

NOTICES

Spring Weekend Gathering, Whirlow Grange, Sheffield, 28 - 30th March 2003
Friends in Shrewsbury. Talk on healing by Joolz Saunders. Sat. 12th April 2003

QSH Healing Training Courses: Lattendales 26 - 30 May 2003 and Claridge House 6 - 10 October 2003.

QSH Support Group Weekends: Lattendales 20 - 22 June 2003 and Claridge House 12 - 14 September 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.*

**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.

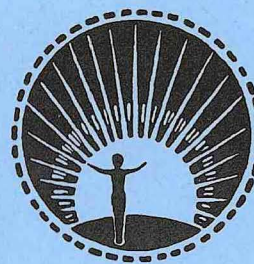
**Postal Library:** Joan King, 9 Hale Close, Exmouth, Devon EX8 4PJ  
Tel. 01395 279707

**Quaker Spiritual Healers Membership Secretary:** Geoffrey Martin, 24 Kingsley Road, Bedford, MK40 3SE. 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)

REFLECTIONS

Joy and woe are woven fine, a clothing for the soul divine;
Under every grief and pine runs a joy with silken twine.

William Blake

~~~~~  
Your opening and His entering are one moment.

*Meister Eckhart*

~~~~~  
There are a number of qualities which are important for
mental peace, but I believe that one of the most important
factors is human compassion, affection and a sense of caring.

The Dalai Lama

~~~~~  
We become contemplatives when God discovers Himself within us.

*Thomas Merton*

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US members please contact our agent, Richard Lee, 1201 Walsh Street, Lansing, MI 48912. Tel: (517) 485-4268 E-mail: leer@msu.edu regarding payment via him.

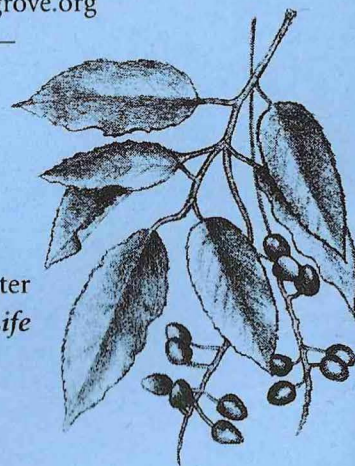
Donations for the work of the Fellowship are most welcome.

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

**FFH Spring Gathering** – at Whirlow Grange Sheffield, 28th-30th March 2003. The title will be ‘*Uncomfortable Emotions*’, led by Diana and John Lampen, who say, “It may sound a gloomy topic, but we usually manage to have a lot of laughter and fun in our workshops”. *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 Courses** – Mon-Fri 26th-30th May 2003, at Lattendales & Mon-Fri 6th-10th October 2003. Led by Leonora Dobson and Rosalind Smith.

**Quaker Spiritual Healers’ Support weekends** – 20th-22nd June 2003, at Lattendales, and 12th-14th September, 2003, at Claridge House.

### USED STAMPS?

*Following on from the enquiry regarding what to do with used postage stamps, several suggestions were received including the following piece from John Clarke of the QPS Stamp Club:*

The **Quaker Peace and Service Stamp Club** was set up many years ago to solve the problem of how to dispose of postage stamps in a meaningful way.

The success of the scheme depends entirely on the material received. British and foreign stamps, used or unused, first-day covers and albums, all are welcome. The club is staffed entirely by volunteers who give their services regularly to sort the stamps prior to sale. Valuable items are sold by auction: the commonest items are purchased by dealers. All monies so raised are passed to the Society for its charitable work.

But what of the millions of ordinary stamps up to and including first-class value, bearing the Queen’s head? Regrettably we don’t collect these, or they would make too heavy demands on our volunteers. Even these need not be wasted, however, as Oxfam shops still take them.

If you would like to donate, please send (or take) them to: **QPS Stamp Club, Friends House, 173 Euston Road, London NW1 2BJ**. To save costs we only acknowledge material if specifically asked to do so. REMEMBER! Without your kind help there can be no Stamp Club.

*Other organisations which welcome used stamps are:*

**The British Heart Foundation, 14 Fitzhardinge Street, London W1H 4DU** who specify that stamps should be trimmed to about 5mm, and sorted into three categories: foreign, UK commemorative, and UK definitive.

**The Migraine Association, 178a High Rd, Byfleet, West Byfleet, Surrey KT14 7ED.**

**RSPB Stamps, P.O. Box 1, Chesham, Herts. HP5 2JY,**

And, as mentioned above, Oxfam shops.

If you would still like to send a token of your appreciation of David and Joan Ellison – who are leaving Lattendales at the end of the year – please turn to page 16 for details of how to do so.

## THE POSTAL LIBRARY

An updated catalogue is now available for the Postal Library – if you would like a copy, please send an SAE with a second class stamp to Joan King (address on the back of TW).

We would like some feedback about the Postal Library and whether it is meeting your needs. In particular, is the reason for the low take-up because:

- (a) You are already swamped with reading material?
- (b) You find it easier to use your local library?
- (c) The Postal Library does not have anything of interest to you?
- (d) You were not sure what was in the Library?

If you have answers to any of these questions or have other reasons for not using the Library, do let me know. I would be very glad to hear from as many people as possible with their ideas, views and/or suggestions.

Thanks for your time.

*Joan King*

## The Quaker 1652 Country Game

Ruth Martin reports that sales of the game have been going very well and wishes to remind members that this makes a very good family Christmas present. What better way to spend Christmas Day than playing the game rather than watching the constant supply of war films that television companies delight in producing at Christmas. The price continues the same, £25 + p&p UK £4.15; EU £5.67; USA/Canada/Australia/New Zealand £4.67.

Ready in time for Christmas will be **the game on CD**. This is for 1 player, who plays against the computer. This will be sold for £12 (inclusive of postage).

There is a limited number of packs of Balby cards, for both adults and children, at £5 a pack (inclusive of postage). These are unboxed, laminated cards of phrases from Advices & Queries, suitable for discussion groups or personal use.

Please note all payments must be in sterling. Payment to Ruth C Martin, 96 Busbridge Lane, Godalming, Surrey GU7 1QH. Tel: 01483 422881. E-mail: ruth.quakerhealer@tesco.net.

**SUBSCRIPTION REMINDER** – from the membership secretary *Ruth Martin*  
Please note that subscriptions are due on 1st January – but you may pay early if you wish.

If you have a standing order, PLEASE DO NOT PAY AGAIN – though donations are always welcome. If you pay by cheque each year, you may care to change to a standing order. If so, please complete the reverse of the reminder letter and return to me. Otherwise send a cheque as before.

If there is NO reminder letter enclosed, this is because you either pay by standing order or have paid in advance and nothing is due from you.

**JOSEPH HAROLD JOACHIM** ... always known as Jo Joachim – because that is how his grandfather – the famous violinist – had spelt it... 1911 – 2002.

Jo was brought up in an academic and Quaker household, which was frequented by such distinguished visitors as Einstein, Smuts and Schweitzer. He derived his early commitment to Friends, and the Peace Testimony, from his mother, Lisel, and her prominence in Oxford as a Quaker. At Oxford he read Classics and Philosophy, Politics and Economics, and while there he established his own religious conviction based on the Oxford Groups Movement's Four Absolutes: personal integrity, living the Faith, not talking about it and seeking to change yourself before attempting to change others. He was always a conscientious objector, and helped other COs during the Second World War by helping them to prepare for, and supporting them during, their appeal process.

He had a long career teaching English and French. He married Bernice (who much later became Chairman of the FFH), in August 1945. In 1937 he spent two terms at Woodbrooke, studying Quakerism and Christianity, and found himself tremendously impressed and significantly influenced by the staff there whom he felt really *lived* what they were talking about, and practised 'Love, joy, peace, patience, long-suffering and self control'.

Both Jo and Bernice became active in the FFH, and regular Healing Prayer groups were held in their home. Jo's interest in the spiritual dimension to life led him to be an active member of the Churches Fellowship for Psychical and Spiritual Studies – he was an avid attendee at their conferences, and active in his local group until his death.

Together he and Bernice developed the concern to found an FFH House of Healing in the north. Bernice found Lattendales, but it was Jo who took it upon himself to write literally hundreds of letters, all by hand, to every Trust and Foundation with an interest in healing, prayer or Friends.

As he approached the end of his life his ministry in Meeting for Worship became a simple message about the power of love and kindness. ☸



## "GOOD FOR THE SPIRIT"

David Saunders

One of the bonuses of being married to the Clerk of FFH is the phone calls I answer on her behalf – most are voices I have come to know, but the faces are still largely unknown to me. However, one day I was doing my secretarial duty and the FFH voice belonged to Felicia Houssein who I did know from weekends Joolz and I used to run at Claridge House on Music and Healing. While Joolz was finishing her soup, or something, Felicia asked me about my current musical activities, and, after I had said my piece, she said, "why don't you write something about that for *TW*?" So thank you Felicia for the nudge – here goes.

My starting point was a teenage passion for music, fostered by being taken as a young boy to operettas, my parents' great love, by Ivor Novello, Strauss, Lehar and then all the Rodgers and Hammerstein musicals at Drury Lane. But my burning passion was ignited by hearing, aged 13, Julius Katchen play 'Rach.2', in the brand new Royal Festival Hall. It was like the gate of paradise opening, and I immediately started saving for a piano. Some months later a battered upright with drooping candlesticks entered our home and my life. A piano teacher was found. At my first lesson I said I wanted to play 'Rach.2' – he was wise enough to say that in time I might, but had to do some ground-work first!

Many scales, arpeggios and Associated Board exams later I did buy the score and tackled my favourite bits. So the piano entered and stayed in my life and got me into a skiffle group at school. But it was forty years later that piano playing really became for me a vehicle for group communication and healing. On a never-to-be-forgotten evening I presented myself at the local residential mental health hostel to play some songs – and I've never stopped since.

That was 10 plus years ago and since then I must have played thousands of songs of every description, and made music with mental health patients, dementia patients in a locked ward, homes for the elderly, Downs Syndrome/Parkinsons sufferers, physically disabled people in day centres, disturbed children and – perhaps the most challenging of all – a holiday project for mentally and physically disabled ethnic minority children.

I am not a trained professional music therapist, although there is now a recognised discipline with advanced musical and clinical training which generally leads to one-to-one practice, often with severely disturbed people. But what I have learned, and so often give thanks to God for, is the power of music of all sorts to light people up, to bring joy, tears, to move, to thrill, to inspire, to celebrate, to have fun – all of which is healing. How significant that we use the verb 'to play' music; so many adults have forgotten – or never acquired – the ability to 'play'. I have watched 'weighty Friends' almost refuse to let go of a drum having once discovered the joy of free drumming! I have seen a lovely man with chronic Parkinsons put a tambourine on his violently shaking leg and say "Look, David, it's playing itself" – I didn't know whether to laugh or cry. I have felt my eyes fill with tears as elderly people relive the '39-45 war singing

'White cliffs of Dover', 'We'll meet again,' etc. After two hours in the mental health club, my eyes were streaming from fifty people all smoking, but singing 'You'll never walk alone' as if their lives depended on it. I see a dear man with Downs Syndrome, who can't speak or sing, express with his whole body such joy in 'Daisy, Daisy', and 'When the saints come marching in' that I realise just how much we, so called, 'able' people lack because of our inhibitions; he 'lives' that music with such infectious joy and delight, and, in turn, he frees the rest of us to be more demonstrative. I have played keyboard in the crematorium at the funeral of a dearly loved 'client' when 150 of us sang him on his way to the next life with 'When you're smiling'!

I've not mentioned the musical greats; that's not because I don't value Bach, Mozart, Beethoven, Schubert, Shostakovich etc. – they all, and many more, figure in my life. I sing in the local choral society, and my loyalty to Rachmaninov is undimmed. But what I have learned from my music sessions is that I must not categorise music into 'good' or 'bad', 'serious' or 'light', 'classical' or 'popular'. As Noel Coward said in a remark against himself "strange how potent cheap music can be!"

So I can vouch from direct experience for the potency of all types of music. If it speaks to the heart, if it triggers a memory, if it sets the fingers and feet tapping, if it brings smiles, joy and pleasure that's enough for me. As one of my longest standing clients said to me (and that's where my title comes from), "music is good for the spirit". Amen, sister!



### CIRCLE DANCING

(Our Kind of Prayer)

*The dance has just begun,  
hands heal around the circle,  
gathering in silence.*

*Later, candles on the pond,  
their light reflected.*

*The House is still,  
the garden, its resonance  
and us, Quaker, other faiths*

*And Hands above  
birds, trees, the air,  
all Claridge House is,  
these things, a kind of loving, – a prayer.*

Jenny Milnes  
(to John Ford)



## MIRACULOUS MESSAGES FROM WATER

Jan Brumfitt

Last summer I received an e-mail urging me to look at a web site with the title 'Miraculous Messages from Water'. I remember thinking to myself, "Oh no, not another web site to look at!" and prepared myself for a fleeting visit. What I was to see there was to completely amaze me and provide the important scientific evidence that thought directly influences our cellular structure.

The pages describe the work of *Masaru Emoto* a Japanese researcher. Knowing that when we take a photograph of a snow crystal we can see that every crystal has its own structure and each one is unique, Masaru Emoto began to look at water from different sources. At first he concentrated on looking at polluted and non-polluted sources from seas, rivers, streams and springs. He froze droplets of water and then examined them under a dark field microscope with photographic capabilities. He found that the purer the water the more beautiful the structure. The more polluted the water the more irregular the structure and in some cases there was basically no structure at all. The fountain at Lourdes in France was a beautiful structure but it was not as perfect as spring water from Saijo in Japan or water taken from the Antarctic ice. So the cellular structure of water changed according to its environment.

Taking his work a little further, he decided to see what effects music had on the structure of water. He placed distilled water between two speakers for several hours and then photographed the crystals that formed after the water was frozen. Each piece of music had a completely different effect on the crystals that formed, classical music seeming to form the most intricate structures. It was interesting that none of these crystalline shapes was entirely symmetrical.

After seeing that water reacted to different environmental conditions, pollution and music, Masaru decided to see how thoughts and words might affect the structure. Water from the Fujiwara Dam had a very non-defined shape in a muddy brown colour when it was photographed but when a prayer was offered over it for an hour, the resulting photograph of the sample showed the most beautiful intricate structure shining out like a precious jewel.

Next came a decision to see whether words that were typed onto paper by a word processor and taped onto glass bottles containing distilled water overnight, might change the structure. Untreated distilled water was not much of a pattern but when Love and Appreciation was taped to the bottle and left, the resulting crystalline structure was like a huge diamond showing all its facets. The words 'Thank You' are my favourite, with the most exquisite form imaginable. Conversely 'You Make Me Sick. I Will Kill You' is a horrible ill-defined brown muddy mess.

The same procedure was performed using the names of deceased persons. The difference between Adolf Hitler and Mother Theresa is enormous.

The implications of this work are profound. The human body is at least 70% water and we can see now just how important it is that we take responsibility to keep our cellular structure as pure as possible, in thought, word and deed. This means at the very least, giving ourselves the purest source of water we can.

Blessing our food and water is not just an act of gratitude for what the Creator has provided but it actually changes the water's form before we drink it. Giving love and appreciation to ourselves as well as to others will change our own cellular structure because water is always present in our cells. Perhaps when we feel that lovely glow when we are appreciated is the moment that the changes take place. Likewise, when someone says a heartfelt 'Thank you' to us there is again a lovely connection and we should receive that in the spirit it is given rather than brushing it off. Saying thank you will affect both the giver and the receiver. Conversely engaging in hatred is going to affect the cellular structure by making it less beautiful and clear. Sending a hateful thought will again affect not only the recipient but also the donor. Giving and receiving are but reflections of each other, both equally important.

This is an amazing work.

View the extracts from the book at: [www.wellnessgoods.com/art\\_wat\\_messages.html](http://www.wellnessgoods.com/art_wat_messages.html)

Buying the book 'The Message from Water' Vol. 1 is not too easy because there are no distributors in England and the book is privately published. It cannot be bought by credit card and has to be ordered from [order@hado.net](mailto:order@hado.net) (online) Fax +31-71-521-0897. Cost is 27 euros plus 4.50 euros for book transfer.

Perhaps someone reading this may be inspired to become the UK distributor! It would be a wonderful piece of service.



*A Prayer for Transfusion of Life* (from *Friends Spiritual Healing Fellowship Newsletter* No. 66, October 1961, and sent in by *Cicely Purves*).

*Lay everything of yourself to one side, let everything of the ego slip from your shoulders like a cloak. Feel like a clear, crystal tube, as neon light, with God's light flowing through you, warming, comforting, flooding you from the top of your head to the soles of your feet; moving through every part of your being, and moving out from you into the life of the one for whom you pray. Just feel your life is laid over against these persons and that the Master can use you now. And they will feel it and sense the strength of it.*

*As you pray now, touch them in deep love and understanding. Touch their spirit. Feel God's love moving through you, feel alive with it, tingle with it. It runs down the spine. It prickles in the finger-tips. Feel the warmth in the toes. Then send it out as though you were sending it on a beam of light directly into these lives.*

*And it is life you are sending so they may receive two, three, four times the amount of energy they usually need in a day. And this additional life, this greater energy will give the cells all they need to repair, restore and heal. It is an actual transmission. It is a transfusion of life. That is what all intercessory prayer is if you believe, if you can sense it and see it, and open yourself and give yourself to be used. Thank you, Father, for such an opportunity to send out life and love to others.*

Rebecca Beard





## LETTERS

*From Sylvia-Louise Murray, 6 Garden Court, Alma Vale Road, Bristol, BS8 2HT.*

I first came to Lattendales more than twenty years ago. Never before had I come so far north, and the sight of the Pennines was so beautiful and awe-inspiring that I had to stop the car beside the A6 and absorb the experience.

My arrival at Lattendales was in time for afternoon tea. I was apprehensive at first, but soon I felt entirely at ease as I was welcomed by the wardens, shown to my room and introduced to the guests already in the sitting room and garden.

Why have I kept on returning to this house, this garden, these people? I could say the food is marvellous, the garden and house are beautiful, the surrounding scenery is breathtaking. All this is true. But the real answer is this: I come to this place with a tangled heap of cares, anxieties and fears. At Meeting for Worship, which for me is the heart of the day, I begin to be myself again. I can hear the promptings of love and truth as my worries settle into their right places, and I start to see the way forward. Sometimes my fears keep me awake and as I walk through the dewy garden in the early morning the prayers and meditations of those who have gone before enfold me. This prayer filled, blessed place comforts me, and I know that, as I sit beside the lily pond, my mind calmed by the gentle sound of falling water, I can let Lattendales tell me what to do and my soul will be healed. ☒

*From Betty Brewer, 203 Crookston Road, Eltham Park, London, SE9 1YE*

When people ask me why I give priority to the healing of animals, my answer is always the same – because they cannot ask it for themselves – unlike people who can obtain healing through churches, individual healers or healing centres or sanctuaries.

My first experience of healing was when one of our cats caught a young blue tit and was playing with it on the lawn. My husband wrested the unfortunate bird from the cat's mouth. It was in a sorry state. Its eyes were closed and there appeared to be a hole in its back. Its little chest was heaving so heavily that I thought its heart would give out at any moment. I cupped the tiny bird in my hands and immediately felt a great surge of heat running through them which went on for a few minutes. We were late for an appointment at the time, so I could not stay with the bird, but laid it down on a blanket in our sunny greenhouse with a bowl of water beside it, fully expecting it to die before we arrived home. Instead, when we returned, it was perching on a shelf, apparently recovered. When it saw us it flew out through the door.

This incident made me think, and some time later I became a probationer healer with the NFSH, and two years later a full healer, giving healing to people at a centre and in my home. I constantly thought about adding animals to my

list of patients and wondered how I could go about this. The answer came in the local newspaper, which was pushed through my letter box and fell open at an article from an animal re-homing organisation which needed voluntary helpers. I contacted them immediately and then, as now, gave healing to the animals in need which is, incidentally, in addition to veterinary care.

I would ask that when we intercede for people we also send healing thoughts to their sick animals, who are, after all, part of creation as we are, and can benefit from healing in the same way. ☒



## A HEALING EXPERIENCE

*Mavis Parker*

I was on night duty at the Hammersmith Hospital at the time. On my way to the hospital I was knocked down by a Post Office van. As a result I had severe bruising of my hip and suffered back pain. I rested for a few days and then returned to night duty. My back pain increased. I could not stand, walk or sit for long periods without pain. My friend with whom I shared a flat was concerned for me. She was on day duty at that time so we saw little of each other.

I reported for duty on this particular night, and within an hour or so I was in such pain I knew I could not continue working. I dreaded telling the night superintendent! I left the ward and shut myself in the staff cloakroom. I was in turmoil. I knew that if I reported off sick I would be off duty for several weeks (or even have to give up nursing) which would delay my finals and take me from the group I had started my training with, and which had supported me throughout. We drew strength from each other in difficult times. I felt quite desperate. I do not recall whether I uttered a word or silently prayed, but suddenly my pain disappeared. I looked around me in amazement as if looking for the pain – it was so surreal. I returned to the ward, walking on air. I told no-one. I could not speak of it.

The next morning, I met my friend briefly as she was coming on duty and I was signing off. She asked how I was. I said, "It's funny you should ask", and told her of my incredible experience. My friend showed no surprise, and asked me what time it had happened. I told her. She smiled and said that she had joined a prayer group, and it was at that time they had prayed for healing for me.

I left her and went into the hospital chapel. I needed to be alone and quiet. I knew something wonderful had happened and was still tingling from the experience. I thanked God for my healing, and for my friend and the group of strangers who had prayed for me. Following that experience I joined a healing group.



## Clerk's Corner

Joolz Saunders

For the first time I have mixed business with pleasure during my recent stay at Lattendales and returned home very refreshed: like many people, simply walking through the door seems to cast off all stresses and strains. There are many comments about it being a very deceptive place— not a great deal to see from the road – all the treasures revealed once you are beyond the front door!

As the weather was warm and sunny, I took the opportunity to walk all the footpaths which surround Lattendales – some with beautiful distant views of blue hills, others affording more pastoral scenes with grazing sheep and cattle. A group of us visited the nearby pottery and also discovered the sanctuary stone and the plague stone creating links with the distant past of the village. The church was being decorated for the harvest festival and we heard first-hand just how much Lattendales figures in village life at this present time.

I cannot write this piece without mentioning The Toffee Shop in Penrith – a unique place and if you give in to the taster plate on the counter then you cannot fail to give in to your resolution NOT to buy any fudge or toffee – all hand-made, fresh each day, on the premises! No one told me about this on any of my previous visits to the area but I now have an arrangement with the taxi firm which sometimes collects me from the station that they bring a bag of toffee, too!

So at the end of my nine day holiday I return full of hope. ☺



Remember not everyone will hear the message you bring

### 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."

## ARMCHAIR PEACEMAKERS

Hildegard A. Weiler

### Transforming this Planet to Peace, Love, Kindness, Gentleness.

Much is written about various peacekeeping organisations such as the United Nations, American Friends Service Committee, Red Cross, and others. Our Friends' peace and social concern activities also keep most of us in the mainstream of caring for others. However, this message now is not about the fine peace keepers on the front-line; rather, it is about the work of peace that is being done and that needs to increase dramatically in our active silence sitting in comfortable armchairs.

It is a puzzle that we, who are followers of the Inward Light, are not emphasizing this deep action in this troubled world. Is it possible that we are not really convinced that, in our silent melding with the Presence, our intentions have no effect? Or, are we Friends, as so many others, so overwhelmed by the cruelty and violence on this planet that in our silent prayers we become filled with despair and hopelessness?

This message to you today is a reminder that prayers/meditations bring about change; that our work in *active silence IS being an active participant* in the creative process with the Creator. This requires daily, indeed minute-by-minute, self-discipline, persistence, and consistency to find ways to be with the God of All Creation in transforming this beautiful planet to peace. It's hard work. It requires a focused interaction with the Divine.

We Friends tend to shy away from anything resembling structure when it comes to our relationship with the Inward Light. Each is encouraged to make the journey in her or his own way. This beautiful and challenging personal journey continues to be the very heart of the Religious Society of Friends movement started by George Fox some 350 years ago.

As we become better acquainted with the Inward Light over the years, there is a knowing of the simplicity and complexity of this unusual relationship. It is a mystery in which each Friend comes to know parts, but also the knowing that the whole is too great for us humans to comprehend at this stage of our development. There are so many ways of becoming part of the God of All Creation; yet, they are all a part of The One Way and this is the mystery. The following is a brief description of one journey to action for the common good.

Centre into silence. Peacemaking work begins with a pure heart, which is free of all fears, anxiety, envy, anger, anything that rests negatively on your heart. For example: If you find anger in your heart, open yourself in complete surrender and trust to the God of All Creation asking that your anger be healed. Sit in active silence until you feel that your heart is pure and your anger has been lifted.

Then clearly state your intention for this prayer/meditation, focusing on the outcome desired. For example: "Dearest God of All Creation, I sit here in my

armchair willing to serve for world peace. In Israel and Palestine I see your loving Light spreading into each heart to be guided by kindness and gentleness and feeling the presence of God." Follow deep into the Light; your intention does not need to be repeated, God knows why you are on this journey and, because your heart is open in complete trust and surrender, there is an opening for the Light to pour through you into this planet to transform all into goodness. We Friends do not know how the Light will work through our love to transform this planet to peace. We simply trust that the God of All Creation will use our willingness to serve, to bring about the destiny of a peaceful planet, to heal us from our ignorant ways of violence and cruelty and to lead to gentleness and kindness. If during the prayer/meditation images of violence, bombs, bleeding bodies intrude, return your focus to your stated peaceful intentions. As the Light expands further across the Earth a softly whispered sound of "PEACE" joins the Light becoming a brilliant, intense radiance.

Being an active participant in this way with the God of All Creation is a tradition of Friends since its inception. An insightful experience in *The Journal of George Fox* describes this form of prayer.

"There was in the company a mason, a professor, but a rude fellow who with his walking rule-staff gave me a blow with all his might over the back of my hand, as it was stretched out; with which blow my hand was so bruised, and my arm so benumbed, that I could not draw it to me again. Some of the people cried, "He hath spoiled his hand for ever having the use of it any more". *But I looked at it in the love of God (for I was in the love of God to all that persecuted me), and after awhile the Lord's power sprang through me again, and through my hand and arm, so that in a moment I recovered strength in my hand and arm in the sight of them all.*" [Bold highlights not part of original text.]

Fox had an exceptional love of God; he had an evolved relationship that he trusted to heal and guide. In the final analysis, peace making is about healing us humans from ignorance.

Friends continue to rely on the guidance of something greater than themselves in meeting for worship and meeting for worship with attention to business. However, it seems that we are challenged to follow the path more deeply of continuous self-revelation experienced by Fox in working with the loving Creative Essence in the transformation to world peace. Are we Friends committed enough to peace to meet weekly in groups of gathered silence for focused prayer/meditation? Are we Friends committed enough to surrender in loving trust to the continuous self-revelation of healing with God? As armchair peacemakers we have before us an opportunity to step more deeply into the mysterious leading shared so long ago by Fox to Friends.

## CLARIDGE HOUSE AUTUMN/SPRING PROGRAMME 2002/2003

|                 |             |             |
|-----------------|-------------|-------------|
| Weekend Courses | Single £125 | Shared £115 |
| Midweek Courses | Single £200 | Shared £175 |

(unless otherwise stated)

- 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.*
- Nov 29 CREATIVE WRITING – 'RECONCILIATION'**  
**- Dec 1** In present times of violence and hatred, the themes of reconciliation and hope are more important than ever. Inspired by Shakespeare's last plays, we shall look at, and write about ways of working towards peace, both within ourselves as well as collectively. *Lily Seibold; trained counsellor and qualified adult education tutor.*
- Dec 'CONNECTING TO YOUR INNER WISDOM'**  
**6/8** Deep within each of us is an abundance of knowledge and guidance, and listening to this is an ability we can all develop. Through visualisation, dream analysis and other creative techniques, we will explore how we can deepen our connection to this wisdom and use its riches to enhance our lives. *Dorothy Moir; experienced facilitator, life coach, member of NFSH, and QSH.*
- Dec CHRISTMAS BREAK**  
**22/27** Come and enjoy a vegetarian Christmas Dinner. Reflect, sing carols, play games or relax and do nothing.  
*Single £325 Shared £300*
- Dec 29 NEW YEAR BREAK**  
**- Jan 3** See in the New year in peaceful surroundings. Eat wonderful food, play games, do jigsaws and crosswords, go for long walks or relax and do nothing.  
*Single £325 Shared £300*
- Jan HOUSE CLOSED**  
**3/9**

**Jan 'SPRING INTO LIFE'**

**10/12** We will reflect on the symbols of Winter and Spring, darkness followed by awakening and light; remembering that new life comes from both pain and joy. In quietness, and with loving support, we will use readings and images and our own experiences to know light through darkness. From adversity comes hope and faith, renewal and Life.

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

**Jan RETREAT WITH DANCE**

**17/19** A wonderful way to start the year, with a weekend of music and dance from Greece, Israel, Macedonia and Taize; floating candles on the pond, and plenty of time, space and peace for yourself. No previous experience or partner is necessary. The weekend finishes at 4.00 pm after tea on Sunday. *John Ford; Quaker and experienced teacher and facilitator.*

**Jan YOGA AND INDIAN HEAD MASSAGE FOR RELAXATION**

**24/26** On this weekend we will learn simple yoga postures to use in our daily lives for health and relaxation. Through partner work, we will learn Indian Head Massage techniques that will relieve muscle tension, blocked energies and promote relaxation.

*Sharlene Turczak; alternative therapist and adult education tutor.*

**Jan 31 TRANSFORMATIONAL RELEASE WEEKEND**

**- Feb 2** Using your own awareness and experiences, learn a combination of skills, which you can safely use to release difficult emotions. Bring a list of things that bug you. By unravelling and learning from them, they will transform into a valuable tool, to enrich your life as well as others. (Not for the seriously disturbed.) *Mark Matthews; osteopath, ecologist and Natural Health practitioner; originator of the Sunflower Therapy for helping children with learning difficulties.*

**Feb 'IN HARMONY' – SINGING AND SOUNDING**

**7/9** 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; includes mantras and chants from various religions, and music we create ourselves.

*Mary Benefiel; Quaker and experienced voice teacher and performer.*

**Feb ENJOY WRITING – A 'VALENTINE' WEEKEND**

**14/16** St. Valentine is said to have restored sight. This course will refresh your

ways of seeing, with writing opportunities in response to a friendly invitation from: *Ted Walter; poet and creative writing tutor for over 25 years.*

**Feb RETREAT FOR HEALERS**

**21/23** Although *not* a silent retreat, this is a weekend of quietness for those who are involved in offering healing to others – in whatever sphere. We too need to 're-charge our batteries' and renew our attunement with the healing energies of the Spirit. Open to all QSH members and other healers. *Rosalind Smith; QSH co-tutor, member of NFSH, counsellor and facilitator.*

**Feb 28 RETREAT WITH DANCE**

**- Mar 2** Another of our dance retreats for experienced dancers, based on international folk and circle dancing. This weekend is *not* for beginners, and needs some experience of this type of dancing either at Claridge House, or elsewhere. The weekend finishes at 4.00 pm after tea on Sunday. *John Ford; Quaker and experienced teacher and facilitator.*

**Mar CREATIVE WRITING TECHNIQUES**

**7/9** In this workshop we shall concentrate on the more practical aspects of writing: what causes writer's block; how can it be helped or even overcome? Also, how we can improve techniques, style and writing skills generally. Suitable for beginners and the more experienced writer. *Lily Seibold; trained counsellor and qualified adult education tutor.*

**Mar RETREAT – 'LOVE, LONGING AND LANDSCAPE'**

**14/16** On our journey, we oftentimes walk through landscapes not of our choosing. We struggle in the deserts, become entangled in forests, get stuck in the marshes. Together, gently and in quietness, through art, words, nature, silence and love, we shall explore paths, both spiritual and physical. *Michael Stagg; experienced retreat leader and member of the QRG Steering Group.*

**Mar 'SPRING CLEAN YOUR LIFE'**

**21/23** Imagine what a good clear out could do for your mind, body and spirit – not to mention your cupboards! Using intriguing activities, we will explore how releasing our emotional and physical clutter can raise our energy levels, create space for new experiences and make us sparkle. *Dorothy Moir; experienced facilitator, life coach, member of NFSH and QSH.*

*For booking details – and other tariff, including daily rates and special breaks – please ring the wardens on 01342 832150.*

## LATTENDALES PROGRAMME 2003

### May MID-WEEK HEALING 'TRAINING' COURSE

26/30 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.

Cost (at time of printing) £190

### June QUAKER SPIRITUAL HEALERS' SUPPORT WEEKEND

20/22 Another of our biannual support weekends when both full and probationer members of QSH will have the opportunity to get together for mutual support and encouragement.

*Leonora Dobson & Rosemary Bartlett*

Cost (at time of printing) £120



**For information on booking, and other tariff, please contact The Wardens,**

*Lattendales, Berrier Road, Greystoke Penrith CA11 0UE*

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

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, Dept. X, 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

## REPORTS

### CLARIDGE HOUSE – OPEN DAY

Saturday 17th August 2002

An Open day took place at Claridge House during a short August heat wave this year. The good weather meant that all the well-planned preparations could be undertaken without worries about wet conditions.

The day before, and on the Saturday morning of the day, helpers were busy sorting the many items that had been donated for the several stalls. All was ready in good time. Several local residents and Friends from a number of Meetings, particularly Kingston and Wandsworth Monthly Meeting, supported the event and enjoyed the cream teas. Perhaps the only disappointing feature was that there were not more visitors.

After a short break, the evening activities began. Two cooks had worked all day in the intense heat of the kitchen to provide a most wonderful and beautifully arranged vegetarian buffet supper.

Later, resident guests and over thirty visitors packed into the lounge for an Edwardian concert for which Betty Sear of Esher Meeting had brought together a quartet of singers. The programme delighted the audience who greatly appreciated being able to join in some of the choruses.

After 9.30 pm, when visitors had left, the hard working wardens, with some help, still found strength after an exhausting day to rearrange furniture and have the House ready for Sunday morning breakfast and Meeting for Worship.

The day brought a small but much needed addition to funds, and helped to increase awareness of what the House offers.

*Alan Pearce*

### GLASGOW QUAKER HEALERS GROUP – WEEKEND AT LATTENDALES

17/19 May 2002

When it was suggested to me, last October, that I might enjoy a Spring weekend at Lattendales, I had little idea of what to expect. I was told that there would be peace, companionship and a sharing of skills, but in my depleted state I worried about how little I had to offer, whilst at the same time in need of having my own batteries re-charged. This was not only my first experience of Lattendales, but my first experience of spending time with Quakers.

It was like coming home! On Friday afternoon, sixteen of us met in the lounge for tea and home-made scones. Everyone was friendly without being 'pushy', and I think it was this feeling of acceptance, which persisted throughout the weekend, that was so therapeutic. In the evening Dale and Anne acted as Master (and Mistress?) of ceremonies, and, using a flipchart, enumerated all the skills which participants wished to share – and also what they hoped to gain

from the weekend. There were so many skills: they included listening, counselling, sharing, healing, reiki, massage, music, poetry, creative visualisation, ecstatic dancing, mantra and chi-gong. Most people sought re-vitalisation, companionship, support and peace.

As a programme was arranged for the weekend I began to wonder how on earth everything could be fitted in. I need not have worried – it was designed for us all to partake of what we wished, or opt out at various points in order, perhaps, to seek solitude. There was even time for sight-seeing for a few hours on Saturday afternoon. There was no pressure at all, either to join in or take the lead, and everyone simply gave or received what they needed. It was wonderful! All this to the background of the peaceful house and garden, and beautiful home cooking.

An unexpected highlight for me occurred on Saturday evening, under the simple heading of 'Poetry'. Not being a particular enthusiast of poetry, I nevertheless went along anyway, with no expectations, and was amazed to find myself enjoying sitting in a semi-circle round the fire, listening to people reading their favourite poems. It was a privilege to hear their own poetry, written and read by Shona, Jim and Derek. It was for all the world like being in a family circle.

The whole experience of caring, support, companionship and acceptance meant a great deal to me, and I would like to take this opportunity to thank everyone for making me, and others for whom it was their first time, so very welcome.

*Gina McCrea*

## REPORT ON FRIENDS LODGE, TASMANIA

We started off with the best of Quakerly intentions, to set up and run our Home of Healing in away that was similar, regarding use and consensus about decision making, as you do in England. Owing to the fact that we were a mostly elderly committee, with very differing viewpoints and experience, our meetings became stressful, and we were only covering about a quarter of the necessary issues. As committee members became too stressed they had to resign to build up their own health again, and when we were finally left with only four of us it became obvious that to start and run a business, which of course the Lodge is, as well as a Home of Healing, we would have to have a more streamlined approach to the business side of our vision.

We decided that those with special skills should be free to use those skills after the committee had agreed in principle that the work/item bought/letter written, etc. was necessary. Large or very important issues still needed the consensual decision making used in normal Quaker Meetings for Business.

We still have quite a lot to do regarding the finishing of the physical aspects, carpentry, the garden, the pool (being an old one it is expensive to

keep it clean and chlorinated, and as it is a popular part of people's quality of 'time-out' or convalescence, we are looking at a more modern way of making it economically easier to manage – solar heating and salt water plus much less chlorination). These jobs are slowly getting done and we are fortunate that our new hosts, Alexandra Trusselle and David Tudhope, get on very well with people and have many practical gifts to further the smooth running of the Lodge. Ally is a good cook and David is a 'jack of all trades', which are useful gifts to have as outside tradespeople are very expensive.

We are slowly becoming known for our niche purpose, and were very pleased that the first 'second time' guest, a very stressed carer of an adult, brain damaged daughter, has just booked in for another week while her daughter goes into a respite centre. Because we are by no means viable yet, we have decided to take holiday guests, including families with children, at least until we are regularly having enough guests there for healing purposes. The three ground floor bedrooms are well separated from the upstairs ones and each other, so we don't think that children will disturb the rest of the household.

We have many books, Quaker, other religions, 'life matters' especially those pertaining to philosophy and spiritual matters, reference books on 'healthy living', healing our earth as well as ourselves and each other. Novels, classics, crafts, are all represented as well as board games and puzzles, to give our guests a change from the television – which we don't have on purpose.

*Jane Walker*

## There have been two QUAKER SPIRITUAL HEALERS' SUPPORT WEEKENDS this year.

The first was held at Lattendales – 7/9 June 2002.

'No hurry, no worry' – A truly inspirational weekend at beautiful Lattendales was co-created by thirteen healers of varying experience. We had a really good time, with much centring, balance and laughter. Leonora Dobson and Rosemary Bartlett did a wonderful job in organising the smooth running of our time together; and Dr. Michael Wai Hin Len, a Hawaiian, Chinese, American, British healer, who has completed the QSH training and is now a full healer member led us in harmony and balance throughout the weekend. Michael practises Taoist psychological pastoral care at his centre in Bristol, and explained some of the Chinese philosophy of Taoism, both in words and in his fine demonstration of 'meditation in motion', Tai Chi Chuan. He taught us some of the flowing postures of the form and also some delightfully simple Chi Kung exercises, that can be gently done either seated or standing, to help replenish and nurture one's centre. The gentle strengthening breathing exercises help to relax and connect firmly with the ground. The symbolism of the Chi Kung movements is rich and simple – drawing up energy from one's

storehouse to one's heart, and by gently opening one's arms there is a sharing with all of nature and with other beings.

We joined our voices in the Sufi chant 'May God's blessings be upon you', and honoured each person in turn by singing his or her name while gathered round in a circle – very tender and moving.

Rosemary led us in meditation, relaxation and distant healing in a clear and joyful affirmation. She also encouraged us in Intuition Development as we worked in groups of three to pick up 'mind pictures' from our thought forms.

Our Meeting for Worship on Sunday morning included silence, and some beautiful chants, honouring various different cultures.

In our final discussion, we were inspired to take forward the concern that the time is ripe for fulfilling Lattendales' potential as a healing centre in new ways. We felt that the retirement of the current wardens at the end of the year, and the further development of QSH training courses indicated times of change and new exciting healing vision.

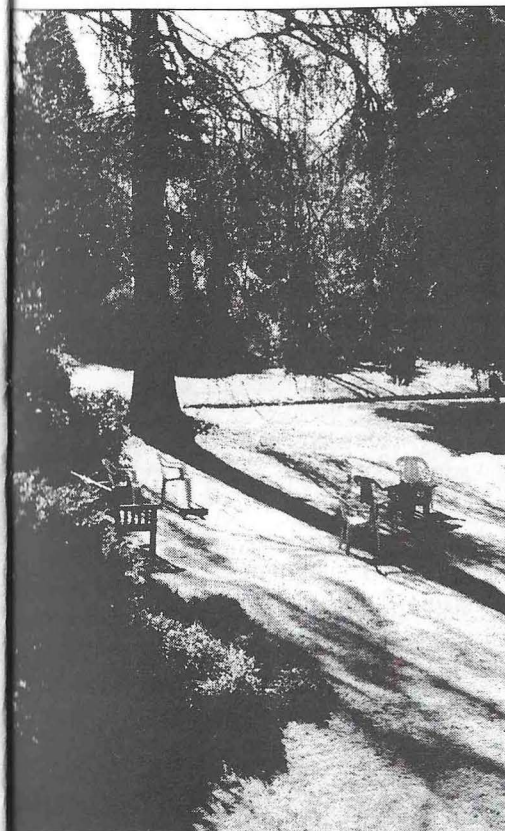
Maryrose W. Price

**The second QSH SUPPORT WEEKEND** was held at Claridge House 13/15th September 2002.

I had expected this weekend to focus on where we each were in our healing journey, checking our supervision arrangements (where appropriate) and generally encouraging and supporting us. Encouragement and support certainly came from the nurturing environment created by Claridge House and by Geoffrey Martin and Ros Smith, the weekend facilitators, and from the conversations over meals and in free time. We were also treated to experiential sessions from QSH members Anthea Lee and Brian Ackroyd respectively. Anthea introduced us to her past life work and invited us on an imaginative journey into a past or – since all time is eternally present – a parallel life and to see what it offered our everyday present life. Brian got us tapping meridians on various parts of our upper anatomy to release emotional attachments (Emotional Freedom Therapy, or EFT). I have to admit to a certain scepticism until I tapped in the privacy of my bedroom and experienced an inner opening and release in which I even forgot what it was that I had been tapping for! This technique seems to me to raise our awareness of wholeness "Be ye perfect as your Father in heaven is perfect". I have tried it since when suffering from a bad back and found it removed the strong fear element, leaving the pain which alone was supportable.

The Sunday session was a talk on the various flower remedies available. I personally found this less absorbing, probably because it was not experiential. On Saturday evening we offered one another a very rich kaleidoscope of experience, objects, music and readings all of which had meaning for us. I found it an absorbing and encouraging weekend which at times spoke to me at a deep level.

Frances Crampton



## TO THE FAR END OF THE GARDEN CLARIDGE HOUSE

*Like an angler, the azalea  
casts its yellow perfume  
across the garden and  
reels me in.*

*I'm not easy to land,  
I pull the line my way.  
There's much to see before  
I give in.*

*The path is moss and weed,  
wild strawberries, grey stones;  
Welsh poppies line this route  
I will take.*

*Bluebells haze their colour  
round trees and border beds.  
Speedwell, daisies, self-heal,  
stud the lawn.*

*Ferns uncurl, stretch new-born,  
green handprints on bare soil.  
Whilst dandelions grey  
to old age.*

Cathy Benson

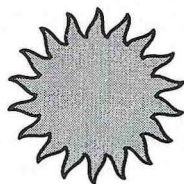
**RETREAT INTO SILENCE** at Claridge House. Led by *Jenifer Wates & Elizabeth Brown*. 2/4th August 2002.

Having been given the task of describing a weekend at Claridge House, I feel somewhat inadequate to express the essence of what is inevitably a very individual experience.

It is many years since I have been on retreat, and never on a silent one. I have only been to a handful of Quaker Meetings, again many years ago, but due to the chaotic nature of my life over the last few years, I have not had a spiritual base. Thus I'm not quite sure how I came to be on this retreat (which drew on the work of Thich Nhat Hanh), but I soon yielded to the silence, and remembered why I needed to be there and how much I feel drawn to the Quaker way.

Claridge House is a nurturing, welcoming environment in which to do this. Nourished by good vegetarian food and a supportive atmosphere, we were invited to house quiet times, to maintain silence over meals accompanied by music (a truly refreshing experience), and had free time to do with as we wished. We also had more structured sessions with our facilitators.

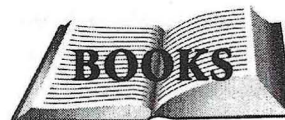
The highlight for me was the session on using different tools to become aware of and deepen our experience of spirit in the silence, i.e. drawing, focusing on a word or an object. For many of us this seemed very powerful, and for me personally, in forging my spiritual reconnection and working on a particular deeply held issue, this session was the most powerful of all in reminding me of how I can be proactive in my journey.



I can't prepare for the inevitable, the insurmountable.  
I can't avoid the plunge, the darkness, the despair,  
but I can endeavour to strengthen my grip  
on the eternal light that I carry with me into that place.  
And I can endeavour to open my soul  
to the souls fore and aft.  
And I can hone the tools to aid my climb.

This weekend gave me an opportunity to 'hone my tools!' I gained a huge amount from taking time out and re-acquainting myself with silence. It reminded me that it is the most important part of my day. It has prompted me to join a Meeting, and had I not found myself ringing on the door of Claridge House, I would not have travelled so far on my personal journey in one weekend.

*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.)*

**\*Quakerism in the 21st Century** by **Philip Rack**. William Sessions, York. 2002. 50pp. ISBN 1-85072-279-X. £4.35.

This is a timely book. It comes when there is a realisation in the Society of the need to examine whether our structures and traditions are impeding the flow of the Spirit to us and through us into the world around. It is with this wider world that the author is especially concerned – with those people who, working with Friends in causes of common interest, reject all religious institutions and yet have a 'spiritual awareness' which brings them close to the spirit of Quakerism. For him the Society, with its emphasis on accepting light from whatever source it comes, inner experience and the appeal to *that of God* in each person, is well placed to span the divide – learning from others whilst publishing the truth as we understand it.

If we are to be bridge builders, are we prepared to accept the changes this will entail? Can we use language which will enable us to speak more meaningfully about our spiritual journeys and the values we share with those who presently associate us only with good works? Do we assure them that they need not abandon their critical faculty to join us, and that their welcome will not depend on an external life-style identical with our own? (Let us remember what happened when John Woolman arrived at Yearly Meeting, dishevelled and wearing his undyed homespun clothes.)

Whatever change is necessary, worship will retain its central place in the life of the Society. In its depths diversities of belief and experience can find unity. After seventy years as a Quaker, the author believes that our divisions are not so much between 'Universalist' and 'Christo-centred' tendencies as between Friends who have experienced the reality of a gathered meeting and those who have not, or have forgotten it.

In his book, we are challenged with both the risks and the thrills of travelling with new companions who do not conform to our familiar pattern. It will not be comfortable reading for those amongst us who fear change with its likely dent in our carapace of respectability. But for others, it will come as an exhilarating gust of wind, blowing away restricting clutter from the past, and freeing us to think and pray more daringly for the future.

*Jack Dobbs*

**\*Playing in the Presence: genetics, ethics and spirituality** by **Jackie Leach Scully**. Quaker Books, 2002. Swarthmore Lecture. 116 pp ISBN 0-85245-337-X. 'Curiosity, alertness and half a smile' are words which Jackie uses to describe



Wisdom in Michelangelo's *Creation of Adam* – the striking picture on the cover of her book. These words sum up Jackie herself. Her book is sprinkled with large doses of humour, wisdom and, of course, curiosity. She poses questions as well as giving us well-informed thoughts and scientific insights into how differently we might approach genetics and ethics within our personal and corporate Quaker lives. I welcome this.

The idea of play, especially to Quakers, Jackie feels, may not go down too well! Her gentle way of challenging what might be the Quaker Achilles heel – that small part of our puritan inheritance which makes it difficult for us to enjoy ourselves. She quotes from Mencken that, because we seem to approach life and worship so seriously, we are in danger of being 'people nagged by the fear that somewhere someone else is having a good time'. If that is so, then play will not be our natural instinct.

She is suggesting that to approach genetics and ethics we need to 'play' with them. That it is possible to be responsible without being gloomy, pessimistic or serious. Play, she feels, is 'one of the most important religious activities human beings perform'. For me, playing is an activity that exists solely for itself. It offers time-out – when I can engage my imagination and enthusiasms to play and toy with anything and everything that comes from the depths of my being. Not particularly scientific but very human!

Our human need is to be in control, but certainly, rules, laws, definitive statements, will never help us. Rather, if we understand that 'life is a dynamic flux' (Sylvia Plath) then Jackie suggests we learn to embrace uncertainty, fluidity, constant movement – ebbs and flows – these may be our best bet. To engage with the difficult issues of our time and understand better what it means to be a small part of the creative tension – always moving and shifting – is this what being humble co-creators with God is about?

*Joolz Saunders*

**\*Wayfaring: a Gospel Journey into Life** by Margaret Silf. Darton, Longman and Todd, 2001. 212pp. ISBN 0-232-52403-3. £9.95.

Margaret Silf was trained by the Jesuits in accompanying others in prayer. She is an ecumenical Christian who has 'no doubt that the Kingdom of God is infinitely greater than all the formulations of organised religion'.

*Wayfaring* is another of several inspiring books by her, published in recent years. The reader is invited to become a wayfarer making their own journey of prayer through the Gospel stories.

Although there is little reference to Ignatius of Loyola, her work is based on his imaginative approach. The text is easy to read with its freedom from religious jargon. The reader on their journey will find many challenges. There are also many treasures to discover. Before the main Gospel journey I found, for

instance, a lovely reflection on Wisdom 11:22-3: 'In your sight the whole world is like a grain of dust that tips the scales, like a drop of dew falling on the ground'. Margaret Silf writes, 'A drop of dew, though utterly insignificant in itself, is part of earth's life support system – an essential, indispensable part. We are like drops of dew, and our lives too have the potential either to give life to all creation, or withhold life. We give life when we allow our fleeting dewdrop to soak into the earth and water tomorrow's growth. We withhold life when we choose instead to keep our dewdrop in a little bottle for ourselves, refusing to let it be spent, refusing to let it flow'.

This is not a book just to read right through. It is a study resource. The more time you give to the suggested exercises the more rewarding will be your journey. The book is enhanced by some beautifully simple illustrations by Roy Lovatt which provide further valuable meditative material.

*Alan Pearce*

**\*Undersong: Listening to the Soul** by Peter B. Price. Darton, Longman and Todd, 2002. 181pp. ISBN 0-232-52440-8. £8.95.

Peter Price, Bishop of Bath and Wells, is a traditional Christian with immense insight and spirituality. *Undersong* takes us to the boundaries of the 'self' and requires us to recognise the 'other' – God, Community and the Self beyond self.

Who is it for? The author says, 'I hope it is for people who are spiritual, but who do not think they are Christian; and for people who are Christian but do not consider themselves to be spiritual'.

With many stories and insights he challenges the Church and the individual to listen. Each chapter exposes us to the Undersong of the Child Within; Conversion; Community; Justice; Peacemaking; Poverty; Suffering; Reconciliation; and Loving. He sees the Undersong as 'the mustard seed of hope in a curable world'. And we are finally asked, 'What tune is playing in the undersong for you?' Jazz? He quotes the jazz trumpeter Wynton Marsalis, 'In jazz you project your personality and discover positive and negative things about it. Jazz is about projecting your personality and prizes individuality; but it also places upon you the responsibility to figure out how to put your individuality in the context of a group'. (Society?).

*Keith Marsden*

**\*Dive Deeper** by Michael Paul Gallagher. Darton, Longman and Todd, 2001. 128pp. ISBN 0-232-52408-4. £8.95.

'The main blockage to Christian believing lies in our lifestyles and not in our ideas', I read on the first page. "Now that's a nice Quakerly thought", I said. The blurb on the back cover had warned me to expect 'a wise and daring book full of extraordinary surprises' and I noted that the author is a Jesuit professor of fundamental theology.

He tells us that the idea for the book came from a course he had taught on 'Growing through Imagination' in which he used the arts as a source of



preparing the way for faith. He has conjured up five 'conversations' between some unlikely literary figures from the past, pairing off Jane Austen with D.H. Lawrence, Flannery O'Connor with George Eliot, Shakespeare with Oscar Romero, Nietzsche with St. Therese of Lisieux, and lastly Rainer Maria Rilke with Karl Rahner. I had never even heard of three of these; a further three, although I had heard of them, have never featured on my reading list. That brought me down to four where I hoped to latch on to the references without too much difficulty.

These five conversations deal, respectively, with what Michael Gallagher calls, 'five major strands of the human adventure – friendship, guilt, tragedy, solitude and ordinary living'. I found some of the exchanges a little stilted, less like conversation than lists of statements, but for the most part they are interesting, thought-provoking and, as promised, surprising.

At the end of each chapter, we find a 'Reflection Space' giving a selection of quotations from a larger variety of writers and, indeed, all the text is liberally sprinkled with literary references. After my initial skim of this book, I was astonished when I started to make notes, to find on p.2 the statement, 'Other books I have written were more reliant on my reading'. My note to myself at this point was, "Don't tell me the others had *more* quotations!"

I like to have other writers suggested in my reading but the serious omission in this book is the lack of an index or a bibliography. He tells us early in the piece that it is not an 'academic' work but nevertheless it would be much improved with proper indexing. That said, do not let it put you off reading it because, especially when looking back, trying to find a particular passage, you will notice other pieces that merit further attention. There is a lot of good stuff in here. Worth reading, certainly, but if you borrow it from the Postal Library, tell Joan not to expect it back in a hurry!

*Muriel Robertson*

**When the Spirit is involved: Vignettes on Spiritual Awareness** by Dori Clayton. Pyramid Publications, 2002. 48pp. ISBN 0-473-08441-4. Obtainable from *Alan Pearce* (see inside back cover) £3.50 plus 50p post & packing.

Dori Clayton is a Quaker who in 1979 founded the New Zealand Friends Healing Fellowship. She has been a published writer for much of her life and has particular interests in the protection of the environment and animal welfare.

This booklet contains ten short articles in which the author writes of her search for spirituality in her life. Her interests in healing and the environment come through strongly. There are reflections on the age in which we live, the value of silence, and the importance that nature, colour and friendship can play in our lives. I found the article on 'Who is God?' and 'This Dying Business' particularly helpful.

The booklet is intended for a wider readership than Quakers. The clarity and simplicity of Dori Clayton's writing is a joy.

*Alan Pearce*

*Three recent booklets published by the Friends Fellowship of Healing are:*



**A Pool of Quiet** by Kitty Grave, £1.20, which has been reprinted following several requests. This little book contains meditations for a month and was written for the Fellowship by Kitty Grave over a number of years. It was first published thirty years ago.

Seed thoughts are taken from a broad spectrum of sources. The reflections upon these are simple but profound. If you are very busy you can just dip into the booklet and have a 'Thought for the Day'. If you have longer then there is a resource for meditation. Each reading is self-contained and suitable for individual or group use.

For the equivalent cost of a cup of coffee or birthday card, the booklet provides lasting treasure.

*Alan Pearce*

**Meditation and Contemplative Prayer** by Rosalind Smith. £1.50

This is a valuable addition to the publications of the Fellowship. The purpose, use and results of meditation are well explained and accompanied by meditation exercises both in the Western and Oriental traditions. The differences and similarities of meditation, contemplation and prayer are also described. As Ros says in the book, 'Meditation is a leading through into prayer and an opening up to the inner treasure that we all come into the world with'. What more can we aspire to? This is much more than a bedside book. It is a very useful companion on the spiritual journey.

*Geoffrey Martin*

**A Closeness of Living: the spiritual legacy of Louie Horne.** £2.00

A selection of her poetry and prose, compiled by Joanna Harris.

*All three booklets are obtainable from Alan Pearce (address on inside back cover) – as also is the complete selection of booklets published by the Friends Fellowship of Healing.*

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## FRIENDS FELLOWSHIP OF HEALING

### GROUPS LIST CHANGES – July to November 2002

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- DITCHLING** Judy Moody-Stuart, Little Blackbrook, Spatham Lane,  
Westmeston BN6 8XJ
- HEBDEN BRIDGE** Jo Brown, 4 Lower Woodhead, Barkisland, Halifax HX4 0EJ
- SHEFFIELD** *New Joint Convenors:*  
Beryl O'Brien, 127 Willow Drive, Sheffield S9 4AS  
Ruth Vear, 5 Williamson Road, Sheffield S11 9AR
- TORQUAY** Group laid down. Lack of interest and extreme age of members.
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## ADVENT AND WAITING

From 'adventus' meaning 'arrival' a four week wait for the Christ-child's birth.  
Should I specially prepare for 'the Incarnation',  
That anniversary of God taking human form on our planet?

What should I do in this wait? Meditate, de-clutter, de-tox, purify...?  
Become ready for a new beginning  
Confidently hopeful of a fresh start?

But my pen-friend on Death Row has been waiting several years (not just in Advent)  
For the lethal dose execution,  
Constantly postponed for another wait of dread.

John is a Mexican-American. His surname translates as 'Sun-rise'  
But for him, never the hope of a free new dawn  
Just the misery of his prison cell, waiting to be killed.

I will spend Advent sending him distant healing, channelling the creative power of  
the Holy Spirit  
Visualising that John will experience a re-birth for coping  
An awakening faith that transcends those grim walls.

I will send him my belief in the here-and-now for I've written often of how I try to  
just 'be'  
Of just 'being Whole' in each intentioned moment  
Manifesting that Love Divine, we all are.

Advent is for re-learning about being expectant – that waiting which is ever  
mindful of God-immanent in each  
Becoming fully consciously aware of that Hope in you and me and the planet  
A wait, paradoxically, for what is, already arrived.

Advent is about realising that expectant Hope – the 'that-of-God' potential in  
each prison warder  
In those responsible for repressive, cruel regimes  
In officials who order capital punishment, but then delay.

Advent is for the hope of rehabilitation – of redemptive re-education and therapy  
For the belief that each individual can change  
Can discover their Divine essence and 'be'.

Elizabeth M. Angas

## FFH PUBLICATIONS

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

Valerie Cherry – *Grief Experienced* £1.00  
Joan Fitch – *Handicap and Bereavement* £1.00  
Kitty Grave – *A Pool of Quiet – meditations for a month* £1.20  
Joanna Harris (ed.) – *The Healing Power of Laughter* New edition £1.40  
– *Mourn us not* £2.00  
– *In Praise of Claridge House* £2.50

Joanna Harris & Alan Pearce (eds.)

– *Quakers & Healing Today* £2.00  
David Hodges – *George Fox and the Healing Ministry* £3.50  
– *Science, Spirituality and Healing* £2.00  
– *Seeking to Heal?* £1.20

Louie Horne – *A Closeness of Living: the spiritual legacy of Louie Horne* £2.00

Jim Pym – *What kind of God, what kind of Healing?* £1.00

Anne Smith (ed.) – *Friends Find Words...* £2.50  
– *A Garden of Healing Poetry* £2.50  
– *In Praise of Lattendales* £2.50

Rosalind Smith – *Simple Healing* £1.00  
– *Quakers & the Spiritual/Psychic Dimension* £1.20  
– *Meditation and Contemplative Prayer* £1.50

Jill Stow – *In a Strange Land (an experience of dementia)* £1.20

Elizabeth Stubbs (ed.) – *Coming Through the Darkness* £1.50

Mavis E. Timms – *Lift Up the Stone* £2.00

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

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

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