

NOTICES

QSH Support Group Weekend: 13 - 15th September at Claridge House

QSH Healing Training Course: Claridge House, Mon 7th - Fri 11th October, 2002. Details from the Warden 01342 832150.

Autumn Weekend Gathering, Lattendales, 11th - 13th October 2002

Spring Weekend Gathering, Whirlow Grange, Sheffield, 28 - 30th March 2003

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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.*

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**Postal Library:** Joan King, 9 Haley Close, Exmouth, Devon EX8 4PJ  
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**Quaker Spiritual Healers Membership Secretary:** Geoffrey Martin, 24 Kingsley Road, Bedford, MK40 3SF. Tel. 01234 267360

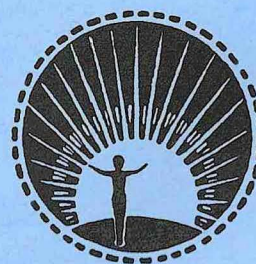
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**Lattendales,** Berrier Road, Greystoke, Penrith, Cumbria CA11 0UE. (Wardens: David and Joan Ellison) Tel. 01768 483229

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

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TOWARDS WHOLENESS

No. 103 SUMMER 2002
Published three times a year by the
FRIENDS FELLOWSHIP OF HEALING
(A QUAKER GROUP)

REFLECTIONS

We mark with light in the memory the few interviews we have had, in the dreary years of routine and of sin, with souls that made our souls wiser; that spoke what we thought; that told us what we knew; that gave us leave to be what we truly were.

Ralph Waldo Emerson

You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who will never be able to repay you.

Ruth Smeltzer

A man of kindness to his beast is kind, but cruel actions show a cruel mind. Remember He who formed thee made the brute; who gave thee speech and reason made him mute. He can't complain, but God's all-seeing eye beholds his wrong, his helpless agony.

William Cowper

The opposite of Love is Fear – but that which is all-encompassing can have no opposite.

A Course in Miracles

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

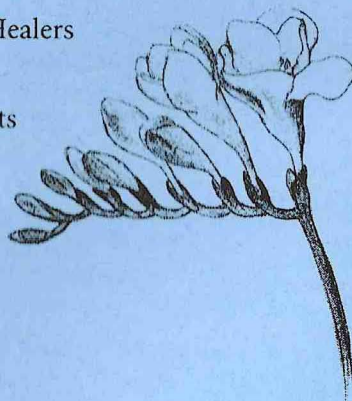
Donations for the work of the Fellowship are most welcome.

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 e-mail at fran@woolgrove.org

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NEWS

Autumn Gathering – at Lattendales, October 11th-13th 2002. *Marian Partington* will be leading this weekend – and her theme will be **TOWARDS FORGIVENESS**. She says: "I invite you to join me in my quest towards peace without denying the reality of human atrocity. We will explore the relationship between silence, faith, words and healing on our journey from the frozen silence towards the shining silence, towards forgiveness. *If you sit very still you can hear the sun move.*"

Marian is a Quaker, homeopath, writer, a Ch'an Buddhist and a mother – a contributor to Radio 3 programmes 'Forgive and Forget?' and the TV documentary on the West murders.

The cost of the weekend will be £74.00. 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.

QSH Healing Training Course – Claridge House Mon 7th - Fri 11th Oct 2002. Details from the Wardens 01342 832150.

Quaker Spiritual Healers' Support weekend – Claridge House, 13th - 15th Sept. led by Rosalind Smith & Geoffrey Martin.

FFH Spring Gathering – at Whirlow Grange Sheffield, 28th - 30th March 2003

Further to the article on *Healing in Hungary* which was published in our last issue (Spring 2002. No. 102) we have heard from Ina-Maria Riviere that the name of the residential house for healing is 'BABA ROSZA' (which is the name of a small flower in Hungary). The address to write to for information is: Jozsef-Atilla utca 26, H - 8674 Nagocs, Hungary.

Does anyone collect old postage stamps for charity? I have had enquiries from a couple of people about this, and would like to be able to refer them on to someone who does this? (Please contact the Editor on 01342 833151.)

Recently a well attended workshop on **Angels** was held at Claridge House. One participant would like to hear from other Friends, in the Midlands and/or North of England, with an interest in this subject, with a view to arranging a meeting for further exploration. Please contact Jennifer Warden, 1 Manor Place, Horbury, Wakefield, WF4 6JB. E-mail: Jenniferwarden@virgin.net

We would like to express our thanks to **DAVID HODGES** for his years of service to the FFH as Vice-Chairman – often working behind the scenes to ensure the smooth running of the Fellowship. David became involved in healing in the 1980s, joined the FFH in 1989 and was invited onto the committee in 1990. His main involvement has been in the promotional/writing side of the Fellowship's activities, producing three publications: *Seeking to Heal* (1992); *Science, Spirituality and Healing* (1994); and *George Fox and the Healing Ministry* (1995). His other contributions to the life of the Fellowship have been the preparation of the *Quaker Testimony on Healing* (which, unfortunately, is still awaiting acceptance), and the groundwork for establishing the Quaker Spiritual Healers.

In 1994 he became a trustee of Claridge House. However, in 2001, ill health forced him to resign from membership both of the trustees and the FFH committee.

He is an elder of East Kent MM (Ashford PM).

With our thanks to him go our prayers and healing thoughts – as also to his wife, Ursula.



David Hodges



Anthea Lee

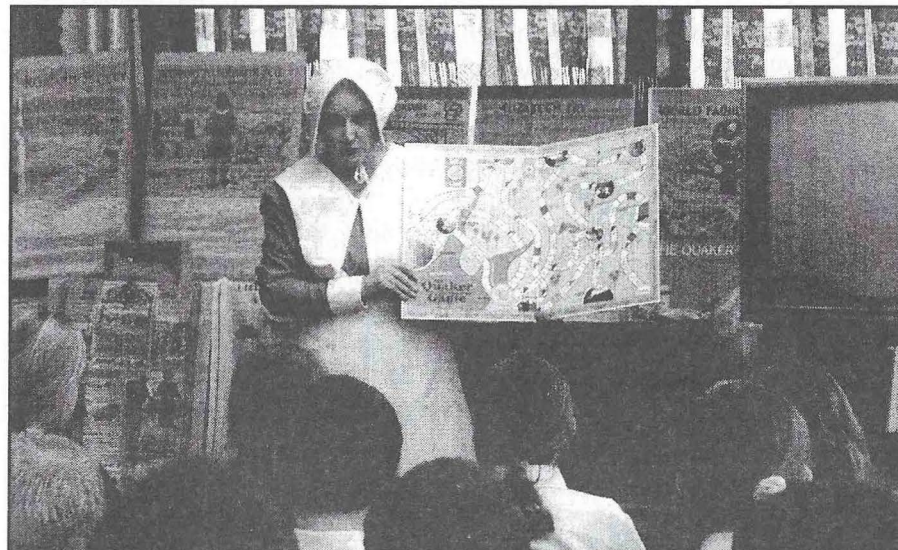
Anthea Lee succeeds David as Assistant Clerk to the Fellowship. She has been involved in healing for many years, has been a member of FFH for over 10 years, and is a full healer member of QSH. She is particularly interested in Past Life Therapy, having trained with a Jungian analyst. She originally trained as a healer with the NFSH, and has since followed this up by extensive study of other related courses. Stemming partly from this is her interest in clearing and cleansing areas of distress and turbulence particularly where some souls may have remained earthbound. Recently she stayed at the former Gestapo Headquarters in Lyon, where she was appalled at the atmosphere that still pervades there. With others she tried to remedy this situation.

THE QUAKER GAME

Ruth Martin reports that sales of the game are still coming in but she would dearly love these to speed up so that she can reclaim space in her house sooner!

A recent development has been her free talks to schools following their purchase of the game. She has made herself a Quaker costume (out of old white sheets and some grey dye) which greatly intrigues the younger children, and a Quaker hat out of stiff card, and allows the girls and boys to try on the bonnet and hat. The talk aims to spread more light on places mentioned in the game and incorporates an explanation of Quaker beliefs and present day worship. Part of the video *Fox Among the Fells* is shown and this generally leads to some interesting discussion. She has devised a simple quiz and there is a handout of photocopied Quaker pictures and Rowntree and Cadbury products. She has been surprised at the in depth questions and both teachers and pupils appear to have appreciated the talks. She was very surprised at the end of her first talk to receive three cheers and one for luck and several teachers have said how interesting they found it and that it has taught them a lot.

This is a wonderful form of outreach and very rewarding. So how about taking your game along to your local schools and getting some orders. Ruth has learnt some valuable lessons on how to approach teachers and would be pleased to pass on her tips if you care to phone her on 01483 422881. Generally when teachers see the game and have it explained, they buy it, so what better way to promote Quakerism. The Chaplain of one school has just bought four! The talk is offered specifically as a follow-on to sale of the game, a date to be arranged when the children have had time to play it and get to know it a little. This way it helps sales but also lays a foundation for the talk.



NEWS ABOUT CLARIDGE HOUSE

Alan Pearce

This report is to bring readers up to date with developments at Claridge House.

Last year was dominated by financial problems and the need to secure a settled full complement of staff. Trustees felt that if it was right for the House to continue the means would be found. They were. A good response to an appeal and an interest free loan from Dorking and Horsham Monthly Meeting eased the financial situation. After several attempts, an employment agency found a young Kenyan, Sally, to work for the House, and she has become a valued team member.

Efforts have continued to get the House on a firmer footing. A three year business plan has been prepared, new methods of monitoring expenditure introduced, advertising extended, and a web site developed. (www.claridgehouse.freemove.co.uk).

Babs Rushton, who was appointed as a part-time Administrator has helped enormously in these developments. She has particular responsibility for the extensive course programme. Most of these courses have proved very popular and some have even been over-subscribed. A few, however, have not attracted sufficient applicants and had to be cancelled with loss of valuable revenue.

The advertisements in more publications, which are closely monitored, have brought dividends, bring new guests, often non-Quaker. These guests have made many favourable comments and some are becoming regular visitors.

The grounds, which help the healing environment, have continued to receive much attention. A grant from Lloyds Bank enabled a new non-slip path suitable for wheel-chairs to be laid to add to the amenities for the disabled.

A building nearly 150 years old will always be needing much maintenance, and it remains of concern that it has not been possible to build up a reserve fund to meet emergencies. Financial help is therefore always welcome. A valuable way in which readers of *TW* can help the House is by recommending it to friends. The mid-week breaks are an ideal way in which to experience what the House offers.

The report cannot end without recording thanks to *Debbie Wright* (Warden) and *Keith Marsden* (Deputy Warden) who, in spite of personal health problems, have worked tirelessly to maintain the House.

FRIENDS FELLOWSHIP OF HEALING GROUPS LIST CHANGES – Jan to March 2002

COLWYN BAY Julia Aspden Gwynt y Mynydd, Henrydd, Conwy LL32 8YB
HEREFORD Robert E Fallows 7 Westfaling Street, Hereford HR4 0JB
WINCHESTER Andrew F Rutter 1 St Johns Rd, Winchester, Hants SO23 0HQ

AN ABIDING PEACE

Jack Dobbs

In Kensington Gardens with the noise and bustle of London around him Matthew Arnold wrote these words about the peace for which he longed:

*Calm soul of all things! make it mine
To feel, amid the city's jar
That there abides a peace of thine,
Man did not make, and cannot mar.*

Disillusioned by what he described as 'men's imperious uproar', he had come to think that real peace could be found 'only in the grave'. Now, observing the quiet round of nature, he had discovered that this was not so. It was available in the world in which he was living. Nevertheless, he still needed to be assured of its continuing existence.

Although we may not be surrounded by the jarring sounds of a great city, there must be few of us who can completely escape from the noise and bustle about which the poet wrote. With them we have to live and in their company look for our peace. Even in the quietest environment and during our periods of solitariness when there is apparently nothing to disturb us, we may still experience something of a 'jar' *within* ourselves. There are times when our minds seem to be like a busy city in a state of frenzied activity, with our thoughts being pulled in all directions. At such times we, too, need to be assured that despite what is happening on the conscious surface of our lives, an abiding and indestructible peace not of our making is available at a deep level beneath it.

We can know this peace in our meetings for worship, when we have passed beyond the silence into a gathered stillness. We can experience it on many other occasions – perhaps listening to music, soaking in the beauty of natural surroundings, or sharing quiet moments with one to whom we have committed ourselves in love. On these occasions we cannot doubt its existence. We know it as a matter of experience. But there are also times when its existence is not so real to us. The very effort to quieten our restless thoughts prevents us from being drawn into the depths of our being by the power working silently within us. Letting go of what has taken charge of our minds is not easy. When that happens it may be helpful for us to use the verse of Matthew Arnold as a prayer. Sometimes even praying becomes difficult, perhaps because of an emotional upheaval or intense pain and suffering. How good it is then to be able to call upon the reserves of stillness that we have built up when our periods of quiet withdrawal were more regular.

As we experience the peace for which we have prayed, we discover that it is not confined to our hidden depths. It flowers in many areas of our lives,

enabling us in the words of Pierre Lacout to live 'simultaneously at several different levels'. Have we known people, perhaps in our own Meeting, who live in this way? The peace they radiate and the peace we seek is more than just a temporary rest from noise and stress, valuable though that may be. It is a peace that abides in spite of what is happening around it, for at its heart is the eternal God who is the source of all true peace.

Many years before Matthew Arnold asked for an assurance of the existence of this peace, another poet, Samuel Coleridge, approaching the end of his life, wrote to testify that such an assurance had been his. Under all his pains and infirmities there had existed, as he had been promised, the inward peace that passes all understanding.

Amidst the turmoil of our contemporary world and in whatever situation we may find ourselves, the promise of that same peace still remains.



CONSIDER THE WILLOW TREE

*When I came to the willow she was not weeping, but being graceful in her
green skirts which were waving in the May breeze.*

*I knew she was there,
because she was so quiet and I fell into her calmness.
She gathered me up in the folds of her garment
and told me things I had no words for.*

*The willow like the Spirit
waits patiently for us to call.
but because she is in the garden
we do not notice her,
caught up as we are like Martha
in our cares and our kitchens.*

*What small revolution might begin
if once in a while
we would drop the vase,
squander the oil
and sink into the holy perfume of her infinite embrace?*

Nicola James Maharg



SPEED BUMPS AND QUAKER HEALERS

John Calvi

(First published in The New England Friend – March 2002 and reprinted with permission).

Ever since George Fox yanked on the head of that poor Quaker with the broken neck in New Jersey, Friends have been wary of Friends doing any sort of healing work. And for good reason – anything involving great power must be understood, approached, and practised carefully and prayerfully. Fortunately, George was well-guided – the broken neck was healed and the guy who had been left for dead got up and had supper.

There are many obstacles to Friends engaging in practices of healing. I want to consider some of them so that they may be anticipated and used for learning. An obstacle may be the beginning of important learning. It may be that to perceive that thing in the way as a speed bump and an occasion for careful observation will help make the journey ahead richer.

Personally, I have hit more bumps than a flat rock skipping across a lake in summer time. I hope I am getting more graceful about bumping into things. I know I laugh at myself more. And the reasons to laugh at myself don't seem to be in decline.

There seem to be two types of speed bumps for most seekers in general and those seeking healing in particular. There are the speed bumps of the world, and the self-generated speed bumps. The ones from inside are sneaky. Often the first response to an obstacle is blaming. It's always so embarrassing to be hell bent on blaming someone for something only to find out that we are 'them'.

Quakers speed-bump themselves at healing by trying to do too much or claim too much, or thinking they know or control more than they do. These can be seen as great lessons in humility. What do we actually know and how much control do we have and what can we actually accomplish are good things to keep track of and ponder every so often, especially as these things change with time and experience.

I think the first obstacle is learning how to pay close attention for long stretches. There was that special day when I was too tired to pay close attention. I showed up at the hospital to give a dying man some energy work. He'd lost all speech and kept looking at me oddly, and then at my hands, before I realised I'd given a twenty-minute healing to his catheter beneath too many blankets! All spiritual life calls for paying close attention, inwardly to the self, outwardly to the world, and upwardly toward the divine. All of these have messages to guide us and none ever stops its input.

The best obstacle to overcome is the confusion between talent or skill and the blessing of grace. There are a zillion techniques to learn and workshops to take regarding healing. Skills can be honed, techniques can be learned but without a sense of reverence and surrender to the Divine, well let's just say

foreplay never made any babies. If you truly want to be guided in healing and feel the Holy Spirit deeply in your work, then you have to deliberately have enough stillness, welcome, and surrender within yourself, as grace does not prefer a moving target, but can find the mover if need be.

The obstacles that come to us from the world tend to be larger, louder, and less private. Healing involves the powers of surrender, passion, release, and honesty in ways that can scare people. I know a wonderful Quaker woman whose healing gift is to see the colours around people well enough to see if their trouble is emotional, psychological or physical – and all this from one legally blind. She is very careful to share this gift as it could easily be doubted and dismissed. To dismiss a gift from God is a mistake of real blindness and easily done by impatience, intolerance or arrogance.

I recall my cousin Ro bringing home her friend Polly from college. Polly could sing. No, I mean this girl didn't need a microphone for a two-state call. When the time of sharing a song came along as happened at my grandmother's house, Polly sang at a volume and a power that had cows down the road giving cream without milk! It was scary to hear that kind of power until you realised it wouldn't hurt anyone.

Quakers are often uncomfortable with power. They prefer that everyone have just so much and it not gather within a particular person. The Quaker tradition of recording ministers, Friends whose gift of vocal ministry is an obvious, large and constant blessing, is an attempt to recognise and protect a kind of power from being lost to neglect or ego.

In healing work, the power of the Divine can scare Friends into thinking it's too much because it's more than usual. Healing might involve moving a vulnerable aspect of one's self from hiding into the Light. It might involve touch, or a greater awareness of life wounds. All of this can be scary. How that fear reveals itself will depend on each person's strategies for protection.

Some of my most grateful receivers have been mental health professionals. They can be happy to leave their heady jobs and surrender to feeling their bodies deeply, letting someone else steer, and feel the delight of grace to relieve their hurt. Some mental health professionals have no desire to feel deeply or surrender or share the steering wheel, or give in to grace for goodness sakes! This resistance may be framed in some psychotherapeutic babble of misunderstanding that has on occasion been known to be condescending.

Physicians likewise may know the moves of surrender in spiritual life and welcome a new modality for the relief of physical and emotional hurts. Or they may not want to experience anything they haven't read about in professional journals. I once had the same feeling about international travel. Why would a gay Italian Quaker go away somewhere to feel foreign when it can all be done so easily right at home! It was my globe trotting husband, Marshall Brewer, who

loves international travel more than sleep or breath, who helped me to see that one indeed feels less foreign the more one travels and sees that there are wonderful people everywhere.

Quaker theologian, Elizabeth Watson, told me she knew I wasn't a fake when she felt the heat from my hands, saw bright lights, and heard angels singing as pain left her body. Elizabeth has always been known to have the hotline to headquarters while so many of us are still doing the spiritual equivalent of tin cans and string. But what was it that day that made Elizabeth come forward for help? We don't know.

Spiritual jealousy, as mentioned in Marty Grundy's Pendle Hill pamphlet *Tall Poppies*, can also be an obstacle to learning or receiving healing work. All spiritual traditions, Friends included, participate in the reality that Light draws darkness. Remember Martin Luther King's Letter from Birmingham Jail was not written to friends wanting to name a holiday for him but to all his peers who wanted him to stop taking the gospels so literally. Healing work calls up honesty that has always simply been the quickest way to get into trouble – good Godly trouble.

These obstacles to healing work have not changed among Friends in hundreds of years. Let us not be impatient with the use of separation to decline help. Let us know that as we provide more and more reverently and gracefully, those we can help do come forward.

My own speed bumps include all the above over these many years. If only mistakes and foolishness made a good resume! My most current speed bump is that monster of old anger. It slows me down with a crash every so often and has brought on a course of study that is fascinating and exhausting. I am hoping I am in the graduate level of this study as it seems to have been a concentration of more than four years. I know I have been able to be a greater help to others in dealing with their anger because I have surrendered to this class as my own. I know the more I surrender and own and learn, the more grace and patience I am given to do this work – my interior work and my work in the world. It's a deal I don't always remember to be grateful for.

Most of us have the dual work of helping others with their life wounds and helping ourselves with our own life wounds. These two works will always inform one another. A gain in one can be transferred wisdom to the other. The obstacles may feel like setbacks in both or it might just be a surprise quiz that we need to take again and use the right answers in both realms.

As we consider healing among Friends, let us share our stories of seeking, and obstacles, so that we may honour our best wisdom and know one another's light along the way.

(John Calvi is a Quaker healer with 20 years of work with sexual abuse survivors, people with AIDS, and tortured refugees.)

NOT AT HOME

In memoriam L.J.R.

*(His mind once had its home all in one room,
equipment and materials close to hand:
its frameworks, pathways, records, rules, routines,
perceptions, recollections, ponderings, words.*

*It used old habits to open up new ways;
it targeted, and took, with all the speed
and deftness of a lizard's darting tongue;
and it could scan, identify, assess,
compare, consider, calculate or guess,
define, decide, retain, create... express.)*

*Now this is strange. This doesn't feel like home.
What is this house? A home?*

*My mind can't find its things.
They must have given us the slip.*

*I had some thoughts just now, right on the tip
of... the iceberg. Have they run to another room,
to skulk inside some unused, mothballed drawer?
Oh, they'll turn up. Well, that's what people say.
Or have the white coats taken them away?*

*I dare not search these empty, leering floors;
bewildering stairways; unexpected doors,
floodgates perhaps to billows of babbling fears
using this tongue that doesn't seem my own.
Who owns this mansion then? And these ideas?*

Do I live here?

Alan Russell

IF YOU ARE THINKING OF MAKING A WILL...

Have you considered leaving something to the FFH?

A specimen form of words could be:

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

PENNSYLVANIAN THOUGHTS

Rosalind Smith

When James II granted about 26 million acres of wooded land to William Penn, in settlement of a debt he owed to Admiral Penn, his father, he asked the young man what he was going to call his new land. William replied that it seemed right to call it Sylvania, because of the trees that were such a feature of the landscape. The king, apparently, then said: "No, you must call it Penn's Sylvania", and thus this beautiful part of the eastern seaboard of America got its name.

Although now much of it is as urban and industrialised as most places where man has settled, there are still large tracts of that original sylvan forest. This is one of the first things that struck me on our recent, very brief, visit to Pendle Hill, the Quaker College and Conference Centre. Quoting from one of their leaflets, even their 'logo is a tree deeply set in the earth. This logo affirms that lushness of life requires strong, solid and widespread roots... What are those sustaining roots? Perhaps each person would name them in different ways. Here's one list: the guidance of a loving God, the support of other people, the example of pioneering foremothers and forefathers, life-giving knowledge. How would you name your roots?

This last question we can all ask ourselves; and taking the analogy of a tree we can perhaps look back into that area of ourselves that holds and sustains us firmly within the Quaker tradition. It is a quiet, nurturing, solid, rooted area from where we can branch out to take hold of and embrace the many and various facets of our many and various lives. We are all so different and our differences contribute to the richness of the Quaker ideal – an ideal exemplified by William Penn's great conviction that men and women should be free to worship how they choose.

Pendle Hill seems to consist of several Houses set among acres of trees; and they have produced a separate leaflet which names almost 150 varieties. It is a peaceful yet cheerful and homely place – with students sharing in the domestic chores. People don't just stay at Pendle Hill, they sojourn – a lovely under-used word in the English vocabulary, which carries the feeling of people on a journey together.

While we were in Pennsylvania we were able to visit Pennsbury Manor too, the home of Penn while he lived in America. Only one of his fifteen children was born here and he became known as 'American John'. This was one of the titbits of information we were given by a tour guide, dressed in the Quaker costume of the period, which, as it was a very hot day, looked extremely uncomfortable with its many layers each seemingly designed to keep the under one clean. And, apparently, washing either bodies or clothes wasn't high on the agenda!

This house had fallen into virtual ruin and was only reconstructed after the foundations were unearthed, and also, a small sketch was discovered. Nevertheless, the House does give a feeling of authenticity and one can well imagine a busy thriving household.

Although Quakerism isn't as obvious in Pennsylvania as could be expected, the many different denominations, and freedom of worship that they represent – Presbyterian, Episcopal, Roman Catholic, Baptist, Methodist, Lutheran, etc., – include the Society of Friends as a guiding historical force which has helped to shape the nation's democratic freedom. And even if within that Society there exist differences of opinion, we should remember that one of our greatest unifying features is our innate respect for religious freedom.
(For information e-mail: registrar@pendlehill.org or write to Pendle Hill, 338 Plush Mill Road, Wallingford, PA 19086-6099)

Clerk's Corner

Joolz Saunders

Well, another Yearly Meeting has come and gone – over so quickly! For me, it was a quietly consolidating experience: meeting new friends and a precious opportunity to continue friendships which were made at yearly Meetings or Young Friends groups over 35 years ago. Not spectacular stuff – rather another piece put into the solid base which helps keep me firmly within the family of Friends.

It is a delight to be able to stay to the end because that's when the younger Friends come in and tell us what they have been doing during their weekend activities. I wished I had been the qualifying age for joining one of the younger groups who called themselves 'The Pendle-Hillbillies'!

It is 350 years since the first Seekers after Truth met together – the first 'Pendle-Hillbillies'! It was, and still is, a bold experiment – and as such it has lived up to the claims we make for it: the Kingdom of Heaven not as an end-point, but as a realised NOW!

Early Friends were challenged to perform 'miracles'. Here in Worcester, in 1656, at the house of Sarah Drews there was a dispute with Clement Writer who "would have George Fox and Friends confirm their doctrine by miracles". George Fox replied to these challenges: "Many prayed by the spirit and spake by the spirit, that did not show miracles at the tempter's command, though among believers there are miracles in the spirit which are signs and wonders to the world as Isaiah saith".

Barclay's response when he was challenged was: "We need not miracles because we preach no new gospel, but that which is already confirmed by all the miracles of Christ and his apostles... which are ready and able to confirm by the testimony of the scriptures".

My favourite historical healing words are those of William Dewsbury (1688) who sums up beautifully and succinctly what all healers aim for: "If anyone has received any good or benefit through this vessel, called William Dewsbury, give God the glory; I'll have none, I'll have none, I'll have none".

350 years later, and the Quaker Spiritual Healers Group is growing – I like to think that George Fox, were he living now, might have thrown his big hat in the air for joy!

CLARIDGE HOUSE SUMMER / AUTUMN PROGRAMME 2002

Aug
2/4

'LIVING FROM SILENCE' – INTRODUCTION TO THE RETREAT
This retreat aims to strengthen our ability to reach the 'place of silence' in ourselves, drawing on a variety of traditions, including early Quaker, Christian and Buddhist practices. No previous skill or experience is necessary, although books by the world-renowned Zen Master, Thich Nhat Hanh may provide some prior understanding. *Elizabeth A Brown: therapist and member of the Quaker Retreat Group & Jenifer Wates: artist and counsellor – both elders of Witney M.M.*

Aug 30
-Sept 1

CREATIVE WRITING WORKSHOP – 'DREAMS AND VISIONS'
'Where there is no vision, the people perish' (*The Bible*). In this workshop we shall explore and write about the world of dreams, symbols and visions. We shall also look at the Jungian concept of dreams and how writers, especially Shakespeare, use them. *Lily Seibold: qualified and experienced adult education tutor and trained counsellor.*

Sept
6/8

VOICE FOR MEDITATION AND WELL-BEING
Tune into the body's natural resonance through voice, movement and breath-release exercises; explore the therapeutic potential of singing and chanting to reduce stress and encourage well-being; literally tone-up your meditation 'muscle', nurture harmony and soundness in body, mind and spirit. Sound Good to Feel Good! *Barbara Alden: NFSH healer, experienced music and voice work teacher for choirs, theatre groups and adult education centres.*

Sept
13/15

QUAKER SPIRITUAL HEALERS' SUPPORT GROUP
A weekend gathering for those who are members of the Quaker Spiritual Healers, either full or probationers. An opportunity to continue to develop one's understanding of spiritual healing with others on the same path. *Facilitated by Rosalind Smith & Geoffrey Martin, both healers and counsellors – with contributions by other healers.*

Sept
20/22

COMMUNICATING THE SPIRITUAL QUEST IN A PUZZLED WORLD – 'SPEECH IS IMPOSSIBLE – SILENCE FORBIDDEN'
This weekend will be a retreat with silence, reflections on language, story-telling and creative ways of sharing our journeys. *Harvey Gillman, experienced author, lecturer, poet – Joseph Rowntree Fellow, January 2002.*

Sept RETREAT – ‘SOUL FRIEND’

27/29 Explore the divine in ordinary life, growing through silence, creative activities, fellowship, worship and especially time with a spiritual companion, time when ‘that of God intently listens to each soul’. A safe opportunity to explore this traditional Christian practice. *Anne Hosking & Linda Brasher: both members of the Quaker Retreat Group and Retreat Association; trained in spiritual accompaniment; experienced counsellors.*

Oct RETREAT WITH DANCE

4/6 This relaxed friendly weekend includes music and dancing from Greece, Israel, Macedonia and Taize; with some dancing on the lawn, floating candles on the pond, and plenty of time, space and peace to unwind. No previous experience or partner is needed. The weekend finishes at 4.00 pm on Sunday, after tea.

John Ford, Quaker and experienced teacher and facilitator.

Oct MID-WEEK HEALING ‘TRAINING’ COURSE

7/11 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.

Oct SPECIAL AUTUMN BREAK – £40 per person daily (full board)

11/18

Oct POETRY – ‘HERE AND NOW’

18/20 Spend a healing weekend exploring your thoughts and feelings, your environment and the beautiful surroundings of the House, through poetry. Come and write under the gentle guidance of Gerard, who will help you turn your ideas into poems.

Gerard Benson: Quaker poet, editor, and experienced workshop leader. A member of Quaker Arts Network.

Oct QUAKER AFTER-LIFE STUDIES GROUP

25/27 – ‘Walk on both legs’ (Chinese proverb).

Given that a religious spirituality that does not acknowledge an after-life is an inadequate spiritual standpoint, how in fact should our expectations of the next world influence our spiritual lives in this one? *Hasan Askari: Sufi, international lecturer and author. Angela and Martin Howard: founders of the After-Life Studies Group. David Britton: member of the Quaker Theology Group.*

Nov RETREAT WITH DANCE

8/10

Another of our popular retreats 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 course finishes at 4.00 pm. *John Ford; Quaker and experienced teacher and facilitator.*

Nov THE HEALING POWER OF SOUND

15/17

Learn how to use your voice to heal 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, internationally known workshop leader, author, healer and founder of the UK Sound Healers Association.

Nov RETREAT – ‘THE PURE SEED’

22/24

Jesus said in Mark 4, vv. 26-32, that the Kingdom of God is like a seed... We will consider the teachings of Isaac Penington and George Fox. There will also be times of guided meditation – short periods of silence, so as to open ourselves to God’s nourishment for that ‘pure seed’. *Elizabeth Brown & Rosalie Bridge: members of the QRG steering committee.*

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)
E-mail: welcome@ClaridgeHouse.freeserve.co.uk

LATTENDALES

SUMMER / AUTUMN PROGRAMME 2002

Aug MID-WEEK PAINTING COURSE – Monday - Friday

12/16 Are you a competent artist, or someone who would just like to paint? Then this course is just right for you.

Led by Pat Linnell, an experienced course tutor.

Total cost: £232.00

Nov REFLECTIONS IN WRITING – Monday - Friday

4/8 Reflections in Writing is always popular. This is a retreat using creative writing to offer access to deeper levels of thinking, feeling and spirituality. Everyone always writes the right thing in this kind of writing, whether it be poetry, story, autobiography, drama or diary.

Led by Gillie Bolton, poet, researcher and experienced facilitator

Total cost: £230.00

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

Lattendales, Berrier Road, Greystoke Penrith CA11 0UE

Tel: 017684 83229 E-mail: 113101.2672@compuserve.com

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If you have ever been to Lattendales you will know what it is to experience the loving care of all the staff, and particularly of the wardens, David and Joan Ellison. At the end of this year David and Joan will be retiring after thirteen years in the job. The Trustees would like to mark this with some recognition of all they have done, so unstintingly, for Lattendales during their wardenship. So a retirement fund has been established to which we invite contributions.

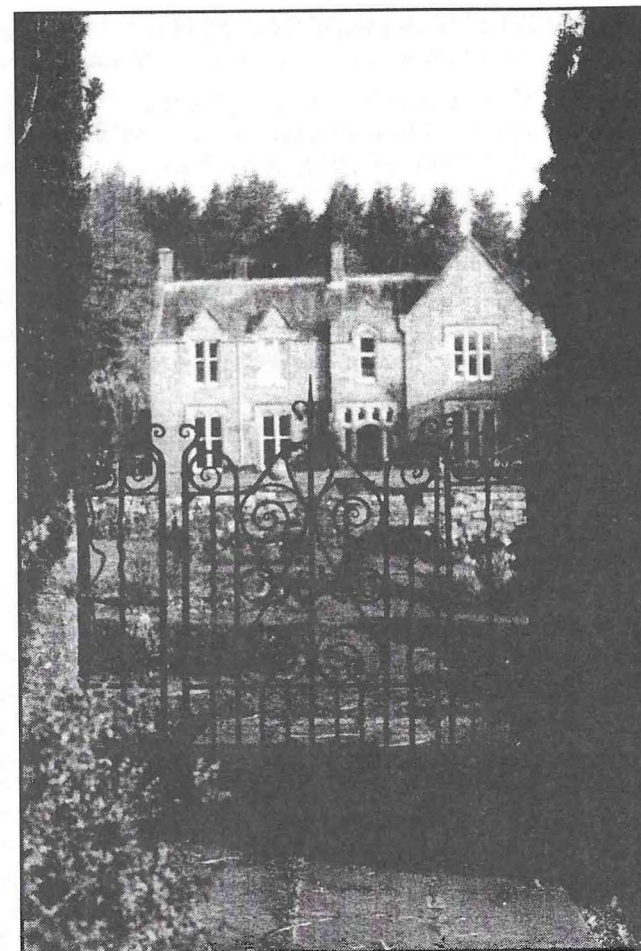
These should be sent to John Smith, Treasurer of FFH, 11 Beacon Hill, Dormansland, LINGFIELD RH7 6RQ. Cheques should be made out to Friends Fellowship of Healing.

And if you have never met David and Joan, there is still time to visit Lattendales before they leave! It is a wonderful centre for rest, relaxation and quiet healing.

On behalf of the Trustees,

Eluned Lewis

~~~~~



Sensitive, practical, versatile, energetic, dedicated

Warden/s sought for Lattendales,

Centre for Rest and Renewal, Greystoke, Penrith, Cumbria,
(Reg: Charity no: 264223) run by trustees for Friends Fellowship of Healing.

Primarily for 21 guests who need a break in calm rural surroundings with a loving and supportive atmosphere. To share in the work and manage every aspect of admin., care of guests, upkeep of buildings & grounds. Applicants must be in accord with Quaker values. No nursing care undertaken, but interest in complementary therapies useful. Accommodation provided. Start 1.1.03. Salary by negotiation. Applications by 15.8.02. Details: Clerk to Trustees, Thirlestane House, Kelso TD5 8PD.

REPORT GIVEN TO THE AGM OF THE FFH

Geoffrey Martin

4th May 2002

Quaker Spiritual Healers is now a flourishing organisation of over ninety members. Two years ago David Hodges reported to the AGM on the lead up to the proposal for the formation of QSH. At that meeting a clause formally establishing the QSH was agreed. This report is of the activity within QSH since the official establishment of the group.

David Hodges did an amazing amount of work in both establishing the possible level of support that a new group would have and in negotiating membership of BAHA. It is sad that David was unable to continue this work due to illness. In recognition of all of this work both the QSH and FFH committees recommended that both David and Ursula, who has supported David throughout all of his hard work, be given honorary membership of QSH. They have gladly accepted.

The QSH committee consists of Joolz Saunders as clerk, Ros Smith, and Leonora Dobson as co-trainers and myself as membership secretary. We work well together and are fortunate that we all have e-mail.

We went live at the beginning of last year and had a very encouraging initial response. To use some modern jargon, we had a steep learning curve during those first few months as problems arose that we had not foreseen. We tidied up the fee structure and then reduced the fees as we found that our outgoings did not justify the fees that were being charged. At the same time we simplified the application form. Although we are part of FFH and are supported by them we aim to be financially independent and we have achieved this independence so far. Due to the requirements of our insurers all fees are now due on the first of January. A few weeks ago I wrote to all of those Friends who had expressed an interest in joining but who had not joined. This has resulted, so far, in a further 18 members joining.

Twice a year, each member receives a QSH newsletter edited by Ros Smith and a copy of the BAHA magazine, the *Alliance Review*.

There is a high demand for places on the healing courses run by Ros Smith and Leonora Dobson. There are now two courses each year, one at Claridge House and one at Lattendales. Subjects covered in the course are; relaxation and visualisation, auras, energy centres/chakras, healing and healing practice, meditation, anatomy and physiology, stress and stress management, code of conduct, listening skills, and distant healing. We have a training manual that has been widely admired. So much so that BAHA asked and was granted permission to use a great part of it in their training manual. There are also two support weekends for healers and probationers. Their purpose is to give a space for probationers to practise healing, feel supported and learn from others. These weekends are always enjoyable. Taster weekends are available for any Friends group or meeting that wishes to 'dip a toe' into the healing arena.

Part of the transition of a member from probationer to full healer member is to have an assessment. The first member to apply for this level of membership and to have this assessment was Maureen Ormesher and she was registered as a full healer in June of last year.

Last autumn, together with a computer literate friend, I designed and produced a certificate for full healer members. The certificate incorporates the QSH logo, which is based on the rising sun logo of the Fellowship. These have been well received.

We continue to be a member of BAHA, the British Alliance of Healing Associations. They are an umbrella body who are in turn part of UK Healers. This latter body represents about 80% of British healers and is the interface with the government through the committee for the integration of medicine: a committee set up as a result of the recommendation in the report of the Select Committee of the House of Lords on Complementary and Alternative Therapies.

The purpose of QSH is to train, accredit and register those Friends and Attenders who wish, as part of the Fellowship, to become involved in the practice of spiritual healing. I hope that Friends will see that we are doing this to the best of our ability.

FFH Spring Gathering at Charney Manor – *Healing Words*;

A workshop led by *Gerard Benson*, 12/14 April 2002

We arrived at Charney with, I suspect, very different expectations of what this weekend had to offer. Whatever they were, our final assessments were that it had all been tremendously stimulating, enlightening, and great fun. How privileged we were to be led by *Gerard Benson*. We can all recall with gratitude those rare teachers who had the ability to share with us their own delight in their subject, and to awaken our abiding interest. Gerard is such a teacher, and *inspirational* has to be the right word to describe his gifts and methods. From Friday evening's first session, 'Pen to Paper', when we were invited to write for a few minutes on the theme of healing, through Saturday's 'Words that might heal', 'Touching the sore Spot', 'A Letter from Yourself / Ls and Ws' through to Sunday's 'Read Back, Talk Back' session, we were given ideas to work on, and gradually came to see that as we were being encouraged to write about aspects of ourselves, our thoughts, emotions, and concerns, so in the writing came healing.

One exercise that resulted in a wonderfully wide range of expression was that which suggested we write a letter to ourselves. This could take any form, be it from an older to a younger self, or the other way round, from a now to a future self beyond death, or from that spirit to the now. In this, as in other sessions, we read our pieces aloud, and these were real gifts to each other, a deep sharing to be grateful for and to ponder. But we enjoyed much hilarity as well as seriousness, and were intrigued, for instance, by the subtleties of cinquains and

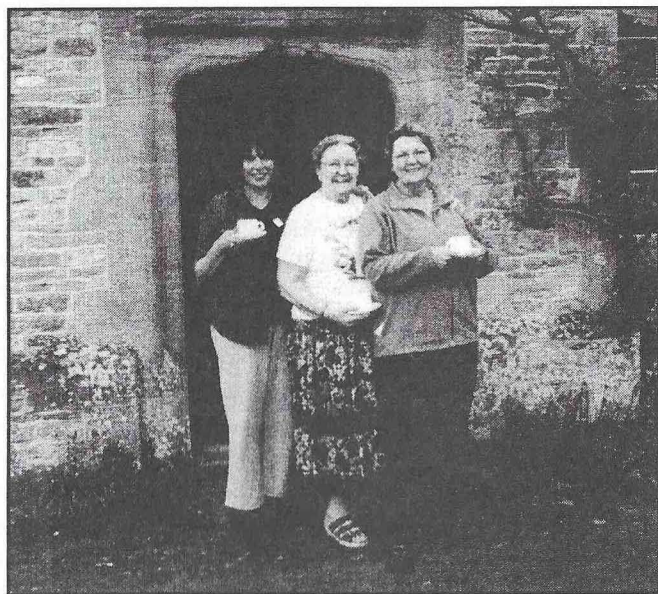
triolets. As for Ls and Ws – not lies and wickedness as the wayward mind had suggested – but an introduction to phonetics, and an explanation of why this knowledge is so important to poets.

Our session were held in the Solar, where the sense of timelessness that pervades Charney is particularly profound; but on Saturday evening we adjourned to the Barn for our Social Time, enjoying each other's company in singing, reciting, and circle dancing. Talents emerge in more ways than one on such a weekend as this.

The weekend had to end, but for sure we all came away cherishing what we had been enabled to write and what we had shared. And, in case you're curious as to what a cinquain is, here's one penned by *Muriel Robertson*:

*Clutter
It's my vice too
But that's no help to her.
She wants to lose hers and feel free.
I don't.*

Sheila Bovell



*Kay Horsfield, Muriel Robertson and Margaret Battersbee
enjoying the sunshine at Charney Manor.*

ARE WE ALL HEALERS?

A day of exploring our own potential as healing channels and perhaps of deepening our understanding of the real meaning of healing. Led by *Rosalind Smith*.

On Saturday 23rd March 2002, a mixed group of people, old and young, Quaker and non Quaker, healers and novices met together to explore the theme, "Are we all Healers?"

After welcoming drinks, where we met and mingled as participants, some of whom were recognised and some of whom were new to us, we settled down in quietness in a still meeting house, while Edna Woodhouse introduced our workshop leader for the day.

Rosalind began by asking us to raise our hands, if we were healers. A few hands went up but most stayed down. She smiled as she gently chided us, reminding us that every one's hand should have been raised, so stating her own answer to the question posed in the workshop title, right from the outset. She proceeded to tell us about all the everyday events involving listening, loving, compassion and empathy, in which we all participate if we are sensitive human beings. All these we might consider to be healing moments. We all knew what she meant.

After giving an interesting and comprehensive account of the history of healing touch, talking about its universality and explaining the nature of the energy body, with its major energy centres, the chakras, Ros introduced us to two simple exercises. Firstly with our own hands and then together with a partner, we felt the energy passing between our palms. Even those who had never done anything like this before, could feel the energy quite clearly, sometimes as heat, sometimes as cold, sometimes as tingling in the hands. The heat in the room increased as the energy moved and doors had to be opened. Perhaps the doors being opened was a symbol of things to come!

After a break for lunch and a walk out in the beautiful spring sunshine, we came back to the group and Ros demonstrated a simple healing sequence with one of the participants. We then split into twos and gave healing to and received healing from each other. Most people were amazed at how effective this was. Afterwards each couple described their experiences and the diversity was amazing, particularly bearing in mind that a large percentage of the participants had never been involved with Spiritual Healing before. There were several couples who had synchronised experiences – for example, both seeing a particular colour at the same time. Several people experienced their partners intuitively finding places in their bodies, which had been under past and present stress. One person found he could turn his head whereas before he had been very restricted in his movement; one person felt he was out of his body, floating in the cosmos; one person saw spiralling white energy when her

eyes were closed and someone else who was observing was also aware that she was experiencing this. Aches and pains appeared to dissolve and everyone felt at peace. There was not a single person who didn't experience a sense of peace and relaxation.

We finished with a Distant Healing Meditation made all the more powerful, because we all joined together in it. Into the Healing Light we silently held those who were in need.

At the end of a very good workshop, we had a lovely afternoon tea, provided for us by Bradford Friends, and we stood and chatted with the friends we knew and the friends we had made.

Our thanks go to Rosalind Smith for giving us such an excellent day, Edna Woodhouse for all the very hard work that goes into the pre-workshop organisation and to Bradford Friends for hosting the event and providing delicious food and drink.

I think there would have been more than one person out of the thirty plus present who surprised themselves with their sensitivity towards the healing touch and might explore this field even further on their own or with a healing group. That would be icing on the cake.

I think I can speak for everyone when I say we all enjoyed the day immensely. Thank you to all who gave their time to make it possible.

Jan Brumfitt

You can view Jan's website, which contains interesting articles etc on healing, at www.janbrumfitt.co.uk

GARDEN PARTY AT CLARIDGE HOUSE – Saturday August 17th

In order to raise much needed funds for Claridge House the Trustees and Staff are holding a Garden Party from 2.30 - 5.00pm on Saturday 17th August 2002. Everyone is welcome and entry is free.

£2.50 will buy you a cream tea – scones, strawberry jam and cream and as many cups of tea as you can drink!

There will also be stalls selling cakes, books, bric-a-brac, plants, preserves and other miscellaneous items.

Later that evening, quite separately, we shall be holding an Edwardian Soiree and Buffet Supper. The evening commences at 6pm and ends at 10.00pm. Entry to this evening event is by ticket only, which costs £15, and will include a delicious supper and a delightful evening of music.

We are limited by space and must therefore restrict the numbers, so it is advisable to book early! Please ring Debbie or Keith at Claridge House to reserve your ticket. (Tel. 01342 832150)

We hope to see you on the 17th August, at either event – or both.

Debbie Wright & Keith Marsden



*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.)*

***Befriending Life: Encounters with Henri Nouwen** edited by **Beth Porter**. Darton, Longman & Todd 2001. 273 pp. ISBN 0-232-52422-X. £10.95.

This is a heart-warming book about a very gifted human being, whose greatest gift, for friendship, is testified and celebrated in this book.

Henri Nouwen was born into a Roman Catholic family in Holland. He trained for the priesthood and then (like many of his compatriots) left the country to spend most of his adult life abroad, notably as a professor at American universities, including Yale and Harvard. He had a passion for writing which resulted in a respectable list of books on the spiritual life, read all over the world. What gave him fame in a wider sense was his decision, in his fifties, to leave university life for a totally different vocation: caring for the mentally ill and physically disabled in one of the L'Arche communities founded by Jean Vanier – the L'Arche Daybreak community near Toronto. There he worked (and learnt!) until his sudden death in 1996, at the age of 64.

In *Befriending Life* more than forty of Henri's friends (of all denominations or none) write about their encounters with him, whether as their teacher, priest, colleague, mentor, spiritual guide, or just friend. What results is a picture – often moving, sometimes amusing – of a person of great integrity, honesty, generosity, and loving concern for others, in combination with some very human weaknesses. Unexpected little details are revealed too – Henri's habit of talking with his (large) hands, and his 'thick' Dutch accent.

The book may particularly appeal to those who have read some of Henri's books and been enlightened and inspired by them. It is, in fact, dedicated to 'all those for whom Henri Nouwen's ministry and writings have been a source of life'.

Joanna Harris

Spirituality and Psychotherapy edited by **Simon King-Spooner and Craig Newnes**. PCCS Books, Critical Psychology Division 2001. 168 pp. ISBN 1-898059-39-X (www.pccs-books.co.uk) £15

In a talk given by Dr Jennifer Elton-Wilson ("Time Focused Psychotherapy", 19 November 2001) she shared with us her belief in being "abundant", i.e., humane, client-focused, creative, instead of being textbook'ish and merely enforcing of moribund agency guidelines. My chapter in this volume, 'Clinician in the church – veritable angel or tolerated guest?', addresses the plight of she who, though employed by and immensely valuable to the clergy, has her wings clipped, her



competence denigrated, and her life subjected to ill will, jealousy and rumour. Therein lies the dilemma – whether to continue as the warm, genuine and empathic person, or to play politics and fight back.

Indeed, there is the need for healing practitioners not only to be skilled, but worldly wise as well. This latter characteristic might be easy to cultivate in the person through assertiveness training. Equally valuable, yet not as facile to instil, would be the awareness of being firstly human and imperfect and only then a trained helper and healer. We don't have the answers, no matter how long and hard we study.

Dorothy Rowe's chapter: "What do you mean by spiritual" speaks of her own efforts to deal with the fact that, though we are indeed a "puny species", we should try to cope by using intelligence and creativity, not superstition and magic. Conversely, William West's "Counselling, psychotherapy and religion" argues that a sense and acceptance of the spiritual might be given greater credence in the client-helper dialogue. "The transpersonal relationship in counselling, psychology and psychotherapy" by Petruska Clarkson straightforwardly "challenges counsellors and therapists to embrace the transpersonal if they are to make the most of the most important factor in psychotherapy, the relationship. Healers should know this instinctively.

The book has 14 readily-comprehensible chapters in four parts: 1) The case for, e.g. "The place of spirituality in psychotherapy"; 2) Sceptics, e.g. "Counselling as western religion"; 3) Theory, e.g. "Psychosis and spirituality: finding a language"; and 4) Practice, e.g. "Tara Rokpa therapy". It is a balanced and stimulating volume, a valuable read for the conscientious professional.

Michael Len

***A Charmed Life: The Spirituality of Potterworld by Francis Bridger**

Darton, Longman & Todd. 2001. 150pp. ISBN 0-232-52433-5. £8.95.

As a well-educated grandmother, I am familiar with all the Harry Potter books, and have had in-depth discussions regarding characters and plot with a granddaughter.

We are all aware of the criticism levelled against *J.K. Rowling* by some Christians, and Francis Bridger discusses their attitude, but cannot agree, as he finds examples of moral awakening, good v. evil, and decisions which when made, advance the children along a morally straight path. He makes the point that if we reject Harry Potter on the grounds that it endorses wizardry and magic, or has a tone of darkness, then we must also reject C.S. Lewis' *Narnia* books and J.R.R. Tolkien's *Lord of the Rings* on the same grounds.

There are countless examples of kindness and bravery exhibited between the three friends, Harry, Ron and Hermione, whilst one is ever aware of the force for

evil which threads its way through the stories. Potterworld is definitely not overtly Christian, but readers encounter characters, both child and adult, with whom they can identify.



In an age where religious instruction in the majority of schools is diffused, Francis Bridger stresses the fact that the Harry Potter books display a battle ground where the powers for good and evil are in everlasting combat. The thread running through all four books is the strength of the human spirit which will endure great calamity and misfortune in pursuit of truth.

Sylvia Edwards

Signals by Joel Rothschild Bantam Press 2001. 160 pp. ISBN 0-593-04739-7 £9.99

This book was not sent to TW for review. It is a book that I bought whilst in a bookshop browsing a 'Body, Mind, Spirit' section. It is the true story of the relationship of two close friends who have a terminal illness. They make a pact that whoever dies first will make an attempt to contact the other. The more sceptical of the two is left behind but he cannot ignore the signals that drift into his consciousness or the words of guidance and support he receives from his friend. He has to acknowledge his psychic awareness as a precious gift that can help himself and others. It is a story of hope and healing and a moving testament to the power of love.

Geoffrey Martin

***Made for Happiness: Discovering the Meaning of Life with Aristotle by Jean Vanier.** Darton, Longman & Todd 2001. 203 pp. ISBN 0-232-5244-4. £8.95

I found this book deeply refreshing. In me, it reinforced the 'mindfulness of being' – the ontological reality – which is at the foundation of the spiritual life as I experience it.

Using aptly selected quotations from Aristotle's principal works as sign posts on the road to happiness – most folks would say 'wholeness', I guess – Jean Vanier, founder of L'Arche and Faith and Light, both international networks of communities for people with intellectual disabilities, and author of many books, sets out with clarity the Way to be followed; what to cherish – friendship, truth, personal development, responsibility and spiritual freedom.

In a concluding chapter on 'The Shortcomings and the Value of Aristotelian Ethics' he takes his mentor's teaching further, in the light of today's social realities and his own profound experience of purposeful living.

A book to be enjoyed almost at a sitting but, better, one to be reflected upon in the time it takes.

Eddie Farmer



***On Death, Dying and not Dying by Peter Houghton.**

Jessica Kingsley. 2001. 170pp. ISBN 1-84310-020-7 \$15.95

In our society death is still partly in the closet. Are we too afraid of death and the messy process of dying? We certainly tend to avoid it except when we are forced to take account of it. It is the very fear of death that prevents us from living life to the full and adventurously.

Peter Houghton gives us an education on the process of dying and death itself. He witnesses dying and death from the outside as a counsellor in palliative care observing both those who were dying, their death and their carers. He then through his own seemingly terminal illness, experienced the process first hand, to the point of death. Then as a participant in a new clinical trial he was given a return to life.

With humour and honesty he relays his own bumpy path of moving towards death and back from the brink, together with his counselling work with other peoples' dying processes. He gives an in-depth picture of the physical deterioration processes of the body and resultant physical pain leading to death, also detailing the medical processes involved. Equally well described is what it feels like: the psychological processes and emotional pain, through the stages of denial, anger and hopelessness to acceptance and transformation. He also takes us through the effects of all of this on the carers.

In presenting this very personal account he raises profound questions about some of the medical care and treatments, and our attitudes to life and death, and the way we approach death.

Tony Steel-Cox

***Truth of the Heart: an Anthology of George Fox** selected and annotated by **Rex Ambler.** Quaker Books. 2001. 220pp. ISBN 0-85245-325-6. £8.50.

'*Mind the Pure Light of God in you...*' these words sum up for me the mission and ministry of George Fox; his unique approach is still very relevant to us today.

Rex Ambler's book is meant to do two things: 'to make available his clearest and most profound writings from the whole range of his works, and to display them in such a way as to show the connections between them. It should be possible in reading the text through to gain a picture of Fox's whole vision.'

This book is in sections: 1) the individual, 2) the group and 3) the world, and is arranged so that the left-hand page is Fox's original text whilst the right-hand page is paraphrased into modern English.

Rex finds it surprising that no-one has done this before now and, although seeming to be a cumbersome way of going about it, he makes the point that Fox, although inspired, lacked the education to structure his thoughts and then write them out. Rex has done a great job and we should be thankful for his painstaking work.

We have on display in our Meeting House, a copy of a letter to Margaret Fell,

written whilst Fox was in prison in Worcester, and it is almost impossible to read the hand-writing! I do wonder what Margaret Fell made of it!



A few years ago my own Meeting went in for group learning using the Gifts and Discoveries pack. One of the tasks set was to read George Fox's Journal. I like a challenge and therefore decided to do this, regardless of how long it took. I soon realised that there were rambling thoughts and many repeated incidents which became more familiar and easier to understand as I read on. Had Rex Ambler's book been available at that time I would have benefited from it.

I strongly recommend this book to everyone, and in particular the essay *Making sense of Fox* at the end of the book. This is a real pearl! It states so clearly the origins and practice of discernment for group unity and Quaker decision-making which we so badly need to re-affirm and re-state authentically for ourselves.

Joolz Saunders

***In Search of Margaret Fell by Judith Hayden.** Quaker Books 2002. 190pp.

ISBN 0-85245-335-3. £6.00.

I have always had a sneaking admiration for Margaret Fell for probably quite the wrong reasons: not because of her determination, spiritual integrity, and loyalty not only to George Fox but also to her husband, Thomas Fell; but because she kept her expensive clothes and finery, her *colour*, and didn't become a 'grey Quaker'.

The author has presented us with a very readable account of Margaret's life, not only the part that is well-known, but also that earlier part of which it seems fitting that conjecture is employed where no known facts are available. With a gentle admonition to us to 'let us suppose' that this and that was happening she brings to life a woman of her times, with the imagined thoughts, doubts, fears and eventual convincement that she experienced. In doing this she also links her own spiritual struggles, and bridges the gaps between the centuries.

The book reads like a novel some of the time, but it is interspersed with some of the actual writings of Margaret, her daughters, and other early Quakers. Some fresh light is shed on Thomas Fell a 'godly magistrate', seventeen years older than his wife, who wrestles with himself over his own Presbyterian upbringing and his wife's new spiritual path, allowing her freedom to worship in her way, but not becoming involved himself. Margaret 'keeps her meeting in Swarthmoor's great hall and Thomas sits alone, his study door ajar'.

Although at first acutely aware of her own helplessness after Thomas' death in 1658, it was then that she began to discover her own strengths, and developed her powers of persuasion after George Fox's arrest in 1660: "And I having a great family, and he being taken in my house, I was moved of the Lord to go to the King at Whitehall; and took with me a declaration, and an information of our principles, and a long time, and much ado I had, to get to him." She was



approaching a man who 'sat insecurely on his throne ... only eleven years had passed since the same nation led his father to the scaffold'.

In her later years, Margaret always carried the great disappointment that her only son, George, had not experienced any of the fervour and zeal that she and some of her seven daughters had. He was extravagant and weak-willed, 'too weak to stand by the convictions of his parents'. He was living in London at the time of her petition to the King, and she met him, 'brief, unsatisfactory visits in which nothing real was said. Sensing his unhappiness, she had tried not to judge him; but there were the debts, the shadows under his eyes and the pallor of his skin'. During the time she was in prison, he petitioned the King for the Swarthmoor estate, presumably to keep it within the family as, by the sentence of praemunire it could have become forfeit to the Crown. But Margaret could no longer trust his intentions. Later he was to become the indirect cause of her imprisonment again for a year, during which time he died.

During the four years of her earlier imprisonment, from 1664-1668, she wrote *Women's Speaking Justified* – 'the title announced her intent'. She studied the ministry of the women of the Bible (Eve, Sarah, Rachel, Leah, Deborah, Jael, Naomi, Mary of Magdala, Mary of Bethany, Martha, Mary the mother of Jesus), and she shares the compulsion to speak with the author of this book, who says – "I come to accept that telling this tale is as much a part of my calling as writing *Women's Speaking Justified* was of Margaret Fell's. We would both celebrate what it is to be a woman before God. We would both be heard".

Rosalind Smith

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