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TOWARDS WHOLENESS



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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

More TW for you. Due to changes in the postal rates we can now produce a slightly larger issue. So, please keep your contributions flowing in! Thank you.
(Editor)

FFH SPRING GATHERING

Enhancing our Emotional and Creative Selves

During this mid-week gathering we will learn and practise some Emotional Freedom Techniques (EFT) to use as a way of developing our emotional wellbeing. We will also venture into exploration of our inner landscapes to enhance our creativity and healing. The gathering which will be practical and enjoyable, and includes very good catering, will be held at Morley Retreat and Conference Centre, Derbyshire. Tues – Thurs 1st/3rd May. Price £90. Please send non-returnable deposit of £20 to Margaret Western, 2 Orchard Rise, Crewkerne, Somerset, TA18 8EH – Tel: 01460 74182 – cheques to be made out to FFH please.

Quaker Spiritual Healers ‘Training’ Courses: Mon-Fri 14th/18th May 2007 at Woodbrooke. To be led by Jim Pym and Margaret Western. For further information please see page 19. (If you intend to come, please book **as soon as possible** with Rosalind Smith – ring 01359 252248)

And Mon-Fri 1st/5th October 2007 at Claridge House. To be led by Elizabeth Brown and Cherry Simpkin. (Please book directly with Claridge House.)

Quaker Spiritual Healers’ Support Course: Fri-Sun 28th/30th Sept. 2007 at Claridge House. Facilitated by Rosalind Smith. (Please book directly with Claridge House.)

The **AGM** of the **FFH** will be held, during **BYM**, on Saturday May 5th at Friends House, Euston. As usual the FFH/QSH will be offering a healing/counselling service over that weekend. If you are a member of QSH and feel you can give some time to do this, please contact Cherry Simpkin on 020 8852 6735 or email: cherrysim@btinternet.com

Leonora Dobson of Disley, Cheshire Monthly Meeting, would like to thank all the many Friends all over the country for their cards and good wishes, and love and support and healing during her current illness. Thank you all so very much. *After a successful routine hip operation early last December, Leonora then became seriously ill with an infection and, for a time, it was thought that she would not survive. However, she came through it and is now rapidly regaining her health and strength.*

CLARIDGE HOUSE REPORT

Last year was a very demanding one for Claridge House trustees. Action was taken to comply with legal requirements to have a disability audit, asbestos survey and a risk assessment register. An opportunity occurred to have the services of a consultant, initially free and then on a paid basis to prepare a new business plan. Working with the consultant proved very time consuming, but challenging and helpful.

Among trustees leaving us was Val Rowling of Horsham Meeting after eight years service. Val in spite of her many other Quaker commitments always found time to conscientiously fulfil her trustee responsibilities and will be greatly missed.

Over forty courses were run in 2006. An increasing number of the mid-week guests took advantage of the opportunity to have healing sessions. The response on the evaluation forms completed by guests was most encouraging. Very favourable comments were particularly received on the standard of vegetarian catering. In spite of these successes there was a deficit at the end of the year almost entirely due to a sharp drop in donations.

A major aim of the new business plan is to make the House self-supporting so that there is not reliance on donations. Gifts then received can be used for improvements rather than just to maintain the House. Changes taking place include the moving of the Quiet Room into the smaller lounge. This change will enable the small management team to work together in a larger office and to be better placed for reception purposes.

Shortly before the end of the year, Nick Bagnall told trustees of his decision to emigrate with his wife, Anita to New Zealand. Nick had cherished for many years an ambition to manage a healing centre. From his first day in September 2003 Nick has worked tirelessly bringing his many and varied skills to the work and left the House in a stronger position. Each manager has a personal contribution to offer and for Nick it was circle dancing. Many guests had the enjoyment of their visits enhanced by his expert and encouraging tuition. Anita for two years also worked at Claridge House on a part-time and often voluntary basis. Her knowledge of nutrition was valuable and helped greatly to raise the standards of catering at the House.

I know all trustees and guests will wish to thank Nick and Anita and wish them well as they go forth to their new life in New Zealand.

Alison Green has been appointed as the new Manager of Claridge House. She is a member of Hastings Meeting and comes from a background in social housing management and therapeutic work. She has particular interests in meditation and healing. She will be coming to the House in mid March with her supportive husband, Roy.

Alan Pearce



Obituary JOANNA HARRIS 1927-2007

Distance was no deterrent for Joanna Harris as she drove around in her small car. She was able to visit distant friends and to fulfil her commitments. She braved the M25 on her way to Claridge House, where she was a trustee, librarian and compiler of *In Praise of Claridge House*. She had edited *Towards Wholeness* from 1984 to 1999 (approximately) with skill and tact, taking a lively part on the Friends Fellowship of Healing committee.

Poor health never hampered her active support for Luton Meeting, and for all the FFH gatherings and conferences she often helped to organise. She compiled *The Healing Power of Laughter* and *Mourn Us Not*, both booklets illustrating the clarity of her convictions. For many years she attended the Hemel Hempstead Distant Healing Group, and was a member of the Mother and Child Prayer Group. In recent years she has enthusiastically supported the Quaker Fellowship for Afterlife Studies. She should be no stranger to the freedom of her new Life – possibly meeting her beloved cat.

Anne Smith

The Quaker Fellowship for Afterlife Studies Spring Conference will be held on Saturday, 28th April, at St. Pancras Church Hall (near Euston Station), London.

Jan Arriens will give a talk entitled *“This world and the next: the psychic and the sceptical in the Society of Friends”*, in which he will seek to draw out the importance of psychical experience for how we view existence and set this against the growth of humanism in the Society of Friends and the increasing difficulty many Friends have with the idea of God.

Angela Howard’s talk will be on the growing phenomenon of ‘channelling’. A definition might be: the relaying of wisdom, love and encouragement to humankind through a sensitive person from a discarnate soul or group of souls in a higher state of consciousness.

There will also be an opportunity to meet in small groups and share ideas and experiences in an atmosphere of support and acceptance.

Further information available from: Angela Howard, Webb’s Cottage, Woolpits Road, Great Saling, Braintree, Essex, CM7 5DZ. Tel: 01371-850423

Email: angela1@webbscottage.co.uk

LATTENDALES

As already announced, Lattendales closed to guests on 1 May 2006. The sale of the property is now proceeding, and the adjacent field has been sold. The Trustees are now starting to consider the future of the Lattendales Trust. A number of ideas have already been put forward, and we remain open to further suggestions.

John Sheldon, Clerk
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FRIENDSHIP

For all the sights and wonders through continents and seven seas
Remember this: 'tis smiles and good companionship that give greatest strength to
please.

In stranger's hands we could place our hearts and child-like hopes and trust,
Even so, we practise caution and discretion as a must.

Never doubt that the friendship, love and happiness to which we all aspire

Do not also feature in the hearts of those whom we admire.

Should not it be that strangers, though like ships at night that pass,

Have it also in their hearts your friendship, though they dare not ask.

If I could therefore grant a wish to share amongst the company here

Perhaps it would be this: that a stranger's warm hand and smile is what we hold
most dear.

Stephen Feltham

I haven't been well for the past year; not ill exactly, just plagued by a kind of energy-less malaise which finally manifested in a strange discomfort in the right of my abdomen that doctors couldn't identify. Now I have learned that I am suffering from intolerances of gluten, dairy products, and other foods

I have embarked on a strict elimination diet to detoxify my body and give my gut a chance to heal and to function properly again. It isn't my aim to bore with details of my digestive tract but rather to describe the intriguing process that has taken place within me, and to share my understandings that have come about as a result of having to simplify my diet so radically.

First came an intense experience of resistance and resentment towards giving up those things that I loved to eat and drink. I knew intellectually that it was in my best interests to abstain from cups of tea and pieces of cake or biscuits, chunks of bread, puddings and all things sweet, but both my physical body and, perhaps more powerfully, my emotional self, protested loudly. I began to know what withdrawal symptoms were and felt great empathy with addicts giving up their habits. Headaches have plagued me, intense hunger has grabbed me, and mirage-like experiences of the desired foods have assaulted me. Food, or the lack of certain types, became a preoccupying obsession.

At a social level I went into a kind of bereavement – no more meals out (you try finding a restaurant that uses no gluten, potatoes or dairy, or sugar products) and no more meeting in cafes with friends for a cup of coffee and a piece of cake. A cup of herb tea and a rice cake just isn't the same experience! And who would be keen to come round for a cup of chicory and sheep's milk? Yes, this diet can safely be described as a social killer.

And I have been worse physically as my body begins to throw out the toxins, whilst at the same time I've had precious little evidence of any improvement on the horizon – it is a daily act of faith to believe that what I am doing is actually worthwhile and not some kind of subtle, misguided masochism. The nutritionist has told me that emotional and spiritual detoxification often accompanies the physical clearing of the body. She was not wrong. Now follows the really intriguing part of this journey: the journey, as I currently understand it, into simplicity.

Leaving out the foods in my diet towards which I am intolerant, I am left with natural foods without preservatives, colourings, flavourings, added sugar and the rest. My diet now is much as it would have been generations ago when food would have been locally produced, freshly and simply cooked and consumed in moderate quantities. Although initially the shopping and cooking

seemed a complicated business, I have begun to find the process increasingly satisfying and wholesome. Forced to focus on my bodily needs, I have had to reorder my life, giving time and attention to quality foods: where to get them, how to cook them and how to eat them in a healthy fashion. After resenting the process to begin with, I am gradually beginning to feel differently. I am beginning to see how fundamental healthy eating is, how it is the foundation on which everything else depends, and how very far from these principles modern life has taken us (and I wasn't one given to junk eating in the past). I have begun to feel a healthy respect for my body and a tenderness towards what I am now asking it to do. The cravings for sweet things are beginning to diminish, the pleasure in eating simple nutritious meals has started to grow. My taste-buds are starting to change and my body is beginning to show periods of improvement.

And I am noticing other changes. Just as the overload of certain foods, combined with high stress levels, has produced dis-ease in my body, so I am beginning to see that an overload of my multiple life-activities has been having a similar effect on my mind and emotions. I am beginning to see the pure greed within the life-style that I have been living. When I went to the library I invariably came back with several books and then felt pressure to read them all and/or get them back on time. Why don't I get out one book, read it and return it before getting out another? I was always arranging to meet several different friends, phoning lots of people, sending multiple emails – why? Why not meet one friend, make one phone-call, send one email – spread them out, not grab at them all like some starving child? And then there were commitments – why so many? What was I seeking to achieve? Was my life-style as unhealthy for me as my diet had been? I am beginning to see that it was. I've started to simplify. I've withdrawn from all but a few commitments, I've postponed meetings, and I've limited my purchasing and borrowing. This has given me intense relief. My head and my feelings are beginning to feel much clearer and my life far more manageable and enjoyable.

As my life is becoming simplified so there has come a mighty inner “*Ah-ha!*” in which I've realised that this clearing away of excess has been good not just for its own sake, but because it has opened the space in which God/The Spirit/Universal Energy can speak and I am actually able to be still enough to listen. What a revelation! Of course, just as the detoxing of the body has been far from pleasant, so the facing of myself in the Light is challenging in its own way. But I have a deep sense that, just as clearing my body of unsuitable foods has opened the way to a healthier body, so clearing the obstacles to communion with God gives me the chance to have a greatly enriched and enlightened life at all levels of my being. How curious it is that the things we most resist are the things that

can bring us our greatest gifts. I am put in mind of George Fox's words in 1652:

"Friends, whatever ye are addicted to, the tempter will come in that thing; and when he can trouble you, then he gets advantage over you, and then you are gone. Stand still in that which is pure, after ye see yourselves; and then mercy comes in. After thou seest thy thoughts, and the temptations, do not think, but submit; and then power comes. Stand still in that which shows and discovers; and then doth strength immediately come. And stand still in the Light, and submit to it, and the other will be hushed and gone; and then content comes."

Quaker Faith and Practice 20.42

The Stack – In Bluebell Time

(The wooded slopes above Swanpool Beach, Falmouth)

A film of silver filigree, gossamer threads suspended,
While raindrops hang like tears from the leafy spears;
Lit by the evening sun, a radiance
Shimmers down the slope,
Setting one's eyes out of focus,
Offering fleeting glimpses of wider possibilities:
Of worlds behind this quivering translucency.
And are you there, following in my footsteps,
Edging cautiously down the steep mud banks,
Delicately poised paws transferring weight,
Seeking the steadiest route to the path beneath?

Halfway down the slope I stop to catch my breath,
Turning to view once more the haze of bluebells
Drifting amongst the trees... a misty blue
Clouding the banks... a moment suspended in time.
This gossamer light and bluebell teardrop mist
Sets the veil trembling... can it part the clouds
That separate the three of us, and rouse
To life within my heart the certain hope
Of once more sharing bluebell time with you?

Mavis Timms

(remembering her two dogs)

TRANSIENT HEALING: THE PLACEBO EFFECT

David Lazell offers one or two lessons from the pharmaceutical industry and suggests that healers might return to George Fox's insights.

The ethical pharmaceutical industry provided me with valuable lessons on the healing issue, though I did not realise it at the time. Some forty years ago, and despite pungent comments from my chemistry teacher at Bridgend Grammar School, I was editing medical abstracts for a well known company, Riker Laboratories, part of the international Rexall Drug Company. Our specialities were in aerosol therapy for asthma (Riker were pioneers in this area); anti-hypertensive drugs; medications to combat obesity, as well as for Parkinsonism and diabetes. Much has happened since that time, of course, but it was always true that a main source of income for a drug company could be rendered obsolete overnight by some new therapy. Anyway, the useful but alas addictive amphetamines were prescribed for overweight patients, whose overeating was related to depression. Today, they are little used.

The so-called 'placebo effect' was recognised in the nineteen sixties, this relating to the apparent beneficial outcome of tablets in double blind trials, and when they were in fact devoid of any active medication. Readers of this journal, including those involved in counselling, will know at times that 'it's not just what you say but the way that you say it'. The general practitioner who demonstrates complete confidence in some new drug will give a boost to the patient's morale and expectations. Indeed, seminars and no doubt well-priced books offered advice on delivering the confidence as well as the pack or prescription. Today, there seems to be growing suggestion that this placebo effect can be harnessed to healing, but I would certainly warn against too generous an expectation. First, there seems to have been a range of conditions and perhaps personality types in which the placebo effect worked. Those anxious or ill-at-ease people who come forward for a prayer or blessing at church healing services may be in a similar category. But I am not sure how well the placebo effect would work in, say, an advanced sexually transmitted disease (STD) or AIDS, though patients or clients here, as elsewhere, need loving care and cause for hope.

Second, the placebo effect may itself be transient, giving an impression of recovery – and thus encouraging the less experienced healer – but which is not sustained. Reasons for this are hard to fathom, though one is reminded of Jesus' warning about the house swept clean, but soon reoccupied by seven demons, narrated in the twelfth chapter of St Matthew's Gospel. If the kind of dis-ease is related to our personality, and the nature of our early environment, one can see that symptoms may be eruptions rather than the underlying emotional magma. Arthur Guirdham's books, *A New Theory of Disease* and *Christ and Freud*,

threw an interesting light on the subject, though I believe that he thought of himself as a Cathar in the twentieth century, a heretic sect in the news of late thanks to the ***Da Vinci Code***. This in turn relates to another view of the healer today, that he/she leads the client/patient into a better relationship with the inner life, the harmony within. This again calls for care, and only the other day, I heard (on radio) a well known composer speak of music 'harmonising the chaos within' (i.e. within the soul or human spirit).

It is true, of course, that Friends have an understanding of human potential that is distant from the more fundamental preaching of sin and failure. But we have to remember that George Fox thought that the Friends were a new expression of the apostolic faith, and he would today think the movement as distant from the denominational churches as it is from Roman Catholicism. Whether or not that significant identity is diminished in the free church or multi-faith aspect is another matter, but I don't think that healers can avoid the 'hard aspects' of their heritage. Much within the broad and often media highlighted healing cause speaks of human potential, without referring to the divine Giver. Rufus M. Jones, the chronicler of the Friends movement worldwide, puts it clearly in his salute to George Fox published in 1924, three centuries after Fox's entry into the world. *'If we want to prove that Fox really struck a jet of living water, we ourselves must tap that same fountain.'*

If you look deeply into George Fox's life and times, and start tapping that same fountain, you will find healing often mentioned. When Isaac Penington, the mystic and seer, tried to express the nature of his own spiritual pilgrimage, he was acting as a herald for George Fox, writing, as he did, that *'some may desire to know what I have at last met with. I have met with my God and Saviour, and He hath not been present with me without His salvation, but I have felt the healings drop upon my soul from under His wings.*

Isaac Penington, like George Fox, offered hope for the human prospect, beyond the 'digging into your inner life' often passing for healing today. Fox was a man of insight, almost of dreams and visions, but he thought out the implications of what he was called to preach, better perhaps than some today. Rufus M. Jones puts it clearly, *'Even now the only way to appreciate fully what George Fox meant ... is to feel once more the invading Life of God and to be flooded with the vital energies of the Living Spirit. There is no magic in a word, there is no alchemy in a phrase. The bones of a prophet are a poor substitute for his living spirit.'* Not only the bones of a prophet but the jargon of a best selling book on self help therapeutics.

There is a point to self help; who would deny it? Similarly, carers and healers come from diverse sources, though one assumes of the same Spirit that moved

George Fox so deeply. Perhaps the recent *Quaker Quest* programme might have attended a little more to the healing mission that seems so characteristic of early Friends, though, as in John Wesley's time, there was little medical expertise, still less psychiatric skill, available to the people of this nation. One might add that George Fox had a 'realised eschatology', but this is beyond the boundaries of this article. Suffice to say that he believed that the believer – that is, our clients – were no longer isolated individuals in a hazardous world, but had already entered the kingdom of God. Heady stuff – perhaps we are wise to avoid it and 'stick to the agreed programme'.

All the same, external inputs into the healer-client relationship are necessary, and George Fox's example will show you why. Although for most of my life, I have felt incompetent – heritage perhaps of early life in a family business! – I do not seek reassurance merely from the nervous child within, but from a promise found elsewhere.

When I get to heaven, I will no sooner start apologising for my shortcomings than the archangel holding the Books of Final Revelation will burst out laughing, and declare : *'There's nothing about that in our records, my son. All we know is that your sins were forgiven.'* Whether or not this picture relates to eternity is to be discovered later, but it is of the essence of assurance that healers are to provide.

Solitude is a door. When you open the door to solitude, you may find another door behind it. That is the door of silence.

Silence, too, is an environment for prayer.

In silence we put ourselves in touch with God and also our deeper selves.

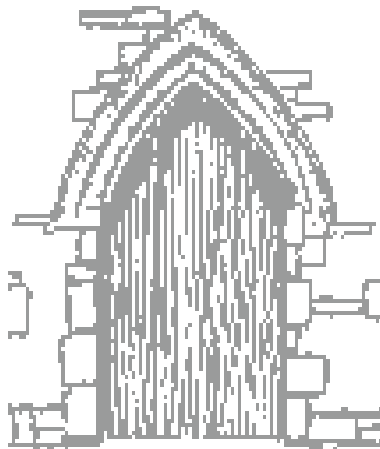
Thoughts long buried come to the surface and long repressed feelings bubble up.

Silence exposes certain issues within our lives and almost without effort.

What is important comes to the forefront.

Now we can place the 'most important issue' before God as we pray.

Emilie Griffin





THE SKY

I am the sky.

*While the earth is crossed and charted
I sustain the backdrop to life's image,
And whilst I am mirroring terrestrial life
Man ponders my moons and galaxies.*

*I am the silent witness
To earth's turmoils and joys.*

*But on the first Good Friday
I had a voice.*

*As that emanation of strength and spirituality
Spiralled up into my being
My armoury of clouds clamoured in anguish;
Becoming darker and darker still,
Fulminating and storming
At the pain and injustice enacted beneath.*

*But then, of a sudden,
That very essence was subsumed into the firmament,
And my clouds rained and rained
Over Cana and Galilee
Where abundant crops grew
And flourished on stony ground.*

*Hence I am peopled by birds, dragons and angels,
Every known colour has swept across my surface –
But, Oh, the intensity beyond your orbit.
Man glimpses but a mote, a microcosm, of my vastness.
When the seas are dried and earth crumbled
My arms will stretch to infinity.
I am the sky.*

Sylvia Edwards

FFH GROUPS – JANUARY 2007

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MOUNT LAWLEY	Julie Bethell, FMH, 35 Clifton Cres. Mount Lawley, W. Australia 6060
NEWTON ABBOT	Valerie Huish, 13 Brimley Vale, Bovey Tracey, Nr. Newton Abbot, Devon TQ13 9DA
NORTHAMPTON	Annette Candy, 4 Copse Close, Spring Park, Northampton NN2 8PX

NOTTINGHAM Mary Brimelow, 30 Private Road, Sherwood, Nottingham NG5 4DB
 OSWESTRY Humphrey Gibson, 14 West Street, Llangollen LL20 8RG
 OXFORD Mary Fear, Homelea, Glebe Road, Cumnor, Oxford X2 9QJ
 PURLEY Robert & Veronica Aldous, 7a Downs Court Road, Purley CR8 1BE
 READING Jenny Cuff, 153, Northcourt Avenue, Reading RG2 7HG
 SHAFTESBURY Gerald & Doreen Wingate, Shaston, 3 Hawksdene, Shaftesbury, Dorset SP7 8NT
 SHEFFIELD Beryl O'Brien, 127 Willow Dr, S9 4AS & Ruth Vear, 5 Williamson Rd, S11 9AR
 SIDCOT Joint Convenors—Christine Brown, 7 Sewell House, Belmont Rd, Winscombe BS25 1LQ
 and Peter G. Alletson, 4 Brae Road, Winscombe BS25 1LN
 SKIPTON Peter Copestake, Old Earth, 72 Castle Road, Colne BB8 7DS
 SOUTH AUSTRALIA REGIONAL MEETING
 Enid L. Robertson, 9 Sherbourne Road, Blackwood, S. Australia 5051
 STOCKPORT Marjory Rossant, 1 Thornfield Court, Heaton Close, Heaton Moor, Stockport
 SK4 4DL
 STREATHAM Mary Ochs, 15 Lovelace Road, London SE21 8JY
 STREET Sandra Kirk, 17 Southfields, Glastonbury BA6 8DW
 SUTTON COLD FIELDS Sheila Swinnerton, 161 Drayton Ln, Drayton Bassett, Tamworth B78 3EF
 SWINDON Penny Alston, The Old Mill, Bishopstone, Swindon SN6 8QE
 TAUNTON Gillian Coe, 23 Colin Road, Taunton TA2 7AS
 THAXTED Anthea Lee, 24 Lea Close, Bishops Cleeve CM23 5EA
 TAUNTON Gillian Coe, 23 Colin Road, Taunton TA2 7AS
 TELFORD Val Robinson, 25 Buckingham Cres, Park View, Stirchley, Telford TF3 1BP
 THAXTED Anthea Lee, 24 Lea Close, Bishops Cleeve CM23 5EA
 USA (Agent) Richard Lee, 1201 Walsh Street, Lansing, MI 48912 USA
 WANSTEAD Laurence Hackwell, 3 Scowcroft House, Craig Gdns, South Woodford, E18 2JX
 WARWICK Edna Creasy, c/o Edward Creasy, Quaker Centre, 39 High St, Warwick CV34 4AX
 WATFORD Kathleen Bould, 42 Richmond Drive, Watford, Herts. WD1 3BG
 WELLINGTON Jenny Gribble, 22 Spurwells, Ilton, Ilminster TA19 9HP
 WESTON-SUPER-MARE Hazel Hather, 43 Uphill Road South, Weston-super-mare BS23 4ST
 WINCHESTER Andrew F Rutter, 1 St. Johns Road, Winchester SO23 0HQ
 WORCESTER & MALVERN Hazel Court, 50 Clarence Road, Malvern WR14 3EQ
 and Mary Callaway, 7 Red Earl Lane, Malvern WR14 2ST
 WORTHING Don Jameson, 26 Wilmington Court, Bath Road, Worthing BN11 3QN
 YORK Joyce Pickard, 18 Savile Grove, York YO3 6NY
 IMMEDIATE PRAYER GROUP Rosemary Bartlett, 10 Cavendish Mews, Wilmslow, Cheshire SK9 1PW
 and Joy Simpson, 14 School Crescent, Primrose Hill, Lydney, Glos. GL15 5TA
 MOTHER & HER UNBORN CHILD Sylvia Edwards, 17 Sedlescombe Park, Rugby CV22 6HL
 POSTAL GROUPS Muriel Robertson, 51 Highmains Avenue, Dumbarton G82 2PT
 and Elliott Mitchell, 87 Ravelston Road, Beardsden, Glasgow G61 0AZ

Prayer is talking; meditation is listening.

Anon

LETTER TO MY MOTHER

*You are my mother and
I love you dearly.
Your love and direction have
helped me more than
you will ever know.
There may have been times
when we viewed things differently,
however that has never altered
my admiration for you.
Throughout your life I have come
to appreciate your love.
A love that is strong enough to give
purpose and direction, yet gentle
enough to help me find myself.
Sometimes your love hurt because
it created boundaries when I wanted
to be free, yet I didn't know the
true meaning of freedom.
Without your love, Mother,
my life would not have
been complete,
because you taught me
the meaning of love.
Thank you.*

Anon

(Mothering Sunday March 18th 2007)

A REMINDER... that a bursary fund is now available for those **FFH** members who would like to attend any **FFH** gatherings, and courses, or short stays, which may be held at Claridge House, or other venues. 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 back cover of *TW*).

CLARIDGE HOUSE PROGRAMME

Weekend Courses: £160 per person (unless otherwise stated)

Midweek Courses: £275 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: **Alison Green** 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*

March 23rd-25th WRITING THE SPIRIT £140

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

March 30th-April 1st CIRCLE DANCING: a Balkan Weekend £140

A chance to learn from an internationally known leading teacher on one of his last visits to the UK before retirement. David will teach a collection of very special magic dances from his recent journeys to Romania, Bulgaria and Greece. (Intermediate/advanced level dancers only.) **David Roberts** brought *Sacred Dance from Findhorn over 20 years ago and has been an inspiration to dance teachers ever since.* Saturday only £30 and bring food to share.

April 5th-10th EASTER BREAK £250

A 5 night break with CH staff over the Easter week-end.

April 10-20th MERETREAT £435(single) £365(shared) £285(for carer who shares.)

This special retreat is a healing journey into ourselves, into the physical, emotional and spiritual aspects of ME/CFS, a gentle holistic process towards healing, wholeness and self-empowerment. There will be plenty of time to rest, reflect and enjoy the gardens. **Nomi Sharron** a writer, teacher and experienced retreat leader, who has had ME for more than 10 years.

April 20th-22nd TAI CHI / CHI KUNG £140

Experience relaxation of mind and body and the rejuvenation of attitude by practising movements from the Tai Chi form. Arouse the chi energy with Chi Kung. Find the peace of meditation. **Barbara Gordon** an experienced teacher and facilitator who has been teaching these exercise forms since 1988.

April 23rd-27th CIRCLES INTO SPIRIT £195

The circle is an ancient symbol of wholeness connecting us to the Source and

each other. Working with Chakras, Mandalas and Circle Dance we will paint, colour and dance the circles of life. Celebrate your creativity and spontaneity and open up the spirit. A special relaxation ends each day. (Mandalas and all artistic materials provided.) *Nomi Sharron has been leading spiritual retreats for many years. She is a passionate and experienced Circle Dance teacher. (Short midweek course 2 days tuition in a 4 night stay.)*

April 27th-29th REIKI II

£140

Being attuned to Reiki II increases your Reiki, enabling you, by using Reiki symbols and mantras, to treat yourself and others at a deeper level, to deal directly with mental /emotional aspects and to send out distant healing.

Anna Moore, a Reiki Master and teacher for over 10 years.

May 11th-13th PILATES

An introduction to the works of Joseph H Pilates, who developed exercises that remedy the effects of stress and physical neglect. This weekend concentrates on strengthening muscles, while improving posture and flexibility. (The venue is the large lounge of the house and participants require a yoga mat or similar.)

Fiona Payne, experienced adult education tutor.

May 18th-20th AWAKENING CHAKRA ENERGIES THROUGH SOUND

The key to sound health lies in the perfect spin of the chakras. This workshop offers pathways to achieving this through the directed use of the voice. No previous experience necessary only a deep intent.

James D'Angelo author of "The Healing Power of the Human Voice."

June 1st-3rd SACRED DRUMMING

Deep and lasting is the power of the drum in sacred work. When you experience shamanic journeys, clear energy, meditate into the realm of Spirit, pray to the angels, ancestors and guides, the drum holds you firmly on the earth so that you pass through the veils between the worlds in safety. *Steven Ash is a teacher shaman healer. He grew up on Wikwemikong reservation in Canada, adopted grandson of Wallace Black Elk. The author of bestselling "Sacred Drumming" Godsfield Press.*

June 4th-8th YOGA & MEDITATION RETREAT

Every day: pranayama before breakfast: 2 or 3 meditation sessions sitting or walking with lead-in teaching: 2 hours hathayoga, strong stretches for adepts, gentle limbering for beginners and others (not suitable for disabled). Mandala and yoga painting with optional instruction. Settling into a silent retreat, our minds release every-day chattering, entering spacious levels of awareness, rejuvenation and quiet joy. *Joanna Pelly, lifetime Quaker, British Wheel of Yoga teacher, experienced retreat leader. www.jopellyyoga.co.uk*

June 8th-10 THINKING IN ACTIVITY:

Alexander Technique Refresher Course

The Alexander Technique helps reduce effort, pain & strain in any activity, but

how to apply it in everyday lives? This course refreshes what you know about the AT & helps to begin applying it in daily activities (suggestions for activities welcome!) For people with some previous experience of AT.

Jill Payne teaches AT full time in Beckenham, Kent.

June 8th-10th HEALING WITH COLOUR

An introduction to using colour and radionics for healing. Working with colour charts and pendulums, with our hands and inner sense, we will tune into each other and those we would like to help. Bring coloured pencils and pendulums if you have them. Pendulums will also be available for purchase.

Primrose Cooper, author of "The Healing Power of Light", trained as a Colour Therapist with Theo Gimbel, pioneer of Colour Therapy in Europe.

June 11th-15th REIKI I for people with ME

A gentle, balanced retreat to support healing from ME/CFS. When the systems of people recovering from ME/CFS are unbalanced, they often suffer an increase in symptoms. Each attendee is attuned and taught in a gentle supportive atmosphere how to use REIKI in their daily lives to help rebalance their systems.

Emma Saunders LeBlanc, a lecturer with 13 years experience, retrained as a Reiki master after being diagnosed with ME and found Reiki instrumental in her healing.

June 18th-22nd MIDSUMMER NIGHT AND OTHER DREAMS £220

A relaxed week given to writing & reading poetry on the themes of dream, summer & imagination. Poetry & dreams are numbered among the great healers.

Gerard Benson, Quaker poet and editor, is the experienced and gentle facilitator for this short midweek course with two days tuition in a four night stay.

June 22nd-24th THE HEALING POWER OF HERBS

An introductory course on Herbal Medicine including past knowledge, modern applications, common herbs and an opportunity to sample medicines. The principal healing properties of local herbs will be identified. The approach is holistic with herbs working on emotional, spiritual and physical levels with an opportunity for confidential discussions of personal health issues.

Sarah Furey, medical herbalist www.sarahfurey.co.uk

June 22nd-24th ADVANCED EFT

The weekend introduces advances made by EFT, as well as other forms of meridian therapy. The weekend is practical, rather than theoretical and involves one to one work within the group, as well as practical demonstrations. It is useful to know the EFT protocol but, if required, that can be arranged before the course. *Brian Ackroyd is a Buddhist and Healer, experienced professional therapist and counsellor.*

June 29th-July 1st CIRCLE DANCING: at one with the Infinite Sun

A peak experience for high summer! Circle Dances of passion to fire and inspire; dances to lift us to the heights flooding the earth with radiant love and renewing our enthusiasm for life. A glorious mix of traditional and new dances danced

until we experience the ecstasy of being danced by the spirit of the Dance. **June Watts** has been teaching Circle Dance internationally for 20 years and is the author of “*Circle Dancing – Celebrating the Sacred in Dance*”. cf. www.junewatts.com

July 2nd- 6th THE HIGHWAY

£220

Elfrida Vipont Foulds, a Quaker mystic wrote “in our desperate search for our destination, or the next stage of our journey, we may have overlooked the supreme importance of the question—Whence came ye?” Asked of George Fox on returning from Pendle Hill, he replied “From the Lord!” We’ll explore our journeys helped by Elfrida’s words. **Elizabeth Brown** QSH and QRG . *Short m/w course*

July 6th-8th MEDITATION AND BACH FLOWER REMEDIES

£163

Spend a peaceful weekend calming the mind and stilling the emotions. To combat stress learn meditation techniques and select some remedies which you can put into a mixing bottle to take away and use. The weekend will contain interactive exercises, discussion and meditation. Suitable for beginners or those with experience. **Angela Davies**, *Quaker, trained counsellor, registered Bach Practitioner/teacher* www.bodymindhealth.co.uk

July 6th-8th TAI CHI / CHI KUNG

Experience relaxation of mind and body and the rejuvenation of attitude by practising movements from the Tai Chi form. Arouse the chi energy with Chi Kung. Find the peace of meditation. **Barbara Gordon**, *experienced teacher & facilitator who has taught these exercise forms since 1988.*

July 13th-15th REIKI III

Reiki III is for those Reiki II practitioners who wish to have their Reiki energy raised to level III. Those who wish to be further attuned as a Reiki teacher will be able to attend a course on 20th-22nd July. **Anna Moore**, *Reiki master, teacher for over 10 years*

July 13th-15th REINCARNATION

Among the subjects that relate to reincarnation are pre-life agreements, birthmarks, karma, and life purposes. Anecdotes, sharing and discussion with exercises will take place during the sessions. In addition near death and out of body experiences will be considered. **Geoff Freed**, *an international speaker who has worked with the EU and UNO.*

July 16th-20th HEALING CENTRES VISITS

Quaker Spiritual Healing, Reiki and a full healing service at Burrswood Anglican Healing Centre will be included in this important week aimed at helping us to understand and appreciate Healing in its many forms. Keith would welcome **your early** suggestions of other Centres of Healing for inclusion in the week. **Keith Marsden**, *assistant manager of Claridge House, leader of the successful 2006 Healing Centres Visits week.*

QUAKER SPIRITUAL HEALERS EVENTS – 2007

QUAKER SPIRITUAL HEALERS' 'TRAINING' COURSES

AT WOODBROOKE:

£280

14/18th May A mid-week training course in practical healing that gives those who are interested in becoming members of the Quaker Spiritual Healers the opportunity to explore their own potential. Applicants should be sympathetic to Quaker values and have been attending a Quaker meeting for at least a year.

Led by Jim Pym and Margaret Western. Please book with Rosalind Smith.

Tel: 01359 252248 Email: Rossmith@btinternet.com

AT CLARIDGE HOUSE:

£220

1st/5th October As above – *led by Elizabeth Brown and Cherry Simpkin*

Please book directly with Claridge House. Tel: 01342 832150

Email: welcome@ClaridgeHouse.quaker.eu.org.

QSH SUPPORT WEEKEND:

£120

28th/30th September at Claridge House. To be facilitated by Rosalind Smith.

Please book directly with Claridge House.

Joy is Peace, dancing – Peace is Joy, resting

Trude Bedford

TELLING DOES NOT PREDISPOSE KNOWING

Sally Anne Woolman

For the reader of erudite books on healing, and psychotherapy in particular, it is now known there is an energy out there, by which we are all connected. One writer and scientific scholar, Lynne McTaggart, has very plausibly focused thinking on *The Field* (a study of the true nature of life) and Albert Villoldo, who appears from time to time at 'Alternatives' (at St James' Church, Piccadilly) calls it the Luminous Energy Field.

I have learned much from these two people, plus many other writers, mainly American who seem to be foremost in the area of consciousness studies; and Peter Russell, who, although a Cambridge scholar, wrote his book *From Science to God* in California. (Drat the brain-drain!)

Peter Russell's book offers a crash course in the nature of reality. It is the story of his lifelong exploration of the nature of consciousness; of how he went from being a convinced atheist, studying mathematics and physics, to realising

a profound personal synthesis of the mystical and scientific. Sometimes it takes years of therapy to reach a point of telling which heals. The power of ‘telling’ is electric but is not healing if one does not hear oneself. It is a matter of choice. My replica of an ear from the statue of David in Florence does not bring me to a ‘knowing’, it simply reminds me each day of the Biblical words “He that has ears to hear, let him hear”. (Apologies for the sexist language: the Bible has it in abundance.)

Maybe one should enumerate the very many ways there are of telling – writing, reading, body language, etc., but it would take the scholarship of Marina Warner (of literary fame) to adequately inform us, as she did at the British Library in 2005.

It still remains for psychologists and psychiatrists to be trained in studies of the energy of the Zero Point Field, which would need explaining and putting into words by a physicist. Hopefully, in time, it will evolve to be commonplace to talk about these things. It will be part of doctors’ training to combine psychology and medical practice, and for them to be able to pin-point where illness has started, even cancer. Richard Lawrence, one of the most well-known healers of our time, in his book *The Magic of Healing* describes the George King method of healing – “*There will come a time when this kind of healing will be the norm, when people will find it strange if there is not a psychic or spiritual healer on hand in every medical practice. Until then, it remains a pioneering activity*”.

The deep ‘knowing’ in the soul that resonates with Carl Jung’s famous saying ‘He did not believe in God, he knew God’ is the knowing we all want to experience, and none of the afore-mentioned areas of research are denying the existence of God. How good we feel when we bond with someone and can say “Yes, I’ve been there too”, or “That is my experience too”. It is the sacred within our deep buried selves, when we dare to face it, that is the Is-ness of knowing, and the oneness of unity with God, so portrayed in the life of Jesus.

Rumi says: “Out beyond ideas
of wrong doing and right doing
there is a field
I’ll meet you there.”

The Field by Lynne McTaggart. Element 2001. ISBN 0-00-714510-1

From Science to God by Peter Russell. New World Library. ISBN 1-57731-494-8

The Magic of Healing by Richard Lawrence. Mind, Body and Spirit. ISBN 0-9547036-1-8

What is the place of supplicatory prayer in healing? Do we *ask* God that the person (for hands-on or distant healing) will be made better? Some people believe we should not supplicate God for anything. Rather, we should just say something like “Thy Will be done” – the idea being, that God knows best, and who are we to tell the Divine what to do? Certainly humility is important; or feeling that one is merely the servant for the Almighty Power.

If we *do* pray – make a request – to whom should we address these prayers? I suppose that depends on who, or what, we believe God is – the Transcendent (or Whole Cosmos) – the Immanent (i.e. my Inner Divinity)? I no longer address ‘The Father’ although I sometimes say the Pater Noster prayer like a mantra. Nor do I pray to Jesus, although the ‘Incarnation’ or the ‘Christ Essence’ still have meaning for me. So – this leaves the Holy Spirit – best-beloved by most Quakers, and whom I trust for discernments – for giving me ‘leadings’.

Personally, I am unable to dispense completely with asking. It is a familiar, comforting habit of over sixty-five years, when as a child of five, I prayed to some anthropomorphic figure in heaven. In those days, I believed that most of my wishes would be granted if I were good! However, now, I just trust, without asking, and have faith, that some form of healing will take place. The preliminary condition nowadays is not ‘if I am good’ (that goes without saying?) but if I have attuned and become a channel. This also usually means I have entered that altered state of consciousness which I associate with meditation. Others might call this becoming deeply centred – as in a Quaker Meeting for Worship.

So, do I make a request about this connecting of myself with the Divine? Do I ask for this preliminary state to happen? I usually say something like “O Holy Spirit, help me to attune to Thee, so that I may become a channel for Thy healing and creative power. Amen”. Then I visualise (imagine affirmatively) that attunement, and the channel between me and the Holy Spirit.

The rest of my supplications, during the healing session, are in the form of such visualisations, being made in faith, but usually without any words. I might see or feel the person’s body in need of repair so sending healing to that part. Very occasionally I have ‘seen’ that a chakra is not radiating/whirling with its true colour, so needing that restored. Or, I feel a thinning or break in the electro-magnetic field which needs mending. Or, I ‘know’ that I need to send Light and Love to that deep sadness, or that great fear, in a person’s heart.

These visualisations arise and respond out of intuition. One knows and feels intuitively what is needed, and then sends or gives it. But sometimes I am not 'shown'; I don't 'feel' – my intuition does not seem to be working. So then I describe, inwardly, to the Divine, what seems to be happening – “There is a grey fog, an immovable heaviness – show me what to do”. After this supplication, this plea for help, I am usually shown what to do, how to visualise lifting the fog, lightening the heaviness. Maybe (some might say) I am just clarifying the situation for myself, so that my intuition is again awakened. But what *is* intuition? I see it with a capital 'I'. It is *my* little bit of the Universal Intuition, the Creative Cosmos, or God. So, again, it is the channelling, the leadings which come from the Holy Spirit.

Sometimes, when healing, I do not 'see' or 'feel' such specific needs as above in the person. Or perhaps I already know them from what they have told me. However my response will still be an intuitive process. I am 'guided' to make that right response. So usually this all happens without my having to make a supplication. Or perhaps my 'asking' is 'a given' – that is, God knows what I'm requesting, without my having to put it into words as a prayer?

Much of my healing work is with people who are terminally ill. I am usually easing their journey into the Afterlife – helping them to have a good death. This may involve assisting them to become reconciled to the idea of dying – to accept this inevitability. Often this also means helping their relatives and/or friends to work through their own anticipatory grief reaction; or to cope with their mourning afterwards. Sometimes I need to help people to put their affairs in order, or to make their peace with those with whom they might be in conflict. Counselling is an important part of the healing process. I may need to help them talk about their fears – perhaps their doubts about immortality – or their beliefs about what heaven is. So my role is mainly one of listening, but I still feel I am guided to respond to each specific need. And where there is denial, or defences raised, then sometimes just hands-on healing without words will make a chink in the armour. I am led without supplication to give what is needed.

Recently I took up 'lollypopping'. As a 70 year-old I am allowed to do this until I am 80 by my local council. I escort small children (3 – 11 year-olds) and their parents across a busy main road. Many of the drivers go too fast and are reluctant to stop. I have no lights or signals to help me, just a dropped kerb crossing, and my bright yellow uniform with the lollipop pole saying 'Stop'. It often feels quite dangerous and I am aware of the burden of my responsibility and vulnerability. I was, however, given a good training which has given me a quiet confidence. Nevertheless, I feel a need to commit myself, before each

hour's session, morning and afternoon, to being fully consciously aware and intentioned. So I treat it like a healing session where I become 'willing and witting with my antennae aquiver' (as I call it!). So, this is the supplicatory prayer I say before beginning:

'O Holy Spirit – let me become attuned to Thee as I start my work as a lollipop person for this hour. Thus am I a channel for Thy healing and creative power. Keep me alert and sensitive to the needs of children, parents and teachers and others who are using the crossing so that we all remain safe.

Heighten the awareness of drivers and motor-cyclists so they respond appropriately to people crossing. May the school-crossing become a place of happiness and welcome, where each individual feels cared-for and respected – a place where I respond to that-of-God in everyone'. Amen.

(Responses from other readers would be welcome. Do other healers use supplicatory prayer? Do you have similar experiences as Elizabeth when healing? Please send your thoughts and experiences in to the editor.)

TIGHTROPE

*High above
straining on taut wire
sentient of air
quivering heat
a bright umbrella waving in hand
one inching toe
ahead
one foot safer behind
fearful
of the swirling current of water
chasmed deep
below –*

*Unseen the hands
that hoop and weave
the net and rock
with constant care –
holding
an invisible
cat's cradle
of love.*

Ruth Shadwell

We have only one native pine in the British Isles, and that is the Scots pine (*Pinus sylvestris*) which used to grow in abundance in the Caledonian forests in Scotland, and has been planted in other areas over time. There are still stands of Scots pine to be seen in the grounds of some large estates. It was used as a timber tree in its upright form, but the trees in the Caledonian Forest tend to be more variable, some with two or even more sinuous trunks. With its red-tinted bark and orange upper branches, it is a very attractive tree.

Other pines, also grown for crops, have been planted extensively in stands, and have been used as amenity trees in gardens. The healing uses apply to all these as well. The needles, grown in groups of two, three or five, help in the identification of these. Many of them come from North America.

The resin and bark of pines used to be used in Egypt to treat pneumonia and other lung problems, and as an inhalant, as it soothes mucus membranes. It can be used as an antiseptic, expectorant, stimulant and tonic, and as a treatment for gout and to cure skin diseases. Resin is, of course, very sticky and aromatic. Pine buds can be made into a decoction by putting the ingredients into cold water and bringing to the boil until it forms a thick substance. Decoction of pine buds is used in drinks and inhalants for bronchial infections, cystitis and rheumatic ailments. The buds are gathered in spring before they open, and dried in the shade. A syrup made from these buds is a good bronchial tonic. Cones and needles can be used in decoctions and added to bath water to ease breathlessness, rheumatics and skin diseases. The cones should be picked while green and fresh.

Pine needles boiled in vinegar were used to relieve toothache, packed round the tooth, or the liquid swilled round the mouth. In Bach flower remedies, pine flowers are used to treat despondency and despair, and to rid oneself of self-condemnation, guilt and oversensitivity, self-blame and over-conscientiousness.

When pines are planted for crops, they are planted too close together for amenity value, but if you walk through a natural pine wood, or a garden where they have been tastefully arranged, the odours of the resin and needles can be appreciated. Some people make pillows stuffed with pine needles to help them to sleep – and we've all heard of pine disinfectant and pine air fresheners.



REPORTS

Quaker Spiritual Healers Support Weekend at Claridge House 13-15th October 2006

There were 17 of us participating in the course, led by Muriel Robertson. On the first evening, after the usual introductions, there was some discussion about the problems that presented when trying to set up healing groups in Preparative meetings. Some encountered lack of interest and support from their meetings and others felt that there was opposition.

On the Saturday morning we had a very interesting talk from Ruth Shadwell on the subject of the Chinese model of energy. She explained that our feet are rooted in the Earth Chi (Qui, Ki,) or grounding energy, and our heads are open to Heaven Chi – the energy of the Cosmos. This energy, if we are in balance, passes through us connecting the eye centre, heart centre and lower, or sacral, centre and passes through the chakras (which are an Oriental concept). After this talk we went outside into the lovely Autumn sunshine and did chi kung exercises to loosen our bodies and enable the energy to flow through us. After coffee we had a brief demonstration from Fred Halmkan on how he uses crystals for dowsing in his healing work. Those who were interested in this then had the opportunity to practise on each other.

Late afternoon on Saturday there was a session led by Peter Horsfield on sacred chanting. These are simple, repetitive, often unaccompanied songs that produce sounds and vibrations that affect energy levels. We learnt to sing quite a few songs including one in Arabic and, even more challenging, one in Korean! After dinner we separated into pairs and gave each other hands-on healing. At the end of this we all appeared to be very relaxed. However, we found we had sufficient energy left to do some gentle circle dancing, led by Nick Bagnall, that finished the evening in a very peaceful way.

The last session, on Sunday morning, was called ‘Trailing Clouds of Glory’ and was introduced by Frances Crampton. The title comes from William Wordsworth’s poem *Intimations of Immortality*.

‘...not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home’

This session skilfully drew together all the threads of the weekend and through discussion and contemplation we were reminded that we have gifts to offer to the world. We must remember that we are Children of Light, Children of God.

Annette Candy

Releasing the Imprisoned Splendour: a weekend led by Jim Pym at Claridge House. Sept 11-15th 2006

A course with a title like this was just what I needed, particularly when led by Jim. It came, of course, opportunely. I have recently made the break from a teaching life to develop a new working life as a massage therapist, healer, returned to Shiatsu training and invited a Bach flower therapist into my life. The time was right to 'release my imprisoned splendour' a line, in fact, from Robert Browning's *Paracelsus*. So I packed what I thought I needed including a 'creativity box' and went off to Claridge House. I confess I was surprised to find that all the other participants seemed to think it was 'just' a course on meditation techniques, but hey!

Of course, it *was* a meditation retreat. Jim introduced us, or reminded us, about various tools we might use. He began by dividing meditation ('what happens when everything else stops': Swami Chidananda) into three kinds: introvert (presence; mindfulness of breathing, focus on a word) extrovert (absence; visualisation, healing journeys, 'escape') and meta (loving kindness meditation).

Over the week we practised not only in a formal sense, but also more informally – listening to the space/silence in music, sharing storytelling in a worshipful way, circle dancing, and Jim offered healing and the opportunity to talk to those who asked.. There were discussions about Truth, the Quaker question about 'inward' or 'inner' light, Jim answered lots of questions and gave suggestions for reading. He reminded us that there were other routes – devotion, gratitude, knowledge, action. All of this was wonderfully supported by the two 15 minute silences that are part of the regular house programme. In between, I walked, played the piano, wrote, and worked on my 'splendour' picture, which I finished on the last morning, resplendent with sequins and glitter.

The most powerful experience for me came out of the contemplative approach. Jim had issued us with a sheet of quotations from the Buddha, Jesus, George Fox, Silesius, Kabir, Bankei Zenji and others. We had to choose one and 'go with it'. Pages of scribbling on my part on 'There is an Unborn' (The Buddha) led me to a point where my Fear emerged, – or at least I got a good look at it – and my old 'anger stuff' that is a defence against it. But there was Love to give me a hug and nurture me. I was entirely in the right place, at the right time, with the right people for what I needed to learn in order to 'release my splendour'. For me, the week was a living testimony to Love flowing through the care and support of those there as well as through 'techniques'. Thank you, all. Thank you, Jim.

Ruth Shadwell



The Creativity of Listening; Being There, Reaching Out by **Bill Kirkpatrick**. Darton Longman and Todd. 2005. 147 pp. ISBN 0-232-52579-X. £10.95

Listen! Now! Just where you are. What do you hear? Can you hear what is actually occurring, or do you just hear what you want to hear? If someone is talking, are you really listening to what they are saying, or are you already responding before they have finished?

These are deeply pertinent questions for anyone aspiring to live the spiritual life. If we are going to listen to the “still small voice” of God within us, then we have to also listen to the sounds of suffering and joy in the world around us. This was the great message of Mother Theresa of Calcutta, and it is also that of the author of this amazing book, Father Bill, an Anglican priest who has for many years run a listening ministry for the area of Earl’s Court in London. Bill’s original calling was to nursing, and later to the religious life. However, as he points out, the religious life is not necessarily the same as the spiritual life. To quote, “... anyone who attempts to live his or her life to the full is living a spiritual (rather than a religious) life”. There will be many of his readers who will identify with this.

This book has a threefold message. The first is to emphasise the importance of listening for us all, while the second (woven throughout the work) is inspirationally autobiographical. The third points to the vital role of inner listening in the development of our spiritual lives. Bill is essentially a practical mystic, and the book is filled with practical advice as to ways in which we can develop the necessary skills of both inner and outer listening.

The essence of this vital message is summed up in an anonymous piece that he quotes at the beginning of Part 2.

‘May I be still enough to hear, in the beating of my heart, Love’s echo, the Love that made the stars, that made me. And may that Love reverberate in my heart too, so that I may truly hear and reach out to all whom I meet. May I be there for them, for Love. Amen.’

As you read this book, I pray that, like me, you will hear this fervent prayer in your heart, the Voice of the Divine within you, and you will find yourself echoing the “Amen” again and again.

Jim Pym

*(This review first appeared in the March/April 2006 issue of **New Vision** and is reprinted with permission.)*

Made for Laughter by **Sheila Cassidy**. Darton., Longman and Todd. 2006. 211pp. ISBN 0-232-52248. £12.95.

Made for Laughter is a clear and vivid book about Sheila Cassidy's own journey through life, her passion for being a doctor and caring for people, her exploration of monastic and convent life, with a courageous attempt to establish a new kind of religious order for women. The story of how she came to be in Chile and, through her compassion to help others, became imprisoned and tortured there, leads her to public speaking on human rights on an international scale.

Interweaving her honest account of following her heart, Sheila tells of her delight with animals and the humorous adventures with her 'menagerie' in earlier years. Now she cherishes the companionship of her two chows at her home in Plymouth and her prayerful way of living.

In her later years, Sheila has inspired many with her work, supporting and caring for patients, their families and staff in hospices and hospitals. A 'wounded healer', she tells her own story with grace, love and simplicity.

Sheila has trained as a psychotherapist in recent years, and continues to help people who come as clients to her home overlooking the sea.

She describes the essence of Jesus' teaching as love of neighbour, and poses "the key question for all Christians – how do we live out that love for one another?"

This is a book to be appreciated – thank you, Sheila.

Maryrose Price

Ageless Spirit: Source of Joy, Strength and Creativity in later years by **Dorothy Lewis**. Diadem Books. 2006. ISBN 0-595-39792-1. Obtainable by post from 3 The Cottages, Grinton, D11 6HW at £7.99 plus £2.00 p&p. For further details telephone: 01748 884150.

This is the third book published by Dorothy Lewis. The titles speak for themselves: *I Close my Eyes and See* and *The Way Home* both published by Findhorn Press. The author has grown and graduated in the healing ministry. Her experiences and enthusiasm shine throughout. Her chapter headings are a good summary of the contents – 'Magic, Communication, Energies, Relationships, Angels, Death (the approach and the celebration), Healing, Dams and Ditches, Stillness. Love and caring for both ourselves and each other open up the channel for the ageless spirit to flow through our lives, and with "stillness, joyful anticipation and trust" it should be possible to extricate ourselves from the "dams and ditches" of older age.

The author gives the allegory of Edrin's Quest on his journey approaching and then celebrating death. This could be a modern version of *The Pilgrim's Progress*, and her Children of Darkness may be similar to the People of the Lie, as described by M. Scott Peck in his book of that title. The question is – are such influences always outside ourselves? Are we responsible for our own darkness?

Dorothy Lewis' description of her life with angels is heartwarming and humorous, adding to the encouragement she is offering to help connect her readers to the Ageless Spirit, so that the Ageless Choir may keep singing and be in touch with this "huge, wonderful unifying energy".

Anne Smith

Back to the Source. A CD from Anne Simpson

Many of us have experienced the benefits of a meditation tape or CD. They can prove to be relaxing and, at the same time, energising. They can reduce tension, relieve pain, balance the chakras, and bring an awareness of our deep connection to the environment – to the earth and to the Divine.

Anne Simpson, who is one of our Quaker Spiritual Healers, and also a registered homeopath, has produced just such a CD, and I can really recommend it. With the title *Back to the Source* it contains six healing meditations: Relaxation; Stilling the Mind; Dawn; Standing Stones; Autumnal Walk; and Sunset. My favourite was the Standing Stones one, and during it I found myself able to connect very fully with the energy that Anne was describing. Also very meaningful was the Autumnal Walk which is designed to bring acceptance and welcome of change and transition in our lives.

Anne is experienced at facilitating meditation classes, and while the meditations are thoughtfully paced, her gentle melodic voice is accompanied by a background harmony composed by Jack Pinter.

Copies are available from Back to the Source, P.O. Box 352, Meopham, Gravesend, DA12 9DN, Tel: 01474 815755, or online via www.backtothesource.co.uk at £12.00 each, or £10.00 each for two or more.

AND...

Look Inside – A CD from Anne Roy

Another QSH healer member has also produced an excellent CD. *Anne Roy* is a Shiatsu practitioner and much of her expertise is reflected in the CD. With a gentle encouraging tone she offers basic breathing and relaxation methods designed to connect one to the energy of the earth and the energy of the heavens. As the title, *Look Inside*, suggests, the exercises concentrate on

the body and its natural energies and self-healing power. She uses the word 'effortless' at one point, and this is the feeling one gets as she gently draws one onwards and inwards.

With a total playing time of about half-an-hour, this disc is beneficial not only as a self-help tool but also as a good way of helping a small group to tune in and focus on their inner stillness. Copies are available from: Anne Roy, PO Box 1108, Norwich, NR11 6WU. Or by email at anne@mingmenpress.wanadoo.co.uk Price £12 which includes p&p.

Rosalind Smith

The Golden Thread by **Mavis Timms**. Privately printed and obtainable from the author, 119 Beedell Avenue, Westcliff-on-Sea, Essex, SSO 9JW. Price £4.00 (which includes p&p).

This is a small collection of gentle nostalgic poems and many of them sounded resonances with me. The two poems which dealt with her father first at eighty when he was still sprightly, then later at ninety three when he was forgetful and deaf are nicely observed. The poem entitled 'Lethargy' is an all too familiar experience: I too make lists which are never achieved because of the rain, or because I am just too busy.

I smiled at the observations in a staffroom, it was reminiscent of times I had spent in such places, when everyone had their allotted tasks and special mug or chair, illustrating the pettiness which multiplies in the closed atmospheres of school classrooms and staffrooms.

The first poem, The Lion in the Circle of Fire, is a dream poem about surviving fear using the power of love. Mavis Timms says at the beginning of the collection that we all have to discover the golden thread that will guide us through the labyrinth giving hope and purpose to life. Perhaps these poems will help some to find that path through the maze.

Jan Eatchells

The **Quaker Fellowship for After-Life Studies** have republished their booklet *The Not Unfamiliar Country*. This anthology, first published in 2001, is a selection of experiences from Quakers and long-standing Attenders which suggest that our life on earth is but part of a much wider existence.

The collection, which includes charming pen and ink illustrations, covers stories involving after death communications from loved ones, both human and animal, telepathy, and near-death experiences. There are several

contributions from FFH members, including an article on the nature of mediumship by Rosalind Smith. This enlarged edition has two new articles. One, by Jan Arriens, tells of how he was asked to convey a message to a US prisoner on death row from the late Raynor Johnson, who was a world authority on mysticism. The second is an article by David Britton on the attitude of early Quakers to the question of immortality from which we learn that these early Friends, unlike many modern Quakers, took life after death for granted. The collection now also includes extracts from a Pendle Hill pamphlet by Lucy McIver called “A Quaker Way of Dying”.

The Not Unfamiliar Country, a 48 page booklet, costs £2.00 (+ 55p postage) and can be ordered from Angela Howard at Webbs Cottage, Woolpits Road, Great Saling, Braintree, Essex, CM7 5DZ with cheque made out to “David Britton”.

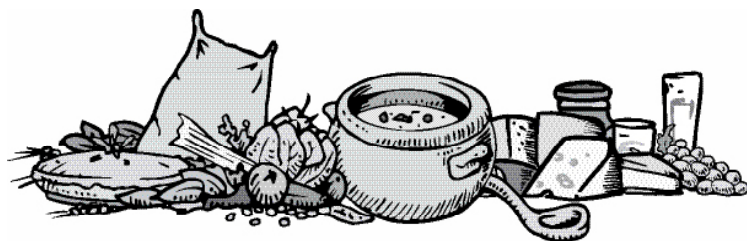
Cherry Simpkin

Delicious Friendly Recipes

All over the country there are Meetings engaged in raising funds for their meeting houses – for repairs, renovations and refurbishment. A popular, and tasty, way of doing this is to produce a good cookbook, and this is just what Wells-next-the-Sea PM have done. They’ve called it ***Delicious Friendly Recipes*** and it contains lovely sounding things like Herby Cottage Cheese Roll, Sleepers Fettucini (which has to do with a First Class railway carriage converted into a bungalow), Orange and Honey Cake, Coffee Meringue Pudding, and ‘1066’ Fruit Cake – I haven’t yet grasped why it’s called that because it is ‘a family recipe from the war years when eggs were smaller and often a scarcity’ – and much nearer in time than 1066! Copies can be obtained from Joolz Saunders, Caprice, Clubbs Lane, Wells-next-the-Sea, Norfolk, NR23 1DP.

Tel: 01328 711085. Suggested donation £3.50 which includes p&p.

Rosalind Smith



Friendships create a beautiful tapestry of love.

Henri Nouwen

FFH PUBLICATIONS

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

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

All are welcome to join. If you would like to help in this way, please write to one of the Postal Co-ordinators (*Elliot Mitchell* and *Muriel Robertson* – addresses on 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.