

## NOTICES

**FFH/QSH Web-site:** [www.quaker-healing.org.uk](http://www.quaker-healing.org.uk)

**FFH Spring Gathering:** Morley 26 - 28 March 2004.

**QSH Healing Training Courses:** Mon-Fri 8/12th March 2004 at Claridge House and 3/7 May 2004 at Lattendales.

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**Clerk:** Joolz Saunders, 3E Crown Street, Worcester WR3 8AS.

Email: [joolz@3e-crown.freemove.co.uk](mailto:joolz@3e-crown.freemove.co.uk)

Tel: 01905 26655

**Gatherings Secretary:** Fran Woolgrove, 55 Kendal Green, Kendal LA9 5PT

Tel: 01539 737715

**FFH Membership Secretary:** Ruth Martin, 96 Busbridge Lane, Godalming, Surrey GU7 1QH. Email: [Ruth.Quakerhealer@tesco.net](mailto:Ruth.Quakerhealer@tesco.net) Tel: 01483 422881

**Treasurer:** John Smith, 11 Beacon Hill, Dormansland, Surrey RH7 6RQ.

Tel: 01342 833151

**Editor of Towards Wholeness:** Rosalind Smith, 11 Beacon Hill, Dormansland, Surrey RH7 6RQ. Email: [RosSmith@btinternet.com](mailto:RosSmith@btinternet.com) Tel: 01342 833151

**Postal Prayer Groups Coordinators:** Elliot Mitchell, 87 Ravelston Rd, Beardsden, Glasgow G61 QAZ. Email: [elliottjames33@yahoo.co.uk](mailto:elliottjames33@yahoo.co.uk) Tel: 0141 9424431  
and Muriel Robertson, 51 Highmains Avenue, Dumbarton G82 2PT

Tel: 01389 763963

**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:** Tony Steel-Cox, 'Sidside', Packhorse Close, Sidford, Sidmouth, Devon, EX10 9RR. Email: [Tony@sidside36.freemove.co.uk](mailto:Tony@sidside36.freemove.co.uk) Tel: 01395 579221

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

Tel: 01234 267360

Email: [Geoffrey@healing-hands.fsnet.co.uk](mailto:Geoffrey@healing-hands.fsnet.co.uk)

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

Email: [Welcome@claridgehouse.freemove.co.uk](mailto:Welcome@claridgehouse.freemove.co.uk)

**Lattendales,** Berrier Road, Greystoke, Penrith, Cumbria CA11 0UE. (Wardens: John and Vivien Cran) Email: [wardens@lattendales.info](mailto:wardens@lattendales.info) Tel: 01768 483229

### 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."



£1.50

# TOWARDS WHOLENESS

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FRIENDS FELLOWSHIP OF HEALING  
(A QUAKER GROUP)

## REFLECTIONS

*F*or this, Here, this Now, is not a mathematical point in the stream of Time; it is swollen with Eternity, it is the dwelling place of God Himself. We ask no more; we are at home.

Thomas Kelly

*B*ut all Friends, mind that which is eternal, which gathers your hearts together up to the Lord, and lets you see that ye are written in one another's heart.

George Fox

*W*ork for this life as though you were going to live forever.  
Work for the next life as though you were going to die tomorrow.

A Sufi Master

*W*e cannot heal what we cannot feel.

John Bradshaw



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US members please contact our agent, Richard Lee, 1201 Walsh Street, Lansing, MI 48912. Tel: (517) 485-4268 Email: 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. Email: 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. Email: joolz@3e-crown.freemove.co.uk

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*The Fellowship is a registered charity – number 284459.*

## NEWS

**FFH Spring Gathering 2004:** 26<sup>th</sup>/28<sup>th</sup> March, at Morley, Derbyshire.  
**DOWSING FOR YOUR SPIRITUAL AND PHYSICAL HEALTH...**

This weekend we will learn from *Julian Holland*, member of the British Society of Dowsters, about the more spiritual and personal health aspects of dowsing. Among other healing related topics there will also be an interesting visit, on the Saturday afternoon, to the well-known herbal company *Weleda*, with *Michael Bate*, the garden manager, giving us a talk and guided tour round the herb gardens and growing fields. Cost – £100. Bookings with £20 non-returnable deposit please to Fran Woolgrove, 55 Kendal Green, Kendal, LA9 5PT.

**Quaker Spiritual Healers Training Course:** Mon 8<sup>th</sup> - Fri 12<sup>th</sup> March 2004 at Claridge House and Mon 3<sup>rd</sup> - Fri 7<sup>th</sup> May, 2004 at Lattendales. *Both courses to be led by Leonora Dobson and Rosalind Smith.*

**WEB-SITE...** The Friends Fellowship of Healing now has its own web-site, which includes links to the Quaker Spiritual Healers, Claridge House and Lattendales, also to other Quaker Houses, and to the British Alliance of Healing Associations. Please visit [www.quaker-healing.org.uk](http://www.quaker-healing.org.uk)

### SPECIAL REQUEST RE SUBSCRIPTIONS FOR 2004

The following applies only to those members who have a Subscription Reminder enclosed with their magazine. If you do not have this enclosed it is because you either pay by standing order or have paid in advance, either knowingly or having forgotten you had paid, by a duplicate payment.

As I shall be abroad for 2 months from the beginning of January until March I shall be most grateful to receive subscriptions for next year **as early as possible, preferably to reach me before Christmas**. If you cannot manage to pay early please send as usual and they will be dealt with on my return. By asking for them early I hope to prevent a delay in the issue of the March magazine, the envelopes for which I will be unable to process until my records are up to date. Many thanks in advance for your co-operation.

*Ruth C Martin, Membership Secretary*

### QUAKER 1652 COUNTRY GAME – *Special offer to FFH Members*

Christmas is coming and I thought a special reduction in the price of the board game to £20 might encourage members to consider giving it as a present to younger family members. Unfortunately the p&p remains at £5.

Also available and suitable as a present is the CD of the game at £12 and the packs of Balby cards (phrases from Advices & Queries) at £5 each (both inc. of p&p). Cheques to me, *Ruth C Martin* (address on back cover of TW).



## CLARIDGE HOUSE

Quakers generally may not be fully aware of the extent of outreach work that is done at Claridge House. Many guests have been introduced for the first time to the Quaker way of worship through the twice daily Quiet Times. Some ask for copies of the *Advices and Queries* and quite a number have subsequently visited a local Quaker Meeting. As a recognised meeting with Meeting for Worship every Sunday several new Attenders have been attracted.

This year has seen a change of wardens at the House. Debbie Wright after over three years service has left and is now warden of Bournemouth Meeting. Throughout her time at the House Debbie worked tirelessly. She excelled herself on the housekeeping side in bringing improvements and a homely touch for the comfort of guests. At an informal gathering of trustees and staff Debbie was thanked for her valued contribution.

In September the new warden, Nick Bagnall, was welcomed with his wife, Anita, who is giving support on a voluntary basis. Nick is a member of Worthing Meeting. Besides being a reiki healer and masseur, he brings a wealth of relevant knowledge and practical experience.

Cherry Simpkin of Blackheath Meeting was appointed a new trustee in September. She joins the other four trustees: Colin Brewer (Dorking meeting), Alan Pearce (Cambridge Oast House), Val Rowling (Horsham) and Godfrey Turner (Croydon).

The trustees look forward to working with Nick in developing and strengthening the work of the House as it enters into its second half century next year.

Alan Pearce

## POSTAL GROUPS CO-ORDINATOR.

After 5 years as co-ordinator of the postal groups Sylvia Edwards has decided to 'retire' and we send her our very grateful thanks for all the work she has done. She tells us that she has enjoyed doing this job very much, not least because of the contact she has had with many Friends. Her position is being taken over by Elliot Mitchell, and he will be helped by Muriel Robertson – we wish them well, and we hope they will find this work rewarding. (Contact details are on the back page of TW.)

**QUAKER FELLOWSHIP FOR AFTER-LIFE STUDIES** will be holding another day conference on Saturday April 24<sup>th</sup>, 2004, at Quaker International Centre, 1/3 Byng Place, Euston, London WC1E 7JH. For details please contact *Angela Howard*, Webb's Cottage, Saling, Braintree, Essex, CM7 5DZ. Tel: 01371 850423. E-mail: [angela@webbscottage.co.uk](mailto:angela@webbscottage.co.uk)

A new FFH booklet is being prepared by *Anne Smith*. It will be a compilation of children's thoughts about Life and Death. She would be pleased to receive any quotations, short stories, poems, etc., along this theme. Please send them to her, 90 Chipperfield Road, Kings Langley, Herts. WD4 9JD.

## TRANSFORMING LIGHT

Joolz Saunders

(From a talk given at Summer Gathering, Loughborough, 2003.)

On behalf of the Fellowship I'd like to express our thanks to the Planning Team for this opportunity to bring the subject of HEALING to the biggest Quaker group ever – QUALIFYING FOR AN ENTRY IN THE QUAKER COCOA BOOK OF RECORDS! The FFH (which began life in the 1930s) assists and encourages Friends to re-claim, rediscover and harness this 'lost' gift of Jesus' teaching.

We are the current stewards of our 350 year-old faith tradition which has, during its history, spread much light. I want to, briefly, explore how prayer and healing, as part and parcel of this faith tradition, can transform lives and spread more light.

Transformation is about how the caterpillar gets to be a butterfly: or, in human psychology terms – how we get from fragmentation to wholeness and from separation to one-ness. This includes confrontations with the shadow and encounters with the 'self'; as an image of God.

Such transformations change our world-view and represent steps in the process of what Jung called "individuation": that is, becoming our true, whole selves.

For early Friends this transformational journey was so powerful that Margaret Fell described it with the words: "*the light will rip you open*".

The light that "rips us open" uncovers our true self – warts and all – but it enables us to sweep away negative emotional attachments and gain a better understanding of our mental 'stuckness'. Rex Ambler has shown us recently how waiting in the light can be a powerful therapy. The 'ripping open' of the bandages binding our festering wounds can allow them to heal in the light of spiritual love, which flows into our being and can make us whole. The light wakes us up and shows us our potential.

George Fox's words are "*The light that reveals is the light that heals*" (1652). When God's light shows up our shadow, dark side, it is then our responsibility to assist in the process and make friends with our shadow! When early Friends turned to the light it led them to their inward teacher and guide

Rex Ambler: "*The same light that struck awe and dismay into them (early Friends) also healed them, gave them new life and showed them the way to go.*"

Because we're creatures of habit we often have to be propelled into change and eventual transformation, or dragged kicking and screaming into it, or, we go into it through illness and other life crises. Indeed an illness or accident is often a major catalyst to our individual transforming journey. Life crises are *always* transformational and can tell us that we need to break free of beliefs, habits and practices that are no longer helpful to us.

Janey O'Shea, writing in her article in "*The Friend*" of September 1994, says "*the first step to transformation can be to 'stand still' so that the Light can show and*



discover us to ourselves. A process of self-examination... the **loving** light who uncovered our unseen, shadowed corners." Early Friends found this just as painful as we do. Janie then asks..."are we willing to risk being challenged and transformed and bonded to others in ways we may **not** have chosen?"

When I look at my own journey I was certainly challenged and did not choose my initial experience – I was propelled into it, and it chose me! If we acknowledge that prayer is part of a transformational process then, as Rufus Jones wrote, "prayer releases energy as certainly as the closing of an electric circuit does". It heightens all human capacities. It refreshes and quickens life. It **unlocks** reservoirs of power.

My own reservoir of power was tapped into when someone I did not know said to me "I am in a lot of pain and I know you can give me healing". I was stunned!! But – after the initial shock and panic I tapped into a forgotten knowledge and awareness of healing – having met healers many years previously.

So I asked this woman to return to her room; we would sit quietly and I would pray for her healing. It was a timeless experience – I had no idea how long I sat there in total concentration, somehow being held in an illuminated, timeless space. When we met next day she told me her pain had gone and she did not need to go to hospital. Which is just as well because we were a large group of families sharing youth hostel accommodation 50 miles from the nearest hospital! Looking back on this event I am struck by the fact that she did not ask the question but made a statement. It's as though she had seen something in me which I had not been aware of but this allowed the invisible to be brought into the light for both of us!

For years after this event I was preoccupied with family life and it was only when I became extremely ill that healing found me again, but, this time, on the receiving end. When you realize the gift of life is held in fine balance – on recovery you come to value those special people around you and every single day afterwards.

I like the words of Paul Tillich who describes this as "*a wave of light that breaks into our darkness*". A power surge.

Scientific experiments have now shown that people who are sick are helped in their recovery through intercessional prayer, even when they don't know it is being done on their behalf. Highly concentrated meditation (which is what I now know I had been doing) also produces an abundance of spiritual energy. When that energy is directed specifically and sent out, it has a huge impact. For me, I knew **who** it was who was channelling this energy because it shot through my body with such force that I was astounded, and at the same time a picture of this Friend came into my mind. She later confirmed that yes, she had been praying for me. Once recovered and after several nudges by someone, herself well into the healing process, I started to find out more about healing. Up to that point I had chosen to ignore it, largely because I had not wanted the responsibility. It felt too big to handle at the time. It's a bit like deciding to take the reigns of a strong,

run-away horse when you've never even sat in a saddle.

But transforming experiences, so Jim Pym has said: "*become a calling to act as stewards of that which has been received*."

Here's a 3-D image to remember:

Healing is a gift to be **Discovered, Discerned and Developed**. Some of us will respond to do this work by becoming healing channels. When this occurs, and those Friends follow their promptings and leadings towards the ministry of healing, this is a fulfilment of coming into the light for them, on behalf of the whole community. A gift, a grace and a blessing.

However, whenever we intercede with prayerful healing, we must be prepared for an answer which places a practical, obligation upon us. (It was this I alluded to earlier, that I could not initially handle and backed away from).

In his book *Addiction and Grace* Gerald May says... "*We are never simply visited with a healing or deliverance which we can then safely forget. Grace is not a pill we are given or a method applied to us so that we can simply go on about our business. Grace always invites us forward... every healing demands continued care, every deliverance demands follow-up... If we do not respond to these ongoing calls, if we deny our empowerments for continued growth, in freedom and responsibility, our healings may well be stillborn*".

He is saying that healing is a commitment!

If we look at the example of Jesus – he did not say to his disciples – "at 6 o'clock tonight we'll have a nice little healing group..." Of course not! Healing is mostly **responding with commitment**, to a person's situation and need at a **particular time**. Most healers will tell you that to offer, or be asked for healing, is often spontaneous and a sort of "focused, and immediate response to a mutually acknowledged need".

BUT – no **one** person has the gift of healing for everybody, nor for every disease. Each cure is a fresh gift when God's chosen vessel does what God's power makes possible... It should never be an ego-trip for an individual healer. You cannot heal from a pedestal. All gifts are for the benefit of the whole faith community not for any one person's individual glory. So if anyone feels they have the gift of healing then some testing and discerning is helpful to become truly aware of what God really wants of us.

Our faith community works well when it is truly aware of team-work (my word for GOSPEL ORDER)! But we might see that God expects us to call upon those who have spent time developing their particular gifts, of which healing is one, as we would call on those who have developed **their** gifts of clerking or treasuring. We are not all required to do the same tasks in life, nor the impossible, but to respond genuinely to one another and to use our talents well.

Or, if you are a Harry Potter fan, Dumbledore explains to Harry, "*it's not our abilities that show what we truly are – it's our choices*".

God's light shows up our shadow, dark side, and it is then our responsibility



to sort it out. Early Friends in turning to the light were transformed and it led them to the inward teacher and guide. God's new order, which is what they were trying to replicate, meant a reconciled and faithful personal relationship with God, gathered into a community of God's people: GOSPEL ORDER – GOSPEL being the life, power and reality of relationship with God and ORDER referring to a way of living which helped the faith community deepen that relationship. In Fox's day this was called the 'covenant relationship'. And community provides a way forward for God's transforming power which challenges individualistic behaviour. The faith community provides the hands, feet and voices of God's healing love.

As individuals we each make a contribution to the faith community – like light bulbs on a continuous electric circuit – each one lit up by the power of the same spirit but glowing with our own different colours. St Paul tells us:

(1 Corinthians 12): "God has put in the first place apostles, in the second place prophets, in the third place teachers, then those who perform miracles, followed by those who are given the power to heal or to help others. They are not all apostles, or prophets, or teachers. Not everyone has the power to work miracles or to heal diseases."

To put it another way: we are not all Clerks; we are not all Treasurers, we are not all Elders or Overseers. No! Our gifts develop in different ways and at different periods in our lives BUT we *do* need to encourage one another to develop our individual gifts and be thankful for them.

The Quaker Spiritual Healers group – formed in 2000 – was a response to a growing demand and there are now nearly 100 accredited members carrying out this work exemplifying the possibilities of healing.

If we acknowledge that God's light and power can transform us then it gives us all the opportunity to be lighthouses: pure and reflective mirrors of God's grace.

As my Grandma used to sing when I sat on her knee as a very young child: "Jesus bids us shine, with a pure clear light / Like a little candle burning in the night / In this world of darkness so we must shine / You in your small corner, and I in mine."

I'd like to give the final word to Rowan Williams, who I still respect. He says: "our human task is to be thankful that we can be changed by God's spirit. We find our real identity through God's love and grace which transforms our human disaster. If you don't know why this matters – look for someone who does!"

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**A REMINDER...** that a bursary fund is now available for those FFH members who would like to attend any FFH gatherings, and courses, or short stays, at both Claridge House and Lattendales. Reductions on the prices of these events are discretionary taking into account the individual circumstances of each person.

Applications need to be made through an overseer of your Meeting, which should then be forwarded to the Treasurer of the FFH (name and address, etc. on the back cover of TW).

## IF WHEN HE SPOKE

*'He then took a little child, set him in front of them...' (Mark 9:36)*

*I think I would do as He did  
and stand a small child  
on the middle of the floor.  
And I would wait to see what happened.*

*The child  
might be struck dumb, of course.  
Or he might not.  
I would watch his eyes.  
I'd wait for him to speak*

*When he did  
he might lay the foundation-stone  
of an entirely new world.  
He might use a new word for love,  
which maybe I would recognise, maybe not.*

*If, when he spoke, it thundered,  
I would know the elements applauded him.  
If a light rain fell, wetting only  
my head or my hands, I could rely  
on being cleansed through and through.*

*If his word was cataclysmic and the rocks  
started rocking and splitting their sides,  
how could I be certain it wasn't with laughter  
and this, too, part of our world's  
healing?*

*Felicia Houssein*



Healers sometimes have people coming to them as a last resort, having tried other routes to relieve their condition. The person may ask why they have suffered so much. I would like to look at the relationship between suffering and compassion.

Whatever else we wonder about, most of us have wondered about the purpose in life, and why God allows suffering. At the same time, we may say that we want to make a real contribution to this world, to leave it a better place because we were here. We have answered our own questions, although we may not realise it at the time.

A very spiritual person, while she was speaking at a recent fundraising event for the Children's Hospice Association for Scotland, said that CHAS was one of her favourite charities, because it embodied compassion. She went on to say that she has been asked many times over the years what the purpose in life is. Given that she is one of the foremost mediums in Scotland, I am not surprised that people ask her such a profound question. Her answer every time is that "our spirit comes to this earth to learn compassion". That is it, in nine words, the answer to so many of our questions. Why are we here, why do we suffer?

'Compassion' is the sharing in another's pain. But, compassion is not just sympathising – it is knowing and feeling and understanding because we have been there ourselves. We can only participate fully in something if we have experienced that condition for our self. Therefore, there is no avoiding suffering, in one form or another since we cannot have true compassion otherwise.

But, what is 'suffering' and, as is frequently asked, why does God allow it? The dictionary defines suffering in two ways, firstly 'The bearing or undergoing of pain, hardship, etc.' It also means 'permission, or tolerance. We remember that Jesus said, "*Suffer the little children to come to me.*" So suffering, when viewed in a detached and positive light (which is almost impossible at the time), means to allow, to permit and therefore to learn.

This means, incidentally, that we do not necessarily have to continue with pain and hardship once we have learned the emotions which go with it. And, having experienced it sufficiently to have learned, we are then able to be compassionate with another person who has the same pain. It is, of course, not an easy path to this point.

You can make a real contribution to the world. You can be able to have compassion for those who come to you; since you will know what words to say, you will speak words which resonate with them in their pain because you know, because you have been there. You have compassion.

He wore a woolly hat and leather jacket, and looked about fifty. His face was red and puffy under a copious beard; his teeth were brown and broken and his breath smelt of drink. We faced each other on plastic chairs in one of the Christmas shelters for the homeless in London. Around us, in this vast high-roofed bus garage, were hundreds of men sitting in their overcoats or lying in blankets. It was cold.

He spoke fast, and I couldn't catch all that he said. But one thing was clear: he was very *angry*. He was angry that he had a leg weakened by polio. He was angry that he'd lost his job in the building trade ten years ago. He was angry that he'd drunk and smoked too much. Angry that he had high blood pressure and a high cholesterol count. Angry that he'd had two heart attacks in the last 18 months. Angry that he could get no peace in his hostel...

He broke off, and, searching my eyes, asked with a slight note of disbelief: "What can you *do* for me?" At that moment I felt that I shared his doubts. Short of a miracle it seemed unlikely that one dose of healing would allay his poverty, self-neglect, self-reproach, and physical decline, that were the product of so many years.

"I'm not sure I can do much for you" I admitted. Then in a sudden fit of optimism, I added "but there might be something you could do for yourself". "What's that?" he asked. "Meditation", I ventured. "What's that?" he replied.

For the next few minutes I tried to explain how he might set about meditating. How he would need to find somewhere quiet, sit upright, close his eyes, sense his breaths, count them up to ten, and so on... While I was speaking, his attention was focused on his lap, where he was slowly assembling a sad-looking cigarette with his stained and stubby fingers.

"Shall I run through it again?" I asked. "All right", he said. As I continued, he lit his cigarette, and it promptly flared up and came apart. He busied himself with the job of refashioning it, and trying to relight it. "Oh hell", I thought to myself, "this is utterly pointless, and we both know it!"

When I'd finished, he surprised me by asking: "Will it bring me nearer to God?" I assured him that it would. "It'll bring you nearer to everything", I said. He seemed pleased and reached into his shoulder bag, where a further surprise lay in wait. Carefully he drew out a plastic folder with a few sheets of paper in it.

He then began to pen the following lines in large block capitals:  
**IN THE SILENT MOMENT – OF A BREATH – I REALISED THERE WERE –  
 FIVE HUNDRED PEOPLE – SLEEPING UNDER ONE ROOF – AND THAT  
 WAS – AWE-INSPIRING**

He handed me his poem. "Can I keep it?" I asked. "No, throw it away", he quipped, as he merged back into the crowd. He left me feeling grateful and hugely humbled. I may have been the official 'healer' on the day, but, of the two of us, I felt it was he who had delivered the deeper message.



## Clerk's Corner

For most of the 720 people participating, the Summer Gathering was an outstandingly successful event: inspiring and challenging. Each main morning session had a different topic to discuss and think about which included the Fellowship's session on Monday morning. Our chosen title was "*Transforming Light*" and it was very well received, with about 30 people attending the afternoon follow-up. (There are tapes available of all the main presentations). This event has now put the Fellowship firmly 'on the map' and has brought the various strands of work which the Fellowship undertakes, on behalf of the Religious Society of Friends, to the attention of many more Friends than before.

Members of the Fellowship offered their services readily and some, who lived locally, came in for a day to help, which enabled us to offer 'counselling and healing' each day – approximately 60 sessions throughout the week. Two members went to talk to a group of under-nineteens, as part of their programme one evening and found some interest there. So a big *thank you* to all those of you who helped with this event. One Friend who had assisted on previous events was surprised at the amount of interest "this has never happened before" she told me.

It was a balmy, warm summer evening for the Special Interest Fair. The live band playing 'up-beat' music greatly added to the happy atmosphere, as Friends slowly made their way around the large marquee visiting each of the many exhibitions (including ours). It was astonishing to see such a vast range of Quaker interests and concerns – one of the most comprehensive of recent years.

David and I paid a visit to Glasgow soon afterwards (on the Rennie-Mackintosh trail). After Meeting on Sunday morning we asked if we might attend the healing group next day. This is a large, flourishing group and meets every Monday evening. We were made to feel comfortable and very much at home !! It was a good reminder that this is one of the Fellowship's seventy healing groups, most of which meet regularly on a weekly, two-weekly or monthly basis but all with the commitment to prayer and healing. I know of one Meeting which has recently decided to start a healing group, whilst others are now in the process of thinking seriously about doing so.

The healing courses are still proving very popular and even as I am typing this Clerk's Corner, I have had two phone calls enquiring about courses for next year!! We must be getting something right! However, comments and suggestions are always very welcome especially if they are about making helpful changes or ways to increase the knowledge and understanding about healing.

Joolz Saunders

*"LOOK OUT" we are launching a special Christmas Appeal, so look out for our Christmas Card in the post."*

## 'IN HIM...'

Daphne Baldock

Several years ago, after putting a note through a neighbour's door, I was stopped in my tracks by a little golden group of crocuses, growing on their own, the first I had seen that year. They weren't *doing* anything, they were just *there*, with a shining that seemed almost to glow. And the words came into my mind – why those particular words at that time, I don't know – 'In Him we live and move and have our being'.

Of course, I have remembered this many times, and I have found that sentence very soothing when, perhaps, I have been trying to think of 'God' – by whatever name or description you use – as the creator and maintainer of the universe, amazingly incomprehensible, but rather remote; or as the one beloved by Quakers, the Inward Light, the Christ within, God with us – in us. But then it is so calming to relax, let go, and just be *aware* that 'In Him we live and move and have our being'.

When I have an idea I want to hold onto, I often make a little mental picture which will recall for me the feeling that I had at the time. I was thinking of something infused completely with its surroundings, perhaps like an underwater plant in the sea, saturated by the water which all the time flowed in and around and through it. And then I came across this, in a book of meditations called *A Thousand Reasons for Living* by Dom Helder Camara:

*Watching a marvellous film  
about the ocean depths,  
I felt a huge desire  
to help the fish  
understand how lucky they are  
to live immersed  
in so much splendour.  
Imagine then my thirst  
to cry to men, my brothers,  
that we live immersed –  
coming and going.  
swimming to and fro –  
not in the oceans  
but in God Himself!*

And I thought, I would like to share this! And then, by a complete coincidence, I was dipping into one of the back numbers of TW (Winter 1978/79) and read an article by Jack Dobbs called *Wholeness of Life*, and it starts 'In Him we live and move and have our being...' What a startling effect that bold assertion of Paul must have had on the men of Athens. It remains a tremendous statement, so tremendous for me personally that I find it difficult to grasp its full significance. Can it be true that the creator



of all life, the source of all health, is as near and as real to us as the air we breathe and the environment in which we exist? That the division implied by those words is itself meaningless – the He and they and we are all one?

Towards the end he says, 'As we do, so we discover with wonder and joy that He lives and moves and has His being in us. This is not some future for which to pray. It is already here to be accepted. Within us is a God who suffers and triumphs with us, and who in that suffering and triumph gives Himself freely to us, stilling our restless souls and offering us wholeness of life.'

But then there was another co-incidence (truly!), when I picked up a small leaflet by *Sonia Syner* called *Relaxation – a simple relaxation/meditation exercise*. Having described how to achieve complete relaxation she then says 'Since with every breath I draw, this real miracle of New Life, and if I will, Abundant Life comes flowing into me and through me, I receive it thankfully, and offer it up again, freely, quietly as it came to me. And the moment's pause before once more I receive it, begins to be an act of Trust in the Giver of Life, the Father of every one of us, in whom we all quite truly live, move and have our being – as if we were in an inexhaustible ocean of Life and Light, Love, Strength and Joy which is our home. A home to which we have a right to visit whenever we will spare a little time to find it.'

May I just end with this from *St. Augustine's Confessions*, which I could hardly believe when it 'hit me in the eye' in the FHSC booklet *Horizons* (an anthology compiled by *Beatrice Saxon Snell*), soon after all the above:

"Oh my God, I could not be at all, wert Thou not in me; or is it not rather that I could not be unless I were in Thee 'of whom are all things, by whom are all things, in whom are all things'?"

#### AUTUMN EVENING...

The field across the Vale  
Is bathed in golden light.  
The sun goes down behind the hill,  
A prelude to the night.

Doves and rooks fly home to roost  
Beneath the darkening sky.  
The harvest moon will soon arise  
To claim its throne on high.

#### NEXT MORNING...

Dawn on a misty morning  
I look across to the hill,  
The trees in a row are mysterious,  
Their forms are ghostly and still.

Beatrice Watson

## CLARIDGE HOUSE – AUTUMN PROGRAMME 2003

Weekend Courses	Single £125	Shared £115
Midweek Courses	Single £200	Shared £175
(unless otherwise stated)		

### Nov 14/16 'THE POETRY OF DREAM'

'We are such stuff as dreams are made on'. This weekend will take a look at the huge overlap between the worlds of Dream and Poetry – in the company of Shakespeare, Coleridge, Herrick and others (not forgetting ourselves). Bring a dream poem or a dream-like poem – or just a dream. *Gerard Benson, a Quaker poet, editor and experienced workshop leader.*

### Nov 21/23 MAKING GREETING CARDS

A handmade greeting card is a gift in itself. Come and be inspired to make your own unique cards for every occasion. We will be using various techniques, including collage, stamping and punching; utilising such diverse materials as travel tags, stamps, paper and natural dried items. No previous artistic or craftwork experience needed (all materials supplied). *Meg Barnes, creative and talented tutor, with many years experience in card making.* Cost £145

### Nov 28/30 'YOU ARE WHAT YOU WRITE'

Using handwriting analysis for self-development, you will learn more about yourself and relationships. Working with your own unique handwriting, you will begin to understand just what those slants, loops, shapes are all about. You will be amazed by how much they reveal. *Sue Biddle, graphologist, qualified adult education tutor and spiritual healer. (SSHA, SNU)*

### Dec 5/7 A WEEKEND OF CIRCLE DANCING

A weekend of gentle exercise with beautiful dances from around the world; traditional and modern, drawn from many cultures and in many styles, including: Greece, Israel, France, Russia, Turkey, Bulgaria, Romania, the countries of Yugoslavia as well as the UK. All levels welcome, as participation is more important than the standard of performance.

*Pat Woods, experienced dance teacher and workshop facilitator.*

### Dec 30/ Jan 4 NEW YEAR BREAK

See in the New Year in peaceful surroundings. Eat wonderful food; play games; do jigsaws and crosswords; go for long walks or simply relax and do nothing! Cost £320



**Jan 9/11 PILATES**

At the beginning of the 20<sup>th</sup> century, Joseph H. Pilates published his exercises as a remedy for the effects of what we now call stress and the results of physical neglect. This weekend introduces you to his works, concentrating on strengthening muscles, whilst improving posture and flexibility, enabling the body to function as nature intended.  
*Fiona Payne, qualified and experienced adult education tutor.*

**Jan 16/18 RETREAT – ‘CONVERSATION’**

We shall explore ‘conversation’ in the sense in which early Friends used the term. That is, how do we live our BEING in relation to society and people; how are we turned to each other with our BEING. We will use the natural world, readings and creative materials to explore what this theme means to us and how we live it.  
*Roswitha Jarman and Michael Stagg, experienced retreat leaders and members of the QRG Steering Group.*

**Jan 23/25 BURNS’ WEEKEND**

‘The rank is but the guinea stamp; the man’s the gowd for a’ that’. Come and enjoy the weekend of Burns’ Night in the company of the People’s Poet. We’ll celebrate some of Burns’ work, and some other Scottish poets, under gentle guidance. Bring some favourite Scottish poetry.  
*Gerard Benson, a Quaker poet, editor and experienced workshop leader.*

**Jan 30/ Feb 1 ‘FOLLOWING THE INNER VOICE’**

For each of us there is an inner plan or pattern which, if recognised and acknowledged, leads to life fulfilment. Often, however, we spend our whole lives never really knowing what our blue-print is. Based loosely on the work of Caroline Myss, we will aim to shed more light on our hidden potential. (Unsuitable for anyone who is receiving treatment for mental health problems.) *Rosalind Smith, experienced facilitator, counsellor, and co-tutor of the Quaker Spiritual Healers.*

**Feb 6/8 EMOTIONAL FREEDOM TECHNIQUE (EFT)**

EFT is a Meridian Therapy, developed around 12 years ago, which can be used as part of existing therapy practice or as a means of personal development. It is a simple to learn, simple to use technique for resolving emotional, physical and spiritual problems and is especially effective for trauma and phobias. *Brian Ackroyd, Quaker, Buddhist and healer, experienced and professional therapist and counsellor.*

**Feb 13/15 CREATIVE WRITING – ‘WELCOMING WORDS’**

A weekend of welcomes; to Claridge House, to early Spring!; to each other; to words and the pleasure of writing. (Old English: *wil* = pleasure, *cuma* = comer). Join others whose coming is pleasing or desirable. *Ted Walter, poet and creative writing tutor for over 25 years.*

**Feb 20/22 STRESS MANAGEMENT FOR MIND, BODY AND SPIRIT**

Managing stress in a healthy way is essential for a happy life. Take a weekend out to relax and learn some effective ways of managing stress. You will return home with a ‘tool-kit’ of techniques that you can use anytime, anywhere. Please bring a notebook, pen, small blanket and pillow. *Richard Sylvester, a transpersonal counsellor and lecturer, who has been leading workshops for over 18 years.*

**Feb 27/29 MUSIC FROM WITHIN – OUR STILL SMALL VOICE SINGS!**

That of God is constantly singing within us. Dare to recapture your music! Listen and discover what your song is, and find out how naturally your body can sing. Silence, toning, chanting and singing will help you to resound your song fully and feel energised. Leap into your part in the universal chorus.  
*Mary Benefiel, Quaker and experienced singer and voice teacher.*

**Mar 5/7 CIRCLE DANCE AND MEDITATION**

We will dance a rich mix of delightful dances from many cultures. The glorious ethnic music; yearning; passionate; playful; serene; uplifting, will kindle our innate expansiveness and open our hearts. We will intersperse the dancing with meditation, and maybe Chi Kung, to help us relax into the dance. *Eve Corrin, experienced teacher of circle dance, Alexander Technique and languages; extensive involvement with meditation and Chi Kung.*

**Mar 8/12 QUAKER SPIRITUAL HEALERS ‘TRAINING’ COURSE**

This is another mid-week 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 and Rosalind Smith, both experienced facilitators, members of FFH, NFSH, and co-tutors of QSH.*

**Mar 19/21 CREATIVE WRITING – ‘AGE IS UNNECESSARY’**

In this workshop we shall look at, and write about, the second half of life. We shall discover what a rich and fertile period this can be.  
*Lily Seibold, qualified and experienced tutor and trained counsellor.*

*For booking details – and other tariff, including daily rates and special breaks – please contact:*

*Nick Bagnall or Keith Marsden,*

*Claridge House, Dormans Road, Lingfield, Surrey RH7 6QH.*

*Tel: 01342 832150.*

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



## LATTENDALES

Unfortunately we will be closed at the end of October until the start of March (apart from some groups and Christmas). There is a lot of maintenance work and re-furbishment to be done.

### May 3/7 QUAKER SPIRITUAL HEALERS 'TRAINING' COURSE

This is another mid-week 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 and Rosalind Smith, both experienced facilitators, members of FFH, NFSH, and co-tutors of QSH.*

*For information on booking, and other tariff, please contact The Wardens, John & Vivien Cran, Lattendales, Berrier Road, Greystoke, Penrith CA11 0UE. Tel: 017684 83229 Email: wardens@lattendales.info*

### *From the Quiet Room Window*

Below, the lawn stretches, silvered with dew, to where the cherry spreads her billowing gown of summer snow above the sunken rose garden. To her left, the willow droops her golden tresses over the shadowy pool, still and expectant, reaching to reflect the early morning light. Beyond the rough stone wall with the elegant wrought-iron gate, the feathery green of the fern-leaved beech stands sentinel over the little wild wood as it has done for the past two hundred years.

In a deep hollow between its roots, the hedgehog unbuttons his beady black eyes, and starts to snuffle among last year's crisp-dried leaves in the hope of a succulent breakfast, while away beyond the hill the plaintive cry of a lamb is answered by its mother's reassuring call. From the other side of the neighbouring farmyard wall, a contented cow lows softly, then sinks into the silence.

A flash of white wings heralds the arrival of a heron, to alight and stand, statuesque by the lily-pond, still, but for the bright eyes alert for the sign of a golden fin between the lily-pads. A wisp of smoke climbs straight above the square stone chimney like a softly-breathed, half-spoken prayer. All is still, expectant, yet at peace, but life stirs beneath the surface. From the apple trees a speckled thrush calls – "Pretty thing, pretty thing: look up, look up, look up; come! come! come!" – Yes, I will come. I must leave this lovely place and return to the urgency of the busy world; but the peace that hovers here will come with me, cradled in a corner of my heart, and an inner voice whispers "Take off thy shoes from off thy feet, for the place whereon thou standest is Holy Ground".

*Bernice Joachim*

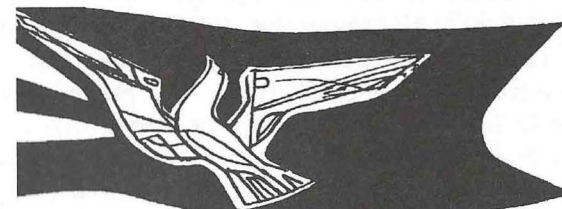
*(Taken from REFLECTIONS IN WRITING edited by Gillie Bolton and Deborah Padfield. Curlew Productions 1996. 82 pp. ISBN 1-900259-22-2. £5.00)*

## THE POOR IN SPIRIT

When I read Luke's account of the Sermon on the Mount in the Authorised Version of the Bible, the meaning of some of the sayings of Jesus which are collected there baffles me. Among these is the one where Jesus says to his disciples "Blessed be ye poor: for yours is the kingdom of God". (Luke 6:20). This obviously can't mean that it is only the poor who receive this blessing – although elsewhere Jesus does warn the rich about the sacrifice they must make to enter the kingdom. The translation in Matthew's Gospel (5:3) helps a little when it speaks of the *poor in spirit* – "Blessed are the *poor in spirit* for theirs is the kingdom of heaven". But we still need to know what it means to be *poor in spirit* in order to receive this blessing.

In his book *Into the New Age*, Stephen Verney points to a different translation of this saying in the New English Bible. There it reads: "How blest are those *who know their need of God*. The kingdom of heaven is theirs". In this interpretation our need of God is related to our poverty of spirit. Only scholars can vouch for the accuracy of the various translations, but we are likely to find that some of them resonate more meaningfully for us than others. This one certainly does for me, with its assurance that the promised blessing does not depend upon any spiritual wealth we think we possess, but instead upon our readiness to recognise our poverty of spirit – our need of God.

This recognition may be the result of a personal crisis or disaster, the sense of a lack of purpose, direction or goal on our journey, the longing for a depth of living which we have not yet plumbed. The reason for our need will vary for each of us but the message remains the same for all. It is simply that as soon as we acknowledge our need of God we shall become conscious that his eternal presence is already with us – welcoming us into his kingdom of love, forgiveness, healing and wholeness. There we shall discover that God has need of us just as we have need of him, and we shall learn what is required of us if our prayer about the kingdom coming on earth as in heaven is to find practical expression through our lives and actions.



*GOD IS IN YOUR  
HEART YET YOU SEARCH  
FOR HIM IN THE WILDERNESS*

GRAIL





## LETTERS

*From an Australian Friend, Pamela Beard, a letter which contains excerpts from Leslie Weatherhead's book, PSYCHOLOGY, RELIGION AND HEALING.*

'True spiritual healing demands another kind of preparation altogether. Let a fellowship be formed of convinced, devout and sensible people. Let them regularly pray together... When all animosities, jealousies, ambitions, prejudices, suspicions and the like have been purged away within the fellowship; when members of the fellowship have become one... in an unselfish desire to help others, then they can, with confidence, claim to be... an instrument which the Holy Spirit can use in the ministry of direct spiritual healing.

'I have written critically of those of us who belong to and believe in the Church. And, indeed, the Church has lost her power to heal. But here it must be made clear that the patient also needs to co-operate in a way concerning which he often shows some reluctance... Yet still he must act...'

'Listen to a doctor as he describes an inward conflict, which "usually strikes the weakest link in our organism"... Little by little I began to see myself as I was. Self-centered, anxious about many things, a tangle of conflicting and incompatible purposes.

'On a sunny November morning I was descending a hillside when I was aware – with deep emotion – that a clean cut must be made with the past. I must cease striving for my own ends and purposes, must cheerfully embrace whatever plans or purposes God might have for me; must be prepared to be well or ill; must subject my hitherto dominant self to the one purpose of the Lord of Life for me. As I did so, a deep Peace followed and spread out to Joy. For inward strife and chaos were given Peace and Joy. At such times we experience a lightness of heart, and adventurous abandon, which he who calculated chances in the lottery of life can never know nor comprehend. From this time on my physical health steadily improved.'

"Here we find, I am persuaded, the essential living core of Spiritual Healing. It arises from the glad submission of the self as a whole, and as a personality, to the Will of God for us. To heal as to make whole; to be healed is to be made whole. It was in this manner that the Healer came to me." (*Modern Theory and Practice of Healing by Howard E. Collier in The Place of Healing in the Society of Friends*).

Those who practise the true spiritual healing – not psychological treatment, even with religious ideas as an aid to synthesis – but claiming the direct action of God, should not promise healing. The concentration must be on unity with God. When that is done, many other things will be added to the supplicant, and health is often one of them. The love and grace and power of God seep through the deep places of the personality to the 'control-room' in the unconscious from which so many bodily functions are governed.

Spiritual healing, in the sense of becoming one with God at every possible point, is incumbent on every Christian.

*From Elizabeth Brown, Swindon, Wilts*

I thought that the FFH presence was very valuable at the Summer Gathering at Loughborough this year. It was the first time for many who came for healing, and it seemed to me that they came because it was so readily available. I have started to offer healing to Friends who are unsure, with a willingness to accept rebuff without offence. I feel the joy of the work so much that just to remind folk that the offer is there, if they change their minds, is offering them another option for possible help when they are in pain.

At the close of the first session on Sunday we were encouraged to become 'filled with fire', which some in my worship group found a very scary idea! I linked this to healing. I know I'm an 'odd bod' but I sing a hymn to myself in my head whilst healing, to remind me of 'the Source' from whence healing comes. I have altered one or two words:

*Come down O Love divine,  
Seek thou this soul of thine (the client's)  
And visit it with thine own ardour glowing.  
O Comforter draw near,  
Within this heart appear  
And kindle it thy holy flame bestowing.*

The theme of the week was 'Light Fantastic'. I felt we were encouraged to consider different ways of worshipping in the Light. What different ways do we have of doing the healing work? We know God 'moves in mysterious ways His wonders to perform'. One room we used for healing work was very cramped and I sat my client in a swivel chair and gently turned her round as I placed my hands near all parts of her body! I couldn't think how else to 'surround' her.

For me, it was a wonderfully healing week, of darkness and light, in myself and in others I met.

*From Doris Harding, New Milton, Hants.*

I have often been told that I have a simple faith, and perhaps to some folk who approach faith and healing with more intellectual thought it may seem like that; but it is to me the result of the way I have been led through my life, and the only way I can now approach God, who to Jesus was his Father, and the source of all power and love through the Holy Spirit he gave to his disciples to carry on his work.

I do not at present belong to a Group, even an absent healing group, as during the illness of my own, lasting from Feb – July I was so involved with my own needs that I let the letters of the leader of my group remain unanswered. However, my eyes and heart have been awakened to the amazing fact which was going on *all the time* of the many friends and Groups who were still



holding me in the Light and continuing to pray for my healing. Until now I was attributing it solely to the blood transfusion I was given at Lymington hospital on 11<sup>th</sup> July. It was that undoubtedly that gave me the new life which is so speedily restoring my strength that in a few days was noticeable to everyone. But how could I have neglected to realise that behind the medical was the spiritual answer to prayer which held me in the Light the whole time? I do so, gladly, now and am with opened eyes and increased faith praying for a close friend of mine.

I shall now link again with my former Group to take part again.

#### ***From Allan Holmes, Cockermouth, Cumbria***

My wife, Jane, and I have been worshipping at Cockermouth Quakers since we married in 1989. I think that I am one of God's mongrels! My grandmother is buried in a Congregational graveyard. I was sprinkled, without permission, and later confirmed in an Anglican church, *with* permission.

At the age of 32, God took me firmly by the scruff of the neck, with much protesting, to a couple of Pentecostals, who on the third or fourth meeting were God's channels for me to receive the Holy Spirit, tongues and all. At least twelve more people from my Anglican church at that time, including our priest in charge and a lay reader, who was my life-long friend, were all Baptised in the Spirit (as it was called in those days), and all were given the gift of tongues. I am still in touch with four of them. These were folk who mostly worked at the Atomic Energy Research Establishment at Harwell. Then followed a lifetime of trying to minister healing in a quiet way despite all my flaws and failings.

Twenty years later at a time of my failing marriage, I was again dragged, protesting, and found myself worshipping amongst a group of Roman Catholics whose love brought me back to some form of normality. In 1984 with a group of them, I attended a conference on 'Healing in the Church', in Brighton. At one of the ministry sessions I saw Marie, a Dutch girl, go down to the front for prayer and the laying on of hands. She had been deaf in one ear for as long as she could remember. On returning to her seat I have never seen such joy as was on her face. She told us that as the girl who was ministering laid hands on her, that girl saw a picture of a child falling out of a pram. Marie's deafness was healed. Recently I checked with a mutual friend to be told the healing has stayed some twenty years.

In my limited experience in the healing ministry, I would agree with the Methodist healer, the Rev. Malcolm White (Westminster Central Hall), when he says that "A few are cured immediately; many are helped; all are comforted; and to my knowledge no-one has been harmed".

One immediate cure in 1964 only came to my knowledge about thirty years later. A distant healing occurred to a friend, Graeme, in Australia, after

prayer at a conference at Lee Abbey on 'Spirit without Limit'. Graeme, according to his wife's letter, had not eaten nor been able to drink for days, he was on a morphine pump and they had given up hope. On the same day as the prayer at Lee Abbey, Graeme made an immediate recovery which lasted for six months before he then died.

Jesus promised the gift of the Holy Spirit which would come in power. The gifts of the Spirit used in love are here now, working to change the world.

"**New Vision**", the magazine published by the **Hamblin Trust** is to be **relaunched** in September/October to feature one of the most precious assets of the Hamblin Trust: the **Spiritual Lessons of HT Hamblin**. The magazine will increase in size and each edition will have a definite theme based upon the lessons of HT Hamblin. The first edition will be on "**Silence**". Liz Medler, the magazine's editor, says: "*We hope the magazine will be a tool to help people develop the inner life as a way to harmony and peace. Hamblin aimed to give a clearer understanding of the teachings of Jesus, but he had a broad sympathy with all the world's major religions. His immensely practical message was that the outer life is a reflection of the inner and that therefore if our thoughts are peaceful and harmonious, then the outer life will be so too. This way of living is encapsulated in the spiritual course now freely available in the magazine after some 80 years. Membership to the Trust is still just £12.00 a year which entitles members to a copy of the magazine, prior notification of events and access to our library. It is also possible to support our work further by becoming a Friend or Foundation Member.*"

*Come and relax in our beautiful grounds which are open to visitors from 10am to 4pm Monday to Thursday. Come away for a while and relax in our beautiful haven of peace.*

The Hamblin Trust, Bosham House, Main Road, Bosham PO18 8PJ

Tel: 01243 572109

Email: office@thehamblinvision.org.uk Web: www.thehamblinvision.org.uk



*Now stir the fires, and close the shutters fast,  
Let fall the curtains, wheel the sofa round,  
And while the bubbling and loud-hissing urn  
Throws up a steamy column, and the cups  
That cheer but not inebriate, wait on each,  
So let us welcome peaceful evening in.*

*William Cowper*





**REPORT ON THE QUAKER SPIRITUAL HEALERS SUPPORT WEEKEND  
HELD AT LATTENDALES – 20/22 June, 2003**

Jean and I started the weekend by having a look around the ruin of Penrith Castle. I have been popping back and forth to Lattendales for five years now but I had no idea what was behind the wall we can see from the railway station. We had time to spare since we were trying out the bus service to Greystoke for the first time: the old place is really on the map now.

We arrived to find that some of our number were extending their weekend. Carol identified us as we climbed off the bus together at the post office. She had been there all week already, 'doing' Cumbria on a weekly bus ticket. Very recommendable, she assured us.

Eleven healers gathered for the weekend. In the first session we borrowed an extra friend who just happened to be B&B-ing at Lattendales on her way to somewhere, but even at that we could not quite make a coven. I don't think Leonora had quite believed us when we told her last year that she could run a D-I-Y weekend with all the homegrown talent in QSH. She certainly was not game to leave it till we got there to arrange who would do what – hence the plea for volunteers in the last QSH Newsletter. However, she and Rosemary had drawn up an excellent selection of topics.

The Friday evening session on Reflexology could have been lost to some other subject due to the absence of the planned presenter, but fortunately we had an alternative reflexologist in Jean, who nobly stepped into the breach.

Nobody offered to lead any Tai Chi out on the lawn in the morning so the most exercise I saw anyone take was swinging the hammer to hit the breakfast gong! Rosemary's session on 'Cards and Words' was delightful. The cards were the lovely little angel ones, each bearing a single word for contemplation. It was interesting, but not surprising I suppose, that although two of us picked the same word, it said entirely different things to each of us.

Leonora was a mine of information on dendrology. Considering who we were, she was naturally dealing with the use of trees for healing, and it was all fascinating stuff, although she did warn us not to try *all* her suggestions at home! I am trying to remember to keep a couple of hazelnuts in my pocket to prevent toothache, and I have been looking for birch twigs to put in a vase to relieve stress. I have not hitherto been subject to nose-bleeds but I think I should lay my hands on some oak bark snuff just in case!

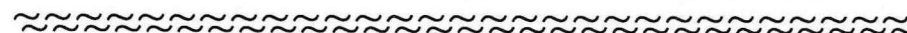
Tony, assisted by Lesley in charge of the visual aids, kept us occupied for all the time between tea and dinner, telling us about Psychoneuroimmunology (PNI). This was the real complicated stuff to stretch our brains, but you will be pleased to know that meditation is all-important. He threw in intriguing snippets like the genetic differences of gallstones and kidney stones. They

never told me when I was a young nurse learning physiology that gallstones were pure cholesterol. I don't know that we concerned ourselves much with cholesterol in those days.

After dinner, our other Lesley contrived to deal with Yoga and relaxation. We were all very ready to relax but we did join in a few hand exercises to show willing.

On Sunday morning, we managed to fit in some hands-on healing as well before we parted company. It was a good weekend. The best thing for me always is to catch up with old friends and meet some new ones.

*Muriel Robertson*



... And I have felt

A presence that disturbs me with the joy

Of elevated thoughts; a sense sublime

Of something far more deeply interfused,

Whose dwelling is the light of setting suns,

And the round ocean and the living air,

And the blue sky, and in the mind of man:

A motion and a spirit that impels

All thinking things, all objects of all thought,

And rolls through all things. Therefore am I still

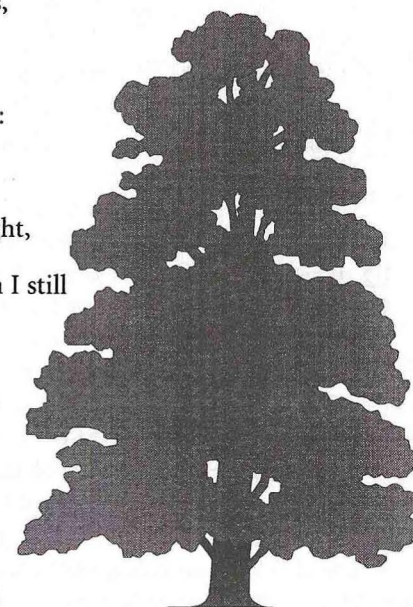
A lover of the meadows and the woods,

And mountains; and of all that we behold

From this green earth...

*William Wordsworth*

*(from Lines...written above Tintern Abbey)*







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

\***Letters from the Desert** by **Carlo Carretto**. Anniversary edition. Darton, Longman and Todd, 2002. 132 pp. ISBN 0-232-52471-8.

The author, *Carlo Carretto*, had been a school teacher and Catholic activist in his native Italy; but left there to become a 'Little Brother' in the deserts of North Africa. 'Little Brothers' were founded in the 1930's by Charles de Foulcard. He had been a Trappist monk but left to live a more austere life. He formed this lay order to be with the very poor; not to work for them but to live the same life as they did.

Carlo Carretto wrote letters from his desert experiences which were published in Italy in 1964, and in England in 1972. This book is an Anniversary edition to celebrate 30 years of publication.

He writes from a background of prayer, grounded in his Catholic life, whilst the desert experience causes him to write with simplicity. As is written in the Foreword, 'we must listen both to what is said and to the silence behind the saying'.

Friends may not be at ease with his Catholic Christianity but this need not deter us from dipping into his book to experience his thoughts on prayer, whether in the desert of sand or the desert of the city.

As I suggest 'dipping in' to this book, I will give a few quotes which appealed to me:

- ✿ I can only say, 'Live love, let love invade you. It will never fail to teach you what you must do'
- ✿ From Charles de Foucauld, 'I no longer want a monastery which is too secure. I want a small monastery, like the house of a poor workman who is not sure if tomorrow he will find work and bread, who with all his being shares the suffering of the world'.
- ✿ Poverty... is a way of being, thinking and loving... a gift of the Spirit
- ✿ Jesus... lived his message before he spoke it... This was his method and we too easily forget it.
- ✿ The Little Brother may not have a life apart. He must choose a village, a slum, a nomadic town, and settle in it and live as all the others live, especially as the poorest live.

I also appreciate his story of friendship with Abdaraman, a little Muslim boy, and the depths to which it took them both; remembering that these letters were written nearly half a century ago.

I find this desert living very challenging and wonder how such simplicity would aid our ministry of healing.

Mary Fear

\***Here and Now – Living in the Spirit** by **Henri Nouwen**. Darton, Longman and Todd. 1994. (First reviewed in *TW*, Summer 1995 by Anthony Dungey. Now out of print, but available from the Postal Library).



Henri Nouwen always writes from the heart of his own experience, which is what makes him such a sympathetic and endearing author. In this book, he shares his ideas on our inner space, our inner rooms – "*our inner life is like a holy space that needs to be kept in good order and well decorated*". This decoration takes the form not only of pictures and loved faces, but of words, gestures of blessing, forgiveness, reconciliation, healing. He found, for instance, that after a few weeks slowly repeating Paul's words, "*Love is always patient and kind, love is never jealous, love never seeks its own advantage*" these words began to appear on the walls of his inner room. This image of a picture with sacred words on those walls gave him a new understanding of the relationship between prayer and ministry. He speaks of receiving people into the room, trusting that the pictures will guide the meeting. He goes on to say that those pictures allow those who enter our lives to have something to look at, that tells them where they are invited to go, but without prayer and contemplation the walls of our inner room will remain barren, and few will be inspired.

There is much to ponder here. I owe one such picture to Henri himself, the painting of *The Return of the Prodigal Son* which moved him so profoundly in the gallery in St. Petersburg. Thinking of the many faces on Henri's inner room, of the Dalai Lama, Ramakrishna, of St. Therese of Lisieux and of Jesus, brings to mind those people in my own life whose faces I can contemplate with deep gratitude and love, and who surely have their place in my own inner room. But there are bare bleak spaces there too, and with Henri's inspiration I must seek to hang more pictures there; it has to be a question of leaving myself open to the gifts which are offered, discerning which to make a permanent home for, which to acknowledge and gently set aside. There can be no ending to this lifetime's quest.

Sheila Bovell

\***Journal of an Urban Robinson Crusoe** by **Des Marshall**. Saxon Books. 2002. 120 pp. ISBN 0-9528969-3-1. £6.99

This surprising little book arrived unbidden on my doormat, and I quickly looked inside at the first page of text which was in the form of a letter to the Reader. The first sentences read: '*I want to try and tell you the truth about this journal. I didn't write it. It was written by a man who called himself Urban Robinson Crusoe, who, for some reason I don't understand, happened to look very much like me.*' The author purports to have met this man in a café in Hampstead and who, later on, gives him a manuscript which he wants published, but, it is to be under the author's name.

I found this rather mysterious start encouraging although once I started reading the actual journal the feelings of depression came over very strongly,



and I began to wonder if I'd get through much of the book. However, just a few pages on I was 'hooked', and virtually read it in one sitting. It is the deeply personal story of one man's fight against depression and paranoia in the face of physical difficulties, and the vagaries of the social welfare system. He moves from London to Brighton and back again, giving a revealing picture of the colourful, humdrum, cosmopolitan, yet often insecure world that so many have to inhabit, not always against their will, it's true, but certainly very often.

There are some very deep insights contained here; in fact I began to think of him as a down-and-out mystic. To quote: *'We need different experiences and it's the contact with other types of people that helps to give us these experiences. And helps change our consciousness and perception and gives us a deeper meaning to life and reality, which could mean spirituality'*.

There are moments when he feels himself becoming fragmented, and gaps in the journal follow on from these times. There are also expressions of deep insecurity and real rage. But the reader is aware all the time of a gradual progression towards light and love, and the saving grace of hope.

You need to read the last page to find out who the 'doppel-ganger' really is!  
*Rosalind Smith*

\* **'A Spoonful...'** by **Anne Ord**. Sessions of York. 2003. 119 pp.  
ISBN 1-85072-301X. £5.50 (inc. post and packing).

This autobiography is written in a conversational style, in 37 short chapters, telling of a remarkable and caring life with more than a 'spoonful' of affection for the people and work with which Anne Ord is involved. She was born in Belfast before the second world war, where she was a shy child, but did feel 'safe and loved and comfortable' in the Methodist Sunday School. She found the family's moves in England, and unpredictable lodgers disturbing. Her father, to whom she was devoted, was a regular soldier and often away from home, leaving their mother to cope in their various homes in England. She writes "The word 'home' therefore is not a place, but a condition of soulfulness".

How did this fearful child become such a brave and enterprising adult? She was not able to go to university, and did not enjoy her employment in various offices. Eventually she worked in the Quaker Social Responsibility and Education department at Friends House for 17 years, and did not become a Quaker until after she left there. She describes the near-fatal car accident she had in 1985, and how, when she came back to life, she was determined to live life to the full. It is not necessary to catalogue her range of activities and concerns. The photographs illustrate some of these, with her smiling friends. Her gift for friendship is demonstrated throughout the book.

Perhaps the most unusual story is the seven-year correspondence with Larry, a convict on Death Row in the USA. Thirty years his senior, she visited him four times and talked with him by phone. There is no doubt that he had committed murder, and had been sexually abused, as a child, beyond belief.

Details were sent to her after his execution, which greatly distressed her.

Her latest venture is an attempt to understand Islam, which in its fundamentalism is a danger which she feels needs to be addressed. But she finishes her book on a Quaker note:

*"In the desperate times in which we live, a world in chaos, I would like to introduce to Quakers, a symbol... an ear... Perhaps the symbol of an ear, to hear those inner voices of (?) angels, guidance of the Holy Spirit, is what I need to remember and know what is required of me."*  
*Anne Smith*

**One Foot in the Stars** by **Matthew Manning**. Piatkus. 2003. 306 pp.  
ISBN 0-7499-2463-2. £8.99

Matthew Manning has been described as 'the most gifted psychic in the Western world', but he is also a healer with over twenty years experience, and has had clients who include Prince Philip, Pope Paul VI and many other well-known names. His autobiography is a very frank and revealing account of the unusual manner in which he was led into the sphere of healing. Starting with rather frightening manifestations of poltergeist activity, which, he freely admits, had a long-lasting impact on some of the members of his family, he found himself working along the same lines as Uri Geller (famous for spoon-bending among other things). This led to years of involvement with the press and television, and to lending his skills to scientific experiments. Finally, and most importantly, he began to realise that he could put his unusual gifts to better use within the service of healing.

Since then he has not looked back, going from strength to strength, and his name has become very widely known. But, he is a very *human* healer – no holy-Joe one might say – because he tells us about his struggle with alcoholism, and his broken first marriage. Interestingly, while he battled the demon drink, his powers of healing do not seem to have been affected – but I don't really think it's something the rest of us who are healers should go in for!

*Rosalind Smith*

#### PSYCHIATRIC HOTLINE

Hallo, welcome to the Psychiatric Hotline:

If you are obsessive /compulsive, please press 1 repeatedly.

If you are co-dependent, please ask someone to press 2.

If you have multiple personalities, please press 3, 4, 5 and 6.

If you are schizoid, listen carefully and a little voice will tell you which number to press.

If you are a depressive, it doesn't matter which number you press, no-one will answer anyway.

If you are manic press all the buttons at the same time.

If you are paranoid, we know who you are and what you want!

Just stay on the line so we can trace the call.



### To You from Me by Margery Ruhrmund.

This is a short collection of some of Margery's poetry; and many readers will be familiar with her contributions to TW, some of which are included here. The cover painting, by Joan Pilbeam, is so attractive that it makes one want to open the booklet immediately and delve inside. Each piece offers deep food for thought. I reprint the first one here (very apt for the forthcoming season).

#### WEAVING WINTER INTO SPRING

*Sunday School varnished childhood  
when we sat on hard pine pews  
listening to stories of a separate God  
Who looked down from pale distempered walls  
and struggled for life in my mind.*

*Defended by my hardened heart  
I spent years not listening  
until it gradually dawned  
that God was a metaphor,  
a poor word to try to trap  
the transcendent Mystery,  
the Life in everything,  
intangible and unseen  
weaving winter into spring*

You can obtain a free copy of this booklet by applying to Margery Ruhrmund, 10 Rosparvah Gardens, Heamoor, Penzance, Cornwall TR18 3EA, and sending 60p for post and packing. Any further donation you would like to make can be given to a charity of your choice – but without any attribution to Margery, please.



#### GROUP CHANGES

Dyffryn, Clwyd	Ceased
Harrogate	Ceased
Peterborough	Ceased
Purley	Robert and Veronica Aldous, 7a, Downs Court Road, Purley CR8 1BE



### 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* Second edition £1.80  
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  
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Rosalind Smith – *Simple Healing* £1.00  
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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 one of the Postal Co-ordinators (*Elliot Mitchell and Muriel Robertson, addresses 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.