

NOTICES

FFH/QSH Web-site: www.quaker-healing.org.uk

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

QSH Healing Training Courses: 3rd - 7th May 2004 at Lattendales and 4th - 8th October 2004 at Claridge House.

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

### 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

No. 108 SPRING 2004  
Published three times a year by the  
FRIENDS FELLOWSHIP OF HEALING  
(A QUAKER GROUP)

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## REFLECTIONS

*P*urity of heart is essential to the relationship between man and God.  
*Jonathan Sacks*

*W*e need to realise that there is nothing useful in our negative attitudes.  
*Ringu Tulku Rinpoche*

*M*en occasionally stumble over the Truth, but most pick themselves up and hurry off as if nothing had happened.  
*Winston Churchill*

*W*e can only know that which we are ready for; may we keep our hearts and minds ever alert to receive the next glimpse of truth or understanding that may be waiting for us, humble enough to acknowledge our ignorance, kind enough to respect those who do not think as we do, and ever to walk in such light as is given to us – sufficient for our needs."

*Kitty Grave (FFH Newsletter, Winter 1969)*



# NEWS

FFH Spring Gathering 2004: 26th /28th 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. Tel: 01539 737715.

B.Y.M. – 28th/31st May 2004. Friends House, Euston. As usual there will be representation by the FFH in the form of a book-stall and also a healing / counselling service. If you feel you can help with either of these, please contact Anthea Lee on 01279 656707. Email: Anthea-George-Lee@scethin.fsnet.co.uk The AGM of the FFH will be held on Saturday 29th May at 1.00 pm in St. Pancras Town Hall. (Doors open at 12.30 pm).

FFH Constitution. The new version of this will be available at the AGM – also by post from Joolz Saunders. (See back cover.)

Quaker Spiritual Healers 'Training' Courses:

Mon - Fri 3rd/7th May 2004 at Lattendales, led by Leonora Dobson and Rosalind Smith, and

Mon - Fri 4th/8th October 2004 at Claridge House, led by Leonora Dobson and Tony Steel-Cox.

(See programmes on centre pages of TW for further details.)

QSH Support Weekends:

Lattendales 18/20 June 2004 – led by Leonora Dobson & Rosemary Bartlett, and Claridge House 17/19 Sept. 2004 – led by Geoffrey Martin & Tony Steel-Cox.

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)

QUAKER FELLOWSHIP FOR AFTER-LIFE STUDIES will be holding a Spring conference on Saturday April 24th 2004, at Quaker International Centre, 1/3 Byng Place, Euston. For details please contact Angela Howard, Webb's Cottage, Saling, Braintree, Essex CM7 5DZ. Tel: 01371 850423. Email: [angela@webbscottage.co.uk](mailto:angela@webbscottage.co.uk)

## DORIS HARDING 1907-2004

My connections with Doris Harding were over the last forty years of her long life. She was one of the few remaining members of The Friends Fellowship of Healing to have known its first chairman – Olaf Hodgkin.

Until well into her nineties Doris seemed to change little in appearance, and her approach to one was always sprightly and with a warm greeting. She was a deeply committed Christian with strong convictions. At times she could be a little impetuous but was always ready to accept any error of judgement.

Her first connection with The Fellowship was through Claridge House in 1956. She visited it at a time of 'terrible disillusionment' in her life. The love and care she received then made a deep and lasting impression.

Doris felt guided to serve The Fellowship and served as a committee member and secretary.

She visited Claridge House frequently and was able to be there last Christmas, just three weeks before her death at the age of 97. Doris thirsted for news of The Fellowship and its activities to help her prayerfully uphold its work. Her deep concern was that the healing ministry and ideals of the founders should be continued.

Alan Pearce



A recent picture of Doris and two Ffriends, taken in front of The Blue Idol, Quaker Meeting House at Coolham.

### KITTY GRAVE 1910-2003

A Pool of Quiet – Meditations for a Month by Kitty Grave was published by the Friends Fellowship of Healing in the seventies and the title described her personality beautifully. (This booklet has recently been republished – see TW inside-back cover.)

Her quiet demeanour hid a deep compassion, ability to bring out the potential in others, and a sense of humour. The fact that I was an attender at Jesus Lane PM (of which she was a member) and also that our elder daughter had need of healing drew us closer together. The Cambridge Fellowship of Healing group met at Kitty's house and she also contributed to their postal group which reached scattered lonely members.

After we left Cambridge in 1969 we kept in touch and I looked forward to her regular loving letters which were always supportive and positive. When we met next she had transferred to the old Oast House Meeting where she was so welcoming and keen to give me a list of books. Later still when Hartington Grove was gathering itself, she was one of the founder members.

Kitty had organised and worked hard for the Red Cross hospital library. She also worked with the – then – Marriage Guidance Council (now Relate) and it was she who introduced me to it and persuaded me to go for selection. One of Kitty's many strengths was to truly listen. Perhaps this difficult but wonderful ability helped her to be always serene in the long later years.

'Let us therefore hold out the vessel of our being that we may be filled with wisdom, peace, beauty and love. And not only may our vessels be filled but may they overflow into the lives of others.' (A Pool of Quiet, Day 29) And it did.

Pat Revell

My earliest memories are of the war years which my sister and I spent with my mother in a blissful situation on the north Cornish coast. She, however, had to cope with a temperamental kitchen range, water which had to be pumped from a well by hand, and floods when the wind was in a certain direction and the water blew in under the back door! It was nevertheless a happy home although in retrospect I think she must have been lonely with little adult company. Her mother lived with us for a while after my grandfather died, and that I think must have helped a great deal. She took on the job of part-time postman in the local village, sometimes walking considerable distances in all weathers to deliver a single postcard.

After the war we were reunited with my father and lived in Cambridge. Throughout our childhood she was a patient and loving mother who was 'always there'. Her role as a great rock of support to my father throughout his busy and sometimes stressful academic life cannot be over-emphasised. She also involved herself with voluntary work and she and I attended a very small Quaker meeting where she found deep and lasting friendship. The memory of my mother's love and support, serenity, and acceptance of her difficulties as the years took their toll, will be an everlasting inspiration for me and all who knew her. Jill Whaley

## HEALING YESTERDAY AND TODAY: A QUAKER PERSPECTIVE

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

Anthea Lee

By way of an introduction I'd like to tell you a story that comes from a diary written by Nunez Carbeza de Vaca (I shall call him Carbeza). Carbeza was one of the Conquistadors – Spanish soldiers sent in the wake of Columbus by the king of Spain to conquer and plunder South America. Nunez and a few companions were shipwrecked on the Isthmus of Panama and hungry and defenceless as they were, they met a group of poverty-stricken and disease-ridden native American Indians who thought they were gods, and who indicated that if the Conquistadors would cure their diseases, they, in their turn would help them and feed them. This ultimatum concentrated the minds of Carbeza and his companions and to their amazement, they did manage to cure the Indians and eventually became part of their society. Nunez wrote in his diary:

“In the effort of praying, I have felt as if something in me had broken to give me the power of healing. Alone in the wilderness, no tissue of the body hindered this mysterious power. Being Europeans we thought we had given away to priests and doctors our ability to heal but there it was, still in our possession. We were more than we thought we were. Those eyes! They thrust me out of myself into a world where nothing is impossible when done for another!”

The plight of the Indians had aroused deep compassion in him. All thoughts of himself were put aside so that he could become a pure channel for loving, healing energy. He was a Catholic but it had never before occurred to him that he could emulate Jesus Christ who had spent a great deal of his time healing people who were sick in mind, body and spirit. Nunez eventually returned to Spanish society and recorded that he was ashamed of the man he had been and also that he, as he put it, had lost his powers. History and the society we live in constantly bombard us with suggestions about what is possible, about our capabilities, and it takes a very strong person to think and act outside accepted religious or scientific parameters. The Apostles took Jesus at his word when he said “He that believeth in me, the works that I do shall he do also” and, in the early days of the Church, St Jerome and St Julian Martyr recorded many cases of healings by ‘ordinary Christians’. However when the Church became more solidly established, healing was concentrated in the hands of priests and ceased to be accepted as one of the gifts any Christian might have.

Jesus made it very clear that the power to heal the sick was not his own but that it came from God. He said “The Father that dwells in me does the works”. George Fox came to understand this in a dangerous situation where he had been attacked by a mob and, no doubt, like Nunez, he feared for his life. Some of you will have seen the Quaker tapestry showing him surrounded by the mob looking at his outstretched right arm, which had been paralysed by one of his assailants. He wrote in his diary, “I looked at it in the Love of God and

the Lord's power sprang through me and through my hand." Like Carbeza, he gained a personal understanding of the healing power of God's love and realised that the transforming power of the grace of God can be expressed through any one of us when we humbly desire to help another or are needy ourselves. Fox also knew that Jesus' words about his Father "I am in him and he is in me" are literally true. We are surrounded by love as if by sparkling light beams (Jesus called it the Kingdom of Heaven) and we have within us a micro-chip of divine love through which we can come to understand what all-embracing, unconditional love really is and through which we can relate to everything that is.

Given that George Fox was a healer, following the pattern of Christ, it's not surprising that Spiritual Healing has many affinities with Quakerism. It is difficult to describe: it is facilitated by the inner light; it can only be properly understood by experiencing it, and there are probably as many ways of being a healer as there are of being a Quaker! An encounter for healing has the same qualities as a gathered meeting for worship where, in prayer, we co-operate with God and where we can all come into contact with the best part of ourselves by which we can be inspired. Sometimes we are the one whose words and attitudes can open the door to the transforming power of love, sometimes we can be warmed by the intensity of love flowing through the heart of another. In our meetings 'under God', as used to be said, we can safely expand our consciousness and come into a kind of focus together which allows healing love to flow freely amongst us. Fox also knew that the Divine is in every aspect of being, that healing is soul-inspired, a gift of God, and that a healer is not the author of whatever healing might take place. However, that said, healers are on a journey like anyone else and responsible for attaining the fullest possible spiritual awareness and also for developing their own capacity to be a good channel for unconditional love. It can take a lifetime to become fluent in love! .

Spiritual healers transmit, in one way or another, high frequency energy to people who are sick in mind, body or spirit so that their own healing processes can begin to operate properly and they can begin to heal themselves. Spiritual healing, in essence, means reconciling the soul with God. Almost 500 years before Christ, a Thracian physician quoted in the dialogues of Plato, said: "So neither ought you to attempt to cure the body without the soul; this is the reason why the cure of many diseases is unknown to the physicians of Hellas". St Paul also thought that the body is the temple of the spirit. He said: "Know ye that ye are the temple of God and that the spirit of God dwells in you".

The Rev. JAC Murray of Edinburgh enlarges on this idea and writes of the interconnectedness of our whole being: "There would seem to be no hard and fast frontier between mind, body and spirit. There is one continuum extending unbroken from the heart of the atom right up through the octaves of the rays of flesh and blood and the etheric processes of the mind to a region beyond the

humanspectrum in which powers from another dimension begin to be apparent – an ascending spirit.”

Jesus Christ lived by this concept – both his healing miracles and indeed his whole life were expressions of it. Spiritual love, the energy of light, poured through him to meet human need, whether it was spiritual, mental or physical.

Everything in the universe is part of a gigantic, interconnected web of interlocking energies. Carbeza was right, we really are more than we think we are! To understand spiritual healing, we need to add to the ordinary model of the body with its various systems such as the lymphatic, nervous or vascular systems, the concept of an organising energy field surrounding and interpenetrating the dense physical body – a system that digests light. It is the body's defence system, a transforming system that takes in light at different frequencies and transforms it for our use, or as in the case of healers, earths high-frequency energy and transmits it to people whose energy systems are blocked or malfunctioning in some way. This is our aura, which consists of sheaths of light of differing frequency that feed and energise our body, mind and spirit. The aura of a sick person will lose its elasticity, shrink closer to the body and look grey, having lost its power to prevent us being taken over by germs and negative thoughts or emotions. People who can see the aura say that the aura of a healthy person looks like a sparkling web of light beams or lines of force, which channel all the electromagnetic energy we need to keep us healthy and alive. Einstein's formula  $E=MC^2$  is evidence of the possibility of transformation. Light energy and matter are interchangeable because matter is simply a denser form of energy – our bodies are energy and therefore changeable. Scientists increasingly recognise something that mystics have spoken of through the centuries, namely that paradox does not necessarily mean error, that at a certain point reality is paradoxical – light is both wave and particle and we are both mortal and eternal at the same time.

Carbeza wrote of doctors as the other group of people to whom he thought we had given away our healing potential. Indeed, for centuries, we have expected the scientific establishment to dispense healing without much collaboration on our part. Our relationship with doctors has tended to be a parent-child one and they, in their turn, have not wished to have much truck with spiritual healing, which up until recently has not been research-based and which has been dispensed by people they have perceived as untrained. However this Piscean parent-child pattern is gradually being replaced by an Aquarian partnership pattern. Since Carbeza's time huge advances in medical science have been made and the range of scientific vision is expanding to encompass the idea that spiritual healing, as a complementary therapy, can sometimes help us to a wholeness that can only in part be achieved by orthodox, allopathic medicine. We, in our turn, are beginning to take more responsibility for all aspects of our own health.

## CIRCLE / CYCLE

I am caught in the circle of God's Love.  
(I do not wish to be free of it, but free in it.)

This circle is big and bold, tender yet strong.  
Love – with the energy of a whirlpool  
with the delicacy of rolling mists.

Love circling in the cycle of nature  
– seed, root, stem, branch  
– leaf, flower and fruit.  
This Love lets not decay become its ending –  
rather, in the giving back to earth becomes  
– richness, new seeding, growth.  
Thus the circle/cycle rolls forever.

I am caught in the circle of your Love  
(Certainly held, not caught).

So let me not fear that  
love cannot transfuse, suffice  
for me and my others.  
Only let me feel your Love flow, Lord.  
Know there are no blocks, no gaps  
You cannot stride or fill.

Keep me in the circle of your Love, Lord  
(Yes, I know you will not let me go).  
Then shall this same Love, poured in me, overflow.

Meg Dixon

Chances are you need no explanation of the term 'busy head'. If you've ever suffered from a mind buzzing with ever lengthening 'to do' lists, or thoughts that spiral relentlessly round creating greater confusion at every turn, you'll know all about this frustrating condition.

When 'busy head' takes hold, your mind simply buzzes with busyness. Your head is full to bursting point. You feel agitated and you just can't think straight. A significant number of clients coming to me for healing are quick to sigh and nod in recognition when I remark, 'Your head feels busy today!' It's not difficult for a healer to detect because of the concentration of humming energy around the head. Fortunately it responds well to healing. However it is best if we take steps to remove the root causes and prevent its return.

Most of us are likely to go through occasional brief moments when this unpleasant sensation of mental overload strikes. However, if 'busy head' syndrome is becoming a feature of your day, it's time to take action. The most important step is to recognise that we have a problem and focus our attention on dealing with it. By its very nature, 'busy head' syndrome occurs when we are most stressed and the pressure is on, so it's doubly important to make sure that we stop, take time out and deal with it. If it's allowed to continue unabated, a 'busy head' can become habitual and then requires much more effort to conquer. So, if your mind is humming, get started now! The good news is that the cures are practical, pleasant and can slip easily into your normal schedule.

What to do:

-  Stop multi-tasking! Even if you have fifteen pressing tasks, remember, jobs can only be tackled effectively one at a time. Our brain works most efficiently and comfortably when it has a single focus. When we divide our concentration between two or more subjects we immediately reduce our efficiency and our intelligence – and our stress levels shoot up. Our thoughts start to flit between one thing and another and, before we know it, our heads are buzzing again.
  
-  Concentrating exclusively on a single task is absorbing and relaxing – in fact, it is the basic principle behind all forms of meditation. However, like learning to meditate, concentrating on a single task will take some effort and training – especially if you are new to it. If you've got into the habit of doing two things at once, make a decision to stop. Pick a single project to get started on. If necessary, remove yourself to a place where your other tasks won't distract you. If your mind wanders, just bring your attention back to the job in hand. If you have a lot to do, do it the smart way – one

task at a time. You'll get there more quickly and efficiently than by multi-tasking.

 Take time out and focus. This is a great way to give your brain an instant holiday! Take a ten-minute break and walk outside, stop and play with your pet, or move to another room and listen to some music you enjoy. Most importantly, go somewhere else and focus. Whether it's on the sounds you can hear, or what you can see or touch, or the sensation of your feet in your shoes as you walk, this focus on a single aspect will bring peace and calm to your mind. Allow any other thoughts to pass and return your attention to the subject of your focus. At the end of the break you can return to your work refreshed and more efficient.

 Keep a clear head at night. 'Busy head' syndrome can strike at night with the distressing consequence of sleeplessness. Keep a note-pad by your bed so that you can jot down any urgent reminders that come to mind last thing at night, rather than try to remember them. Never do paperwork in bed or directly before retiring. Be discriminating about thoughts that come in the night. I advise my clients to ignore all thoughts that occur between midnight and 6am, since darkness and tiredness cause all rationality to evaporate! Be kind to yourself – save thinking until the morning.

 Get help with life's larger worries. The solutions above work well if your problem is simply a busy mind. However, if you have a particular worry that's dominating your thoughts, it's time to use expert help. No worries are improved by ignoring them. This applies especially to health, emotional, legal or financial worries, where early action can often save even greater stress. So, if you've been putting off a visit to your doctor, or you know that a counsellor, solicitor or other professional could help you, stop now and make the appointment. Your head will thank you!

 'Busy head' syndrome can lead to a tension headache. However, headaches that are persistent, extreme, or simply unusual for you, should always be discussed with your doctor.

(Reprinted from the Inner Wisdom Newsletter with the author's permission.)

(Readers may have more ways which they find effective in beating stress, and the 'busy head' syndrome. I'd welcome hearing from you along these lines. RS)

YYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYY

Last August I attended a conference in Canterbury on the subject of 'Healing, Prayer and Forgiveness' organised by the Scientific and Medical Network. This is an organisation which, rejecting the materialist approach of mainstream science, seeks to explore the interface between science and spirituality and the many phenomena – e.g. consciousness – which cannot be adequately explained by materialism. King's School, within the cathedral close, provided the ideal atmosphere for the conference; and I have to admit that for me, a renegade Anglican, a highlight of the conference was sung evensong in the cathedral choir!

There was a range of topics offered, such as 'Prayer and Healing Research' and 'Psychology, Religion and Spirituality'; but the one which interested me most was a talk given by Dr. Jeffrey Levin called 'Faith, Love and Transcendence: an Epidemiological Perspective'. Dr. Levin is a pioneer and one of the leading researchers in the rapidly developing field of the relationships between religion and health. Essentially what Dr. Levin was describing was the considerable amount of research, over many decades but relatively unrecognised until recently, which demonstrates the strong positive relationship between the practice of religion/spirituality and good health and longevity.

Simply, what this work demonstrates is that those people who belong to a religious group and attend a place of worship regularly are, on average, more likely to be healthier and to live longer than those who have no religious affiliation. Thus the former may live between seven and 13 years longer than the latter. There is a similar positive effect across a wide range of diseases. Those who practise meditation or a similar spiritual activity also gain these health benefits.

This is a fascinating subject and one well worth following up in Dr. Levin's book *God, Faith and Health*, by John Wiley, 2001, ISBN 0-471-21893-6. The book sets out seven principles of what he calls 'theosomatic medicine' and then goes on to develop and describe the evidence for these principles, which are:

- 1 Religious affiliation benefits health by promoting healthy behaviour and lifestyle.
- 2 Regular religious fellowship benefits health by offering social support that buffers stress and isolation.
- 3 Participation in worship and prayer benefits health through the physiological effects of positive emotions.
- 4 Religious beliefs benefit health by their similarity to health-promoting beliefs and lifestyles.

- 5 Faith benefits health by leading to thoughts of hope, optimism and positive expectation.
- 6 Mystical experiences benefit health by activating healing bioenergy or life force or altered states of consciousness.
- 7 Absent prayer for others is capable of healing by paranormal means or by divine intervention.

Dr. Levin's book describes new developments in mainstream medicine which are closely related to healing and are a subject about which healers should inform themselves.

It also may explain why many Quakers are so long-lived!



TO A VEGETARIAN HAGGIS

Great Chieftain o' the Puddin-race!  
 At Claridge House thou hast thy place;  
 We greet ye wi' a silent Grace  
 And gestures mild,  
 As wi' a Vegetarian face,  
 Thou fronts the World.

We lined us up wi' mony a grin,  
 As solemn music piped thee in;  
 Keith marched thee slowly from the pan  
 Onto the table,  
 And Gerard pierc'd thy plastic skin  
 As he was able.

And so we ate thee up by turns,  
 Wi' neaps and snips (we left the bones)  
 When we were studying Rabbie Burns,  
 Wi' Mouse and Louse,  
 And ither similar concerns,  
 At Claridge House.

Gerard Benson

(Written in the heat of inspiration, after seeing the piping in of the Haggis, during the recent weekend course on the work of Robert Burns, at Claridge House – probably on a table napkin as has often been the case with many other great works!)



## Clerk's Corner

It is still January as I write this and, for many, a difficult month to get through: whilst we have lingering memories from the previous year, we also anticipate what might happen during the coming year. In this respect we appear to resemble Janus in looking simultaneously forwards and backwards; so no wonder we find the early weeks of any new year difficult! And this is, of course, totally discounting the weather!

More and more people tell me they would like to hibernate until the cold, dark, damp etc. is all over. How marvellous it would be, they say, to emerge in the Spring into blue skies, white fluffy clouds and hosts of golden celandine; (yes, I know really – just checking you're awake!) This way we would miss altogether the cold, dark, damp bit. They have a point.

I see increasing numbers of real SAD (Seasonal Affective Disorder) cases in the surgery during these winter months. I encourage them to go out as much as possible because it's lighter outdoors than indoors during the day; yes, honestly, it really, really is!! Also it's cheaper to increase the number of lamps as well as the wattage of each light bulb to make one room much brighter, than purchase a light-box, if SAD has taken a severe hold.

Back to Janus – it seems to be part and parcel of being human that what we are most reluctant to do can be the one thing which will help us the most. Instead we appear to have a built-in resistance and procrastinate and perfect our delaying tactics, rather than do what we know we should! However, once we can be persuaded to try something we usually become enthusiastic converts.

My New Year Resolution is to think and speak positively (note present tense). It appears to be working: David and I went away at the beginning of the New Year but sadly, during the Christmas *mêlée* he had left his brief-case somewhere in town. Having belonged to his father it had sentimental value but it also contained his 2004 diary full of entries. I had a sneaking feeling it would return (as some of my earrings have done in the past). Lo and behold, on our return there was the briefcase waiting by the front door! We had no idea who brought it back as there was no note with it, so David wrote to the local newspaper and they printed his letter of thanks. He wanted to take the opportunity to emphasise what a great deal of honesty and good-will there is around us but we – and the media – are in the habit of emphasising and spreading bad news instead. When did you last hear someone say "I had a great rail journey today"? (I know I am not the only one who has had many uneventful, punctual journeys by public transport).

We just hope the person concerned has read David's letter.

So, my 2004 New Year's Resolution might catch on and spread, don't you think? Remind me to tell you the story about David's bicycle next time...

Joolz Saunders

## CLARIDGE HOUSE PROGRAMME

Weekend Courses £130 per person ~ Midweek Courses £220 per person  
(unless otherwise stated)

Bursary assistance available, depending on individual personal circumstances.  
Please enquire when booking.

### 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.

### Apr 2/4 LIVING THROUGH LOSS

‘I, Yahweh, form the light and create darkness. I make well-being and I create disaster’ (Isaiah 45:7). What might God be saying to us through the loss that has shattered our lives? How do we re-create and re-align ourselves for balance and a new sense of direction? What is the hidden gift in our pain? Elizabeth Brown: member of QRG and a healer with QSH. Frances Crampton: Quaker, transpersonal counsellor, Myers Briggs practitioner and a QSH healer.

### Apr 8/13 EASTER BREAK..... Cost £250

### Apr 14/23 HEALING RETREAT FOR PEOPLE WITH M.E.

Another opportunity to join this special retreat, which will be a healing journey into ourselves, into the physical, emotional and spiritual aspects of M.E. This is not a ‘quick fix’ cure, but a gentle holistic process towards healing and self empowerment. There will be plenty of time to rest, reflect and enjoy the gardens. Nomi Sharron: writer, teacher and experienced workshop facilitator who has had ME for over 6 years. Cost: £375 (single) £295 (shared) £225 (for accompanying carer who shares)

### Apr 23/25 ‘THE JOURNEY HOME’ – An Introduction to A Course in Miracles

In 1976 a unique manuscript was brought out of hiding, and quietly became a world-wide best seller. Whatever your spiritual beliefs, or lack of them, this course in removing the blocks to love is a leap forward in your personal journey towards revelation and inner peace. ‘There is no journey, only an awakening.’ Anna Powell, experienced and lively hypnotherapist, writer and facilitator, who has been a student and teacher of A Course in Miracles for 20 years.

### Apr 26/May 7 LATE SPRING BREAK ..... (£40 per day, full board)

May 7/9 THE HEALING POWER OF SOUND  
Learn how to use your voice to heal yourself and others. Learn toning and overtoneing; how to balance chakras and heal emotions with sound. Spend a weekend having fun with your voice and sacred sound.  
Simon Heather, internationally known workshop leader, author, healer and founder of the UK Sound Healers Association.

May 14/16 DRU YOGA  
Experience a folk yoga of India, combining ancient and modern techniques that ease and heal the body; flowing sequences giving access to a deeper understanding of our connection to the creative principal. Salute the directions, earth, moon and sun, breathing into the stillness of unity, harmony and wisdom.  
Gordon Slaymaker: qualified in yoga therapy with Life Foundation School, experienced teacher and a leader at Quaker Summer Gathering.

May 17/21 WALKS WEEK – (Midweek)  
Another opportunity to enjoy the Surrey, Sussex and Kent countryside during this mid-week of walks, which will be specially selected to appreciate the local landscape and natural beauty of the season. Both level and gentle hill walking are planned to suit all abilities. Please bring a small bag/knapsack and waterproof clothing with suitable walking shoes/boots.  
Terry Coote: a local walks leader with over 11 years experience.

May 21/23 REIKI I  
Reiki has become known around the world for its ability to channel healing energy, both to those who practise it and those who are recipients. An introductory weekend course.  
Anna Moore: Reiki Master and teacher for over 8 years.

May 24/28 NATIONAL TRUST VISITS – (Midweek)  
We are fortunate in having so many N.T. sites near Claridge House. Where to this year? Perhaps a House; Gardens; Countryside? Locations will be different from the last two years and we will have three full days of interest and inspiration. For more information contact Keith now.  
Keith Marsden: Deputy Warden at C.H.  
Cost ..... £250 (excluding entrance fees)

May 28/30 STRESS MANAGEMENT

Explore the causes of stress: identify some sources and understand how it can affect health. Learn remedies and coping strategies, as well as ways to help in dealing with stressful people and situations. Develop a stress management plan and learn some relaxation techniques. Sharlene Turczak: Natural Therapist and tutor.

June 4/6 CIRCLE DANCING

Internationally known as a leading teacher of Sacred/Circle Dance, with his particular knowledge of dances from around the Balkans, David's workshop will appeal especially to those with experience of Circle Dance; and those who have not had the pleasure of dancing with him will surely enjoy this opportunity. David Roberts brought Circle Dance from Findhorn over 20 years ago, and has been an inspiration for dance teachers since then. Cost ... £130 (residential with full board)

Alternatively come and dance for the Saturday only (5th June) in Dormansland Memorial Hall. Cost ... £20 (bring and share food). Please telephone for more details.

June 14/25 EARLY SUMMER BREAK ..... (£40 per day, full board)

July 2/4 THE POETRY OF HEALING

A weekend, unpressurised poetry workshop. We will read, write, discuss poetry and the healing power, which has always been an important function of poetry. Come with pen, paper, poems; heart willing and ears open. Gerard Benson, a Quaker poet, who worked for 10 years with patients at a London hospital, will gently lead this weekend.

July 16/18 'VOICES OF THE SOUL'

A weekend retreat of reflection on what we might mean by soul and soul-fullness and how we express these in worship, conversation with others, and in our everyday lives. The weekend will include times of quiet, music, and poetry. The hope is that participants will go away both refreshed and challenged.

Harvey Gillman: writer and poet, who was Outreach secretary for Quaker Home Service, Swarthmore Lecturer and Joseph Rowntree Fellow.

For booking details – and other tariff, including daily rates and special breaks – please contact: Nick Bagnall or Keith Marsden,

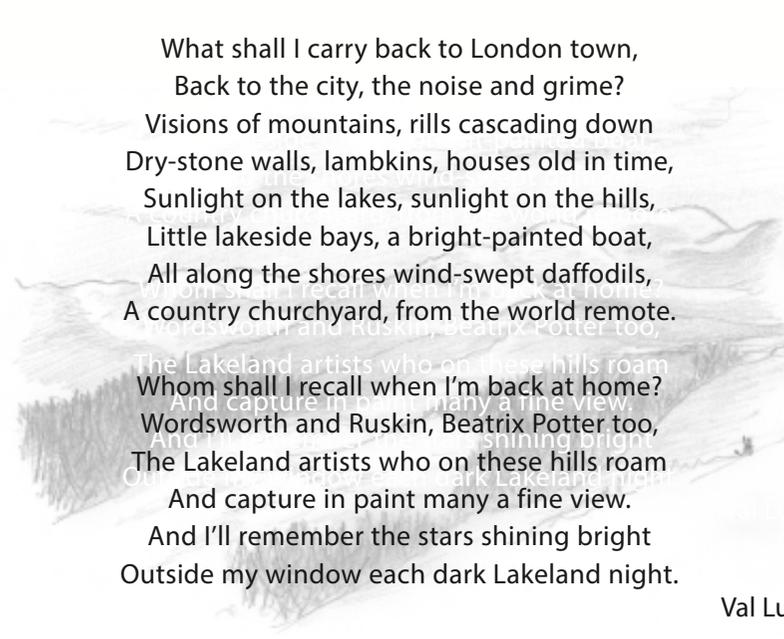
Claridge House, Dormans Road, Lingfield, Surrey RH7 6QH.  
Tel: 01342 832150. Email: welcome@ClaridgeHouse.freeserve.co.uk  
LATTENDALES

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.

June 18/20 QUAKER SPIRITUAL HEALERS' SUPPORT WEEKEND  
Leonora Dobson and Rosemary Bartlett, both experienced facilitators and members of FFH and QSH.

For information on booking, and other tariff, please contact The Wardens, John & Vivien Cran, Lattendales, Berrier Road, Greystoke, Penrith CA11 0UE.  
Tel: 01768 483229 Email: mail@lattendales.plus.com

## LAKELAND



What shall I carry back to London town,  
Back to the city, the noise and grime?  
Visions of mountains, rills cascading down  
Dry-stone walls, lambkins, houses old in time,  
Sunlight on the lakes, sunlight on the hills,  
Little lakeside bays, a bright-painted boat,  
All along the shores wind-swept daffodils,  
A country churchyard, from the world remote.  
Whom shall I recall when I'm back at home?  
And capture in paint many a fine view,  
Wordsworth and Ruskin, Beatrix Potter too,  
The Lakeland artists who on these hills roam  
And capture in paint many a fine view.  
And I'll remember the stars shining bright  
Outside my window each dark Lakeland night.

Val Luxton

Martin died on Sunday, 21st December 2003, (the Solstice) at 7.30 am. He was in his own bed and I was beside him taking him through a guided meditation on "going to the light". I think he made a sensible decision at some level to go quickly, as he might have had to go to hospital later that day.

At the time Martin was feeling a sense of failure. His last words to me were "I'm sorry. I was trying to prove ...". He was trying to prove, of course, that cancer can be overcome by boosting the body's own immune system through the use of alternative therapies. Martin was an all or nothing sort of person and he always believed he would be successful and live for many years to come. I find myself more in the middle on the optimism/pessimism scale though I supported him every inch of the way. I hope that now he is in his new, vibrant body, he is seeing things from a different perspective and being a little less hard on himself. He was courageous, cheerful and positive throughout his illness and his bravery has touched many lives.

I think he had a very significant partial success. He was diagnosed with an aggressive form of cancer in October 2002. It had already spread from the prostate to the pelvis and upper femur on the left side, and the first lumbar vertebra. The only conventional treatment he was offered was hormone tablets. He took those for six weeks but they produced unpleasant side effects. He was offered radiotherapy to deal with the side effects but not to lengthen his life. He was already well into his alternative forms of treatment by this time and he took himself off the hormone tablets. During his illness his GP prescribed paracetamol, an anti-inflammatory drug and sleeping pills, and these helped him, as did her supportive attitude.

As well as feeling that alternative therapies were gentler on the body, Martin wanted, as far as possible, to avoid medication and treatment based on animal testing. He was against animal experiments not only from a moral point of view (the ends/means argument) but also because our reading had led us to the conclusion held also (and much more significantly) by many senior members of the medical profession that animal experiments do not assist medical progress and may in fact be detrimental to it.

Why do I feel that Martin achieved partial success? I will give several reasons. For someone with a terminal illness he had a good quality of life. He lived for 14 months after the diagnosis and he was able to pass on in good order the jobs he was doing in connection with Esperanto and a Quaker membership database and other voluntary work.

Martin didn't spend a single day in hospital. Until the last two days of his life when it suddenly became clear the cancer had spread to his brain, he didn't spend a day when he couldn't chat to friends in person and by e mail, play a musical instrument, watch TV, and more importantly read, read, read.

He remained clear headed. He could always go out, even if only in the car with me driving.

He said Christmas 2002 (two months after diagnosis) was “the best ever”. I wrote that in my diary.

He lived to see the birth of his third grandson, Nathan Martin, and, on a day filled with sunshine and happiness we attended the christening. He also had time to re-build and strengthen other relationships within his family.

During the illness we met many wonderful people, therapists and healers, we would not otherwise have met, and gained great help and inspiration from our visits to the Bristol Cancer Help Centre and the Liongate Clinic in Tunbridge Wells. The network of support and prayer around us just kept growing.

Martin’s quest for knowledge, always strong, intensified. He was a great customer at our local bookshop. He devoured books. Books on the treatment of cancer, on spiritual subjects, and humorous books – P.G. Wodehouse, for example. He grew spiritually, and particularly he grew in compassion. He believed that what he called “the upstairs team” were teaching him to understand suffering from the inside. It was no use just reading about it. He had to experience it. When he watched scenes of devastation in different parts of the world on the TV news he would cry for the people involved. He cried very easily in the last few months, as if his own body was taking on the suffering of the whole planet.

The last book he found, *The New Revelations\**, really felt as if it was the last book he needed. I couldn’t see where he could go after that. It just seemed to have completed his course of study. (As a carer I was staggering a bit by this time and I still haven’t read it myself!) The effect on him was intense, and many of his closest family received that book from him for Christmas together with a letter wishing them well. That letter struck me as a goodbye letter but we never actually spoke of the ending of his physical life. He managed to sign some of those letters on the Wednesday before he died but he said his signature was “funny”. He had printed out labels for a card and the letter to go to other members of the family, and there were some more books which should by now have reached their destination.

To end on a lighter note, because there was plenty of laughter during this illness, he always had a good appetite. I used to put a bottle of horse radish sauce beside his plate because my cooking was never spicy enough for him.

Martin thought that we should all have choice and control when it comes to the treatment we receive when we’re ill. It’s all too easy to be forced into quick decisions in the face of an alarming diagnosis. He found a book called “Options” which he presented to his G.P. Most people are not given the facts on which to base their decision, or sufficient time. Some do not want it. We all have to follow our own pathway and some prefer to let the doctors

make the decisions. However, we came to see for ourselves and through our reading that the full facts are not always presented to the patient. There are several reasons for this. It is better to explore the situation when one is well rather than in a state of shock. Michael Gearin-Tosh's *Living Proof* \*\* is a great and enlightening read. He's an Oxford professor of literature and he studied, amongst much else, the psychological processes of the medical people he encountered, and the pressures under which they work. He became very wary as a result.

"A journey of a thousand miles begins with a single step." Cancer is increasing amongst us. We need to understand how to deal with it, how to live with it, what it can teach us. I see Martin as one of those would-be early aviators who skilfully made little structures of plywood and launched themselves into the air with hope and great courage. Often they crashed back to Earth after only a few airborne yards. However, others were able to build on their pioneering efforts. Pollution-wise we're not altogether happy with the results of all this, Martin bids me add, but in terms of human inventiveness, flying was certainly a notable achievement.

Because of all he learnt, and experienced and the wonderful people he met, Martin said he would not have missed this illness. My sister said the same thing when she went through cancer in 1978.

Extraordinary. But then life is. Of the many lovely things I have been reading I would like to pass on this:

"Life and death should not be considered as opposites. It is closer to the truth to speak of dying as an entrance rather than an exit.

What the doorway of death offers is a resurgence of tremendous vitality, for you are entering from what could be described as a watered down version of life into the thing itself, the vitality of the primary reality.

If death could be seen as a beautiful clear lake, refreshing and buoyant, then when a consciousness moves towards its exit from a body, there would be that delightful plunge and it would simply swim away."

From Emmanuel's Book compiled by Pat Rodegast and Judith Stanton.

\* *The New Revelations* by Neale Donald Walsch. Hodder & Stoughton, ISBN 0-340-82590-1. £7.99.

\*\* *Living Proof* by Michael Gearin-Tosh. Scribner, ISBN 0-7432-0677-0. £14.99.

## LETTERS

From Norah Ramsden, Calverton, Notts.

Visits to my brother, as he became increasingly incapacitated with Parkinson's disease, were never easy and usually busy, as we tried to alleviate his discomfort and attend to his needs. But my last visit was altogether different.

It was about two months before he died, and this time I had gone on my own. All I had to do was make him comfortable on his side, with pillows padding him all round. Then I sat beside him, with my hand on his thigh; a lovely peace settled between us. We talked a bit, he slept a bit. Perfect contentment. When it was time for me to leave I was loathe to break the atmosphere, so I said goodbye softly, kissed him gently and crept out of the room, leaving him undisturbed.

For the first time I came away at peace myself, completely unstressed, though knowing that, probably, I would not see him again.

My sister visited about a month later and apologised for my absence, saying "she's busy hand-bell ringing".

Whereupon he replied, "She isn't, she's here!"

I have read in Buddhist literature of people being seen where they are not. Did I leave part of my spirit – a manifestation of love between a big brother and little sister?

Isn't this other dimension intriguing and exciting!

Tibetans do not recognise any supernatural agent. The so-called wonders, they think, are as natural as common daily events and depend on the clever handling of little known laws and forces.

'Tibetans, like Egyptians, believe in the 'ethereal double'. During life, in a normal state, this 'double' is closely united with the material body. Nevertheless, certain circumstances may cause their separation. The 'double' can, then, leave the material body and show itself in different places; or, being itself invisible, it can accomplish various peregrinations. With some people this separation of the 'double' from the body happens involuntarily, but Tibetans say that those who have trained themselves for the purpose can effect it at will.' (From *Mystics and Magicians in Tibet* by Alexandra David-Neel. The Bodley Head. English edition (translated from the French). 1931.

From Hildegard Weiler, Charlotte Friends Meeting, USA

I would like to share, the following thought from Tracey Cain regarding the JOY of healing. As you may know, we have a list of 33 friends in our email healing ministry. Recently in my meditation, I received the idea that perhaps those in this ministry would like to share their thoughts on how they pray for others and maintain the balance of being joyful and caring – not giving in to

despair and hopelessness. When receiving comments, I would ponder them and attempt to produce an article. This was to focus only on maintaining a balance on being joyful and caring, this was NOT on the process to pray/hold in the light the requests for healing.

My thoughts started a few months ago when we received bunches of requests for prayers and some email ministers shared a feeling of being overwhelmed. In another few months perhaps the article will come together. Tracey Cain's is one response to my request that I thought is worth sharing with others already.

"On a clear fall day, a year or so ago, I had taken a walk in the woods and was returning home when I had the opening that I was in the Garden of Eden and saw the whole earth as the garden. The things that are "defective" are the parts humankind has added, changed, or destroyed. The world was created perfect in its ability to restore itself and even the events that we call natural disasters are part of a larger plan of rebirth and renewal. I see humankind in the same light – the cycles of birth and death, pain and joy, disease and healing, as part of a larger plan of renewal. I feel we are called to care about the pain and suffering of others and that holding them in loving light, even for brief segments of time, is one way we are called to respond. I feel that when we respond to the promptings of the spirit we feel the release of having done what we are called to do, this release brings a sense of peace and helps maintain the balance of being joyful and caring and not giving in to despair or hopelessness."



FRIENDS FELLOWSHIP OF HEALING GROUPS – JANUARY 2004

- AYLSHAM Anne Roy, The Old Railway Gatehouse, Oulton Street, Nr. Aylsham NR11 6AF
- BANGOR Jenifer Gibson, Cum Ty Coid, Menai Bridge, Anglesey LL59 5LA
- BATH Rene Aldcroft, 701 Wells Way, Bath BA2 2TZ
- BEDFORD Geoffrey Martin, 24 Kingsley Road, Bedford MK40 3SF
- BEWDLEY Margaret Shaddock, 19 Bow Patch Rd, Arely Kings, Stourport-on-Severn
- BOURNEMOUTH Norma Jones, Flat 4, Sunningdale, 21 Port Arlington Road, Bournemouth BH4 8BX
- BRADFORD Edna Woodhouse, 47 Windhill Old Road, Bradford, W. Yorks. BD10 0SE
- CAMBRIDGE Pat Revell, 12 Rustat Road, Cambridge CB1 3QT
- CHICHESTER Anthony Dungey, 38 Orchard Avenue, Chichester, W. Sussex PO19 3BG
- CLACTON Mary Farquhar, 5 Colne Road, Brightlingsea, Colchester, Essex CO7 0DL
- CLARIDGEHOUSE Keith Marsden, Claridge House, Dormans Road, Dormansland, Surrey RH7 6QH
- COLWYN BAY Julia Aspden, Gwynt y Mynydd, Henryd, Conwy LL32 8YB
- CROYDON Giulio Pravato, 25B Prince Road, South Norwood SE25 6NN
- DARLINGTON Dorothy H. Mouncey, West Linhams, 20 Bridge Rd, Blackwell, Darlington DL38 7TJ
- DENMARK Inga Rasmussen, Vesterbyvej 11 Vrogum, DK-6840, Oksbol, Denmark
- DERBY Leanne Wheeler, 36 Drewry Lane, Derby, DE22 3QP
- DISLEY Leonora Dobson, Moor Edge, Birch Vale, High Peak, Derbyshire SK22 1BX
- DISS Margaret Morgan, Willow Croft, Thwaite Road, Thorndon, Eye, Suffolk IP23 7JL

DITCHLING Judy Moody-Stuart, Little Blackbrook, Spatham Lane, Westmeston, BN68XJ  
 DORKING Lesley Hunka, 68 Stevens Lane, Claygate, Surrey KT10 OTT  
 ECCLES David P. Jones, 26 Moss Lane, Sale, Cheshire M33 6GD  
 ESHER Betty Sear, Tara, Irene Road, Blundell Ln, Stoke-d'Abernon, Cobham KT11 2SR  
 EXETER Yvonne Gardener, 2 Excalibur Close, Exeter EX4 8LH  
 EXMOUTH Launa Hawkins, 42 Foxholes Hill, Exmouth EX8 2DQ  
 FINCHLEY Margaret Holman, 28 Babington Road, London NW4 4LD  
 GLASGOW Muriel A Robertson, 51 Highmains Avenue, Dumbarton G82 2PT  
 GREAT AYTON Suzi Ebeid, 12 Green Road, Skelton, Saltburn-by-the-Sea, Cleveland TS14 8ED  
 GRIMSBY Linda Thornally, 155 Laceby Road, Grimsby, NE Lincs. DN34 5DS  
 HARLOW Elizabeth Wilson, 111 Rectory Wood, Harlow, Essex CM20 1RD  
 HEBDEN BRIDGE Jo Brown, 4 Lower Woodhead, Barkisland, Halifax HX4 0EJ  
 HEMEL HEMPSTEAD Anne Smith, 90 Chipperfield Road, Kings Langley, Herts. WE4 9JD  
 HEREFORD Robert E. Fallows, 7 Westfaling Street, Hereford HR4 0JB  
 HULL Patricia A. Purkis, 85 Park Avenue, Hull HU5 3EP  
 IFIELD George Harrison, 34 Deerswood Court, Ifield, Crawley, W. Sussex RH11 0HD  
 ILMINSTER & CHARD Eve Northey, Little Bethany, 44 Silver Street, Ilminster TA19 0DR  
 ISLE OF MAN Ruth Robson, 8 Farrant Park, Castleton, Isle of Man IM9 1NG  
 LEWES Venetia Jones, 5 Easport Lane, Lewes, E. Sussex BN7 1TL  
 LONG SUTTON Sidney Fisher, 34a Stanchester Way, Curry Rivel, Langport, Somerset TA10 0PU  
 MARAZION Heather Bray, Blue Waters, Market Place, Marazion, Cornwall TR17 0AR  
 MOUNT LAWLEY Pamela Beard, 6 Fraser Road, Applecross, W. Australia, 6153  
 NEWTON ABBOT Valerie Huish, 13 Brimley Vale, Bovey Tracey, Nr. Newton Abbot, Devon  
 TQ13 9DA  
 NOTTINGHAM Mary Brimelow, 30 Private Road, Sherwood, Nottingham NG5 4DB  
 OSWESTRY Peter White, Nantmawr Chapel, Nantmawr, Oswestry, Salop SY10 9HL  
 OXFORD Mary Fear, Homelea, Glebe Road, Cumnor, Oxford OX2 9QJ  
 PURLEY Robert & Veronica Aldous, 7a Downs Court Road, Purley CR8 1BE  
 READING Jenny Cuff, 153 Northcourt Avenue, Reading, Berks RG2 7HG  
 SHAFTESBURY Gerald & Doreen Wingate, Shaston, 3 Hawksdene, Shaftesbury, Dorset SP7 8NT  
 SHEFFIELD Beryl O'Brien, 127 Willow Drive, Sheffield S9 4AS  
 & Ruth Vear, 5 Williamson Road, Sheffield S11 9AR  
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 SIDCOT Joint Convenors  
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 – Peter G. Alletson, 4 Brae Road, Winscombe BS25 1LN  
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WINCHESTER Andrew F Rutter, 1 St. Johns Road, Winchester SO23 OHQ  
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IMMEDIATE PRAYER GROUP

Rosemary Bartlett, 10 Cavendish Mews, Wilmslow, Cheshire SK9 1PW

Joy Simpson, 14 School Cres. Primrose Hill, Lydney, Glos. GL15 5TA

MOTHER & HER UNBORN CHILD

Joyl Readman, 11 Meadow View, Wear Farm, Bishopsteignton, Teignmouth, Devon TQ14 9PX

POSTAL GROUPS Muriel Robertson, 51 Highmains Avenue, Dumbarton G82 2PT

& Elliott Mitchell, 87 Ravelston Road, Beardsden, Glasgow G61 QAZ



### Sunderland FFH Annual Report.

The Sunderland FFH has been a compassionate prayer group committed to those suffering physically, mentally and spiritually, offering our services to God as a channel for persons sick or disadvantaged, asking for ease or support, not expecting miracles. In addition, our intercession has also been on behalf of those concerned in world-wide natural or man-created disasters. In faith it has been our experience that a measure of personal enrichment has been achieved.

At times, responses received from Friends concerned who have expressed their belief in benefit they received has been encouraging. For example, one of the first requests received from a young stroke patient, partially paralysed and in despair of ever returning to future meaningful employment: following conventional and holistic support – and his own courage – after five years the recipient now expresses his appreciation and rejoices in having obtained rewarding employment in public-care service.

Early Friends took the responsibility for the care of the sick and disadvantaged as a vital part of their ministry. For various reasons and changing circumstances this practice has diminished, while current levels of demand are clearly evident.

Sunderland Friends Fellowship of Healing has carefully considered its small prayerful contribution and, with regret, agrees that we are unable to continue, due to ill-health. It is considered timely to lay down our group meetings as from this date.

The loyal support of Friends near and far has spurred us on over the past years, and those who have regularly held office such as Louise Campbell, Margaret Allison and Tim Mathews are appreciated. We will continue our practice of prayerful support for those in need in our own personal way.

Gladys Saint

I have written for as long as I can remember. It has always been a source of pleasure to me, a powerful creative outlet and a lifeline in times of difficulty. But it wasn't until 1997 when I worked with Gillie Bolton's excellent resources booklet for learning Writing the Spirit with other Friends in Cheltenham Meeting that I discovered writing as a means of accessing the spiritual.

Friends are excellent at debate and discussion but this was a method that allowed our often over-used intellectual capacities to be set aside for a while and for our truths to reveal themselves to us – and to each other – through the use of spontaneous writing. It meant that we had to be prepared to write as we felt, as it was happening in that precise moment in time. In those precious sessions we learnt to be vulnerable and true to ourselves as our conditioned minds and our intellectual knowledge were suspended in favour of that part of us that already 'knows' the answer to existential questions and our lives within them. Time and again we found ourselves reading out our writing and hearing truths that we did not consciously know that we knew. In the sharing with one another we did indeed come to know one another in that which is eternal. It was a deeply spiritual experience because it was so fresh and immediate.

Round about that time I was working as a social work assistant in mental health. It seemed to me that many people who were 'mentally ill' were actually in existential crisis and that this method of writing could help them to find their own answers to their profound need for meaning and purpose. I started to run workshops in mental health day centres and found there the same sacred-ness, as people wrote from their hearts and their own deep knowing. To see people who had lost all sense of personal worth beginning to express their own knowing was a joy to behold – I imagine much as a midwife must experience at the arrival of a baby. It also provided a forum in which clients learnt that they were not alone, that the fears and aspirations that were hidden within them were universal, although the means of expression and behaviour could be so different by virtue of dissimilar backgrounds and experiences. Sadly funding came to an end and I was unable to carry on, with regret on both sides.

Since then I have been trying to spread this method of writing through workshops in different locations and with various types of people. It is not easy to do this as it is so hard to convey what the method is. Being experiential it has to be done before it is understood and many people are reluctant to do something which is experimental. In a sense I am pioneering this work in unknown places – undoubtedly 'living adventurously'!

So my purpose of writing this article is twofold: to inform what it is that this kind of writing can do and to ask for help. I applied for a Rowntree Fellowship in 2002 to carry this work amongst Friends but was not successful. Since then I have come to see that whilst this is something that I know Friends could benefit from, I also feel it is a ministry that needs to go beyond Friends to anyone who may reach the spiritual through it. I am now attempting to do this work free-lance and therefore would be most grateful for any Friends' suggestions as to how I could further this work or indeed to make bookings.

(Tel: 01452 863627. Email: [Judyclinton@clara.co.uk](mailto:Judyclinton@clara.co.uk))



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 new catalogue can be sent on receipt of an s.a.e.)

\*Living the Way: Quaker Spirituality and Community by Ursula Jane O'Shea. Quaker Books. 2003. 72pp. ISBN 0-85245-348-5 £6.00  
First published in Australia in 1993 this reprint of the Australia Yearly Meeting James Backhouse lecture now forms part of Woodbrooke's Hearts and Minds Prepared learning package.

In her introduction the author states that early Quakers were absolutely certain that real spirituality came from the inward guide and, driven by the force of their inward experience, they sought to make the same personal encounter with God and the light available to everyone.

Underpinning our identity as Friends today is our choice of living the particular Quaker experience of spirituality, in a faith community and according to the Quaker way.

How are modern Quakers able to live out lives faithful to their roots and how do they reach out to the community?

Finding an appropriate form of words to describe spiritual experience in an increasingly secular world is not an easy task and in the case of Quakerism, which has no dogma, creeds or outward authority to exercise power or to prove its authenticity, the writer suggests Quakers have lost the confidence to testify to this spiritual experience and are unable to share it gladly.

She explores why this unique path is not more familiar to us, why it is not more widely taught to Quakers and newcomers and probes the impact of this decreasing familiarity for the future and for an ongoing Quaker way.

So that we can better understand our inheritance, both its potential and limitations, the main body of the book provides a clear and succinct history setting out the foundation of Quakerism, Fox, spiritual experience of the light within, Quaker expansion and stability. The changes which the Society has undergone through the centuries up to present times are explored, asking if sufficient outward forms were retained to channel prophetic experience through the community to renew it in the present and to sustain it in the future.

The book is not advocating a return to old forms of discipline. Rather it affirms that we can live out the unique Quaker spiritual process in our own time using our own particular holy gifts entrusted to us through generations of faithful Friends. After all, responding to the signs of our times modern Friends have a double resource on which to call upon – the inward waiting and active persistence, applicable to both our Meeting for Worship and wider social challenges in the wider community.

The book is an informative reflection of Quaker past and present times.

The future outlook, if we remain open to the Spirit will nourish not only ourselves but also the wider world. It says, to me, have faith, live wholly in the light, seek peace of mind, trust that spiritual experience and live alongside others peaceably sharing and transmitting nourishment for the path in our shared journey.

Jenny Cuff

Do We Survive Death? Second edition, by David Hodges.

Readers of TW may have seen the original edition of this book, published in 2001, which was commissioned by the Quaker Fellowship for After-Life Studies. Since then much further material has been accumulated and this has been brought together to make a second extended, improved and updated edition which will be published in January 2004. A brief description of the book is as follows:

Do We Survive Death? A descriptive bibliography and discussion on the evidence supporting survival. Compiled and written by David Hodges. Published by the author in collaboration with the Pelegrin Trust. 160pp, softback. ISBN 0-9546122-0-5. RRP £7.95, plus p & p.

Although there is a considerable amount of evidence of a high standard available which demonstrates clearly that the human soul survives death, and which also describes what happens to us when we die, there are few up-to-date sources providing a structured access to this information. Do We Survive Death? has been produced as a review of this evidence in a form which is accessible to all levels of readership. Written basically as a bibliography, or list of sources, Do We Survive Death? also contains much introductory information, descriptive detail and discussion across the whole field of survival. The author concludes that all the weight of evidence that is available strongly favours the concept of survival of death.

As a special offer to readers of TW, Do We Survive Death? is available at £6.50 inclusive of p & p For further information, or orders (cheques made to R.D. Hodges), please contact David Hodges, 14 Eythorne Close, Kennington, Ashford, Kent TN24 9LP or Email: davidhodges@waitrose.com

David Hodges

\*Living in the Light by Roger Norris-Green. Private publication. 2003. 56pp. Obtainable from Robert Parsons, 403 Mile Oak Road, Portslade, East Sussex, BN41 2RD. £6.50 (inc. p & p).

This is described in the foreword as a booklet of devotional readings, and as such it could be used on a daily basis – at least for 22 days. Many of the stories contained correlate with the teachings of Jesus, and I suspect that the author is well-versed in biblical stories and their deeper meanings. We Don't Know Why is the title of the piece which would speak most clearly to anyone who has lost a child in 'tragic circumstances', and as this has been the author's own experience, it may be that this was the inspiration for the rest of the book.

While it would appeal to all ages, I feel it has a special significance for younger Quakers. Each piece starts with a very ordinary and everyday account of some event and then leads on to a philosophical viewpoint which could be used as a discussion topic.

Rosalind Smith

\*A Fable for Our Time by Wanda Nash published by Christians Aware. 122pp ISBN 1-873372-19-1. £7.75

'Christians Aware' aims to develop multi-cultural understanding towards action for justice and peace. This book certainly opened my mind to new solutions for healing. The author journeyed to Africa to find how to move from a place of despair to a place where God can be praised.

This fable moves from the early days of Africa through to the atrocities of the civil war in Rwanda. At that point it ceases to be a fable and we are confronted by the horrors of killing, mutilation, rape and abuse, some stories so painful that I was forced to skip whole paragraphs.

I was lulled into a false sense of serenity by the simplicity of the language used in the opening chapters, which describe the early Africa before the coming of the missionaries. Then the harmonious culture disturbed by the imposition of the mores of the west 'boiled up into satanic savagery and raw frenzy' and the damaged, limping, bewildered remnants were left to work out their own salvation.

In all the atrocities the survivors turned to praise God. 'O God, come into the deepest recesses of my soul and bring your Light. The Light of understanding and the Light of your hope'. The survivors are using their innate African sense of what is right for them and their inherited mysticism to move to a 'Oneness based on sharing, forgiveness and regeneration'.

Several postscripts and addenda fill out the background of this very moving and thought provoking story.

Geoffrey Martin

\*Healing in Perspective by Dewi Rees. Whurr Publishers. 2003. 232 pp. ISBN 1-86156-380-9. £19.50

Dr. Dewi Rees is a retired GP, hospice medical director and clinical lecturer with a deep interest in all aspects of healing. Although in practice an Anglican, he has a wide understanding of other religions and spiritual systems and he brings this sympathetic approach to the contents of his book. In Healing in Perspective he seeks to provide a comprehensive review of healing in its widest sense; not only across many times, cultures and religions but also covering many of the different techniques of alternative and complementary medicine now being practised – and often used in medical practice and taught in universities.

Following an initial autobiographical account, in a series of eleven further chapters Dewi Rees then goes on to consider: healing in a range of different cultures; the healing role of pilgrimages; healing from a Judaeo-Christian perspective, beginning with the Old Testament through to the 20th century

charismatic movement (including a section on George Fox); individual spiritual healers, both Christian-based and from other religions as well as non-sectarian groups; a review of scientific studies on healing – very useful to those without access to the specialist literature; an assessment of how healing may work, particularly from the point of view of the energy model of the body; a chapter on healing by deliverance, an objective review of exorcism or the ‘casting out of demons’; and finally two chapters on possible drawbacks of healing, and conclusions on ‘does it work?’.

This is an excellent general review of healing. Although in a book of only 232 pages the author has not been able to cover any particular area in depth, nevertheless he also provides a range of references for each chapter which the reader may follow up for further information. Healing in Perspective should be read by all aspiring and practising healers.

David Hodges

Opening Doors Within by Eileen Caddy. Findhorn Press. 404pp.  
ISBN 0-905249-68-2. Cover price £8.95 – From Findhorn Press £7.16.  
Tel: 01309 690582 Email: books@findhorn.org

This is a book of 365 daily meditations which were ‘given’ to Eileen Caddy some years ago now. But this book is a perennial favourite, and the following excerpt from it was sent in by Arthur Phillipson.

‘If you have lost your way, the quickest and easiest method of finding it again is to become still, and in the peace and stillness seek your direction. Are you willing to take time to be still and to seek within, or do you feel it is a waste of time and you must get on and do all that has to be done? Every soul needs direction, for without it you may indeed become completely lost in the maze of life. So why not spend a short time each day alone with Me to determine where you are going? As you learn to do it, you will find the deep inner need for this communion and will long to spend more and more time with Me in this state of consciousness. Therefore keep alert and answer those deep yearnings within you; never push them aside impatiently, feeling there is no time. I tell you there is time for everything.’



DEATH AND LIFE

Someone has died  
who does not believe  
there is life after death.

So he cannot conceive  
that he is not seen or heard  
by those on earth.

Someone sees a world  
He does not recognize  
through mists of disbelief.

Yet Someone will love him  
and help him to find his way  
to the reality of Life after death.

Anne Smith