring and healing ministry.



OBITUARIES

David Woolgrove

David was a man for all seasons. In the course of his life he worked as a railway booking clerk, a hospital porter, nurse, teacher, publisher and consultant. He was also a Quaker, husband, father and friend. David brought to each of these roles an enthusiasm and energy that were hard to equal. A man of humour, and of great depth – the memories that we have of him are as varied as he was himself. David befriended, encouraged, consoled and inspired those around him. He touched a great many lives. We will remember him for all those moments that one friend described as “pure David”.



Christopher Wren

Many visitors to Claridge House will recall the enthusiasm and exuberance of Christopher, when he would keep them roaring with laughter at the dinner table, always with a funny, but kindly, anecdote or comment. Although he only became a Quaker in the last few years of his life, he had been a lifelong worker



for Peace, and, during the war, against the wishes of his family joined a non-combatant corp, and then as a conscientious objector volunteered for bomb disposal. After the war he qualified in Environmental Health, studied Politics and Economics at Ruskin University, and later joined the World Health Organisation, travelling extensively. He also worked for many years as a meat inspector – which, as he said, was what made him become a vegetarian!

He had a lifelong love of learning and a great thirst for knowledge. For many years he taught English as a foreign language to a great variety of students. This contributed to his love of Shakespeare, and leaving home on his way to hospital for the very last time, he had breath left to ask for his Shakespeare Companion to be brought in to him.

He left many apt Shakespearean quotes in the Visitors' book at Claridge House. He will be greatly missed.

DON'T PLAN IT... JUST DO IT!

Rosalind Smith

So that's what I'm doing right now, soon after listening to the inspiring and encouraging talk by Gillie Bolton which she gave at the AGM of the Friends Fellowship of Healing held at BYM in early August.

We were in a university lecture room with rows of seats that climbed gradually up and away from the long lecture desk. Gillie exuded a vital and enthusiastic, albeit rather elfin, look as she perched, barefooted, on the desk, while we looked down at her from our varying degrees of height.

I suppose many of us often get ideas, flashes, intuitions of things that we feel would make a good piece of writing, or that we feel we need to say something about, whether we conceive it as an article, a letter, a story, or even as poetry. But, as soon as this feeling comes upon us we might find ourselves recalling our English teachers from the past insisting on *a Beginning, a Middle and an End!* And, of course, that is always an excellent formula – for all writing. But the compulsion to hold onto this format also indicates a necessity to *PLAN!* And a *PLAN* indicates a necessity to sit down and really spend a lot of time and effort getting it going.

So we can end up sometime after our initial idea with feelings of: 'Yes, I'll do that when I can get round to it' or 'Such and such a day I'll have/make time to do this'. But the imagined time often just doesn't materialise; and even if it does, and we manage to sit down with our writing materials, or in front of the computer, ready to be creative, we find ourselves suddenly recalling something else that absolutely *must* be done at that moment, thus delaying the start of our creativity. It's amazing how we can suddenly realise at that moment that the plants need watering, or the weeding or the ironing or any other household job really must be done then and there. It's all a delaying tactic which we allow ourselves to use, rather than really getting down to the 'great work'.

So, said Gillie, don't wait until you've got a long, free space of time, or what you think of as the ideal time to start writing. Do it straight away, as soon as you get the idea or feeling for it, even if you know that in about 15 minutes time you'll have to get up and leave it. Make a start, get something down on paper, write whatever comes into your head (even if it seems like rubbish). And when you *do* have to leave it for a while, at least you'll know you've taken the plunge. Later, on return to it, your mind will probably have ticked things over, just like the human computer it is, and the next part will be ready to flow forth. Let the creative spirit within you flow freely – it's surprising what comes through once you let yourself just write.

So, don't plan it....just do it.

(What about writing something for TW?)

USING AUTOGENICS FOR HEALING

Elizabeth Angas

Some healers use a 'vehicle' for their healing work. My vehicle is called 'Autogenics'. I am a therapist in this complementary treatment. So, as well as hands-on spiritual healing and distant healing, I also use this stress-management technique as a means to healing. Members of the FFH may be interested to learn how this works out in practice.

It takes me about eight weeks to teach a client how to use autogenics for managing their own stress. They do homework in between my weekly sessions with them. So gradually the awareness and skill are built up until they are able to help themselves to become autonomous in the method. Thus, having once learnt autogenics, each person becomes independent of me, for the rest of their life, and able to cope with all stress. It is a very effective treatment, deserving to be better known in this country. In other parts of Europe and in North America, it is well established and recognised. There have been many years of impressive research into how it works, and its many effects.

Autogenics means 'generated from within'. It is a way of listening and talking to one's own body, thoughts and feelings so that the 'fight and flight' reaction (of stress) is replaced by a more nurturing and holistic response. Apart from its many physical benefits, especially with chronic illness and pain, it is also a way of becoming more 'intentioned' (i.e. willing and witting) about everything we do. It is therefore a means of becoming 'fully consciously aware', so this may be the means by which healing is so effectively accessed. It becomes (during the therapy sessions) a way of learning to meditate – a westernised, quick and easy method of meditation. Thus the client also learns self-hypnosis and visualisation to become happier and healthier.

Not all professionals who work with autogenics consider themselves healers (in the sense that we use that term in FFH), and may not even recognise the spiritual aspect of their work. One can acquire the basic method from a book*, although it is probably easier to learn from an autogenics therapist.

Most Quaker healers, and others, believe that they are channelling the healing and creative power of the Holy Spirit. We believe that the Spirit is using our hands and/or our counselling skills to bring help to the person in need. Most of us do some sort of preparation, putting ourselves in the service of the Spirit. We also, no doubt, believe that any healing that takes place comes from the Spirit as a gift, so is not ours, personally, to give. Nor should we exploit, or use for profit, the work of the Spirit. However, when using a therapy as a vehicle for healing how do I separate my fee for being an autogenics therapist from the work of the Spirit through me? I would be interested to learn how other therapists solve this dilemma?

During sessions, the client learns to access a change of consciousness state. Whilst in this meditative state (i.e. eyes closed, relaxed, brain waves slowed) I am also in that 'healing, discerning, ministry' mode. Thus I can be in touch

with the client's energy field (i.e. their aura and chakras). However, I do not usually need to actually touch their physical body. Gradually self-healing takes over in the client as they learn these methods through autogenics. They might also become conscious, if not so previously, of being on a spiritual journey; of how to integrate body, mind, feelings and spirit to become physically and mentally healthy; and/or they become more ready to fulfil their meaning and purpose on our planet, learning to live life more fully and holistically. Autogenics, plus the Holy Spirit does all this!

Autogenics is particularly effective in helping people to cope with the stress of having a terminal illness, and becoming ready to die. I therefore work at helping individuals to have a 'good death', and to deal with 'unfinished business'; and I also help their relatives and friends to work through their grief. In some ways, paradoxically, this feels like the most important part of healing work.

**Autogenic Training by Dr. Kai Kermani. 1990. ISBN 0-285-629743. (hardback). And ISBN 0-7225-2616-4 (paperback).*

More details can be obtained from www.autogenic-therapy.org.uk

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It is that time of year when I mention our subscription procedure. Many of you now have standing orders and so, of course, no reminder is necessary. For those thinking of changing to standing orders a form will be enclosed with this magazine on the back of the subscription reminder. Please make a note somewhere to remind you that you have arranged this as I find many of you forget, like I do sometimes, and then send cheques which I have to return to you.

If you do not have a subscription reminder form with this magazine it is because you already have a standing order arrangement or you have paid ahead, and no further action is required by you.

For those receiving a form, this means that your subscription is due as from 1st January next but you may wish to pay now whilst it is in your mind.

Subscriptions rates: UK/EU & Commonwealth £7, Other countries £10.

I would remind our American members that subscriptions (which **must be paid in Sterling**) can be paid to *Richard Lee, 1201 Walsh Street, Lansing, MI 48912. Tel: (517) 485-4268, Email: [leer@msu.edu](mailto:leer@msu.edu)*. Please contact him to verify the amount, which will be the £10 subscription + a proportion of the Sterling transfer fee. We are very grateful to Richard for his efforts to reduce the costs of changing into Sterling, thus making it cheaper for our American members.

Many thanks to those of you who have bought *The Quaker Game* and for your kind remarks. Sales are going well but I still have a lot to sell so how about giving them for Christmas? They would make a good non-violent Christmas present and can also be shown to your local schools as a non-violent educational game for all races, particularly relevant at this sad time. (see page 1 for price and postage costs).

*Ruth C. Martin membership secretary, (still at the same address – I am not the Ruth Martin who was quoted as having moved in The Friend).*



## AYURVEDIC THERAPY – A PERSONAL EXPERIENCE Carolyn Appleby

Having had M.E. for over eleven years and, experiencing a decrease in energy over the past year, I found myself really longing for some sort of alternative treatment, preferably in a residential setting. So, on seeing just such an offer at the Ayurvedic Charitable Hospital, in London (with the added bonus of the actual treatment being free) I decided to apply for admission. And I was lucky enough to get an early appointment for a consultation (I later found out that some people have to wait months!). I was admitted soon after.

Ayurveda is a Sanskrit word derived from 2 roots – *Ayus* and *Vid*, meaning *Life* and *Knowledge* respectively and the practice has been in existence for at least 7,000 years. The *Vedas* are ancient Hindu books of knowledge that are said to have been divinely revealed to the sages of India many thousands of years ago. Some of the processes of the treatment are: a type of aromatherapy; breathing; detoxification; diet; exercise; herbs; meditation; yoga; and other techniques aimed at emotional and psychological health.

I spend a lot of time on my own, and usually enjoy it, but I felt very isolated for the first few days, even though the room and facilities were very good. I felt distanced from the Indian doctors who run the treatment, partly from the differences in culture and partly because of their practice only to give information when asked. So I felt quite uneasy for a while until the calming herbal medicines began to take effect. I began to enjoy the various daily treatments which were designed specifically for my predominant constitutional type – mine is *pitta* and my symptoms show a *vartha* (unstable) condition. I was glad to find that our individual beliefs were respected, and there was no objection when I arranged a small Meeting for Worship with another Friend there and invited other patients to attend.

My daily treatment lasted about one and a quarter hours, and started off with an all over oil massage, using oils imported from India. Then a different oil was poured over the area of my third eye (brow chakra) and hair – *dhara*. Massage is to rid the body of toxins and to stimulate it, and *dhara* is to help calm the mind. I then took a herbal sauna, in a sort of vertical bath with a lid with a hole on the top for your head to stick out. I liked this treatment best, and was glad not to have to experience some of the others which include different types of enemas! There were two optional yoga classes each day, and I attended both. Although I was a little worried about being pushed too hard, I found that there was plenty of relaxation during them and discouragement from overdoing it.

People come for treatment here with a wide range of conditions: depression, stress, arthritis, kidney problems, allergies, motor neurone and Parkinson's diseases. The food is vegetarian and mainly Indian.

It was about ten days before I felt any better. Both my mood and my physical state improved simultaneously – and then I began to really enjoy the rest of my stay.

## Circle Dance

*Feet are being taught new ways  
of seeing, the day drawing to a close  
as, hands linked, reflected in windows,  
we turn slowly. The music plays  
but in our minds a different beat  
endures, shadowed presences, palm in palm  
step with us, close and then retreat,  
the stars and seasons circling, a calm  
co-ordination, bodies carried by our feet  
finding these steps, these ancient ways  
of knowing universe, of giving praise.*



## Leavetaking

*To say good bye, to bid farewell, to wave  
when someone leaves; perhaps to stand until  
they've gone from sight, seeking to relive  
shared memories with each departure still  
unresolved, we close the door. But here  
a dance conveys far more than any words;  
the forward step, then back as though the fear  
of loss breaks in, and then our feet tread  
an isolated circle, out and back  
arms opening to gather everyone  
in close, but knowing that we only seek  
to hold the moment even as we turn  
a wider circle, arms reaching out  
hands holding hands that soon will pull apart.*

Ted Walter



## A MEDITATION

Olive Ashmore

There is a LIFE – mostly unseen – beyond, beneath and around, our human existence. It is this LIFE that is the source of that *energy* that already IS – the energy that is always available and which constitutes that which is not just human.

Am I allowing that energy to infiltrate my life? Am I functioning from that bottom line – aware of the constitution of IT – the ‘ALL’? If not I will continue to function by way of the false, or incomplete, energy fostered by my *human* self. I *can* make contact with that unseen energy by BEING STILL and by *knowing* that which IS – already IS. I don’t have to make it so.

‘Sitting quietly  
doing nothing  
spring comes  
and the grass grows’

(Zen poem)

Such action is sometimes called ‘meditation’ but let’s forget the label and just ‘*be as a little child*’ (Mark 10:15) – that little child that came into the world ‘*trailing clouds of glory*’ (Wordsworth) and who still had contact with the WHO out of which he trailed. This is the link – the bridge – that we have to cross and which has to be remembered for registering that WHO that we are. To be aware of that WHO whilst still performing as a *human being* is our supreme task and it is a two-way functioning, more than just an awareness – it is THE ALCHEMICAL MARRIAGE and it gives birth to ONENESS. Nothing short of this will achieve Peace on Earth.

BE STILL, and *know* that ‘I’ that is born of that Alchemical Marriage and which is what we humans call ‘God’ – IT is the ‘I’ that is *one with* the Father. Making plans for peace – even the United Nations efforts – does not of itself incorporate that LIFE that is essential for growth and sustainable peace. What we call ‘GOD’, ‘ALLAH’, or whatever name we give IT, is already WHOLE – the ‘ALL’ – and out of this WHOLENESS is born that which is REAL – ‘REALITY’.

Such a birth gives Life to what we call ‘humanity’.

Let’s enter through our front door and retrieve that which lingers at the back and make – *no*, not ‘make’, but with spiritual eyes ‘SEE’ that ONENESS. This is what underlies Spiritual existence.

BE STILL until I find myself ‘out on a limb’ doing my own thing which is now GOD’S THING.

This is the meditation that helps heal the wrongs of our *human* world.



## KEEPING THE BEACON BURNING

Elizabeth Medler

“We cannot live for ourselves alone: indeed we begin to really live only when we live for others – for the Whole. It is your privilege and mine to be co-workers with God in leading souls to a realisation of their Divine Kinship and Oneness with the Father of all...”  
HT Hamblin 1873-1958

As some of you will know, Bosham is home to the work of *Henry Thomas Hamblin* (“HTH”) and the magazine he founded in 1921 - “*New Vision*” - (formerly *Science of Thought Review*). Hamblin was a deeply spiritual man whose life was one of extraordinary faith and vision which led him to take many, quite startling, risks.

As is evident from his books and writings, HTH was devoted to true soul culture and the exploration of those eternal verities woven through all world faiths and philosophies. A dedicated servant of the Light, Hamblin ministered his service through both word (he was a prodigious writer) and action. His writings have been translated into several languages.

The lasting value of his work is evinced by the fact that his publications are still in popular demand in today’s increasingly competitive market. HTH is also remembered as the founder of Theodore Hamblin, the successful chain of opticians now owned by Dolland & Aitchison.

Bosham House was Hamblin’s family home and the magazine was initially produced within the confines of an Army Hut erected in the grounds for use as offices. Further additions were gradually made to the building. The huts continued to be used until recent times but then deteriorated and eventually became uninhabitable. A building project was started which ultimately bore its fruit in July 2000 with the opening by Ylana Hayward of a splendid new woodcabin style office in the grounds. All the editors have been privileged to live and work in the house and enjoy the beautiful grounds and now that privilege has passed to me! I have recently arrived here from Devon to take



over the reigns from *Stephanie Sorrell*, the magazine's previous editor.

I have been familiar with the work of HTH and *New Vision* for many years. Really, it was the *universality* of HTH's outlook, reflected in the magazine and his books, which first attracted me. Goodness, Truth and Beauty shine from his writings which echo many of the thoughts of the world's Great Teachers. Because of this the content of the magazine is timeless. I also like the blend of contributors, "ordinary" men and women from all walks of life.

I would be pleased to hear from any of you who would like to know more about HTH's Vision and the work of the magazine. Events, workshops and an annual Open Day are planned for the future to which all are welcome. Visitors are welcome by appointment. You can contact us at:

*New Vision*, Bosham House, Bosham, Chichester, West Sussex PO18 8PJ

Tel/fax 01243 572109 Email: [scienceofthought@mistral.co.uk](mailto:scienceofthought@mistral.co.uk)

Website: <http://www3.mistral.co.uk/scienceofthought>

## HEALING

*Wounds, hurt feelings, anxieties  
personal problems, the state of unrest with  
conflicts throughout the world in which we  
live, all these can be healed.*

*We must first find space, and then  
allow ourselves to sink into Silence –  
We listen, let go and trust and so are open  
to that great force which lies within each  
human being.*

*We may see raindrops on the trees,  
dark clouds overhead, and a strong, cold wind  
enfolding us, but all these are part of the great  
mystery of life and spring from the depths of the  
heart, where dwells the radiant Healing Light.*

*Elizabeth C. Warner*

## CLARIDGE HOUSE – PROGRAMME

*Weekend Courses: Single £120 Shared £110*

*Midweek Courses: Single £170 Shared £155*

*(unless otherwise stated)*

### THE VISUALISATION WORKSHOP ..... 16th - 18th November

An exploration of how we can use visualisation to heal our emotions, improve our health and move forward with our lives. This relaxing weekend offers a warm and supportive atmosphere and a chance to develop our own individual healing programmes. All materials are provided, including well-produced hand-outs to keep.

*Dorothy Moir, NFSH, FFH and experienced facilitator.*

### MUSIC AS THERAPY – SOUNDING THE SILENCE WITHIN

..... 23rd - 25th November

In making music and listening to one another, we can reach deeply into our inner selves. This can be inspiring, challenging and/or healing. We will use our bodies, voices and assorted musical instruments to share the issues that arise and to explore the therapeutic process together. No previous music experience is necessary.

*Sarah Caird, music therapist, musician and bodyworker.*

### TREES, LOVE AND COMPASSION ..... 30th Nov - 2nd December

We shall endeavour to connect to the earth and creation, and to each other. We shall explore the created world and our response to it and to each other, using poetry, slides, art activities, the spoken word, gentleness and sometimes silence, with love and compassion.

*Roswitha Jarman & Michael Stagg, experienced retreat leaders and members of the QRG Steering Group.*

### SPECIAL WINTER WEEKEND BREAK ..... 7th - 9th December

### CHRISTMAS BREAK ..... 23rd - 27th December

Come and enjoy a vegetarian Christmas dinner, sing carols, play games or relax and do nothing.

Single £295 Shared £275

### NEW YEAR BREAK ..... 29th Dec - 3rd January

See in the New Year in peaceful surroundings. Eat wonderful food, play games, do jigsaws and crosswords, go for long walks or relax and do nothing.

Single £295 Shared £275



## CELEBRATING OUR BLESSINGS – CONNECTING TO OUR INNER POWER

..... 18th - 20th January

This workshop is a journey into ourselves. We will learn to isolate our negativity, recognise our unique gifts and Blessings and connect to our own insight and wisdom. We shall explore ways to open our hearts, reaffirm our belief in our own abilities, empower ourselves – and celebrate!

*Nomi Sharron, writer, teacher and experienced facilitator.*

## RETREAT WITH DANCE ..... 25th - 27th January

A weekend of music and dance from such places as Greece, Israel, Macedonia and Taize; of dancing on the lawn and floating candles on the pond; of peace and space for yourself. A wonderful way to start the year. No previous experience is necessary. The weekend finishes at 4.00 after tea.

*John Ford, Quaker and experienced teacher and facilitator.*

## CREATIVE WRITING – ‘THE MEMORY BOX’ ..... 1st - 3rd February

This weekend offers an opportunity for autobiographical writing. As we look back, we shall explore the past and see how it can be transformed creatively by writing about it. In a friendly and supportive setting, we shall look at experiences, events and people who helped to shape our lives.

*Lily Seibold, trained counsellor and qualified adult education tutor.*

## BEGINNERS’ INTRODUCTION TO SHIATSU ..... 8th - 10th February

Shiatsu uses stretches and gentle pressure on the (clothed) body to improve the flow of vital energy. This course will enable participants to experience the flow of energy in their own and other people’s bodies and learn some simple ways to improve health and vitality.

*Barry Sugg, MRSS, MIFA, ITECDip.*

## ‘TURNING INSIDE OUT’ ..... 15th - 17th February

‘Turning Inside Out’ describes both stages of spiritual autobiography; first looking inwards at our spiritual journeys, then turning outwards to communicate our story to others. Everyone has a spiritual autobiography to write. Come and learn, reflect and explore yours.

*Gil Skidmore, writer, researcher, editor and experienced facilitator.*

## STRINGS FOR PLEASURE AND FUN ..... 18th - 22nd February

Rosin your bows and dust off those strings! Come alone or bring some friends and enjoy a relaxing midweek break, exploring the world of string duos, trios and quartets, playing chamber music with like-minded people. Individual musicians and any pre-formed groups are most welcome. Suggested standard grade 4 and above.

*Paul Bennett, LRAM, member of Quartet Camerata (Luton University) experienced chamber music player and coach.*

## INTRODUCTION TO REFLEXOLOGY ..... 22nd - 24th February

This therapy works on the physical, emotional and spiritual aspects of our being, gently encouraging balance and harmony. We shall learn a little of the theory behind reflexology, as well as giving and receiving foot massages and treatments. (Please bring a small towel, talcum powder/foot lotion and baby wipes.)

*Pam Christopher, MGCP, reflexologist, massage therapist, Reiki practitioner and counsellor.*

## RETREAT WITH DANCE ..... 1st - 3rd March

Another popular retreat based on international folk and circle dancing. This weekend does need some experience of this type of dancing, either at Claridge House or elsewhere. The weekend finishes at 4.00 p.m. after tea.

*John Ford, Quaker and experienced teacher and facilitator.*

## ‘SPRING CLEAN YOUR LIFE’ ..... 8th - 10th March

Imagine what a good clear-out could do for your mind, body and spirit, not to mention your cupboards! Using intriguing activities, we will explore how releasing our emotional and physical clutter can raise our energy levels, create space for new experiences and make us sparkle.

*Dorothy Moir, NFSH, FFH and experienced facilitator.*

## DRAMA/ACTIVITY WORKSHOP – ‘THE FOOL AND I’ .... 22nd - 24th March

A workshop on giving yourself permission to play! An opportunity to enjoy and develop your spontaneity, imagination and self-awareness within a supportive and encouraging atmosphere. Through exercises, games and theatrical improvisation we will develop qualities of movement, breath and voice, using feedback and reflection to help ground this experience.

*Michael Loader, experienced facilitator and performer within education, community and theatre.*

## EASTER BREAK ..... 28th March - 2nd April

Renewal, rebirth, resurrection. Whatever Easter means for you, share it peacefully at Claridge House. (Thursday pm – Tuesday am) Single £235 Shared £220

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TARIFF:

Daily rate (inclusive of meals)	Single £40	Shared £35
Bed & Breakfast	Single £30	Shared £25
Lunch/Dinner	each meal £8	
All weekend courses (unless otherwise stated)	Single £120	Shared £110
Mid-week courses (unless otherwise stated)	Single £170	Shared £155
Special Breaks throughout the year: Monday p.m. – Friday a.m.		£120
Vegetarian food – special diets catered for – facilities for the disabled.		

Claridge House, Dormans Road, LINGFIELD, Surrey RH7 6QH

Tel: 01342 832150 Fax: 01342 8367 (Guest tel: 01342 832920)

e-mail: welcome@ClaridgeHouse.freeserve.co.uk

LATTENDALES – PROGRAMME

A few years ago our readers will remember that we cleared the large garden pond and restocked it with plant life and goldfish for the pleasure of our guests. The fish readily multiplied from six in number to about one hundred and twenty.

Alas another member of the animal kingdom has other plans for the goldfish, which do not agree with ours. To boot a very large heron. The pond has a very complicated wiring system over it, and it is still baffling this grey monster, but it is a battle of the wills. Otherwise everything else seems to be picking up after the Foot and Mouth epidemic, which is still with us.

The garden is blooming and the fruit crop has been very good, with the first sighting for us in eleven years of a tree full of greengages. We have also had more birds in the garden, including thrushes, wrens, tree creepers, owls and woodpeckers. There have also been visits from a sparrow hawk and a buzzard. Maybe this is a spin off from the F & M, who knows. As always we look forward to everybody visiting Lattendales; you will be assured of a warm welcome.

David & Joan Ellison

MUSIC AND WELLBEING 30th April - 2nd May

This short course aims to explore some of the opposites present in our lives, particularly unity/diversity, rest/motion, containment/freedom – so music will help listeners find a personal enrichment. No technical knowledge is required, just an enthusiasm for music. The composers will range from Beethoven to Mozart and Howells.

John Hursey

£125

MID-WEEK HEALING 'TRAINING' COURSE 6th - 10th May

This is another 'training' course in practical healing that gives those who are interested in becoming members of the Quaker Spiritual Healers the opportunity to explore their own potential in the field of healing, in a safe, supportive atmosphere. No experience necessary, only a desire to help.

Leonora Dobson & Rosalind Smith both experienced facilitators and members of QSH, FFH and NFSH.

£190

QUAKER SPIRITUAL HEALERS' SUPPORT WEEKEND ... 7th - 9th June

The first of two support weekends this year (the other at Claridge House 13/15 Sept), when both full and probationer members of QSH will have the opportunity to get together for mutual support and encouragement.

Leonora Dobson and another QSH full healer member.

£120

MOUNTAIN GOAT WEEKS 25th June & 3rd September

If booked before 31st March -

£246 or £273 including tours

For information on booking, and other tariffs, please contact Joan and David Ellison,

Lattendales, Berrier Road, Greystoke Penrith CA11 0UE.

Tel: 017684 83229 email: 113101.2672@compuserve.com

REPORTS

The Quaker Spiritual Healers' Support Weekend, Claridge House June 15th An Introduction to Labyrinths.

The weekend started well. The group had gathered together and were awaiting the arrival of the two speakers who had been booked, when a phone call told us that they had had a breakdown on the M40 and couldn't possibly be with us.

We all started digging deep into our own experiences to see what we could come up with to fill the gaps. Because we were a group with very varied and active lives, several suggestions were forthcoming and taken up eagerly. One of these was an offer to show us how to build a labyrinth in our gardens as a place for relaxation and contemplation.

There are, we gathered, several of these in various places around the country, including cathedral grounds. They can be pathways flanked by shrubs and trees, which differ from mazes in having a definite way in to the centre which also leads you out again the same way you came. So, as it is not a case of "finding your way", it can be made of stones, sticks, small plants as well as tall ones, and any other suitable materials.

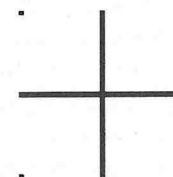
Enthused by what we had heard, several members of the group went out barefoot on to the lawn after the rain had stopped, and gathered twigs, some from the larch tree which had several dead branches, some with last year's cones still attached, and others, gleaned from various parts of the garden.

It took quite a while to complete our labyrinth, laying the twigs end to end to make paths under the direction of Maryrose, but at last we had it complete, and we all walked it silently before the bell rang for tea. Others of the group who had not been involved in the making, also walked the labyrinth at various times during the evening and the next morning, before we dismantled it to leave the garden tidy before we left.

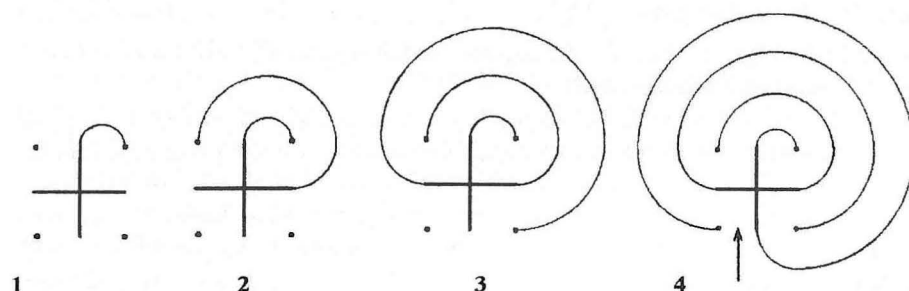
Maryrose was kind enough to draw diagrams of two types of labyrinth and how to complete them. The simpler of the two is described here.

Starting with a "seed pattern", a three-path labyrinth can be made in a fairly small area. Each path is one cubit wide, so before making one, make sure your space is adequate.

The "seed" is in the form of an equal-armed cross, with four "dots" to make a square:



Starting from the top left, or right dot, depending on whether you want a left or right entry, lay your materials accordingly:



My thanks to Maryrose for letting me have diagrams from which I made this step by step set of simple instructions.

A book, "Labyrinths, Ancient Myths and Modern Uses", published in 1991, and recently updated and revised, gives excellent information on this fascinating subject.

Leonora Dobson

Another contribution for the weekend came from Elizabeth Starling, who gave us an impromptu yet excellent insight into 'Alternatives to Violence', a subject with which she is well acquainted from her work in prisons and with probation services. Although a very serious subject she nevertheless managed to introduce a great deal of hilarity into the session as we endeavoured to do the exercises in non-violence that she produced. She said it was really difficult to do this with Quakers, as we all tended to be so *non-violent*!

On Sunday Tony Steel-Cox contributed a well-thought out talk on 'The Growth of Personality and its Relation to the Chakras', a new slant on an old 'chestnut'. This gave us food for thought, and, possibly, a deeper insight into how we are what we are.

It all turned out to be a wonderful weekend for the first Quaker Spiritual Healers' Support Weekend.

Rosalind Smith

Quaker Spiritual Healers' Training Course at Lattendaes 5th - 9th July 2001

Surely it is love for others and their happiness that is the purpose behind our seeking to be effective channels for healing. Love and happiness were certainly experienced in full during our long week-end at Lattendaes in July.

In the serenity abiding in that comforting house and gentle garden it was easy to be at peace with each other and All That Is. Whilst the contents of the course syllabus were clear and uncomplicated – and instructive – it was the presentation that nurtured our spirits so warmly. Our teachers, Leonora

Dobson and Rosalind Smith were so gentle, full of love and happy humour. They showed authority, experience and were full of light and sensitivity. Time passed effortlessly, and periods of relaxation gave us opportunity to draw energy from the garden, the trees, and surrounding fields, village and countryside. With sharpened awareness and heightened sensitivity we revelled in the abundance of wild orchids growing in country lane verges; in the skill creatively expressed by a craftsman potter in his beautiful display of fine pottery ware. We even had a late night fire-work display celebrating a village wedding!

But more so did we appreciate the friendly ambience in the house, the warmth of the staff, the comfort, and especially the enticing vegetarian meals so well prepared and lovingly presented. David and Joan Ellison, the wardens, made it so easy for us to feel 'at home'. Eleven of us in a broad span of ages and of both sexes had come from Cheshire, Devon, London, Yorkshire (five from one PM), Scotland and Germany (we were all so glad that Erika managed to join us). We soon became close and at one with each other so that contributing, sharing and supporting came naturally. We came to learn about spiritual healing in the Quaker way but gained the bonus of healing for ourselves. A truly memorable time and a bonding of hearts, minds and souls for all of us.

We joyfully give thanks for the experience and, while prayerfully hoping for more, go forward to practise our learning.

George Baines

Quaker Afterlife Studies Group. Day Conference at Friends House 29th Sept. TOWARDS A QUAKER VIEW OF THE AFTERLIFE

Forty-three Friends assembled, tucked away from the buzz of the Friends House 'Festival Day'. *Angela Howard* welcomed us with an introduction to the gestation of the group, and struck a chord with all those present when she described the reaction commonly met when we told people where we were going on that Saturday. Talking about death seems now to be more socially acceptable but there is still a block when we try to take the conversation beyond that.

David Hodges presented an excellent paper on '*Attitudes to Survival*' sketching the history from classical times through to the Enlightenment, and then in more depth over the last century. David's latest publication, *Do we survive Death?* is hot off the press and was on sale. This is a descriptive bibliography of a good range of evidential research material.

Peggy Morgan, Director of the Religious Experience Research Centre, founded in Oxford by *Alister Hardy*, and now based at the University of Wales, Lampeter, next spoke very beautifully about, and quoted from, the wide range of material in her care. The rationale for the Centre's archives is to 'collect, classify and compare'. They are seeking answers to why we have spiritual/psychic experiences and how these affect us.

After lunch we had time to discuss personal experiences in small groups before *Doreen Varley* and *Rosalind Smith* spoke about the development and control of mediumship and gave a short demonstration. In the final plenary

session it was evident that those present were grateful for the chance to discuss these matters and hoped to take things further. Whether we are ready for the Special Interest Group in the Society remains to be seen. Meanwhile, we have to thank Angela Howard for her guiding hand and all the hard work.

Muriel Robertson



From Richard Lee, Red Cedar Friends, Lansing/E.Lansing, MI, Lk Erie YM

Our Meeting for Worship for Healing Monthly Meeting occurred second day, 19th, ninth month. This was our accustomed time to meet, (3rd second day of the month). Over 20 Friends were present (twice our usual number). This time we departed from our process of gathering a slate of requests and holding each request in the Light as determined by the Friend who is clerking for the worship. Instead, we had a time of sharing individually, (and in many ways corporately). Most of the sharing involved the events of ninth month, 11th.

Our Meeting Clerk, Jack Smith, and other Friends had reached the decision that Friends needed additional time to share our responses to the most recent tragedies in our country. The sharings/messages were deep, worshipful, genuine, humble, sad, angry, frightened, forward thinking, reflective, and therefore, meaningful. I was grateful for the physical presence of the loving souls gathered for corporate prayer/community and also mindful of all the many other folks around the world who share an equal concern that humanity comes into the wholeness that the Holy Spirit intends for us.

We also noted with sadness the loss of Muriel Bishop, who passed away in Scotland. Nina Castro and Peter Wood in our Meeting have very close ties with Muriel. Many of us knew Muriel well and we sent out special prayers to John Calvey in Putney, VT, who we know is also very close to her. I think some of us felt Muriel's presence throughout the evening and especially as we were in prayer.

From Les McIver, 16 Yealand Road, Yealand Conyers, Carnforth LA5 9SH

The summer edition of TW arrived whilst I was waiting to go into hospital for a urastomy, so I found the article by Henry Stark to be of more than usual interest, particularly as his experience was so very different from mine.

The story began over twelve months ago when one morning, when urinating, I passed a considerable amount of blood. An immediate visit to the doctor resulted in 'all clear' blood tests except for one small detail – so an appointment with the urologist was arranged. Even at this stage it never occurred to me not to tell family and friends what was happening. I did not make a special point of telling them but brought it into conversations.

At the same time another member of our Meeting was seeing the same urologist concerning prostate problems, so it came natural to compare notes and share with other members our concerns.

For me, eventually, a cystoscope revealed five stones in the bladder and I was assured their removal would be the end of the problem.

Unfortunately this proved not to be the case, and my health declined over a period of some nine months, and during this time I was constantly in the concern of family and Friends. Matters came to a head when I was rushed to hospital and further tests and examinations revealed a malignant tumour in the bladder which would necessitate a urostomy. After such a long period of deteriorating health it was only natural that everyone knew about my state and before entering hospital I stood after Meeting and asked for love and support for both myself and my partner, and this we received in great abundance.

Without this support I'm sure I would have found the whole experience much more traumatic, and I am also sure that my rapid recovery was in no small way due to the loving concern of everybody.

I felt no sense of guilt in sharing my problems right from the very beginning, but had a great sense of gratitude that so many people accepted my concern and played such a large part in the whole experience. It goes without saying that the support from my partner, Frank, (who has to cope with chronic lung and heart problems) played a huge part in enabling me to cope with both the physical and emotional aspects of having cancer; and the support he received from family and Friends gave him the strength he needed to cope with me. A deep experience indeed.

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Can you wait for the  
answer to your prayer?

Or have you had the  
answer without knowing?



## COOKERY CORNER

### SCRIPTURE CAKE (could be made for Christmas)

One and a half cups 1 Kings, iv.22  
 half a pound Judges, v.25  
 Two cups Jeremiah, vi.20  
 Two cups Nahum, iii 12  
 Two cups 1 Samuel, xxx.12  
 Two cups Numbers, xvii.8  
 One and a half cups Judges, iv.19  
 Six cups of Jeremiah, xvii.11  
 Two tablespoons 1 Samuel, xiv.25  
 Two tablespoons Amos, iv.5  
 One pinch Leviticus, ii.13  
 to taste 11 Chronicles, ix.9

Grease and line a 9" round cake tin. Heat oven to 325°F, 160°C, gas mark 3. Cream together butter, sugar and honey. Gradually mix in the beaten eggs, and follow Solomon's advice in Proverbs xxiii.14 for making a good little boy! Fold in the raisins with the chopped figs and almonds.

Sieve together the flour, mixed spice, salt and baking powder and fold into the mixture with the milk. Turn into the tin, level the top; then hollow out the centre slightly. Bake for two hours. Test with a warm skewer. Allow to cool for ten minutes before turning out.

(Suggest you use the Authorised Version – some of the modern translations try to confuse us over the butter, eggs and baking powder.)

Taken from **QUAKER FLAVOUR** – a collection of recipes from Glasgow Quakers and their friends – to raise funds for the **Glasgow Friends Against Homelessness**. Obtainable from Glasgow Meeting House, 38 Elmbank Crescent, Glasgow G2 4PS. £5.50 (includes postage).

### PASSING THOUGHTS

When we are gathered in Meeting for Worship, the Spirit moves among us so that we 'the many' become as 'One'.

Is this not a mystical experience engendered by the unison of our collective intentionality? In being together in spiritual fellowship the whole becomes greater than the parts which give it form. In worship the rose and the beholder are One.

Eddie Farmer



Titles marked with an \* can be borrowed from the Postal Library. Apply to Joan King (address on back page). (The Postal Library is now quite extensive – a catalogue can be sent on receipt of an s.a.e.)

\***God the Trickster? Eleven Essays.** Quaker Books 2001. 189pp. ISBN 0-85245-327-2. £10.

Wake up, wake up, there is a Trickster about! Individualism and human egos the main targets!

What tricks does God play in order for us to start to understand? What is necessary to bring us home to God? Well, if we don't 'get the message' early enough, struggle or fight against it, God will call us into line. Wow!

One of the eleven authors says '...God has to take drastic steps to get my attention'. It seems that God the Trickster is the one who seeks to teach in order for us to learn. The Trickster offers an invitation to us and it is up to us to respond accordingly. That might mean learning how to hold onto things 'lightly'. But we are creatures of habit! Oh dear!

It feels as if the whole book is a lesson in 'letting go' and learning more about humility. Our own ego versus what God has in mind for us. How we learn the lesson of life might be to stop and think what is happening to us and, as many find out, it sometimes means doing the very thing we are most reluctant to do. *Margery Post Abbott's* essay uses the story of Jonah to show that it is not just about God's purposes but rather about 'the stubbornness and hard-headedness of humanity' or, as *Nat Kuhn* says God is the Trickster who is 'willing to help us out by lovingly whacking us on the side of the head with our own expectations – as many times as it takes us to 'get it'.

These essays remind me of Fox's words: time and again in his Journal he says 'stay low' or; keep low' Or as *Jan Arriens* puts it 'dying to the self is a concept central to all the great religions'. As human beings we find it hard to change and will do anything other than that which we should: resist rather than make the commitment and then follow-through. We have to learn to trust our hearts more.

*Gay Pilgrim* writes: ... 'I must learnt to put aside my egocentricity, my need to be in control...and be willing to be vulnerable'. How we create barriers though!

*Kirsten Backstrom* says: 'God, the Fool, completes a series of flips and cartwheels, then stands before us with outspread arms... to accept all of our responses, to know us absolutely and to embrace us'.

*Jane Orion Smith* suggests in her essay that we might consider the usefulness of 'meetings for confession' because we need the means for reconciliation to the Light, destined as we are, to fall and fall again. 'When we rise above being teachable, tricks await'.

We owe all eleven authors a debt of gratitude for being so open and honest in writing about their personal intimate journeys and what they have learnt along the way. This is a book to read, re-read and talk about. *Joolz Saunders*



**\*The Two Oceans, the Dark and the Light** by Joanna Kirkby. Sessions of York 2001. 118pp. ISBN 1 85072 266 8 £6.50

Joanna takes us through a potted history of early Quakers, with their mistakes as well as their triumphs, to the connections with her own family in Wales, revealing as she goes the dark side of spirituality, contrasting with the light which takes the individual step by step to a greater awareness of where he/she needs to be.

Her parents were evangelists at a time when 'evangelical' Quakers felt it right to proclaim a Biblical doctrine of salvation through atonement, vicariously by Christ's death, and not by 'walking in the light' as it is revealed to us, and as George Fox proclaimed. They were good and loving parents and spent some time as missionaries with the Friends' Foreign Missionary Association, which was itself an evangelical group.

Many of the missionary years were spent in China where Joanna passed the first few years of her life. It was a happy childhood, but during her time in China, Joanna noticed the darker side of Chinese life, including abandoned babies and the bound feet of women.

Later, she became aware of a different approach to religion and Quakerism, where one's own experience had a greater personal value than taught doctrines, and that, while one feels one's own way is 'the best', that of others is of equal importance and validity.

Being a deep-thinking and sensitive person, Joanna worked out for herself the kind of beliefs she came to adopt for her own life, based on her experiences and those of her family, which were deeply personal to her. Through her dark and light oceans, she came to a place where she was at peace with herself and with the rest of the world.

I started this book in some trepidation, but found myself fascinated by it, partly, I am sure, because I have known Joanna for some years, but also because it is written with great warmth and in an easy to read style. I felt at one with the author, in that all of us have our doubts, fears and failures, and I realised as I read that these are all part of the process of human development, and that even the most well-known and lauded amongst us have their own darkness, their own mistakes, as well as the light that has come to them and determined their life's work.

Read it. You cannot help but feel uplifted or encouraged by Joanna's frank portrayal of her insights and experience.

*Leonora Dobson*

~~~~~  
Small boy at his night-time prayers, and overheard by his mum:

"Our Father, who art in Heaven, ...

... and lead us not into temptation, but deliver us some e-mail...

***The Healing Power of Light** by Primrose Cooper. Piatkus 2000. 131pp. ISBN 0-7499-2069-6. £10.99.

There is much in this book which may be familiar to TW readers, but I am sure you will all find plenty of material which, if not entirely new, will offer you a different slant on the topics. It is offered as a 'comprehensive guide to the healing and transformational powers of Light' – and, for its size, comprehensive it most certainly is. Besides the 131 pages of text (well indexed), *Primrose Cooper* provides 9 pages of explanatory notes, a further 8 pages are devoted to the excellent bibliography, and we find more than a 'baker's dozen' of pages of 'Useful Addresses'. This last comprises of trusts, associations, organisations offering courses, periodicals, suppliers, practitioners et al. If you want to 'nit-pick', she has not mentioned the FFH as such, but the Quakers are listed at Friends House.

Not surprisingly, with the author's background as a teacher of classics, the first chapter takes us from the ancient Greeks through the Arab and medieval scholars to Newton, and on to today and quantum mechanics – and then back to Anaxagorus in 5th century Athens. We proceed to a description of the Sun as our source of light and life and its healing power.

In mentioning colour blindness in relation to the function of the eye, the author falls into the common trap of thinking that traffic lights pose a difficulty. Not so: we all know that the top light means 'Stop' and the bottom one means 'Go' whatever hue we may think they are. It is a different kettle of fish in a boat. Mixing up the port and starboard navigation lights and steering to the wrong side of a buoy could really land us in trouble!

She deals at some length with the work of John Ott, in the field of photobiology, and his influence on Jacob Liberman, famous in the ultra-violet light debate. A chapter on the divine aspect of Light leads next to an examination of the subtle light bodies, energy fields, chakras and electro-magnetism. We progress to 'Bio-information and Phototronics' and think 'Oh dear, this is getting difficult' but, on the contrary, it continues to be lucid and readable.

In Chapter 6, we arrive at the account of the author's experience of developing her healing work and the many ways in which light is used. The next chapter deals with 'Perception' and includes the connection between sound and colour. Consciousness and other dimensions are dealt with the Chapter 8 – thought energy, NDE's, angels and auras, and it was here that I found myself caught by her quotation of Neale Walsch's description of seeing his own aura surrounding him: 'I was It and It was Me – I was looking at the rest of me'. I realised that I had always thought of the physical body carrying the spirit within it rather than vice versa. The closing chapters deal with all the many and varied aspects of healing. One is struck, all through this slim volume, by the quality of the research and the skill of the presentation. One is unlikely to be disappointed with it.

Muriel Robertson

***The Collage of God** by **Mark Oakley**. Darton, Longman & Todd. 2001. 110pp. ISBN 0-232-52359-2. £7.95.

'If a man learns theology before he learns to be a human being, he will never become a human being.' **Mark Oakley** (Parish Priest of St. Paul's, Covent Garden) quotes this at the beginning of his book. It is his humanity away from narrow dogma and religious bigotry which forms the very essence of the book.

Rich and diverse in illustrations from poetry, philosophy and prose, it underpins his refreshingly innovative approach to finding God. Yet, it is unsentimental and challenging: total knowing and awareness, he thinks, are not possible; God can manifest in all kinds of ways, as in the arts, in friendship, in laughter, etc.

He regrets that we are more attracted to information than communication, and advocates seeing the world always afresh either in tragedy or hope, and there is a lovely image of prayer as 'the unclenched fist'.

If the book is a little overloaded with quotations, examples and stories, meaningful though they are, this is due to the author's infectious enthusiasm and eclectic tastes.

I was asked to review this book after an accident which I found hard to bear. Its gentle humour, wide sympathies and compassion cheered me greatly and were a comfort and joy. I recommend this book unreservedly. **Lily Seibold**

The Food Doctor by **Vicki Edgson** and **Ian Marber**. Collins & Brown 1999. 160pp. ISBN 1-85585-682-4. £14.99.

As its title suggests, this is a book to help you to adjust your eating habits to maximise your health and reduce the risk of illness, as well as helping to diminish the effects of already existing complaints.

Starting with a lifestyle on how to control your weight, another explaining the differences between food allergies and intolerances and their causes the book then goes on to explain the different cooking methods we use and reasons why they can be beneficial or harmful. Energy levels and emotions are largely governed by the food we eat, and there is a valuable section on hyperactivity in children. Many mothers will appreciate the advice that is given regarding the foods their children eat.

The chapters in stress management and depression are interesting and informative, and will be helpful to many people, as we live in a stressful environment, and there are many pressures that can result in depressive conditions.

Part II helps with understanding how the digestive system functions, with reference to the immune and endocrine systems, followed by suggestions on how to use foods to help combat a list of specific diseases and conditions. In this section various cancers are dealt with, their possible causes, and how to help prevent them developing by eating anti-cancer foods.

It is never suggested that food awareness and a healthy diet are a cure-all; and one should always consult a doctor if symptoms persist beyond a week or two, or if they are severe.

The book ends with recipes for a healthy digestive system. The importance of this will be appreciated when we realise that 70% of our immune system lies in the digestive tract.

Throughout, the book is colourfully illustrated with mouth-watering pictures of many fruits and vegetables, helping to make it a very readable and concise reference book many will want on their shelves. **Leonora Dobson**

***Meeting Safety**. Quaker Home Service. (now Quaker Life) 2001. 66pp. ISBN 0-85245-323-X. £3.50 plus p & p from the Quaker Bookshop

Meeting Safety is designed as a code of good practice for Quaker Meetings to assist in working with volunteers on children and young people's activities and events. **Beth Allen** encourages Meetings to read it carefully 'to get to the essence' behind the guidelines. She hopes that the document will enable Meetings to 'build our inspiring and enlivening children and young people's work on practical, safe and good foundations; to develop as adults giving service to children and young people, so that we can enjoy this service more fully; to think about what it means to be a community balancing safety and forgiveness and living in the light.'

Meeting Safety supersedes 'Health Safety and the Law' and 'Safeguarding Children from Harm'.

Part One sets the scene with quotes from *Quaker Faith and Practice* and suggestions for using the guidelines. A Code of Good Practice is included at the end of this Section.

In Part Two, Meetings are given comprehensive guidance on all aspects of Health and Safety.

Part Three focuses on child protection. Emphasis is placed on the recognition of the important relationship between Meetings and families. Meetings are also reminded of the resources provided by other organisations, in particular for those who wish to undertake some training.

Part Four provides examples of Quaker experience and good practice, together with issues raised by individuals with previous convictions.

The Appendices are seen as an important part of the document, containing a summary of Home Office guidelines; some signs which might indicate abuse and/or neglect; model forms for volunteers, parental consent and for referees; a list of agencies providing information and advice and a list of useful publications.

This is an essential book for all Meetings working with children and young people. **Joan King**

***For the Sake of the Children. The FNF guide to shared parenting.** By Sue Secker. FNF Publications. 2001. 95pp. ISBN 0-9539307-0-X. £7.95.

"My child is now calling someone else Daddy", this heart-rending and painful comment from a divorced parent typifies the thrust of the whole of this book. It was funded by the Home Office and written by, and for, fathers who have experienced the trauma of separation and, sometimes, alienation from their own children. Many have become members of the charity, *Families Need Fathers*, (FNF) which was founded in 1974 and dedicated to 'keeping children and parents in contact'. Their 'mission' is to help children by helping their parents to stay involved with the family after divorce or separation.

Apart from some very sensible and down to earth guidance on how to cope with the emotional implications of this all too frequent situation, there is a lot of practical advice on such matters as parental responsibility, contact orders, legal matters, state benefits, contact centres, etc. And there is a wonderful section on 'Consideration, Co-operation, Compromise, Communication' which aims to bring as much healing as possible to all parties concerned; to balance with carefully thought out strategies of behaviour and minimise the anger, resentment and bitterness that are often the legacy of a marital break-up.

And the grandparents on the 'losing side' are not forgotten. All too often these vital people in a child's life are denied access – or just lose contact altogether because it's too difficult to maintain it – or, and more importantly, because the child is imbued, or even indoctrinated, with a sense of guilt about wanting to keep in contact with them. "*When children lose contact with one part of their family, they lose their heritage, the memories of that half of the family. A grandparent is someone they can turn to perhaps when their parents are pre-occupied or unsupportive*". And this holds true for aunts, uncles and others who care too.

Overall the message of this book, directed mainly to loving fathers (though of course sometimes it's the mothers) is: 'Don't give up – you still love your children – and they still love you – keep the lines of communication open – never give up'.

As grandparents we have gone through this family experience twice, albeit on the so-called 'winning side', and I wish I had had a copy of this book by me each time.

Anyone concerned about children losing contact with their families is encouraged to become a member of *Families Need Fathers*, 134 Curtain Road, London EC2A 3AR. Tel: 020 7613 5060. Email: fnf@fnf.org.uk.

www.fnf.org.uk

Rosalind Smith



FFH PUBLICATIONS

Available from Alan Pearce, 15 East Street, Bluntisham, Huntingdon, Cambs. PE28 3LS. Tel: 01487 741400. Please add postage. Cheques to be made out to the Friends Fellowship of Healing.

- Valerie Cherry – *Grief Experienced* £1.00
- Joan Fitch – *Handicap and Bereavement* £1.00
- Joanna Harris (ed.) – *The Healing Power of Laughter* New edition £1.40
- *Mourn us not* £2.00
- *In Praise of Claridge House* £2.50
- Joanna Harris & Alan Pearce (eds.)
- *Quakers & Healing Today* £2.00
- David Hodges – *George Fox and the Healing Ministry* £3.50
- *Science, Spirituality and Healing* £2.00
- *Seeking to Heal?* £1.20
- Jim Pym – *What kind of God, what kind of Healing?* £1.00
- Anne Smith (ed.) – *Friends Find Words...* £2.50
- *A Garden of Healing Poetry* £2.50
- *In Praise of Lattendales* £2.50
- Rosalind Smith – *Simple Healing* £1.00
- *Quakers & the Spiritual/Psychic Dimension* £1.20
- Jill Stow – *In a Strange Land (an experience of dementia)* £1.20
- Elizabeth Stubbs (ed.) – *Coming Through the Darkness* £1.50
- Mavis E. Timms – *Lift Up the Stone* £2.00

In addition to the above publications the following leaflets are available:

Starting a Healing Group – 10p

Prayer for Healing – 50p

Monica Stafford – *An ordinary woman's journey on the mystical path* 90p

Please note that the Audio Cassette library has now
been housed at Claridge House and Lattendales.

GROUP LIST CHANGES

- | | |
|---------------------------------|---|
| Bangor (New Group) | Jennifer Gibson, Cum Ty Coid, Menai Bridge, Anglesey LL59 5LA |
| Bournemouth | Norma Jones, Flat 4, Sunningdale, 21 Port Arlington Rd, Bournemouth BN4 8BX |
| Newton Abbot (New Group) | Valerie Huish, 13, Brimley Vale, Bovey Tracey, Nr. Newton Abbot TQ13 9DA |
| Nottingham | Mary Brimelow, 30 Private Road, Sherwood, Nottingham NG5 4DB |