



TOWARDS WHOLENESS

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Donations for the work of the Fellowship are most welcome.

Letters, articles, news items and other contributions for *Towards Wholeness* should be sent to the editor, Rosalind Smith, 4 The Walks, Stanton, Nr. Bury St. Edmunds, Suffolk, IP31 2BX. Telephone: 01359 252248. Email: RosSmith@btinternet.com **Deadlines: February 1st, June 1st & October 1st.**

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Cover photo: View of the Hamble, Hants. (Editor)



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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."

NEWS

Quaker Spiritual Healers 'Training' Course: Mon-Fri 16/20th October 2006, at Claridge House. To be led by Cherry Simpkin and Margaret Western, both healers with FFH/QSH and NFSH.

Quaker Spiritual Healers' Support Course: 13/15th October 2006, at Claridge House, led by Geoffrey Martin, with Jim Pym.

From Claridge House – An Invitation to be part of the next 50 Years

Two years ago Claridge House celebrated its 50th anniversary. There is much work to do to realise our vision for the next 50 years and meet the challenges of the future. We need more Trustees and also want to build up a network of people to act as advisors and/or work on specific projects such as fund-raising, house improvements and the expansion of therapies offered. Areas covered in running a charity like Claridge House include strategic planning, finance, human resources, health and safety, building management, risk management, fund-raising, marketing, charity and employment legislation and complementary therapies. If you have experience in any of these, or have other business skills, enjoy working in a team and would like to join us in exciting and worthwhile work, we would love to hear from you. Please send details of how you can help to Alan Pearce at 15, East Street, Bluntisham, Huntingdon, Cambs. PE28 3LS or email him at alanr.pearce@virgin.net.

MARIE-LOUISE MENDHAM Marie, who died on March 14th, has been a member of The Immediate Prayer Group for many years. Although she lived in Alderney (a place she was very fond of and where she swam regularly until quite recently) we did meet several times at Wilmslow Meeting when she came to stay with different members of her family who live in Cheshire. Many people will have benefited from her deep concern and care for others as well as her ability 'to get things done'. It was always obvious during our phone conversations and our exchange of letters how wide were her interests not only in global matters but also in local ones. Her gentle humour was always present within her clear-sighted comments. We will miss her contributions to the working of The Immediate Prayer Group and we hold her family and friends in the Love and Light of our prayers.

Rosemary Bartlett

MARGERY RUHRMUND of Penzance (and formerly Marazion Meeting) died peacefully at St. Julia's Hospice on 5th May, aged 76. She will be remembered by many for her poetry which expressed her belief in the three 'hums' – Humility, Humanity and Humour. She founded and led our Healing Group at Marazion for many years. Her great love of people, her listening ear and wise counsel were a blessing to all who knew her.

Moiria Fitt

JEAN MATHIAS – a testimony and a lesson for living.

A close friend of mine has recently died after a long and unpleasant struggle with cancer. Jean had moved away from this area a couple of years ago, and my contact with her had necessarily changed. I was not able to travel that last part of her life-journey with her physically, but I kept in contact with her when and how I could. I always felt we retained a connection spiritually. And I still feel we do.

Now she is gone physically and I know I will never see her again or share things as we once did. Yet I do not feel anguished or unduly sad about this, which has puzzled me as I am normally one who is given to intense grieving for those whom I have loved. I've been pondering why this should be.

Jean was a quiet, gentle and reflective person. She had explored her inner world well; meditation and prayer were central to her day-to-day living, which led her, amongst other things, to counselling, healing and prison visiting. She was a considerate and considering person in her actions and opinions and was reluctant ever to condemn anyone, always believing that there was some reason either in herself or in them for misunderstanding or difficult behaviour. I learnt a great deal from how she lived, from who she was.

Jean worked on her inner world like a loving gardener – removing weeds, pruning, digging, planting. Her life showed the fruits of her work and her love. I believe she left this life with little in the way of unfinished business either within herself or in connection with those closest to her. She was ready to go and was quite sure that death was but a transition.

This, I believe, is why she has left a sense of peace behind with so many who knew her. Looking back on my other losses I know that those people for whom I have grieved most intensely have been those where the reverse had been true – they have left this life unresolved, out of kilter with themselves and others and their legacy has been pain and deep sorrow.

Jean's passing and the peace she has left, leaves me with a clear message: that I have to live in such a way that I spread peace, and not disturbance, and that in order to do so I need to be prepared to tithe my time, as Jean did, to cultivate my inner world where the seeds of love, compassion and gentle action in the outer world become possible.

Thank you Jean for being a light in so many lives as well as my own.

Judy Clinton

Jean Mathias, former warden of Gloucester Meeting House, died at peace and without pain on April 9th in a nursing home in Grimsby. She was a long-standing member of FFH and held healing meetings at the meeting house in Gloucester for some years.

Thank you to all those who have sent in their appreciation and memories of Lattendales, which closed at the end of April. I make no apologies for including as many as I could in this issue of *TW*, but I do apologise for having to leave some of them out. Here are the ones that I felt best conveyed the healing, peaceful and welcoming atmosphere of the House. (*Editor*)

TREASURED MEMORIES OF A VERY SPECIAL PLACE

I first visited Lattendales with a Quaker F/friend in October 1996 and felt very much at home and at peace there. Joan and David Ellison, the wardens then, were the warmest, most welcoming of hosts, along with Pat, Gwen and the rest of the staff. The food was fabulous, nourishing and varied, and there was always plenty of it. I shall never forget those gargantuan packed lunches, provided for us on our days out walking the fells: scrumptious beef or ham sandwiches made up of generously large slices of nutty brown bread, an apple or banana and a cake or two.

The garden was a delightful space in which to wander, with its ornamental beds, organic vegetables and the marvellous beech tree, a stunning sight with its crisp autumn carpet of russet leaves (sadly, it has since had to be cut down). I remember the spectacular views across the fields to the Cumbrian landscape, so far from the 'sturm and drang' of city life.

I began my week's stay with a 'Music to the Spirit' weekend, convened by Joolz and David Saunders, from Worcester. It was an opportunity to explore the ways in which music can soothe and nurture us and touch our deepest feelings. Everyone in the group brought a piece of music that was personally meaningful, to contribute to a kind of communal Desert Island Discs. As well as listening, we all participated in making music via an eclectic range of instruments: tambourin, drum, maraccas, whistles, etc. The result was a beautiful, uninhibited noise which, although possibly not quite up to concert standard (!), was a lot of fun and a very therapeutic experience.

I have been back several times since then and have equally happy, positive memories: the Quiet Times, comfortable rooms, calm ambience, congenial company. Lattendales really was the perfect place to recharge one's batteries, to simply stop and reflect, away from the pressures and tensions of daily living. Just being able to step outside the front door, breathe clean air and walk in the woods nearby, was a marvellous bonus.

There will never be anywhere quite like Lattendales. I feel so very sad and disappointed at its 'passing', but so very thankful for the joy and tranquillity, the spiritual, physical and emotional healing it has given me over the years.

Veronica Grocock

Goodbye to Lattendales

*The trees stand still
Branches bending, drooping, leafless;
No wind stirs,
No movement disturbs this moment
Caught in time.
This place will ever be so:
Its peace and beauty
Held in the timeless spirit.
Whatever has been here,
In sheltering house and garden
Will remain.
So those who come
Will be held in healing peace
Even if unknown to them.*

*So – mourn for the passing,
It is a grief, a pain
To let go, say “goodbye”.
But – caught ever in the remaining here,
Take with you more than
Memories, images, experiences,
Relationships.
A little piece of this dear place,
In essence, in tranquillity,
Will go and stay with you, with us
To share and scatter
Wherever we may walk the way.*

*Meg Dixon
(written in the Quiet Room)*

Make yourselves nests of pleasant thoughts. None of us yet know, for none of us have been taught in youth what fairy palaces we may build of beautiful thoughts, proof against all adversity; bright fancies, satisfied memories, noble histories, faithful sayings, treasure houses of precious and restful thoughts, which care cannot disturb, nor pain make gloomy, nor poverty take away from us; houses built without hands, for our souls to live in.

John Ruskin

REQUIEM FOR LATTENDALES

Discovered in 1972 by Bernice Joachim and Friends, the house seemed as if it was waiting to welcome fellowship and healing. Somehow the price was found with the wonderful generosity of Friends. Bernice wrote: "It often wasn't easy – but, like Topsy, it grew, stimulated and encouraged by a number of faithful and dedicated Friends in a variety of ways, and blessed by the experience and gratitude of those who came, and found healing, renewal and fresh inspiration. Some donated books and music; one gave a beautiful piano because her husband enjoyed playing duets with the warden! One came to cook, and left an inspiring tapestry that hangs in the hall."

Countless words have been written in praise of Lattendales, weaving with the beauty and peace of the house and garden. There was the stillness of the Quiet Room, laughter in the lounge and everywhere the space to grow in God. Sadly now, Friends must leave this place, but thankfully we may hold the memory of its tranquillity in our hearts.

Anne Smith

Lattendales

*There are many ways to Lattendales,
where mellow stones still stand,
seemingly never changing
in their silent welcoming.
All living things
in the house and garden
grow in the light, with support and warmth,
nurtured with a framework.
Sunlight breaks through the early mist,
as birdsong sounds across the stubbled fields,
to celebrate a gathered harvest
from mind, body and soul.
Long friendships renewed,
new ones formed.
Peace regained, is
taken deeper and more permanent still.
Singing, dancing,
words and music,
all come together
forming a whole experience,
known now and not forgotten.*

Rosemary Bartlett

LASTING MEMORIES

Before my husband died from dementia, I was in a very low physical and emotional state. A friend, Bob, took me for a few days of rest and healing to Lattendales.

I knew the Lake District well, but, after 3½ years without any sort of holiday break, that first visit to Lattendales was one of the happiest of my life. Since then we have made many visits over the following decade and look upon it as our second home, its wardens and staff as our personal friends. The warmth, kindness and friendliness with which they greeted us, looked after us, cooked wonderful food for us and made us comfortable will always stay with us.

The simple beauty of the building, the peace of the Quiet Room, the gracious warmth of the Drawing Room with its views over the lovely garden to the hills beyond we have captured in photos.

We grew very fond of Greystoke Village, its shop, and lovely old church where one of our members of Letchworth Meeting was married. We often took the bus into Penrith and attended Meeting at its historic Meeting House. We attended a memorable Meeting at Mosedale, and visited Kendal to look at the Quaker Tapestry. We went on several of the Mountain Goat organised tours, visiting every single lake, and calling on many isolated meeting houses in the wild and lovely countryside.

I can only express our grateful thanks to the FFH and the staff and trustees of Lattendales for the joy and happiness they have given us.

Joan Catteau and Bob Fowler

A THANK YOU

I just want to express my tremendous gratitude to Lattendales for what the House and all its staff have given our group on our twice-yearly weekend visits. I think we first came in 1995 which makes at least 22 weekends. We came with 12-15 people who are cancer patients or their supporters, and a team of volunteers to make a full house (therapists, healers, counsellors, doctors). We have cherished the warm welcome and quiet attention. Everyone has commented on the atmosphere of the House. We have been able to feel at home, meditating in the Quiet Room, circle dancing in the sitting room, exploring the garden and taking time out. We have been fed wondrously and all dietary complexities have been accommodated. We have seen the magic of Lattendales working on the people we bring again and again, so that by lunch-time on Sunday spirits are lifted and hope, never false, is regained.

We wish all the staff well, and thank you from the bottom of our hearts.

Dr. Liz Newson (Chair: Gentle Approach to Cancer Assoc. Trustees)

LATTENDALES – May 1986

*The quiet order of the house,
Its gentle colours, scents and sounds,
Set in this green and pleasant land
Of hills – make this a healing house.*

*And as we move, and talk, and laugh,
Held in this quiet ordering,
We find a healing of the heart –
For healing is an inward thing*

Joanna Harris

(from *In Praise of Lattendales* – available from Alan Pearce, see page 28)

A REQUEST:

If there is anyone who has received Distant Healing and feels that they can write about it, I would be very pleased to have an account of their experience – an account of a spiritual experience rather than a detailed medical report. I hope that I may be able to include these in a leaflet for others to read and perhaps gain some comfort and encouragement.

Rosemary Bartlett

(address on inside back cover)

You can never love another person unless you are equally involved in the beautiful, but difficult, spiritual work of learning to love yourself. There is within each of us at the soul level an enriching fountain of love. In other words, you do not have to go outside yourself to know what love is.

John O'Donohue

A REMINDER... that a bursary fund is available for those FFH members who would like to attend any FFH gatherings, and courses, or short stays, at Claridge House. 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 (either by post or phone) to the Treasurer of the FFH (name and address, etc. on the inside back cover of *TW*).

Coventry Cathedral is recognised as an outstanding example of modern church architecture. More importantly, it is also famous for its work as an international centre for peace and reconciliation. Both are the outcomes of the city's destruction by German bombs in November 1940.

The site of the present cathedral has been a place of pilgrimage for 1000 years – it was once a Benedictine monastery – and Sir Basil Spence's new cathedral continues to attract people from many countries, including some who come specifically for healing. This concern with healing was an important aspect of Benedictine life, but it gained a renewed vigour in Coventry, with the appointment of Cuthbert Bardsley, in 1956, as the fifth Bishop of Coventry and the first to have his seat (cathedral) in the new cathedral. Bishop Cuthbert brought to Coventry an enthusiasm for the healing ministry that was ahead of his time, and also a remarkable willingness to use the talents of lay-people in developing this ministry even when such action was not supported by the clergy. The Coventry housewife, Hilda Ingram, benefited from this support which he showed, *inter alia*, by dedicating a room in her house as a healing chapel and appointing a local priest, Henry Puntis, to be her personal chaplain.

Cuthbert Bardsley was a close friend of Dorothy Kerin (1889-1963), founder of Burrswood – the *Christian Centre for Healthcare and Ministry* in Kent – and foremost among the Anglican healers of her generation. Many miraculous events are associated with Dorothy Kerin, including her own healing, but the story I like best, possibly because it occurred in a church where I worshiped for fifteen years, was recorded by Bishop Bardsley. He described a vision that he had when Dorothy was holding a healing service in All Saints Church, Leamington Spa, a few months before she died. The church was packed and Dorothy was very frail. As she entered the pulpit to speak to the people, Cuthbert prayed that she would be given strength for her task. 'Then' he wrote, 'a remarkable thing happened. Over Dorothy's face gradually appeared the face of Christ, until it was quite clear. For a few moments the beloved face of Our Lord was there, and then gradually faded away, and Dorothy's face returned. I had clearly been shown that Christ was already there to strengthen her, and she carried on bravely to the end of the service.'

Many other people have been involved with the healing ministry at Coventry Cathedral. Peter Spinks and George Bennett were cathedral clergy who later undertook important healing work at Burrswood and Crowhurst respectively, whilst Provost John Petty had a ministry that drew people from many parts of the UK, and from different ethnic and religious backgrounds. His was essentially a team ministry and I was asked to help in this work. He drew me into the work gently, and when he retired I was asked to continue with the

ministry which I did for a number of years. My approach to healing was based on the method practised by John Petty though it did differ in details. It was, of course, Christ centred, and had three stages – a Preparation, a Laying on of Hands, and a Thank you.

I like to think that the spiritual awareness of a Friends Meeting was present in the services we held. They were essentially quiet, meditative affairs in which we sought, in relative silence, and especially in the first two stages, to open our hearts and minds to the Holy Spirit. During the second stage, each person would receive healing from, and give it to, the other people present; this was done collectively, with the focal person sitting and the others placing their hands upon or near him/her. The only words spoken at this stage were, 'We pray for ...' but this would be modified as, and if, the recipient so desired. The final stage, the 'Thank You', consisted essentially of prayers for those who were not present, and would be both for individuals and the much wider communities with which we were personally associated or for which we carried a burden. Remarkably, the silence seemed to enfold disturbed people, and sometimes we would sit for an hour or so with someone gently sobbing.

Healing services can take many forms. They may be quiet or noisy, simple or ritually elaborate, require participants to fall down when touched by the pastor, or involve little more than listening techniques and some form of hand healing. There is no real need for a 'designated healer' for the work to be effective. If a group of people are working together, an accepted leader helps by coordinating and giving direction to the team, but just as Friends say that 'there is that of God in every person', I believe that every individual has a healing potential, perhaps even ministry, whether he or she is consciously aware of it or not. Esmond (Jeff) Jefferies is one of the more effective Christian healers that I have met. He had been a fighter pilot in World War II and in later life helped to establish the Pin Mill Healing Fellowship in Suffolk. At some of his healing sessions, Jesus was clearly seen to be present in the sanctuary, not by Jeff himself but by others. These included Donald English, a leading theologian and a former President of the Methodist Conference.

I intend to conclude with a different sort of story as it portrays the healing ministry in its wider dimension. The incident occurred on a day when I was acting as a cathedral guide. A group from a chapel in North Wales had booked a tour and had asked to be allowed to conduct a service in Welsh within the cathedral precincts. This was arranged and I was present during the service. When it was over there was a question and answer session in which an old lady expressed her concern about the needs (plight) of those people whom the British forces had damaged during World War II. She wanted to know what was being done to help them, both in Coventry and the rest of the UK. We had

visited the ruins, and I had already told them about the destruction of the old cathedral, and the establishment of the Community of the Cross of Nails and of its various centres for reconciliation throughout the world, so I took her to the treasury where the cathedral keeps its most important gifts. There I showed her two items, a stone from a ruined building that the people of Kiel had given to the cathedral, probably in the 1960s, when their city was presented with the first Cross of Nails to be given to a former enemy city by Coventry Cathedral, as a token of friendship and reconciliation. The second item was a small replica of the Dresden Cross and Orb which was Britain's millennium gift to Germany. Paid for by private subscriptions, the placing of this huge gilded cross and orb on the top of the church was the final act in the rebuilding of the Frauenkirche in Dresden, which had been left in ruins by the former East German government. The replica had been given to Coventry Cathedral as a symbolic gesture of reconciliation to the whole of the UK, by the people of Dresden and of Germany.

The old lady then told me her story. Her brother was killed during the war, and buried in France, and she continued to visit his grave each year. He was a navigator in a bomber squadron and his duties included dropping the bombs on the cities below. Whenever he did this he would say, before pressing the release button, 'This is for Coventry' and the fact that he had said, and meant, this, was still upsetting his sister sixty years later. When we parted, her final words were: "I have just got rid of a lot of demons." During our time together, there was no overt act of healing but she went away feeling better.

Incidentally, when Coventry was ablaze on the 14th November 1940, the flames were clearly visible to people standing on the hills of North Wales. I wonder if the old lady's brother had stood on the hills that night and watched the city burn.



...They that love beyond the world cannot be separated by it. Death cannot kill what never dies. Nor can spirits ever be divided, that love and live in the same Divine Principle, the root and record of their friendship. If absence be not death neither is theirs.

Death is but crossing the world as friends do the seas; they live in one another still...

This is the comfort of friends that though they may be said to die, yet their friendship and society are in the best sense, ever present, because immortal.

William Penn
(QFAP 22.95)

THE FIRST STEPS ON MY NEW JOURNEY

Tony Steel-Cox

*(This follows Tony's first article **Flirting with Death** published in the Spring issue of TW)*

So now I start on the path of my new life with my soul's five strategies to help me:

Let the pain be the pain, not fight and resist it, give it permission.

I only suffer from it if I fight it;

Not wish for things that I could not have or be;

Live in the present moment. Live the present as intensely as a child, in awe;

Live adventurously, adventure in the little things like being pushed in the wheelchair along the sea front;

Live in and with love.

I find myself letting go of so much. Things that were very important are no longer so. Letting go of the need to be of the world, a gradual process. Letting go of being out there; being the Counsellor. This had been my main identity, the helper of others. Letting go of an ambition to be a *somebody*. Somewhere along the line I had let go of many, some as yet unexplored, resentments. I am very blessed by a feeling of acceptance of the way things are, with a sense of peace. An anxiety soon returned. After all this letting go, I find myself with a large void. What was I going to do or be, in and with this new life I had been given. I feel no sense of purpose except to spend more time practising the five soul's strategies. These are what I needed to enable me to live but they give me no sense of purpose.

The question came back, "why did I choose to live?" On asking Spirit, the answer given was the soul debt I owed to Lesley (my wife). But for her I would not be alive, to do the things I needed to do. A part of the purpose of being here was to be alongside Lesley as a soul mate, supporting her, until it was her time for a new stage in her life. This followed the pattern of being here for others and feels very comfortable.

This comfortableness lasted for a while. My focus was about Lesley. But was it enough to live a vicarious existence? What about me!? I had made a commitment eighteen years ago, that in this lifetime I needed to grow and deal with all the issues I was made aware of. In this I have done very well and, yes, there is always more I could do. But I am still here so there must be something else.

The answer came like a thunder bolt in a reading. I had spent the first part of my life in the darkness of fear and not belonging, then being the provider and being who I perceived others wanted me to be. Next, with awareness of who I was, a carer and healer of others. Then I was told "Tony, it is the time

for you to heal yourself and find out what you need and desire, explore the creativity of your inner child”. What a shock! I have no idea what I want. In the main I have always gone along with what others close to me wanted and pleased to do so.

I do not know what I want, what delights and excites me but I am going to find out.

Recently I have found an inner peace and a freedom never experienced before. Everything is just as it should be. Now I look forward with a new enthusiasm to the next steps of my life equipped with a new soul’s strategy to add to the other five. **What does Tony want!** It now seems that the soul’s strategies are not just the way I need to live but also the purpose for living that I sought.

Once again I have written this down to remind myself of the way it has been, to help me keep focused on what I need to do and be, when I meet the pitfalls on the way.

I feel so incredibly blessed.

~~~~~

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured and far away.

*Henry David Thoreau*

~~~~~

GUARDIANS

*When I'd surfaced after the operation
I saw them clearly, standing side by side:
two tall fellows at the foot of my bed.
Calm they were, with towering feathery pinions.
I told them, "You've come too soon.
I don't want my soul to be borne away."
Wordless, they told me I needn't fret. They
hadn't come for that. I looked again. They'd gone.*

*I spoke to the kind efficient nurse. She said,
"It must have been a trick of the light;
There's been nobody in or out all night –
certainly no angels at the foot of your bed."
Naturally, she must have been right.
But I remember them still: their enigmatic heads.*

Gerard Benson

CLARIDGE HOUSE PROGRAMME

Weekend Courses £140 per person

Midweek Courses £240 per person (unless otherwise stated)

Bursary assistance available, depending on individual personal circumstances.

Please enquire when booking.

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. Telephone: 01342 832150. Email: welcome@ClaridgeHouse.quaker.eu.org Website: www.claridgehouse.quaker.eu.org

July 17/21 EXPLORING SOUND AND COLOUR – Mid-week course £195

Access your sense of joy and identity through experimenting with sound and colour, in the context of spiritual healing... using flowers and visualisation, and voice and percussion. *Ravenna Moncrieff, healer, musician and therapist: developer of Pavanis. www.pavanis.co.uk*

July 21/23 INTRODUCTION TO SHIATSU

A form of healing closely related to acupuncture – without needles. We will learn techniques to help us and family and friends to stay well. Wear loose comfortable clothing.

Anne Roy, Shiatsu registered practitioner and teacher.

July 28/30 CIRCLE DANCING to stillness

Summer Celebration with Circle ~Dance, perhaps on the lawn, for anyone with little or much experience. Dances old and new from around the world. A chance to share in the joy of the dance, and "...the still centre of the turning world". No partners required. Dance shoes or bare feet will do. *Nick Bagnall, manager at Claridge House who has taught Sacred/Circle Dancing for over 20 years.*

Aug 4/6 THE POWER OF THE VOICE

The voice is affected by our psychological, physical and social conditions, conditioned by parents, teachers and past experiences. Rediscover your natural voice using sound, movement, breathing, listening and meditation; releasing blocks that may be causing dis-ease. Healing sounds have been used for many years and the voice is the most powerful sound of all. *Jas Dawson, experienced, qualified counsellor.*

Aug 7/11 Introduction to THE ALEXANDER TECHNIQUE – mid-week £240

The Alexander Technique is a skill for life, which improves health, balance, and co-ordination in everyday activities and can enhance your performance in the arts and sport. Using guided activities, hands-on work and discussion we explore the simple principles involved. Please bring comfortable clothing.

Jill Payne, teaches the Alexander Technique in Kent.

Aug 11/13 WRITING THE SPIRIT

Further opportunities for personal and spiritual reflection. We will nurture our inner lives through non-structured, expressive writing, creative listening and empathetic sharing. The pace will be slow, couched in silence, seeking peace and joy, suitable for both beginners and more experienced writers. *Judy Clinton, universalist Quaker, member of FFH, former primary teacher, freelance writer, facilitator of writing workshops for personal and spiritual development.*

Aug 14/18 YOGA TO BEAT FATIGUE – mid-week course £240

A gentle yoga course suitable for all abilities and which will include fatigue-busting methods such as special breathing techniques, meditation and health boosting yoga postures. Also suitable for those with moderate ME/CFS. Participants will require a non-slip yoga mat. *Fiona Agombar, author of 'Endless Energy' and also a trustee of Action for ME, qualified yoga instructor.*

Aug 18/20 THE QUAKER WAY – ENQUIRERS AND NEWCOMERS

A weekend to explore Quaker spirituality: worship, conviction and way of life. The course will be directed to people new to Quaker meetings, those thinking of joining, and those who have recently joined and are considering – what now? It will include input from facilitators, but also plenty of time for questions and puzzlement! *Harvey Gillman, writer and poet, previous Outreach secretary for QHS, Swarthmore Lecturer and Joseph Rowntree Fellow. Nick Bagnall, manager at Claridge House, former clerk to Dorking and Horsham MM Outreach committee.*

Sept 4/8 ASPIRING WRITERS WEEK – short mid-week course £195

Work in a peaceful setting at your own pace under individual guidance from an experienced tutor. Some group sessions will be on offer. You may want to write your autobiography, a novel, short stories, poems or even a C.V. *Lily Seibold. experienced tutor and counsellor.*

Sept 8/10 HEALING THE WORLD

Western culture seeks well-being through material wealth and competitive success, but true spiritual health rests on right relationship with other people and our planet. We will explore our role in world healing: sharing responses to environmental and social crises; reflecting on the Quaker testimonies to community and sustainability; and finding practical action that we can take.

Laurie Michaelis, works with Quaker meetings, facilitating workshops and providing resources to support their witness to sustainable living.

Sept 11/15 RELEASING THE IMPRISONED SPLENDOUR – mid-week £240

A partly silent retreat based on meditation and spiritual healing as found and developed in the mystical traditions of all world faiths. There will be talks, dialogue, silent meditation and healing and self-healing practices. Some – but not all – meals will be shared in silence, and there will be quiet times for personal reflection. *Jim Pym, Quaker, Buddhist and spiritual healer of more than 40 years experience.*

Sept 15/17 AUTUMN CIRCLE DANCE

Circle dance provides an opportunity for expression within patterns which are universal. It encourages us to be spiritually grounded and fully present, here and now, in harmony with each other and the world. Some of the material may be complex so experience will be required but it will be carefully taught. The fruits of our efforts could be luscious, lyrical, poignant, powerful. *Elizabeth Cave, Quaker, has taught Circle Dancing for 20 years in Britain and the USA.*

Sept 22/24 INTRODUCING BUDDHISM

Buddhism is becoming increasingly well known in the west today. This introductory workshop covers the key Buddhist concepts. During the weekend we explore the origin of Buddhism, its ethical foundation and enlightenment – the goal of the Buddhist path. The course will include an opportunity to experience a variety of meditative exercises. *John Preston, previously ordained Buddhist monk.*

Sept 25/29 MEDITATION – to quieten the mind mid-week course £240

Meditation is an effective way of counter-acting stress and increasing the sense of personal well-being. Using primarily Buddhist approaches, the course is designed for those who have not meditated before or who have only limited experience. Sessions include periods of seated practice using ordinary chairs. No special postures are used. *John Preston – see above.*

Sept 29/ Oct 1 A SPIRITUAL PATH FOR OUR TIME

What is Quakerism? Would you like to explore methods that can help you understand better the basis of your faith? A weekend for those interested in finding out more about Quakers as well as for Friends who want to clarify their faith.

Mary Jo Clogg and Jennifer Kavanagh, core members of Quaker Quest, work with London enquirers and Friends around the country.

Sept 29/ Oct 1 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, a Reiki master and teacher for over 10 years.

Oct 9/13 **YOGA TO BEAT FATIGUE – mid-week** £240
(See August 14/18)

Oct 13/15 **QUAKER SPIRITUAL HEALERS SUPPORT WEEKEND** £100
For full or probationer members of QSH. *Geoffrey Martin and Jim Pym*

Oct 16/20 **QUAKER SPIRITUAL HEALERS ‘TRAINING’ COURSE**
Mid-week £240

A training week 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 a safe and supportive atmosphere. No experience necessary, only a desire to help. Applicants should be sympathetic to Quaker values and have been attending a Quaker meeting for at least a year. This course does not necessarily lead to full membership of the QSH. *Cherry Simpkin and Margaret Western, both healers with FFH/QSH and NFSH.*

Nov 3/5 **‘SINK DOWN TO THE SEED... AND LET THAT GROW IN THEE...’**

A weekend of gentle exploration into our individual inner being with guided meditations, quiet times and worship-sharing to help each of us to relate to the Spirit we can find inside ourselves and to help us understand a little better our relationship to that Spirit.

Patricia Roberts, Quaker, trained as a spiritual accompanier, has completed the London Ignatian Spirituality Course.

Nov 10/12 **LIVING BETWEEN TWO WORLDS – A Quaker Fellowship for Afterlife Studies event**

‘In this world but not of it’ is a state which engenders peace and calmness in us and, during this weekend, we shall try to come to a deeper understanding of the spiritual dimensions within which we live. QFAS exists to further our knowledge and deepen our awareness of these dimensions. *Rosalind Smith, QFAS, trained counsellor, and healer with FFH/QSH and NFSH.*

Nov 17/19 **A WORLD OF LIGHT**
– **poetry for a dark month**

Many poets have been fascinated by the behaviour of light, the turn of the seasons. What meaning has The Light for us? Together we’ll read and (I hope) write poems, investigating the perennial interplay of darkness and light for an illuminating weekend.



In the *Alliance Review*, (the annual Magazine of the British Alliance of Healing Associations), in January, there was an interesting article about poetry as a healing therapy. The choice of poem published spoke directly to my needs.

I had been having problems with an old friend, our friendship was fading, and I felt dissatisfied with myself and with my friend. I felt we were growing apart and we no longer had much in common; *'the path had divided'*.

I wasn't sure how to handle the situation so I sat and thought about what had changed. I knew I had changed by getting married fairly recently, and as a result I do a lot more with my new husband. We go out and about and go on holiday several times a year. My friend and I have each taken a different fork. I am *'...looking ahead eager for the journey and didn't notice the other looking back'*.

When I thought about my friend I saw that in her relationship she did very little. She hasn't had any recent holidays; she doesn't go out and about. She behaves as if she is extremely hard up. She has also had two knee operations, which she thought would leave her pain free, but it has resulted in a different kind of pain.

I thought I could glue our relationship together by offering her healing twice a week. This I did for a few weeks, but it wasn't satisfactory. We also used to meet weekly for coffee and that was something I was finding increasingly difficult. I couldn't talk to her about anything personal because she would be jealous or envious. She *'...was on a hilltop far away'*.

Before and during the Christmas period we shared exhibition space for our respective crafts, hers handmade jewellery, mine woven scarves. It wasn't an enjoyable experience because she wanted to compete. In the end she did exceptionally well with her sales and I was pleased for her as it was her first foray into the demanding world of retail.

At Christmas my family noticed I complained a lot about her and I knew I had to make changes. She didn't like her Christmas present or her birthday present. Where was the person I once knew and loved? I couldn't find her. She had *'...taken a different fork'*.

Sometime in the New Year my husband had a bath gadget to sell from his late mother's house. It had enabled his Mum to get in and out of the bath safely. I asked him to give first refusal to my friend as she had told me recently that she often fell getting in and out of the bath. Reluctantly he did, only to receive an appallingly rude brush off. She couldn't offer him more than £50; she knew

what they fetched on eBay and as a result we were upset by her lack of tact.

When a few days later she rang to ask me to join her for coffee I refused. She was astonished and angry and accused me of choosing my friends by their bank balances before hanging up the phone. At the time of her call I was suffering the after effects of a painful visit to the dentist, so after her call I went and lay on the bed and slept off the anaesthetic. I told Mike that we had fallen out and he was reassuring and said he felt sure she would be in touch. Two nights later there was an apologetic email from her.

We have met since – just the other month a group of us met to have lunch together and it was very pleasant. I was minded the following day to ring and chat to her, and we talked just like old friends. I went again to visit her after several weeks of not seeing each other and we talked as friends, but not with any depth. We skated round subjects and withheld information. Neither of us is very comfortable with the other any longer.

Our friendship has undergone an enormous change. It will never be the same, we like each other, yes, but we no longer have that intensity of affection for each other. We now look at each other differently, more objectively. Perhaps we are not so willing to paper over the cracks any more and the trust there was once between us isn't there any more either. I have to '*...decide whether to risk all to go back for her*'.

I know in my heart that I don't have a choice. She isn't going to, '*seek my path even though it is clearly marked*'. She isn't going to make the effort to mend the tear. I do have to, '*move forward alone*'.

(Quotations taken and slightly adapted to suit the text from the following poem.)

WHEN FRIENDSHIP FADES

<i>When friendship fades,</i>	<i>Loathe leaving behind</i>
<i>It does not do so equally,</i>	<i>The things; that seemed to matter.</i>
<i>One person is left wondering</i>	<i>It is only when you stop to draw breath,</i>
<i>If it was something they did or did not do.</i>	<i>To reflect on your progress so far,</i>
<i>The truth lies somewhere in between,</i>	<i>That you notice the other,</i>
<i>The path has divided</i>	<i>Is on a hilltop far away,</i>
<i>And each has taken a different fork,</i>	<i>In view, but no longer listening to your plans.</i>
<i>Yet for a while you did not realise,</i>	<i>Then you have to decide</i>
<i>As each still had sight of the other,</i>	<i>Whether to risk all to go back for them</i>
<i>But the one looking ahead,</i>	<i>Or to move forward alone,</i>
<i>Eager for the journey,</i>	<i>Knowing that they may not seek your path,</i>
<i>Did not notice the other looking back,</i>	<i>Even though it is clearly marked.</i>

Elaine Speakman

Bereavement is not a popular subject, being exceedingly painful to all concerned. I feel that the only people qualified to give advice are those who have been bereaved and who are willing to share their experiences and to describe how they are finding ways to survive and eventually to lead new and creative lives.

To quote Katharine Whitehorn on widowhood in *The Guardian* “You have to learn to live in another country, where you are an unwilling refugee”. She finishes by saying “The sort of life you had outside the marriage may well determine how soon you can manage to live now that you’re on your own. And come to feel, as I do, more glad that he lived than wretched that he died; in the words of Siegfried Sassoon, ‘I am rich in all that I have lost’”.

A book I have found realistic and helpful has the title *Beginnings – a book for Widows* (sadly now out of print, but possibly available from AMAZON by email or BOOK AID by phone 020 8857 9253). It begins with the quotation from Anne Morrow Lindberg – “It isn’t for the moment that you are struck that you need courage, but for the long uphill climb back to sanity and faith and security.”

It is the long uphill climb that the Canadian author, Betty Jane Wylie, describes. She says that you become a different person, that there are changes forced on you that you never expected. Life has written a new script. You may not have to cater for other people’s needs – some attention should be paid to your own. People are wonderful in times of stress – death or serious illness, but later they tend to forget the loneliness and the unrelenting pressure of having to do everything yourself. If only you could tell people the kind of help needed. At first, someone to talk to, going over all that has happened, beginning to accept it as reality, not a passing nightmare.

She suggests writing as a therapy – not necessarily to be a writer, but using pen and paper in the middle of the night, or in the early hours, may be a form of communication. Is grief like fear, like an agonised apprehension of something that has already happened? Another question – is depression a form of anger? It should be possible to make your anger-energy work for you in creative ways.

Overcoming the initial apathy, the withdrawal from reality, that terrible mental and emotional wound of bereavement needs time and then hard work. The pain will not go away all by itself. Working at it you will find you have an opportunity to begin a meaningful life. Once arrived as a widow your capacity

for compassion and sympathy and practical help expands enormously. Heart and hands reach out to help others in need. And this perhaps is the greatest affirmation of reality a person can achieve.

Summing up: from personal experience I would suggest that there are life-lines to keep one afloat. For me, they are music giving a spiritual dimension, deepening friendships and creativity. And there is always the Quaker group studying Life after Life.

(Anne is here referring to the Quaker Fellowship for After-Life Studies. Information on this can be obtained from Angela Howard, Webbs Cottage, Woolpits Lane, Braintree, Essex CM7 5DZ Tel: 01371 850423 Email: angela1@webbscottage.co.uk)

There are times when even to live is an act of bravery. Seneca



REPORTS

‘The Wounded Healer in Healing and Health Today’ was the title of the Friends Fellowship of Healing Spring Gathering held at Lattendales Centre for Wellbeing from 21-23 April 2006.

This gathering, the last held at Lattendales before its closure to guests on 30th April 2006, was a memorable weekend, facilitated very ably by Angela Cotter, nurse, Jungian analytical psychotherapist, researcher, educator and current Ferguson Fellow at Woodbrooke looking at health and spirituality, and Cherry Simpkin of Blackheath Meeting, clerk to the Friends Fellowship of Healing, a trustee of Claridge House, and an experienced spiritual healer with the National Federation of Spiritual Healers and the Quaker Spiritual Healers.

The participants started on the Friday evening by communicating what the term ‘wounded healer’ meant to each of us. This covered a wide range of views and experience in the group, that, when summarised, created a tender poem of our sharing and exploration.

The following day, Angela Cotter spoke about her earlier years as a nurse when there was more emphasis on ‘treatment’ and less on ‘why the healing relationship is important’. In the 1970s a nurse was not expected to ‘think’. She referred to the growth in ‘holism’, the surprising discovery of ‘the placebo effect’, and the current scientific acknowledgment that the observer is important in quantum physics. There is a recognition in neuroscience that mirror neurones help to explain the interconnectedness of all creation, and experience of ‘oneness’.

Angela went on to say that present-day health policy is now centring on 'the healing relationship' with emphasis on 'really listening to patients'. She spoke of Paracelsus and his 'healing from within', and also the helpful work of the Simontons in helping heal cancer by powerful visualisation. Useful links were made with Alex Wildwood's Swarthmore Lecture and 'vulnerability in spiritual growth', and with Jocelyn Burnell's 'Broken for Life'. The work of Elizabeth Kubler Ross and Jean Vanier of L'Arche communities are truly inspiring examples of 'wounded healers' and their care for others.

Cherry Simpkin spoke of how one's own wounds can help in healing others, and the importance of self-development and awareness in this work.

On Saturday evening we had some lively entertainment with songs from the Quaker Song Book, jokes and poems, and circle dancing. By the Sunday morning, the participants were inspired to draw and write poems and prose about the wounded healer, and prepare for the deep and tender Meeting for Worship to mark the closure of Lattendales.

It was truly synchronous that this healing Spring Gathering coincided with this Meeting for closure. On a bright and sunny morning with the Lattendales garden looking beautiful and blossoming with new growth, we gave thanks for the many years of healing, rest and enjoyment offered there. We celebrated the potential for the original vision of Lattendales healing centre to be realised in a new form. It was a delight to share this Meeting for Worship with many former members of staff and trustees of Lattendales.

Thank you, Lattendales, for abundant healing and joy.

Maryrose Price



FFH members enjoying the Spring sunshine at Lattendales.

LOUISE HAY WORKSHOP at Claridge House, 27-31 March 2006

This was the second course at Claridge House we've successfully run, with Thelma West as tutor, on the subject of the work by Louise Hay of "You can Heal Your Life" fame, although it will also be the last, as Thelma needs to go on to do other things. We do hope to get a replacement tutor for next year, so that we can keep such an event in the programme.

There follows a poem by one of the young participants. It was her first experience of staying at Claridge House, and she clearly enjoyed it. They learnt the use of affirmations to address ailments of many types. Sharing the experience of working with them is really helpful.

Having used Louise's affirmations for over 20 years myself, I have to say that I have found them very helpful. As a therapist, the only caution I used to say to people was "Do avoid the temptation to blame oneself for the illness having occurred in the first place." To forgive yourself, is the essential prelude, I have found, to using the affirmations. After that, select the one you need, and then repeat reading it until you can remember it.

Anyway here's Andrea's poem, the "Thelma & Louise" title may remind you of a rather wild Hollywood movie!

Nick Bagnall (Claridge House Manager)

A Poem for Thelma and Louise

Now that I've met my fellow children of the universe
I thought it fit to compose some verses.
Well, after imbibing the yankee twangs of Louise L. Hay
And conducting consultations with my anger
I've ushered in an altogether Brighter Day
And now I've taken the pleasure of meeting my inner child face-to-face
I can say for a fact
She's now quite wild and uncaged.

The bottom line is
I've been toying with the idea
Of telling myself a few little white lies
But I've decided I'm going to practise my affirmations out loud in front of a
full-length mirror
In this way to atone my Fill of naked Guilt
And, as a consequence, I'm going to qualify as a Shakespearean actor
But above all else
I've learnt to love myself
Thanks to Thelma.

Andrea Waddell

In the last article in this series we looked at the holly, and this time we look at the birch.

We have two native birches: the downy, so named because the buds and twigs are covered in tiny hairs, and the silver, or warty birch – a tree with fine, usually pendulous twigs, and a white or silvery bark, with diamond-shaped patches. This tree has no tiny hairs, but the twigs are covered in little white warts. Many varieties of birch have been introduced from other countries, but, to me, the native silver birch is the most beautiful and graceful of them all. It is often known as the Lady of the Woods.

If a small hole is bored in the bark, it exudes ‘water’ or ‘blood’ which is actually the sap, and this can be collected by inserting a straw into the hole and allowing the sap to run into a container. This should only be done over a period of one or two days so as not to exhaust the tree. This ‘water’ can be made into birch wine, and used to prevent kidney and bladder stones, and also to treat rheumatism and as a cleansing mouthwash. It cures the skin of spots, and heals acne, as well as fading freckles.

Birch bark is a diuretic, antiseptic and tonic, and also contains an an-aesthetic which dulls nerve endings. Applied externally, by putting the damp, fresh internal side of the bark against the skin, it can relieve muscle pain. Gypsies used birch bark to treat eczema, and in a decoction to treat fevers. The bark is collected in late Spring, taking care not to ‘ring bark’ the tree, as this will kill it. A decoction is made by boiling the bark, and, as this contains a sugary substance, it can be boiled down to a syrup which, when cool, is ready for use.

The young leaves, when used as a tea, can relieve cystitis, and is also diuretic. The tea dissolves kidney stones and reduces the pain of rheumatism and gout. If the leaves are placed in a warm bed they induce a heavy sweat, and relieve arthritis and rheumatism.

People under stress can relieve tension by walking in a birch wood, and relaxing in its dappled shade. If this is not possible, then leafy birch twigs can be brought into the house and arranged in a vase with flowers, and placed where they can often and easily be seen, especially when experiencing a stressful period – and the peaceful feeling this brings can be very beneficial.

From Yvonne M. Gardener, Exeter, Devon

If you haven't been to Claridge House because you haven't needed to – lucky you. You're even more fortunate if you've needed its ministrations and have gone. Many of us arrive exhausted and ill. I was there for a four-day stay, but on the morning I arrived I realised I needed six months at least.

So what is it about this place? Is it the food – vegetarian cooking the like of which can only be obtained in Paradise? Is it the staff and their deep understanding of needs of all kinds? Is it the cats, Isis and Thoth, who live in the back lobby and who offer 'cat-therapy' to all who weren't mice in previous lives? What about the other guests and the sheer homely comfort of the House? The Quiet Room? It's a powerhouse of love and healing and the silent times in there are so rich.

Truly it's all of these. As I left on Friday I realised that it's also another fulfilment of the words "Come unto me all ye that are heavy-laden, and I will give you rest".

Thank you Claridge House. Thank you Friends Fellowship of Healing for 'being'.

From Mary Grbavac, FFOH, Queensland, Australia

At the Home of Healing Show and Tell session, and following a discussion about Olaf's (Hodgkin) background and his role in starting the FFH in Britain and the FFOH in Australia, 15 Ffriends expressed encouraging responses to the presentation of my idea... of establishing a Home of Healing in South East Queensland. This premises I hope would be able to operate as temporary accommodation as well as having space for meetings, seminars and retreats. A further stage would hopefully be planned for simple accommodation for single Ffriends in a form of community, for mutual support, and sharing of wardens' duties of the central premises... Now that the scheme has been made public there may well be some Ffriends who have an interest in the establishment of a house of healing, or a small Quaker community, or a retreat and education centre, and who may have some valuable ideas to share, which I would be happy to hear of, in case they may be of assistance in this case. (marygrb@bigpond.com.au)

From Beatrice Watson. Kingsbridge, Devon

I am sure that the article by Judy Clinton *From Me to You* will be helpful to many – also the one by Tony Steel-Cox *Flirting with Death* (both in *TW* Spring issue No. 114). I am now 89, and, having experienced various and different kinds of death and bereavement, may I offer two other aspects of this topic?

One is that when we are born, there is only one thing of which we can be

certain – one day we will DIE! Why are we so reluctant to accept this fact as part of LIFE? In our families, this should be part of our children's education.

The second aspect is that when bereavement comes to us, while continuing to remember our loved ones with love and thankfulness, a positive attitude is needed to ACCEPT that this death has occurred, and our loved ones will not return. This may help to shorten the time needed for adjustment and we realise that our own life still has to be LIVED.

We need to be ready and willing to accept the advice from *Advices and Queries* to go on LIVING ADVENTUROUSLY. Let us remember that 'That of God' in us can communicate with the Spirit of God at any time, and that the 'Upholding love of the Spirit' is available to support us when we are in need.

~~~~~  
*Speak to Him, thou; for spirit with Spirit can meet.  
Closer is He than breathing, nearer than hands and feet.*

*Tennyson*



*There is no longer a Postal Library facility  
available. We do apologise to our readers if  
this causes any inconvenience.*

**The Animals are our Brothers and Sisters; why Animal Experiments are misleading and wrong** by **Werner Hartinger MD**. Temple Lodge Publishing, Hillside House, The Square, Forest Row, RH18 5ES paperback.

ISBN 1-902636-72-4 £12.95.

The inspiration for this book comes from a saying of St Francis of Assisi; "The animals are as much God's children as we are, so they are our brothers and sisters". How sad it is that the Christian Church has, in the main, ignored this teaching of one of its greatest saints.

The author of the current book is a respected German surgeon and medical doctor, who has carefully researched the various claims of animal experimentation, and come to the conclusion that not only is it morally wrong, but also that it is unhelpful in the discovery of good medicine for human beings. By 'good medicine' he means medicine that is without serious side effects, both physical and spiritual.

A further inspiration, in relation to the spiritual aspect, comes from the work of Rudolf Steiner, a practical mystic and visionary who investigated the inner aspect of such practices, and saw that the karma generated can have drastic consequences for future generations. Steiner also wrote about the evolution-

ary development of the animal kingdom, and how humanity could assist in this by allowing animals their natural development, and at the same time following our true pathway by not exploiting them for food or other purposes. The modern free-market economy puts profit first, and so does not see this delicate spiritual balance, with the result that new diseases of both the animal and human kingdoms are released into the world.

Similar patterns can be discerned in the field of animal experimentation, and Dr Hartinger has researched these from both the scientific and esoteric perspectives. He is meticulous in his presentation, and concludes that all animal exploitation causes karmic results, which we ignore at our peril.

This is a very deep and thought-provoking book, which many will find painful reading. However, its conclusions are in perfect harmony with those great spiritual teachers from many traditions. Will we continue to ignore them just because they are uncomfortable, or will we take heed, ensuring that the next generation is truly in harmony with the evolution of our planet? This is the key question posed by this book, and one to which we all need the answer.

*Jim Pym*

**Reflective Practice** – writing and professional development by **Gillie Bolton**  
Sage Publications. 2005. 237pp. ISBN 1-14129-0812-4. £19.99.

This is a comprehensive and thoroughly researched book (the bibliography alone is 23 pages long). It is about the nature of and the use of reflective and reflexive writing in developing the understanding of professionals throughout training and within their work careers. In this extract, Gillie explains the difference between reflective practice and reflexivity:

‘Reflective practice is learning and developing through examining what we think happened on any occasion, and how we think others perceived the event and us, opening our practice to scrutiny by others, and studying texts from the wider sphere. Reflexivity is finding strategies for looking at our own thought processes, values, prejudices and habitual actions, as if we were onlookers...’

Gillie (herself a Quaker) writes both from her extensive research into the subject and from her long experience of working with a variety of students and qualified people in a range of careers. The earlier chapters of the book carefully outline the background, philosophy and principles of reflective and reflexive writing in professional development. This is an approach to professional training which encourages the relentless questioning of assumptions and exploration of possibilities, leaving no room for rote learning or mindless practice. The later chapters give clear and practical techniques, guidelines and suggestions on matters such as metaphor and poetry, how to begin writing, the learning journal, group processes and facilitation.

I found this book exacting. The pages themselves are closely packed and the length of the lines taxed me. I found I could not read much at a time – it

is most definitely not a book to take to bed for a light read! I feel it is largely a specialist book for those who are working in professional fields and/or have an interest in writing as a mode of learning. As a reference book it is excellent. As a handbook for method it is thorough. As a stimulus to thinking afresh – and in encouraging others to do so – it may prove to be revolutionary.

*Judy Clinton*

**Buddhist Reflections on Death, Dying and Bereavement** compiled by **Michael Lewin**. Buddhist Hospice Trust. 2005. Free of charge, suggested donation £1.00. Cheques should be made payable to the Buddhist Hospice Trust and sent to Dennis Sibley, 1 Laurel House, Trafalgar Road, Newport, Isle of Wight, PO30 1QN.

As I am searching for personal accounts of life after loss I was delighted to find wisdom and creative advice in this book. It contains twenty-one separate essays, each by an author who is expert in their subject with experience and knowledge. There is a brief biography of the author at the end of each essay.

The subjects may well be dear to those of us in older age. To name a few – ‘Ageing’; ‘Not being a Burden’; ‘Coping with Terminal Illness’; ‘The Healing Power of Art’; ‘Death and Anger’; ‘Dying Children’; ‘Death and Spiritual Friendship’. To quote from the final paragraph of ‘Dealing with Grief’ – “With awareness we begin to appreciate that we are more than the grief. We are what the grief is moving through...In surrendering to our grief, we have learned to give ourselves more fully to life.”

The final essay is also helpful and practical. “When all is said and done. Journal writing at the end of life.” There is blank space for writing one’s personal responses to the quotations, giving opportunity to do as the author suggests... “We can start to penetrate the unconditioned realm of spacious calm where the best of our writing lies waiting. Waiting for our attention. Waiting for its articulation. Waiting...”

Older age often seems to be a time of waiting.

*Anne Smith*

#### **CHANGES and ADDITIONS TO GROUPS LIST**

**DITCHLING** Valerie Lodge, Lentridge Farm Cottage East, Station Road,  
Plumpton Green, BN7 3DE

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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 next page) 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.