

## 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.

**QSH Support Group Weekends: 7/9th June at Lattendales and 13/15th Sept.**  
at Claridge House.

**Autumn Weekend Gathering, Lattendales, 11-13th October 2002. (correction)**

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**Postal Prayer Groups Coordinator:** Sylvia Edwards, Anchor Cottage, Honor End  
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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.

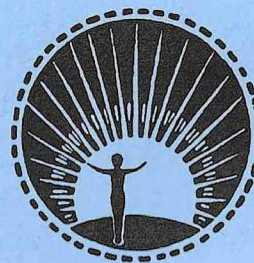
**Postal Library:** Joan King, 9 Halsey Close, Exmouth, Devon EX8 4PJ  
Tel. 01395 279707

**Quaker Spiritual Healers Membership Secretary:** Geoffrey Martin,  
24 Kingsley Road, Bedford, MK40 3SF. Tel. 01234 267360  
Email: Geoffrey@healing-hands.fsnet.co.uk

**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

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**FRIENDS FELLOWSHIP OF HEALING**  
(A QUAKER GROUP)

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## REFLECTIONS

Joy is the human's noblest act.

*Thomas Aquinas*

I was hungry and you fed me, thirsty and you gave me to drink. I was  
a stranger and you received me in your homes, naked and you clothed  
me. I was sick and you took care of me, in prison and you visited me.

*Matthew Ch.25 v.35*

Nature is a painting for us; day after day, pictures of infinite  
beauty if only we have eyes to see them.

*John Ruskin*

Gardening is an active participation in the deepest mysteries of the  
universe.

*Thomas Berry*



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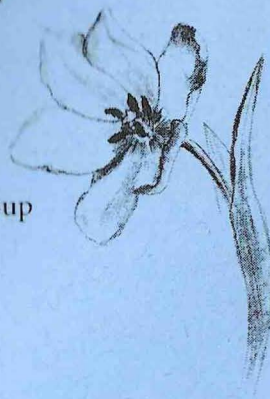
Donations for the work of the Fellowship are most welcome.

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 fran@woolgrove.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 (cheques to be made out to the Friends Fellowship of Healing) to Fran Woolgrove, Thirlestane House, Kelso, Scotland TD5 8PD Tel: 01573 420695.

**Autumn Gathering** – at Lattendales, October 11th - 13th 2002. (please note correction from last issue of *TW*).

**QSH Healing Training Course**, at Lattendales, Mon 6th - Fri 10th May 2002. Details from the Wardens 01768 483229. And at Claridge House Mon 7th - Fri 11th Oct 2002. Details from the Wardens 01342 832150.

**Quaker Spiritual Healers’ Support weekends** – at Lattendales, 7th - 9th June, led by Leonora Dobson & Rosemary Bartlett, and at Claridge House, 13th - 15th Sept. led by Rosalind Smith & Geoffrey Martin.

**“Towards a Quaker View of the After-Life”**. The **Quaker After-Life Study Group** will hold a second study day at Friends House on Saturday, April 27th, commencing at 10.30 am. A programme and booking form is available from *Angela Howard, Webbs Cottage, Woolpits Road, Great Salting, Braintree, Essex CM7 5DZ. Tel: 01371 850423*, and also a newsletter and order form for booklets. The website is [www.webbscottage.co.uk/qasg.htm](http://www.webbscottage.co.uk/qasg.htm)

**Meditation and Contemplative Prayer**, written by Rosalind Smith, is a new booklet to be added to the current publications of the FFH. Price £1.50 plus postage and obtainable from Alan Pearce (see inside back cover for details).

**BRITAIN YEARLY MEETING** will be from 3/6th May, 2002, at Friends House, Euston. The **AGM** of the FFH will be held at 12.30 p.m. on Saturday 4th May. in St. Pancras Church House, 1 Lancing Street, NW1 1BA. (Lancing Street is opposite Euston Station, off Eversholt Street.). A talk will be given on the Quaker Spiritual Healers by Geoffrey Martin.

The FFH will again be offering their healing and counselling service – also the usual bookstall, selling FFH publications and related matter. **We need help for this! Please!** If you feel you could spare some time to help in manning the stall and/or offering healing/counselling, please contact me, Ros Smith, on 01342 833151.

Our membership secretary, **Ruth Martin** asks the member who sent their subscription as a £10 note in December, with no accompanying identification, to give her a ring to let her know who it is, please. (01483 422881).





*The photograph shows Maureen Ormesher (left) being presented with her Quaker Spiritual Healer membership certificate by Leonora Dobson, at a small gathering in Leonora's garden in Derbyshire.*

*Maureen was the first QSH probationer to be assessed for full membership, having gone through the QSH training course and probationership. The assessment she attended was also the first to be conducted by QSH assessors, and was a relaxed and pleasant occasion.*

## A NETWORK OF BOOKS: The Postal Library

In 1984 the postal library service was born, beginning life as a book network with a few books about healing and related subjects, and kept in a cardboard box under a bed. Favourite books could be shared, with no time limit for borrowing, no membership fee, just contributions to the cost of postage. The FFH committee became supportive and helped financially as the network grew and became a postal library, catalogued and shelved. There were donations of books and stamps and padded envelopes.

In recent years review copies from *TW* have been added to the book lists, often making waiting lists necessary. In order to keep the library a manageable size some books have been given to the Claridge House library, and to charity shops. Sometimes, after borrowing a book, a Friend may decide to buy a personal copy because it speaks to his or her condition. That has always been encouraging.

Working with the library has given me good friends – seen and unseen, and years of pleasure. Now I am thankful it is in the capable hands of *Joan King*, who is enthusiastic and computer literate. Recently she drove here to my home in Hertfordshire from Exmouth and returned home with the books in seven cardboard boxes!



*Anne Smith*

*We thank Anne for all the careful and painstaking work she has given over the last 17 years with the Postal Library. She also compiled a catalogue of books which is available upon request. Please send now to Joan King, (address on back page) if you would like a copy of this, or if you would like to borrow any of the books reviewed in *TW* and marked with a \* just in front of the title.*

*And we wish Joan a happy and fruitful time as the new postal librarian.*

## SPECIAL EVENTS AT CLARIDGE HOUSE

There will be a Victorian Evening at Claridge House on June 15th, which will include a four-course evening meal and Victorian music and entertainment.

An Open Day will be held on Saturday August 17th. Please contact the wardens for details of these events. (01342 832150)



## "IN THE ARMS OF ANGELS"

Jenny Cuff

The revival of a monthly Friends Fellowship of Healing group was well supported by Reading PM members.

Rooms at the meeting house were booked for six months in advance, a poster for display was prepared and dairy entries organised. The noticegiver announced the meeting after Meeting for Worship, and a ring round to Friends who had expressed a particular interest in attending generated more 'publicity' or notice. Not least a note to TW for inclusion in the list of groups countrywide put us on the FFH map.

The first meeting was held in March 2001. We were ten joining 'in prayerful worship to lift into the light and love of the Spirit, those we wish to remember, causes and projects and not least, to nurture ourselves in our daily lives'.

The format is based on FFH models, and, after lighting a candle in the centre of the circle, begins with relaxation in way of preparation. Then:

*Invocation:* May the Healing Love of God come upon us  
Making us whole in spirit, mind and body  
Assuring us of his presence ever with us  
And of his grace sufficient for our every need.

Worship for 20 minutes.  
Names of those for healing.

*Healing affirmation:* My mind and body are renewed by the Spirit of God  
Within me.

*Closing prayer:* The Light of God surrounds us  
The Love of God enfolds us  
The Power of God protects us  
The Presence of God watches over us  
Wherever we are, God is.

We then join hands, sending the light out into the world by blowing out the candle.

On our first gathering the meeting had just settled when there was a loud banging at the door. I got up to answer it and was confronted by a stranger, dressed shabbily in worn out dirty clothing, an old coat around him and a woolly hat covering long unkempt hair. His face was covered in a bushy beard; he was smelly, and his piercing eyes meant business!

"I want to come in", he demanded. Heartsink!

I closed the door to the gathered meeting. We were alone in the corridor.

"You'll be wanting the soup kitchen", said I.

"No, that was yesterday. I want to come in here. Now."

"We're sitting in a circle; it's a meeting for healing with a few prayers, but mostly sitting in silence."

"Yes."

"Are you able to sit quietly?"

"Yes."

"It's not up to me alone. Will you wait here and I'll tell the others?"

"Yes."

The situation was put to the others.

We invited him in. He took his place, stumbling and lurching. He eyed up the Friends in the circle and told one, "You're a beautiful woman, d'ya know that?"

We hushed him with soft ssshhhs, and when he got too loud one Friend took his hand to calm him when his imaginary guitar solo reached its peak.

We held him, we held each other, in that place.

He slumbered in and out of consciousness. The atmosphere stilled. We spoke the names in our prayers to remember those requiring healing, and after a closing prayer blew out the candle.

Mark – for that was his name – chatted and enjoyed tea with all present.

At our parting he left in high spirits pushing his wheelbarrow up the road, whistling and singing at the top of his voice.

At our inaugural meeting we had experienced a deep worshipful waiting in the healing light of God's love. Together with a stranger we had been given what we needed in unexpected ways.

*Keep on loving one another as Christian brothers and sisters. Remember to welcome strangers into your homes. There were some who did that and welcomed angels without knowing it.*

*Hebrews Ch.13 v.1*



(Further to the interest shown in Ayurvedic therapy arising from the article by Carolyn Appleby in the last TW – the address to write to is: The Ayurvedic Company of Great Britain, 81 Wimpole Street, London W1M 7DB. Tel: 0207 224 6070. The hospital is closed until April/May, but they are forming a waiting list for admissions.)





## WHAT DO WE MEAN BY SPIRITUAL HEALING? *Peter Tatton-Brown*

*The simple answer is prayer.* However the phrase itself is a hard one for the general public to accept. At one time I heard of a man who had very bad shingles and couldn't shake it off, so I gave his wife the name of a healer who lives in East Devon. I was asked 'What sort of healer is she?' I replied, 'Just a healer'. He did not want a spiritual healer or a faith healer. Perhaps joking, he pointed out that his spirit did not need healing. I said 'No, just a healer who helps sick people by the laying on of hands'.

In my family we have always been aware of healers. My mother had some facility and now my nephew is a very good healer. It is a skill he was born with, rather like painting or drawing, and he has developed it with practice. He makes no great claims but seems to be very effective.

Healers are aware of a flow of energy passing through them to the patient. This energy enhances the body's ability to heal itself. This is a flow of spiritual energy so many call themselves *spiritual healers*.

In the magazine of the Alister Hardy Society *De Numine*, Sept 1999, there was a long article *The Spiritual Healing Project* by Dr. R. McKay and Mr. Musil. In conclusion they write: "Our lives are incomplete and empty without a spiritual connection to God. This connection is what we call spiritual healing". This is just what goes on at all our meetings for worship. A gathered meeting is clearly 'one in the spirit'.

There is an excellent book recently published which considers the effect of the mind on disease: *The Sickening Mind* by Paul Martin. Often in meeting I find the whirligig of my worrying mind stilled by the power of prayer and then feel the healing of the body that results.

Everything is in accordance with the will of God. We have to learn by our pain and troubles. There are many causes of pain and suffering. Since mankind is body, mind and soul, physical, mental and spiritual means should be employed in healing. Growth comes from casting out the old and bringing in the new. The sickness may be the body casting out the old, throwing out the waste products perhaps. The old leaves must fall before the spring growth arrives.

Talking about the natural laws of this planet, gravity, quantum theory and electro-magnetism, Einstein said, "There is no logical path to these laws; only intuition resting on sympathetic understanding of experience can reach them". They are invisible but are useful to explain the way the world works. Other invisible aspects of life are also important: truth, beauty and quality. Truth can be proved if it is about the material world of matter or frozen energy – one scientist called all matter 'frozen light'. Truth can be proved if it is a mathematical law, or can be shown by repeated experiments in material subjects. But in the mind truth, beauty and quality are mystical matters. To Keats truth and beauty are the same: they cannot be explained and are both

objective and subjective. They cannot be measured like colour, hardness or temperature.

Beauty is in the eye of the beholder; it is what you like. Is what you like real or a fiction? Is it in the imagination or just the emotional enjoyment of the thing or poem, music or view? Is it all in the mind? Does everyone know what beauty is, or do they have to be taught? Is there popular beauty and classical beauty which have to be separated from each other?

Beauty makes you aware of the world around you. It is an action, not a thing. It is in your mind. It is you who are aware. So it is an action, and it is a verb; we are aware of the quality of beauty. Or is our awareness different?

Keats, who called truth beauty, considered it very important to have doubts, to be uncertain, to be aware of the mysteries in this world, not to be dogmatic. He said Shakespeare's strength was his ability to remain in uncertainty and mystery. The truth is what you experience yourself: that is the truth for you. Similarly poetry, the immortal language, should strike the reader as a wording of his own highest thoughts and appear almost a remembrance.

A religious experience is a very private event. It is normally personal. An exception must have been the speaking in tongues. I need to put it into words so that I can remember it and ponder it to gain its full value. It strikes me as beautiful, truthful and full of a quality which is not explainable. I have little understanding of mystical matters but I am sure they are a reliable guide to behaviour.



## THE WORSHIPPING GROUP

*The Silence deepens*

*As the circled group*

*Relaxes into quiet meditation.*

*Will some find peace? Some joy?*

*Others the answer to their quest?*

*We wait in quiet expectancy*

*As our souls rest.*

*Yet all may feel the Spirit move among them*

*With love and health to bless,*

*Life and light to overcome all darkness*

*Peace comes – a soft caress.*

*Beatrice Watson*





## Clerk's Corner

It is two years since the formation of Quaker Spiritual Healers; the membership has now far exceeded our initial expectations and here we are about to hand out the first of the beautifully produced certificates. Looking back, it is clear that this success has been based on the firm foundation built by the then, vice chairman of FFH, David Hodges. David kept doggedly to his goal and his perseverance won through despite many setbacks. I am sure he, too, will be delighted to see these tangible fruits of his earlier labours: – up-and-running training courses; more trainers becoming available; introductory days on offer to Quaker groups and also the possibility of running the QSH course as an evening class. This is, by any stretch of the imagination, a real success story which we should be telling everywhere to everybody! Letters have gone out to those Meetings which expressed an interest so I am wondering which one will be the first to hold such an event?!

I was talking with an American Quaker on the phone this evening who was telling me that because allopathic medicine is so expensive in US, people are turning more and more to complementary ways of health and healing. Her words ... "its time has come..." echo my own feeling. By coincidence I received a beautiful card today from another US FFH member: Her healing painting – "divine light" acrylic paint on beech wood – was part of Hildegard's journey of healing from breast cancer in 1994. She sends these cards with the words "may you feel the gentle loving presence of the God of all Creation." Thank-you, Hildegard.

Joolz Saunders

## PASSING THOUGHTS

There are misconceptions about spiritual healing. Firstly it is not 'faith healing', and it is not about cure. Much damage has been caused to the image of healing by some faith healers creating the expectation that a miracle cure will take place. When it doesn't, then the individual is worse off, believing that they were not good enough, or their faith was not strong enough. The reality is that the healer is a channel of divine energy from God/spirit to the individual and what takes place is between God/spirit and the individual. Healing takes place at some level; it may be in physical relief, a reduction in stress or other emotional state, or a change in attitude of mind, which in turn may improve the physical condition. And, yes, cure can happen in exceptional circumstances.

Tony Steel-Cox

## GREEN THERAPY

Rosalind Smith

Spring is upon us (I hope – when you read this) and for many people it is a time of looking ahead to the coming warmer months when the present promise of colour and growth in our gardens becomes a reality. Even those who cannot physically get down on their knees to tend their gardens can still look forward to seeing everything coming into fruition in its term. And even those without sight can know that it has happened. For those without gardens there are still flower-pots and, perhaps, window boxes. I remember seeing a beautiful garden which had been created from pots, pans, wooden trays, old frying pans, old teapots etc. which were all stacked up on each other, supported by bricks and other such implements. From these unlikely containers flowers and plants bloomed and blossomed and spilled over in a profusion and riot of colour. And this was all in a tiny concrete back yard of an old back-to-back London house!

The important and most therapeutic part of gardening is the 'looking forward' – the planning ahead, the vision of how things may or will be in a few months' time. Yes, it is important to dwell in the present moment, not to fret about the past because it's gone, and not to concern ourselves unduly about the future, because we don't know what it will bring but, even so, looking forward positively to the growth of what we have put into the soil carries a feeling of expectancy and hope.

A friend of mine grew up, as one of four daughters, in a Welsh mining village. At one time, while she was quite young, several miners, including her own father, were diagnosed with silicosis, pensioned off, and given an average time of six months to live. Most of these miners spent their remaining time sitting about and waiting for the end. My friend's father dug over his garden, planted lettuce, tomatoes and other things and began to take his produce to market. Twenty years later he was still doing it, and had a thriving market garden business – ages after his mining colleagues had passed on. My friend had vivid memories of sitting on a cart amongst the tomatoes and vegetables and rattling along to the market each week.

So this all points to a positive identification with gardening as 'green therapy' – not only because of the fresh air and physical exercise involved, but also because of its forward-looking creativeness, anticipation, expectancy and hope.

*How Love burns through the Putting in the Seed  
On through the watching for that early birth  
When, just as the soil tarnishes with weed,  
The sturdy seedling with arched body comes  
Shouldering its ways and shedding the  
earth crumbs.*

Robert Frost, 'Putting in the Seed'

(taken from 'Inheriting Paradise' by Vigen Guroian – reviewed on p26)



## VISUALISATION AND DEMENTIA

Maggie Thomson

Some time ago I completed a PAME\* training course and asked the manager of a local day centre if I could offer this activity to their dementia day care clients, and she was happy for me to do this. I worked with a group of six to nine people and two care staff for about six months, once a week.

The first part of the sessions consisted of exercises to music – or to my count, which seemed easier for them to recognise; the second part was fun activities with soft balls, scarves, a parachute etc.; and the third part was a guided visualisation, which I introduced once I got to know the group. Each of these activities raised various unexpected responses from the members of the group, but for me the most exciting and interesting reaction was to the visualisation.

I was aware that certain environments might have negative associations for some individuals, so I slowly introduced a garden scene, which seemed to be quite safe. As with any meditative situation I would ask them to sit comfortably, close their eyes and just relax, and this was not easy for some of them. I played a very gentle healing tape of piano music in the background and invited them to find themselves in a garden, with all their favourite flowers, and used this to invoke the senses of colour, touch, smell and hearing; then through a gate into a little wood with birdsong and shade, etc.; across a bridge, over a stream, with the water sparkling and splashing over the pebbles; along to a seat by the stream, where I suggested that they sit for a little while and just enjoy being there; and I stopped talking! Then back the same way, and into the room.

The effect of this was quite noteworthy. One little lady who usually shuffled across the room and back every few minutes would sit still, with a little smile on her face; another lady who rarely stopped talking would, if we could persuade her to be quiet and close her eyes initially, sit there in what seemed to be total relaxation. One gentleman, who only ever asked aggressive questions would try to stare me out as I talked, then suddenly his head would drop and he would be still. The whole room changed and became still and peaceful, until lunchtime, about an hour later. Some of them took longer to come back into the room than others, and when I asked if anyone would like to share their garden with us, I was met with blank stares – no-one was able to recall anything. I can only assume that somehow something was accessing the part of the brain that could respond to relaxation.

The exercises are done with each person sitting in an upright chair, if possible, and I have learned two things about this – a) it takes 3-5 sessions for the group members to learn some of the exercises and b) the members of the group can follow the rhythm of my counting – one and two and three and four – much better than they can hear the rhythm of the music.

Nearly every session produced something unexpected. One man, who never talks unless addressed, suddenly said, "That sounds like Victor Sylvester", and it was a tape of Victor Sylvester's strict tempo ballroom dancing music of the 40's and 50's. He stopped and talked about this, and he used to do ballroom dancing in his young days. During another session the same person recognised an old-fashioned waltz, and he and I waltzed round the floor. As a result of this the care staff organised a tea dance that afternoon for the group members. Later he also recognised a Bing Crosby song. These all provided reminiscence opportunities with the whole group.

The purpose of the games is not only for physical coordination, but also for communication and sharing and experiencing the group energy. They include moving long scarves to the rhythm of Strauss waltzes, using soft handballs for exercises and also for throwing to each other, holding a large stretchy cloth – the parachute – in a circle and bouncing a beanie-frog up to the ceiling – very popular – with lots of laughter, particularly for those who can no longer communicate verbally.

The staff were very positive about the effect of this work generally. They felt it had much value and observed changes in behaviour and reaction which I was not aware of, as I only saw the group once a week and most of them didn't recognise me from week to week anyway.

What I do know is, that out of the whole of my working life, the few months I spent with that group were for me the most magical and fulfilling work that I had done. Over the past years I have become more and more interested in the use of sound and rhythm as healing agents and this experience seemed to exemplify that belief, as well as having some much deeper significance. I feel my life is very enriched because of what the members of the group offered me during that time.

\* *Physical Activities to Music for the Elderly*

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*Wonders are many and none is more wonderful than man*

*And Earth, the unwearied, doth he wear*

*And speech, and wind-swift thought, hath he taught himself.*

*Only against Death shall he call for aid in vain.*

*From the chorus in Antigone*

~~~~~



## CREATIVE VISUALISATION

Lucy Brown

In June 1991 I first suffered from Castleman's disease, which is a rare lymphoma. It wasn't diagnosed for about two months, by which time I was in renal failure. I was confused and occasionally delirious. An image of a candle came to me. I had recently attended a Quaker Monthly Meeting Weekend at Claridge House, and a candle had been used for a group meditation. The image, which I saw over a period of several days in Pembury hospital, flickered and seemed far away but it never went out.

When I eventually came home after four and a half months in hospital my muscles were very wasted and, in late spring 1992, I developed a frozen shoulder which was acutely painful twenty-four hours a day. I borrowed a tape called 'Creative Visualisation', and I also used a medical relaxation tape for pain. I found both helpful. (Castleman's disease caused me discomfort but no acute pain.).

In June 1995, I had a recurrence of Castleman's disease which wasn't nearly as bad as the last time, except that my platelet count was so low that I had spontaneous bruising for some time. Fortunately it did not fall to the level at which internal bleeding may occur.

I developed a collection of images to cope with the platelet problem. I started by trying to bolster up the platelets to resist the effects of the disease. I visualised them as leaf cutting ants, seeing them chomping up leaves to plug the holes in the blood vessels. Photos of leaf cutting ants on TV are very attractive. They look like a fleet of sailing dinghies, or wind surfers.

Then I wondered what to do about the diseased cells in the lymph nodes. I visualised them as fighting crabs, with huge pincers and chomping jaws. I did not attempt to fight the fighting crabs myself but left them to the chemotherapy. They lost a few legs after the first chemotherapy treatment and their bite was not so strong. In addition there were hermit crabs which appeared harmless, but may have turned into fighting crabs. The hermits didn't show any pathological changes, but they lurked in the background.

The other main groups of cells involved were the red and white blood cells. They were affected both by the illness and by the chemotherapy, and I visualised them as red and white ants. I had an infected scar from the lymph node biopsy because my white cell count fell sharply after the chemotherapy, so I concentrated on the white ants.

These exercises helped me to accept the situation. I felt very happy with my progress because, apart from the period of infection, I *felt* better as early as July (only one month later), even if I was still very weak and couldn't do very much. I could cook and enjoy the garden. I was confined to the house because I got tired very suddenly and had to break off and rest; and it was some time before I could go shopping. The course of this illness was so much better than the last time and this helped me to keep cheerful.

## CLARIDGE HOUSE – Summer Programme 2002

Weekend Courses: Single £125 Shared £115

Midweek Courses: Single £200 Shared £175

(unless otherwise stated)

### April "CONTEMPLATION & CREATION:

#### 5-7 EARTHED IN THE SPIRIT, DRAWING FROM LIFE"

Reaching down creatively into the still centre to discover a deeper awareness of our place in the natural world. Using creative and meditative processes, and focusing on our natural environment and the rhythm of the seasons, we will explore what gifts of understanding they may hold for us.

Judith Bromley Nicholls: Painter & Teacher, Joseph Rowntree Quaker Fellow Oct 2001 - Sept 2002.

### April "THE HEALING POWER OF SOUND"

12-14 Learn how to use your voice for healing yourself and others. Learn toning and overtuning, how to balance chakras and heal emotions with sound. Spend a weekend having fun with your voice and sacred sound.

Simon Heather: M.Soc.Sc., M.B.Ac.C., MCOH.

### April IN CELEBRATION OF DIFFERENCE

19-21 A journey of self-discovery, using the Myers-Briggs Type Indicator®. Much of the non-physical pain in the world stems from misunderstandings between people of goodwill who are just being themselves. We will be looking at our lifestyles; how we focus attention, acquire information and come to decisions. No prior knowledge required.

Frances Crampton: A Quaker; experienced using the MBTI® since 1987; trained transpersonal counsellor and workshop facilitator.

### April NATIONAL TRUST VISITS

22-26 As there are many interesting National Trust Properties within easy distance of Claridge House, we shall spend a pleasant time exploring these together in (mid-week) Springtime. All transport will be provided, but your own entrance fees to the properties will need to be paid, unless you have an NT membership card.

John Smith: previous Co-Warden

(Mon pm - Fri am) Single £200 Shared £175

### April THE FUN OF TEXTILES AND STITCH

26-28 Explore, design and use inspiration from cultures of the world to create a book cover (bring a favourite and make to measure). We will use colourful fabric paints and a variety of threads in this friendly, no pressure weekend. Especially suited for anyone, with or without previous experience.

Frances Attree, Textile Artist and experienced teacher

Single £130 Shared £120

(includes all materials used on the course)



**May ANGELS AND GUARDIANS: GUARDIAN ANGELS**

**3-5** At a time when there seems to be an upsurge of interest in the subject of Angels – even amongst Quakers – we shall look at their place in our spiritual heritage and explore their relevance, activity, support and guidance in our lives.

*Elizabeth Marson-Starling: experienced facilitator &  
Rosalind Smith: healer, counsellor and experienced facilitator*

**May ENHANCE YOUR SELF ESTEEM**

**6-10** The interactive approach adopted on this course will enable all participants to explore the influences which affect their self-esteem. In a supportive atmosphere, (mid-week) we can begin to challenge old habits which have had a negative effect on our lives and develop new ways of behaviour which will increase our self-confidence.

*Eileen Webb: experienced tutor and workshop facilitator  
(Mon pm - Fri am) Single £200 Shared £175*

**May "LIFE DANCING" – MOVEMENT AS A HEALING PROCESS**

**10-12** A weekend using creative movement as a mirror to deepen your personal awareness. The work will initiate you into a creative process of listening to your body, through easy to follow exercises, expressive movement, stillness and verbal sharing, bringing awareness and understanding of your body and life.

*Caroline Born: a movement therapist with over 20 years experience; a graduate of Anna Halprin's Tamalpa Institute, USA*

**May SINGING AND SOUNDING – A "TUNE UP"**

**17-19** This course will explore self-expression and our personal voice in the world and is designed to loosen the body, centre the spirit and free the voice. We will discover how our 'Body and Soul' sounds and sings; to include mantras and chants from various religions, and music we create ourselves.

*Mary Benefiel: Quaker and experienced voice teacher and performer*

**May SPIRITUAL HEALING – A MYSTICAL WAY**

**24-26** Spiritual Healing is increasingly seen as a complementary therapy. Yet its true purpose is far greater – it is a 'Gift of the Spirit', found in all spiritual traditions of the world. Through study, meditation and prayer, we can discover this in our own lives and practise it to relieve suffering.

*Jim Pym: Quaker Spiritual Healer, NFSH, and author of many books, including recommended reading – 'Listening to the Light'*

**May 31 MASSAGE FOR HEALTH**

**-June 2** Massage is well known for relaxation and as a remedy for stiffness. This weekend we will learn simple massage routines; how energy affects health and wellbeing and helps to boost the immune system and relieve muscle tension. Using a combination of techniques, with self-massage routines and partner work.  
*Philip Newstead: an experienced professional physical therapist and teacher.*

**June "ALTERNATIVES TO VIOLENCE" (AVP) PROJECT**

**7-9** This AVP workshop is for anybody who has niggly little resentments that become grudges, anybody who has difficulty with anger, anybody who can't say 'No', and anybody who wants Alternatives to Violence.  
*Elizabeth Marson-Starling: Quaker, facilitator of AVP.*

**June EARLY SUMMER BREAK AT CLARIDGE HOUSE**

**10-21** Telephone to make a booking – £35 per person daily (full board).

**June 21 - 23 COLOUR FOR LIFE**

**June 28 - 30 T'AI-CHI AND MASSAGE**

**July 5 - 7 FLOWER ESSENCES** (Single £130 Shared £120)

**July 8 - 12 SUMMER PAINTING BREAK - Midweek**

**July 12 - 14 REIKI (First Degree)** (Single £230 Shared £220)

**July 15 - 19 MUSIC AND DANCE WEEK**

**July 19 - 21 THE HEALING POWER OF DREAMS**

**July 26 - 28 YOGA AND MANAGEMENT OF LIFE**

**Aug 2 - 4 'LIVING FROM SILENCE' – INTRODUCTION TO THE RETREAT**

**Aug 9 - 11 MEDITATION – 'TO QUIETEN THE MIND'**

**Aug 12 - 19 MID-SUMMER BREAK** (£35 per person daily)

**Aug 19 - 23 MUSIC AND DANCE WEEK**

**Aug 23 - 25 SELF-HEALING; MIND, BODY, EMOTIONS AND SPIRIT**

**Aug 30 - Sept 1 CREATIVE WRITING WORKSHOP: 'DREAMS AND VISIONS'**

**Sept 6 - 8 VOICE FOR MEDITATION AND WELL-BEING**

**Sept 13 - 15 QUAKER SPIRITUAL HEALERS SUPPORT GROUP WEEKEND**

Daily rate (inclusive of meals)

Single £50

Shared £40

Bed & Breakfast

Single £40

Shared £30

Lunch/Dinner

each meal £8

All weekend courses (unless otherwise stated)

Single £125

Shared £115

Mid-week courses (unless otherwise stated)

Single £200

Shared £175

Special Breaks throughout the year: Monday p.m. – Friday a.m. £140

Vegetarian food – special diets catered for – facilities for the disabled.

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

*Tel: 01342 832150 Fax: 01342 836730 (Guest Tel: 01342 832920)*

*Email: welcome@ClaridgeHouse.freemove.co.uk*



## LATTENDALES – Summer Programme 2002

### 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 & Rosemary Bartlett** **£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**

Anyone who has visited Lattendales in the last twelve years will know that we have been extremely fortunate to have David and Joan Ellison as wardens. Their warm welcome has reassured many, I am sure, when they rang the door bell for the first time. As their stay progressed they will have felt very well cared for by David and Joan and their staff. Unfortunately, all good things come to an end, and David and Joan are retiring in January 2003.

Trustees will therefore be advertising for new wardens in a few months, but we want to let it be known now that we are on the lookout for suitable candidates, and would appreciate it if readers of *Towards Wholeness* would help us in our search. If you, or someone you know, would be interested, please let us know by writing to Fran Woolgrove, Thirlestane House, Kelso TD5 8PD for further information and details.

## FRIENDS FELLOWSHIP OF HEALING – GROUPS – January 2002

BANGOR	Jenifer Gibson,	Cum Ty Coid, Menai Bridge, Anglesey LL59 5LA
BATH	Rene Aldcroft,	701 Wells Way, Bath BA2 2TZ
BEDFORD	Geoffrey Martin,	24 Kingsley Road, Bedford MK40 3SF
BEWDLEY	Margaret Shaddock,	19 Bow Patch Rd, Avely Kings, Stourport-on-Severn DY13 OND
BOURNEMOUTH	Norma Jones,	Flat 4, Sunningdale, 21 Port Arlington Road, Bournemouth BH4 8BX
BRADFORD	Edna Woodhouse,	47 Windmill Old Road, Bradford, W. Yorks. BD10 0SE
CAMBRIDGE	Pat Revell,	12 Rustat Road, Cambridge CB1 3QT
CHESTER	Cecil W. Sharman,	6 Arley Close, Upton, Chester CH2 1NW
CHICHESTER	Anthony Dungey,	Briarcroft, Oving, Chichester, W. Sussex PO20 6DG
CLACTON	Mary Farquhar,	5 Colne Road, Brightlingsea, Colchester, Essex CO7 0DL
CROYDON	David Parlett,	1 Churchmore Road, London SW16 5UY
DARLINGTON	Dorothy H. Mouncey,	West Linhams, 20 Bridge Road, Blackwell, Darlington DL3 8TJ
DENMARK	Inga Rasmussen,	Vesterbyvej 11 Vrogum, DK-6840, Oksbol, Denmark
DERBY	Leanne Wheeler,	36 Drewry Lane, Derby DE22 3QP
DISLEY	Leonora Dobson,	Moor Edge, Birch Vale, High Peak, Derbyshire SK22 1BX
DISS	Margaret Morgan,	Willow Croft, Thwaite Road, Thorndon, Eye, Suffolk IP23 7JL
DITCHLING	Maggie Lamb,	14 The Drove Way, Lucastes Lane, Haywards Heath, W. Sussex RH16 1LL
DORKING	Lesley Hunka,	68 Stevens Lane, Claygate, Surrey KT10 0TT
DYFFRYN CLWYD	Beryl Work,	10 Church Walk, Ruthin, Denbighshire LL15 1BW
ECCLES	David P. Jones,	26 Moss Lane, Sale, Cheshire M33 6GD
ESHER	Betty Sear,	Tara, Irene Road, Blundel Lane, Stoke-d'Abernon, Cobham KT11 2SR
EXETER	Yvonne Gardener,	2 Excalibur Close, Exeter EX4 8LH
EXMOUTH	Launa Hawkins,	42 Foxholes Hill, Exmouth EX8 2DQ
FINCHLEY	Margaret Holman,	28 Babington Road, London NW4 4LD
GLASGOW	Muriel A Robertson,	51 Highmains Avenue, Dumbarton G82 2PT
GREAT AYTON	Suzi Ebeid,	12 Green Road, Skelton, Saltburn-by-the-Sea, Cleveland TS14 8ED
GRIMSBY	Linda Thornally,	155 Laceby Road, Grimsby, N.E. Lincs. DN34 5DS
GUILDFORD	Sheila Bovell,	106 Wodeland Avenue, Guildford, Surrey GU2 4LD
HARLOW	Elizabeth Wilson,	111 Rectory Wood, Harlow, Essex CM20 1RD
HARROGATE	Sheila M. Farnell,	8 Evelyn Court, Harrogate, Yorkshire HG3 2GD
HEMEL HEMPSTEAD	Anne Smith,	90 Chipperfield Road, Kings Langley, Herts. WE4 9JD
HEREFORD	Joan Frik,	6 Bovington Estate, Roman Road, Hereford HR4 7SW
HULL	Patricia A. Purkis,	85 Park Avenue, Hull HU5 3EP
IFIELD	George Harrison,	34 Deerswood Court, Ifield, Crawley, W. Sussex RH11 0HD
ILMINSTER & CHARD	Eve Northey,	Little Bethany, 44 Silver Street, Ilminster TA19 0DR
ISLE OF MAN	Ruth Robson,	8 Farrant Park, Castleton, Isle of Man IM9 1NG
LEWES	Venetia Jones,	5 Easport Lane, Lewes, E. Sussex BN7 1TL
LONG SUTTON	Sidney Fisher,	34a Stanchester Way, Curry Rivel, Langport, Somerset TA10 0PU
MARAZION	Margery Ruhrmund,	10 Rosparvah Gardens, Heamoor, Penzance TR18 9EA
MOUNT LAWLEY	Pamela Beard,	6 Fraser Road, Applecross, West Australia 6153
NEW MILTON	The Clerk,	Friends Meeting House, 30 Whitefield Road, New Milton, Hants BH25 6DF
NEWTON ABBOT	Valerie Huish,	13 Brimley Vale, Bovey Tracey, Nr. Newton Abbot, Devon TQ13 9DA
NOTTINGHAM	Mary Brimelow,	30 Private Road, Sherwood, Nottingham NG5 4DB
OSWESTRY	Peter White,	Nantmawr Chapel, Nantmawr, Oswestry, Salop SY10 9HL
OXFORD	Mary Fear,	Homelea, Glebe Road, Cumnor, Oxford OX2 9QJ
PETERBOROUGH	Monica Stafford,	60 The Grove, Market Deeping, Lincs. PE6 8AP



**PURLEY** Patricia Pique, 41a Woodmansterne Avenue, Coulsdon, Surrey CR5 2DJ  
**READING** Jenny Cuff, 153 Northcourt Avenue, Reading RG2 7HG  
**SHAFTESBURY** Gerald & Doreen Wingate, Shaston, 3 Hawksdene, Shaftesbury, Dorset SP7 8NT  
**SHEFFIELD** John & Dorothy Moore, 7 Westwood Drive, Inkersall, Chesterfield, Derbys. S43 3DF  
**SHERINGHAM** Aubrey Hill, 8 South Street, Sheringham, Norfolk NR26 8LL  
**SIDCOT** *Joint Convenors:*  
 – Christine Brown, 7 Sewell House, Belmont Road, Winscombe BS25 1LQ  
 – Peter G. Alletson, 4 Brae Road, Winscombe BS25 1LN

#### **SOUTH AUSTRALIA REGIONAL MEETING**

Enid L. Robertson, 9 Sherbourne Road, Blackwood, S. Australia 5051  
**STOCKPORT** Marjory Rossant, 1 Thornfield Court, Heaton Close, Heaton Moor, Stockport SK4 4DL  
**STREATHAM** Mary Ochs, 15 Lovelace Road, London SE21 8JY  
**SUNDERLAND** Gladys Saint, 42 Canberra Road, High Barnes, Sunderland SR4 8NG  
**SUTTON COLDFIELD** Sheila Swinnerton, 161 Drayton Lane, Drayton Bassett, Tamworth B78 3EF  
**SWINDON** Ash Faith, 22 Grovelands Avenue, Swindon SN1 4ET  
**TAUNTON** Mary Garrow, The Gry, 75 Staplegrove Road, Taunton, Somerset TA1 1DG  
**TELFORD** Val Robinson, 25 Buckingham Crescent, Park View, Stirchley, Telford TF3 1BP  
**TORQUAY** E. Sheila Steele, 48a Tor Hill Road, Torquay, Devon TQ2 5RT  
**TOTNES** Beatrice Watson, 19 Whiteley Avenue, Totnes, Devon TQ9 5FQ  
**USA (Agent)** Richard Lee, 1201 Walsh Street, Lansing, MI 48912 USA  
**UXBRIDGE** Grace MacNeil, 112 Charnwood Road, Hillingdon, Middlesex UB10 OHE  
**WATFORD** Kathleen Bould, 42 Richmond Drive, Watford, Herts. WD1 3BG  
**WESTON-SUPER-MARE** Hazel Hather, 43 Uphill Road South, Weston-Super-Mare BS23 4ST  
**WINCHESTER** Joyce Hitchcock, Abbots Worthy Mill, Winchester, Hants. SO21 2DS  
**WORCESTER** Joolz Saunders, 3e Crown Street, Barbourne, Worcester WR3 8AS  
**YORK** Joyce Pickard, 18 Savile Grove, York YO3 6NY

#### **IMMEDIATE PRAYER GROUP**

Rosemary Bartlett, 10 Cavendish Mews, Wilmslow, Cheshire SK9 1PW  
 Joy Simpson, 14 School Crescent, Primrose Hill, Lydney, Glos. GL15 5TA

**MOTHER & HER UNBORN CHILD** Joy I Readman, 11 Meadow View, Wear Farm, Bishopsteignton, Teignmouth, Devon TQ14 9PX

**POSTAL GROUPS** Sylvia Edwards, Anchor Cottage, Honor End Lane, Prestwood, Gt. Missenden HP16 9HG

#### **DARK ANGEL**

*I tried to run for I could feel  
 Old Age treading at my heel.*

*He gained upon my faltering gait:  
 He took my arm. My fear was great.*

*"Walk with me: I have gifts to give.  
 And you have no alternative."*

*So spoke he quietly, and I  
 Moved on beside him with a sigh.*

*Dorothy Lillico*

#### **THE IMMEDIATE PRAYER GROUP**

*Rosemary Bartlett*

In April, 1986, at Charney Manor, *THE IMMEDIATE PRAYER GROUP* was first thought of in answer to the need of those who, in a sudden emergency, wished to ask for prayerful support, for healing and for a sympathetic listener. The prayer group was entered on the back of *Towards Wholeness*, and because we were not sure what the response would be we only had four intercessors, (my sister, my cousin, my daughter and myself – three non-Quakers and an Attender) all easy to reach by phone in an emergency. Because of the increase in the number of requests over the years we now have twelve intercessors (all of whom are Quakers or Attenders) divided into three groups, and the requests are spread as evenly as possible between each group. We do not meet as a group because we all live in different parts of the country, but we do try to pray in the same way, bringing the person concerned into the Love and the Light before God, asking that healing be given to them and their families which is appropriate to their needs.

As a group, we keep in contact by phone or letter, but the first request for prayers is usually made to Joy Simpson or myself, and we then pass on the request to the members of one of the groups depending on which has the shorter list of names.

Sometimes only a Christian name is given and it is not necessary to know any more about a person – (God is aware of our particular needs). However, most requests are made by someone who needs to talk to a sympathetic listener, in complete confidence, for reassurance, in the knowledge that help in the form of support, understanding, love and healing are there for all who ask. It is not always helpful to know the reason for a request as we can sometimes concentrate too much on an illness or need; but a little background knowledge such as age, gender, even which part of the world is involved does help us to form a 'picture' of those in need. This is a service we can give even if we ourselves are housebound, or physically disabled in any way, as are several of the members of our prayer group.

We have expanded so much since 1986 that we have requests for healing from many parts of the world. Each name is kept on our list for three months unless we are asked to do otherwise. There is no time limit if the need is there as more time on the list can be requested at any time; and families are always included, as we say "I bring before you, Lord, (name of person) and his/her family with Love into the Light asking for the healing to be given to them which is appropriate to their needs". Should anyone on our list die, we pray for their family for the next three months.

The lists are updated each month by letter, and any requests received in between are sent by phone. Although it is not absolutely necessary we do appreciate any letters or phone calls thanking us for our support through our



prayers, in acknowledgement of the power of healing for which we are channels.

Somehow I feel that it is important that the person we pray for knows about this, and gives their permission for our prayerful support. It could be counter-productive if someone does not agree with what we do by making them angry or resentful.

How do I pray for a person I do not know? I try to hold them in my mind's eye as a figure, male or female, or small if it is a child, and I see them walking towards the Light and Love of God, where they are held and surrounded by the warmth and compassion of His Presence for as long as it seems necessary, at the same time saying their name and asking that the healing be given to them which will meet their needs. We can only pray for a person to be made whole in mind, body and spirit, bringing them into a balanced state, knowing that they are loved and supported by many prayers, and they can move on eventually to self-healing.

I would not attempt to explain how it all works; I am assured it does. I do not need to know. I only know that there is a power in prayer and thought, an energy which somehow is used to support and heal others. Like all healing it is reciprocal, helping all concerned to feel loved, supported and of worth or value as a created being.

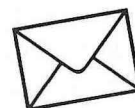
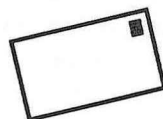
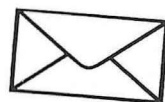
## THE POSTAL PRAYER GROUPS

*Sylvia Edwards*

The Postal Prayer Groups, which have been in existence for many years, offer a valuable service of both long and short-term prayer. Eight groups, scattered around the country, uphold sick, bereaved and distressed Ffriends who have requested the back-up of prayer. Sometimes I receive a call or letter which is passed on to one of the Prayer Group secretaries, or, more frequently, a person in need is known to a group member who then requests help.

Being an intercessor is certainly not an arduous task. I'm sure that most of us have a prayer list of our own, and this simply entails adding a few more names. The other side of the coin is the benefit gained by being regularly encompassed in prayer. The last year was not a good one for our family and I was aware of the constant support afforded me by one of the Prayer Groups – akin to wearing a spiritual corset.

If any Friends wish to know more of this invaluable prayer network I would be very glad to hear from them. (*Sylvia's address and phone no. are on the back of TW.*)



## Report on the CHURCHES TOGETHER FOR HEALING COMMITTEE on 1/11/01

The committee met in very pleasant accommodation, the offices of Churches Together in Tavistock Square. There were eleven of us: two each from the Anglican Church, the Methodist and URC; one from the Baptist, Moravian and Lutheran, Salvation Army and myself. I was made very welcome and everyone formally introduced themselves at the beginning of the meeting.

The committee has the advantage of having Beatrice Brandon as secretary who helped write '*A Time to Heal*', the report of a working party set up by the House of Bishops in 1998. She has many contacts and is very knowledgeable in her field.

We discussed a proposed day conference in Birmingham in October 2003 and suggested various speakers and themes. I suggested a talk and workshop on AVP (Alternatives to Violence).

Next was discussion of a website. We had a briefing paper on that and decided to go ahead with this. There is to be a facility to access membersites.

Then discussion of news-sheets etc. It was proposed that the group organise a high level review of the most popular twelve complementary and alternative therapies. A paper was tabled. We agreed to go ahead with this. We discussed some existing guidelines and suggested some changes when they were reprinted.

In a discussion on training I offered sight of the QSH training manual and this was gladly accepted. I emphasised that this is copyright.

The next meeting is to be in March next year.

I felt that it was good that I was there and I look forward to continuing as the FFH representative.

*Geoffrey Martin*

## Annual Report of SUNDERLAND P.M. FFH Group

December 2001

The number of Ffriends attending our Fellowship of Healing has declined, similar to those attending Sunday Meeting for Worship.

In our meetings we share an experience of mutual enrichment for ourselves; also according to a limited response, to other Ffriends we hold in the Spirit of the Light. It is interesting to note that some named Ffriends suffering bereavement have expressed how they and their families have been consoled by the prayerful support.

Like others of equal concern we have felt moved – not only on behalf of the named ones, but for communities and nations suffering the tragic effect of animal disease, flooding, and terrorist activities and their aftermath.

We are adapting to the practice of distant healing which aids some Ffriends to concentrate on our purpose 'towards wholeness'.

In a recent incident in another FFH group, the value of group prayer was



signified when a seriously ill Friend was scheduled for surgery. His wife and he were understandably anxious. Their FFH group held a special meeting on his behalf. Impressed by the response, his wife visited him on the eve of the operation and told him, "John, you must get better – you cannot let all those Ffriends down!"

After seven hours surgery and follow-on care, he made a good recovery.

We have contributed to a refugee appeal and Lattendales centre. We appreciate that Sunderland PM allows us the use of the Meeting House for our meetings, and we look forward to continuing our prayerful efforts – towards wholeness.

*Gladys Saint – convenor*

*(In her accompanying letter Gladys says that reading about how other FFH groups progress makes them feel viable – part of a larger group of like-minded Ffriends. She also says it would be even better to have a visit from one of them – should anyone be in Sunderland on the first Friday of the month at 1.30pm, they would be most welcome at the Meeting House, 30 Roker Park Road – on corner of North Grove).*

## HEALING IN HUNGARY

*from an FFH member*

I am writing to try to give you a little insight of healing in Hungary. I'm a Reiki Master and teacher and have given Reiki courses and taken groups in Germany for several years. (I studied Reiki in Switzerland and spiritual healing with the NFSH in England). Approximately seven years ago I repeatedly had the feeling during Reiki sessions that I had to come over here to Hungary. After my father died, in 1998, the feeling became stronger – I had to go to Hungary, and yet didn't know what I should do here. My father had one Hungarian relative, a member of an aristocratic family, who fled to the USA, via Germany, when the communists took over. Although we had had very little contact, nevertheless, when I went to Hungary the first time, I rang him and my aunt, told them I had enjoyed the visit and that I intended to move there. The strange thing was that my aunt (who is now a very old lady who cannot walk out of the house) said, "Oh, you've been to Kiliti", which is the place where I am now living.

Only two months later I bought a house in Kiliti – a quiet region in winter and very crowded in summer, being very near to Lake Balaton.

I didn't know what to do first in order to start healing, but I was very busy during the first year renovating the house and clearing the garden. I realised that the time is backwards over here; we live, in some ways, in the 60's or 70's! There is very little environment protection, the people are very poor, with few work possibilities.

First of all I had to learn the language, which was quite difficult because Hungarian is a mixture of Siberian and Finn-ugurian, also because

Hungarians don't like foreigners to speak their language. Anyway I have not given up and every day I visit one of my old neighbours with whom I now have almost fluent discussions on many topics, especially Hungarian traditions.

After completing the renovations of my house, I felt I needed to find a place to do healing. Eventually I found the right house for healing in a small village. The house had a jungle of a garden, 3000 metres square – which has taken us half a year to turn into grounds with wonderful fruit trees. Many people are helping us to renovate the house, but everything over here goes very slowly and needs a lot of patience. Another problem is alcohol – the workers don't do anything without it!

It is a beautiful part of the country, although the people are very poor and often feel discouraged. So I got involved in different helping activities, on a material scale. But this proved to be quite exhausting, and I passed through a difficult period, so I began to ask myself what I had to do here concretely. Luckily I have a good friend and we exchange Reiki regularly. Since the beginning of this year I have felt a lot of positive optimistic energy and my intention now is to concentrate on my Reiki healing as well as other creative work.

So, you see, the healing is based on gardening, renovating, establishing contacts with the local population, yet learning not to get too involved with their material problems.

Many greetings to you all from Hungary.

*Ina-Maria Riviere*

## BEATTITUDES FOR THE DISABLED

*Blessed are those who realise that I am human,  
and don't expect me to be saintly because I'm disabled.*

*Blessed are those who pick up... and lift and pass... and deliver...  
cheerfully and sometimes without even being asked.*

*Blessed are those who understand that sometimes I am weak and not just lazy.*

*Blessed are those who forget the deformity of my body,  
and see the shape of my soul.*

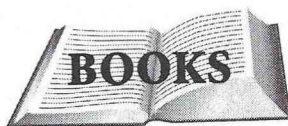
*Blessed are those who see me as a whole person, unique and complete,  
and not as a half, or one of God's mistakes.*

*Blessed are those who love me... just as I am...  
without wondering what I might have been like.*

*Blessed are my friends on whom I depend,  
for they are the substance and joy of my life.*

*Anon*





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.)

**Ladder to the Moon** by Allegra Taylor. The C. W. Daniel Co. Ltd., 1999. 247pp. ISBN 0-85207-313-5. £14.95.

I challenge any woman who is attracted by the title of this book to put it down in a hurry. Each chapter is headed by a deeply thoughtful 'gateway', guaranteed to slow one down to give time and space for what follows (and therefore to oneself) – e.g. Chapter 1: "Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground" (*Rumi*). The quotes come from a diversity of sources and are carefully set out in order on the inside cover, forming a series of meditations.

What was the author seeking in writing this very full exposé of all that is false at the deepest level? Starting with her own patriarchal Jewish roots, she sets out on her worldwide journey to explore the profound disharmony between the masculine and feminine life forces. Men's needs, and not just women's, are considered. Deep issues, such as the problem of AIDS among the priesthood, have divided the Church, which continues to deny at its peril its own message of love.

On this voyage of discovery the author finds those whose voices might be crying in the wilderness but some of whom are beginning to be heard and listened to. To one woman, spirituality is about being O.K. with oneself, to another (a Catholic nun) about bringing a creative life to the disadvantaged; to another, being one's own authority – the "authentic power" of *Gary Zukav's* book *The Seat of the Soul*. In the world, and particularly the male-dominated religious traditions, woman has been 'put down' ever since Eve. In Eastern thought the feminine principle is given its rightful place in the awakening of the kundalini.

The author was assured on reaching Ireland that there the Goddess is alive and well. Apparently Our Lady (or devotion to her) sees to this. But a notice over the River Boyne reads: *DANGER! DEEP WATERS. DANGEROUS CURRENTS*. A metaphor for Ireland, perhaps, but also, it seems, with pretty universal implications.

The many-sided complexities of Islam are explored. According to a worker with GAMCOTRAP (The Gambia of The Network of Women Living under Muslim Laws), an organisation embracing 26 countries in Asia, the Middle East, France and the Caribbean, "it is not Islam, but the male stranglehold that keeps women down". Even in such a climate the feminine face of the Divine cannot be ignored. A difficult but inspiring book.

*Felicia Houssein*

**Still Here** by Ram Dass. Hodder and Stoughton 2000. ISBN 0-340-79322-8. £10.00.

This is an inspiring book to read. *Ram Dass's* earlier book *Be Here Now* is described as one of the greatest spiritual classics of the twentieth century; and he has helped so many to begin to find peace within themselves. He has a quality of being and stillness that enables others. In this book, *Still Here*, written during the period before and after he experienced a stroke, the author writes personally and tenderly of aging, changing and preparing for death. He comments: "I've learnt that the incidents associated with aging – including this stroke – can be used for our spiritual healing, provided we learn to see through new eyes."

Although my outward life has been radically altered, I don't see myself as a stroke victim. I see myself as a soul who's watching 'him' experience the aftermath of this cerebral haemorrhage. Having accepted my predicament I'm much happier than I was before... I'm peaceful like this and I am grateful to the people who care for me."

In his earlier years Ram Dass was proud of his independence, and much learning has come from this experience.

He writes: "More and more, I'm becoming an appreciator of silence. My mind is much quieter than it used to be. Instead of an urge to be busy all the time, I'm happiest just sitting at home, watching the trees, watching the clouds, watching the birds".

He concludes: "My stroke was a good test for my faith. I came away from the stroke firm in my faith, and I know now that my faith is unshakeable".

*Maryrose Price*

**The Healing Journey** by Matthew Manning. Piatkus 2001. 278pp. ISBN 0-749-92244-3 £14.99 (Cygus £10).

This book is a good bridge between allopathic and complementary medicine, written by one of this country's best-known healers with a foreword by Professor Karol Sikora, the eminent cancer specialist. The book was written as a result of Matthew's wife being diagnosed with cancer. Such was the amount of books, papers, suggestions and recommendations sent to them that it covered the back wall of their office. All of this material was sifted and evaluated and this book is the result. All of the information is supported by references.

The contents, which are slanted towards the treatment of cancer, cover the immune system, nutrition, stress, etc. and there are good chapters on the various ways in which patients can help themselves. As might be expected there are also chapters on healing, the healing journey and faith and healing. A chapter on preparing for the last journey is particularly good. The book is interspersed with case histories and 'yes' Matthew's wife did make a complete recovery. A useful reference book for any healer's bookshelf and a valuable resource for those with illness.

*Geoffrey Martin*



**The Natural Health Bible** by **Maryon and Alan Stewart**. Vermilion. 2001, paperback 528 pp. ISBN 0-091-85614-0 £12.99.

This is the latest book based on the principle of "integrated medicine" – bringing together the insights of allopathic (conventional), nutritional and complementary approaches to illness. Alan Stewart is a highly qualified physician, a member of the Faculty of Homeopathy (and incidentally a keen organic gardener). His wife Maryon studied preventive dentistry and nutrition at the Royal Dental School and has subsequently become well-known as a health educator.

The book is in three parts. The first covers diet and lifestyle and a review of the main complementary therapies. This is followed by an 'A-Z of Problems', setting out the nature of each ailment, "what your doctor can do" and "what you can do". The last section is called 'Eating for Health'. Several appendices facilitate the search for further information.

This adds up to a useful guide for those who prefer a drug-free approach to health, whilst recognising that complementary medicine alone does not have all the answers.

*Philip Barron*

**\*Inheriting Paradise – Meditations on Gardening** by **Vigen Guroian**. Darton Longman & Todd. 2001. 96pp. ISBN 0-232-52396-7. £7.95.

This book is a reflection on the cycle of spirituality and gardening throughout the year. The author is a theologian and a college professor. His real delight is in gardening which he says brings him nearer to Godliness than theology.

The text is helpfully interspersed with poetry, biblical texts, and his own writings which draw heavily on his Armenian Orthodox heritage. The following extract gives a taste of what the reader will find:

'Every experienced Christian gardener knows that there is a spiritual spring which comes just as surely as nature's spring. The lenten spring is God's invitation to prayer, fasting and penance. Like the deep rooted thistle weed, some of our worst habits withstand all but the most persistent, persevering and strenuous exercise. A quick pull on the root, however, will not do the trick, nor will an aggressive chop of the hoe. Patience is needed, and the humble willingness to drop down on one's knees and work carefully with the hand fork and trowel. The Christian gardener patiently picks sin from the soul's soil and cultivates it with care and attention to the tender new growth of faith.'

*Alan Pearce*

**\*The Miller's Tale and Other Parables** by **Margaret Silf**. Darton, Longman & Todd. 2000. 86pp. ISBN 0-232-52390-8. £7.95.

"In the mill-pasture, remembered in prayer, I discovered a story that is at once both my own story and the universal story. If you have time to linger for an hour beside the fires of your own imagination, we might walk a while together

in the sun's warmth, by the mill-race, in the shade of the crab apple tree, rubbing a grain of wheat between our fingers."

These seven parables written by **Margaret Silf**, a Jesuit, are beautifully written and all have the countryside as their background. The stories are enjoyable in their own right and being parables, "ordinary experience reveals shafts of God's mystery, tracing creation's story, from original blessing, through brokenness and restoration, to a vision of a new and never-ending Kingdom in which we are all called to be co-creators". A good book for the bedside. All royalties go to the work of **Emmaus**, helping homeless people help themselves.

*Geoffrey Martin*

**\*Wild Beasts and Angels, (Remaining Human in the Healing Ministry)** by **Michael Mitton**. Darton, Longman & Todd. 2000. 182pp. ISBN 0-232-52341-X. £7.95.

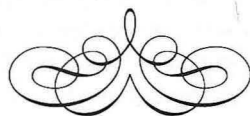
Here there is an amazing grace of finding words of wisdom that actually speak in a time of anxiety and tension, easing pain. It is an extraordinary fact that these same words may mean nothing to another reader, or to even a close and sympathetic friend. What brings words to Life – what releases them from the prison of the printed page? The author is a well-known healer, and Anglican minister and, at present, the Deputy Director of the Acorn Christian Foundation. He co-authored *Requiem Healing* with **Russ Parker**. As the 'blurb' says: "This radical, creative and often moving book faces the difficulties and puzzles that surround healing and the healing ministry with honesty and humility". It is dedicated to 'friends who have faced the cold sickness of cancer with faith, humanity, hope and humour'. He believes that sickness and suffering are not the result of sin, or lack of faith. For him this is made obvious by the cancer of Brother Ramon, the Anglican hermit, and he describes the deep spiritual healing experienced. The author believes that healing is a shared journey in which the healer is sometimes the one who is in need, and the person who is sick maybe the one ministering to the healer.

As Quakers we may not wish to share in celebrating the Eucharist, or anointing with oil, but these need not estrange us from the basic essence of his Christian ministry and his profound and compassionate insights. He uses black and white illustrations, and a serial-story in seven parts, beginning with 'The man who thought he was wise', and finishing with 'the man beloved of God'. There is so much I would like to quote, but must be content with the following:

"The relationship between glorious heaven and wounded earth is not an easy one to comprehend, but it is helped by the understanding that in heaven the wounds of earth are understood, and that on earth the power of heaven is released."

*Anne Smith*





## SUFFERING

*"Suffering that is not understood is hard to bear". (Jung)*

*Friends, loved ones, acquaintances, strangers,  
There are so many people around me who are suffering.  
Do they find their suffering hard to bear?  
They enter my thoughts at night, when I awake,  
On my way to work, and I try to hold them in the light.  
But sometimes I get angry with God for not healing them,  
I sincerely ask for release for them.  
I struggle to remember that God does not inflict suffering  
But can there be a purpose in pain?  
I do not know, until, like them, I feel it  
Gripping my body, mind and spirit.  
Not my body only as doctors suppose  
(and so expend their time treating symptom not cause),  
But suffering of mind and spirit  
This I believe can be healed by a different remedy,  
That of love, acceptance and finally understanding.  
This healing comes when I ask myself  
what there is to learn from pain,  
And am prepared to understand when the answer comes.*

Anne Harding



## 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.

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|------------------------------------|--|
| Valerie Cherry                     | – <i>Grief Experienced</i> £1.00                             |
| Joan Fitch                         | – <i>Handicap and Bereavement</i> £1.00                      |
| Joanna Harris (ed.)                | – <i>The Healing Power of Laughter</i> New edition £1.40     |
|                                    | – <i>Mourn us not</i> £2.00                                  |
|                                    | – <i>In Praise of Claridge House</i> £2.50                   |
| Joanna Harris & Alan Pearce (eds.) |  |
|                                    | – <i>Quakers &amp; Healing Today</i> £2.00                   |
| David Hodges                       | – <i>George Fox and the Healing Ministry</i> £3.50           |
|                                    | – <i>Science, Spirituality and Healing</i> £2.00             |
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| Jim Pym                            | – <i>What kind of God, what kind of Healing?</i> £1.00       |
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|                                    | – <i>A Garden of Healing Poetry</i> £2.50                    |
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| Elizabeth Stubbs (ed.)             | – <i>Coming Through the Darkness</i> £1.50                   |
| Mavis E. Timms                     | – <i>Lift Up the Stone</i> £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.

