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TOWARDS WHOLENESS



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FRIENDS FELLOWSHIP OF HEALING
(A QUAKER GROUP)



The Friends Fellowship of Healing is an informal group of the Religious Society of Friends (Quakers). (*Registered Charity number 284459.*)

Since its foundation in 1935, it has sought to uphold the cause of a healing ministry, and seeks to be a channel to help people towards health and harmony of body, mind and spirit, which it believes is God's purpose for everyone.

It has prayer groups attached to many Meetings, and also postal groups to enable isolated people, and those who may be unable to join a local group, to co-operate with others in the service of healing prayer.

The Fellowship holds conferences, retreats and workshops held either in its residential centre (*Claridge House, Dormans Road, Dormansland, Lingfield, Surrey RH7 6QH*) or elsewhere.

All members annually receive three issues of *Towards Wholeness*, the journal of the Fellowship, published in March, July and November.

The minimum subscription is £10 per calendar year for UK, Europe and all overseas countries (£10 Sterling only). Cheques, payable to Friends Fellowship of Healing, should be sent to the membership secretary, Sandra Kirk, 17 Southfields, Glastonbury, Somerset BA6 8DW. Tel: 07761 534730 Email: sandi.ffh@btinternet.com

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Donations for the work of the Fellowship are most welcome.

Cover photo: Winter Snowdrops – photo by Editor

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The Fellowship is a registered charity (number 284459)

IF YOU ARE THINKING OF MAKING A WILL...

Have you considered leaving something to the FFH?

A specimen form of words could be:

"I give and bequeath (state what...) to the Friends Fellowship of Healing (being a Charity registered under the Charities Act, No. 284459), to the registered address of the Charity as recorded with the Charity Commission at the time that this bequest comes into effect, AND I DECLARE that the receipt of this legacy by the then proper officer for the Fellowship, shall be a complete discharge to my Trustee(s) for that legacy."

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FFH Spring Gathering 7th-9th May 2010. At The Nightingale Centre, Great Hucklow, Buxton, Derbyshire. (www.thenightingalecentre.org.uk) Situated in the heart of the Peak District National Park. We shall spend a fairly unstructured weekend with plenty of time to chat with Ffriends, explore the area, go for walks, and perhaps just be. Nearby are many interesting local sites including the Blue John Caves of Castleton and the ancient village of Eyam which attracts visitors to see the 'plague' cottages and famous church. Cost £120 pp. (If you wish for en-suite accommodation it will cost £15 extra.) Please ring Margaret Western on 01460 74182 to book, and then send her a deposit of £30 (cheque to be made payable to Friends Fellowship of Healing, please).

FRIENDLY REMINDER

May I remind our Ffriends that if they pay by **CHEQUE** their membership renewal is due by 01/01/2010, and, as usual, we do ask you to consider paying by standing order, as it helps tremendously. If already paying by **STANDING ORDER** and there has been any change in your banking arrangements during the last year then a member's standing order may need updating. It will be of great help to me to receive payments as early as possible so that I can have some time off during the Holiday Season. (If you have forgotten how you pay, then please ring me on 07761 534730 – or email sandi.ffh@btinternet.com to find out.)

With thanks, in advance, for all your help.

In Friendship, **Sandra Kirk** – Membership Secretary.

What is Spiritual Healing? I have been interested in it for nearly half a century, and practised it for more than 40 years, yet I still cannot claim to know the answer. In fact, as time goes by I think I do not even know the right questions. One thing I do know: in my researches into spiritual healing, I have discovered it within all the world's great faiths, and many of the smaller ones. However, for me and for many other healers, the primary teacher and exemplar in this spiritual pathway – for that is what it is – is undoubtedly Jesus Christ. We all know that the New Testament tells us that Jesus healed the sick, but what is often not so much emphasised is that, also within these books, he gave us the secret and told to practise it ourselves. It is following his instruction, “Teach the Good News and heal the sick” that makes us followers of Jesus. (I hesitate to use the word “Christian” as it means so many different things to so many people).

So what is Jesus' essential teaching about spiritual healing? I do not think we can find a clearer statement than his words, “Of my own self I can do nothing; the Father/Mother in me doeth the works”. If he said this, then the first thing that we too must remember is that we do not DO the healing. However, he also told us, “My Father and I are One”, and added his great affirmative prayer, “That they all may be One, as Thou Father in me and I in Thee”. In these statements, Jesus was speaking as the Cosmic Christ, and not a human being. And this Cosmic Christ is what Quakers call “That of God Within”. Here we have the whole message.

Spiritual healing is God's great gift to his children. It is both an art and a science, neither of which we fully understand. Because of the limitation of words, it is possible to find many explanations of what healing is, and on the surface, they may agree or otherwise. But Jesus was clear when he told his disciples that he had “Other sheep”, and he demonstrated many times that the gift of healing was for all, not just his own immediate followers. Most of those practising spiritual healing today would see Jesus, not as the Son of God as he is for orthodox Christians but as an incarnation of Love. In fact, the two are probably the same, for we are told that God IS Love. Sometimes the obvious is set apart from us by the tyranny of words.

The Quaker approach to spiritual healing as we know it within FFH and QSH is actually very simple. In fact, the simpler we can make it the better. As we do in Meeting for Worship, we become aware of the Presence and Love of God, and then we make the intention to be channels of this Love to those in need.

It is as uncomplicated as that. Because we are human beings, limited by our minds, we interpret these instructions in our own ways, and act accordingly. Though we accept that we cannot know what God's Love has in store for us, we do our best, and the experience of healing tells us that nothing is impossible.

If we can hold these thoughts, and cease to limit the power of the Spirit (which is in us as well as in those we seek to help) then we will come to experience what George Fox called "The Power of the Lord over all" And if we read the experiences of early Friends, then we know what this might lead us to do and to be.

Exciting, isn't it!!!

Hope...

Hope means simply the belief that something good lies ahead. It is not the same as optimism or wishful thinking, for these imply a denial of reality. Often, I think, those of us who stand alongside suffering people tend to confuse hope and optimism. We look for signs of encouragement to administer like nostrums. "Yes, it's true that your memory is failing, Mother, but after all, what does memory matter?" "Your sight is failing, but you can still hear me OK. That's good, isn't it?"

My time among the people in the Make Today Count group* taught me the limitations of optimism... Yet hope saves us from pessimism, the belief that the universe is a chaos without final meaning. True hope is honest. It allows a person to believe that even when she falls down and the worst has happened, still she has not reached the end of the road. She can stand up and continue.

From ***Where is God When it Hurts?*** By Philip Yancey (published by Zondervan, USA) Reviewed in this issue.

You can find an interesting interview with the author on the internet:
<http://www3.zondervan.com/features/authors/yanceyp/interview.htm>

** Make Today Count (MTC) was founded in the USA in 1974. It provides self-help support groups for patients with cancer and other life-threatening illness, their families, and the professionals who work with them.*

Always bear in mind that very little indeed is necessary for living a happy life.

Marcus Aurelius

It is now undoubted that our bodies are held in an energy field, electromagnetic and of light in nature, and partly of own making. There are now those that assert that our bodies are in our soul and not the other way round: an assertion with which I readily concur. Our soul, mind, memories, emotions and physical template are in our energy field: our aura. All the trillions of our cells are emitting energy and through the aura of our energy field we are able to attune to the personal, local, transmitted and cosmic energies all around us. Amongst these energies are those which determine our physical nature, those which carry our emotional responses, those which carry our intellectual activities and those which come from sources which can be described as divine or a higher level of consciousness or God, if you so wish. These fields intermingle as radio waves do but because they vibrate at variable rates they can be differentiated. The slowest and heaviest vibrational rate is in the physical field, the etheric field, as it is sometimes labelled. The other levels vibrate faster and are lighter according to their purpose. Thus when we are ministering healing to others we perhaps should endeavour to be aware of our level of attunement. I have found that I am frequently led to attune in the emotional field, sometimes in the mental one, most often in the physical one and rarely, but beautifully, in the soul or most spiritual one where the energy feels like soft, twinkling light.

In offering ourselves as channels or conduits for healing energy we are opening ourselves to a higher source similar to our acts of worship in Quaker Meetings. I now feel that when I am channelling healing I am actually worshipping the source of the healing energy. I am giving worth to that source and any gestures, symbols, images or the like become superfluous and might even be lowering the level of the energy. That source is my Source, God, ‘pavilioned in splendour and girded with praise’ and my prayer is one of praise and thanksgiving.

George died on 26th September. He had already sent this article in, so, with the permission of his wife, Judith, I have published it. (Ed.)

*Growth
in the spiritual life
consists solely in an increase of God
and decrease of self.*

Evelyn Underhill

Situations that seem hopeless or very terrible are perhaps ones which need a healing response. Instead of wringing our hands and talking gloomily about it, we can attune to the Holy Spirit, become a channel for that creative and healing power and thus hold the situation in the Light.

Such a situation is Death Row in America. For a number of years I have been a pen-friend to those men awaiting execution in Texas. I do this under the auspices of 'Lifelines' the organisation founded by the Quaker, Jan Arriens. So, alongside my letter writing and befriending I send distant healing.

As well as to my pen-friend and the other prisoners, I send healing to the prison officers so that some compassion will creep into the cruel regime. In addition I send healing to my pen-friend's relatives and friends who have often rejected him, or cannot afford to remain in contact. This healing often needs to be long-term.

It is usually sometime before a prisoner is given a date. There are then constant postponements, and there is another period of waiting before a further date is given. At the actual moment of execution I hold him in the Light to assist my pen-friend's soul into the Afterlife. Thus, I believe he will find his way gently and peacefully on the other side, even though the death has been traumatic and frightening.

What else can I do as a spiritual healer in this terrible situation? I use my skills as a psychotherapist to gradually build up trust between us. I do this through my letters, so that eventually he is able to start expressing his feelings and being more open. Thus he may begin to admit to his anxiety and fear and start to exchange values and beliefs with me. When these are out in the open they can be addressed.

I am often able to help him realise that there is 'that of God' in him (as have all of us) – that he has a 'divinity within'. And it is to this higher self that I am writing, whilst coming from my own whole self. Then my pen-friend begins to feel cared for, and we become a One-ness in our shared Love. I also try to convey the concept that whilst his *deed* may have been evil, his soul is pure Love – as are we all.

We may also discuss the Afterlife in our letters. I try to convey to him that he will be embraced with love and tenderness when he arrives there. I 'know' this because, during my Near-Death-Experience, I experienced such a welcome.

In this country, I teach autogenics one to one to my clients. I combine this with spiritual healing. Thus they learn stress management, self-healing and westernised meditation. I have adapted the eight sessions of the course so that I am able to send them by post to Texas. I send them one by one and receive feedback about their practising in between. This seems to work well. So instead of being bored in solitary confinement, my pen-friend is learning something which will help him with all the delays, and the final lethal injection.

In addition I use the materials of the Phoenix Trust. You may know that this UK charity sends yoga teachers into British prisons to teach relaxation, meditation, and stretching asanas to both the inmates and their warders. I adopt their pity and witty diagrams and instructions from the magazine and send these, too, by post. So each of my pen-friends learns a number of coping strategies. Hopefully with these they can have a reconciled and peaceful death.

There are many others working towards the abolishment of capital punishment in the USA but meanwhile we can all ameliorate the situation as I have outlined above. We can send love and healing to each precious individual.

References:

www.lifelines-uk.org

www.autogenic-therapy.org.uk

Phoenix Trust



**May the God of gentleness
be with you, caressing you
with sunlight and rain and wind.**

**May his tenderness
shine through you to warm all those
who are hurt and lonely.**

**May the blessing of gentleness
be upon you.**

Celtic Blessing

THE BANK ACCOUNT

Imagine there is a bank that credits your account each morning with £86,400.

It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every penny, of course!

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the 'tomorrow'.

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today.

To realise the value of ONE YEAR, ask a student who failed a grade.

To realise the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realise the value of ONE WEEK, ask the editor of a weekly newspaper.

To realise the value of ONE HOUR, ask the lovers who are waiting to meet.

To realise the value of ONE MINUTE, ask a person who missed the train.

To realise the value of ONE SECOND, ask a person who just avoided an accident.

To realise the value of ONE MILLISECOND, ask a person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend enough to spend your time with.

And remember that time waits for no-one. Yesterday is history – tomorrow is mystery – today is a gift. That's why it's called 'the present'!

Anon – found on the Internet

... the winter of 1952/3, which went down in history for the ‘London Smog’ that engulfed the city causing widespread health problems and led to the first ‘smokeless fuel zone’ being established. However, understandably perhaps, this didn’t interest me much – although I was in the thick of it in St. Mary’s Hospital, Paddington. As a gawky 11-year-old with long pigtails dangerously ill with TB Meningitis, I was more concerned about why my parents were so late arriving from the suburbs for our precious visiting time together.

Wednesdays were a weekly milestone when there was a great flurry of activity on the ward as preparations were made for the Consultants’ Ward Round. Beds and lockers had to be clean and tidy, blue counterpanes folded at precisely 45 degrees top and bottom, and everyone who could, sat up to attention as if it was a military inspection.

In this case, it was for The Great Man Himself, Professor Sir Alexander Fleming, whose laboratory was on the same floor. It was here that he had ‘accidentally’ discovered Penicillin so he was definitely A Very Important Person. Sister Gammon, in navy blue dress and starched white apron, cuffs and a hat with all kinds of elaborate folds and frills showing her seniority followed at his elbow with an armful of files and records. Behind them trailed a flotilla of white coats of varying lengths, according to rank, (doctors – long ones, students – short ones) with the obligatory stethoscopes hanging in front, or protruding from the side pocket.

I learned from my favourite nurse that one of the students, a tall, lean, blond and suitably serious young man who was regularly one of the ‘entourage’ was Roger Bannister, a runner already dedicated to his sport, whose name was soon to go down in history. Back at home some months later, I watched him run the historic record-breaking 4-Minute-Mile on TV, and felt a flutter of pride to be able to tell my school-friends that I had seen him ‘in the flesh’ as it were, before he became so famous. Fifty years later, I watched the re-runs of that memorable day when the world was taken by surprise at the achievement – and remembered our brief ‘medical’ encounters on a hospital ward.

I remember Christmas was a turning point for me that year. The ward was decorated by what were then called ‘ward orderlies’ and took on quite a festive appearance. Outside the windows, Praed Street was twinkling with Christmas lights and there was a general air of excitement generated by the Christmas shoppers in the street below, carol-singing in the pub over the road and the relaxation of the visiting hours rules for a day or two. We were promised a big turkey.

At one o'clock, Sir Alexander Fleming arrived, accompanied by his wife Amaryllis, to carve the turkey with surgical precision into neat slices. Sister served our dinner on this special day, (as she had kindly given the day off to many nurses who had families at home). All this unusual activity was apparently the tradition on the ward. For me, the memorable moment came when I was allowed to sit up for the first time in four months and eat my meal from the trolley over the bed. Skilled as I had become at eating lying on my side and drinking from 'baby mugs' it was an enormous relief and step forward to be more independent. And, at last, I had a good view of all that was going on in the ward with fellow patients.

Most of us had the same illness, at various stages, as this was one of only two specialist wards for TB Meningitis in London. Thanks to the NHS, I am here to tell the tale, whole, healthy and grateful. Sadly, others died, 'disappeared' from the ward in the night, and I've met contemporaries who became deaf or blind as a result, so that makes me doubly grateful. Above, all I am indebted to the sympathetic doctor who spotted the potential disaster early enough to get me transferred to St Mary's in the nick of time or I, too, would have 'disappeared' to the mortuary in the basement.

After Christmas, in an attempt to do some catching up on my school work, I began to have sessions with a visiting tutor and my teachers at school sent in exercises to do. Over the many months I spent in hospital, I came to enjoy being part of the ward 'family' of long-term patients who had forged relationships in spite of the age gaps. My neighbour was a red-haired Irish woman who hadn't seen her children for months, her husband being the only go-between. My school-friends seemed to have forgotten me: I was too far away for them to think of visiting. A dear uncle wrote me postcards in jolly rhyming verse regularly, much to the surprise and delight both of myself and my mother. As time went by, the prospect of leaving the security of the familiar surroundings and the loving care of the nursing staff and returning home was both longed for – and pretty scary. So many things had changed at home and at school, where I had to repeat my year, thus 'losing' my class mates and needing to make new friends and drop some subjects in order to cope with the homework and have the extra rest I needed to fully recover. The sciences are still a mystery to me, but I did manage some 'O' levels, then did a secretarial course. I would have liked to be a nurse, but with no sciences and what my parents were convinced was a 'fragile constitution' it was out of the question.

Having been a Brownie, I had joined the School Girl Guide Company. But it was a totally unexpected surprise when I was awarded a 'Certificate of Merit for Fortitude' by the Divisional Commissioner, who, it transpired, was married to

God's Purpose

“What is the purpose of living?” we ask;
What of our journey's imperative task?
What of the truth beneath suffering's mask?
Searching for love and hope.

Following God's true commandments, they say,
Leads to salvation, hereafter the way,
So for the soul's liberation to pray,
Giving us love and hope.

Dogma and doctrine too easily block,
Calling ourselves, of the Shepherd, His flock,
Meaning of life from experience lock,
Trying to find love and hope.

Each individual so different may be,
Need to respond to the inner voice plea,
Meditate, worship in silence to see
Where to find love and hope.

Hardship and suffering never in vain,
Open new doors, finding ways through the pain,
Purpose surprising, direction to gain,
Healing through love and hope.

Sharing compassion; humanity's plight;
Life and death cycle, shadow and light,
Integrate opposites, relinquish fight,
Achieving through love and hope.

Happiness finding; the route from within,
Growth in forgiveness, absolving of sin,
Divinity shared in, serenity win;
Pathway of love and hope.

Peter Horsfield

ANTHONY

Winnie Murdoch

Anthony was a member of our Meeting and local healing group. He was a caring person who kept in touch with people who were going through a challenging time.

He lived with his mother, Margaret, and did his best to give her a good quality of life as her health deteriorated. Eventually she moved into the hospice where he worked.

In January 2008 Anthony had pleurisy. In early March he went to Spain for a short holiday. He was mugged and later admitted to a Spanish hospital with pneumonia. He became infected with a super-bug and was in a coma for more than 2 months. One of his sisters had some nursing experience which was a blessing when communicating with medical staff.

Many people upheld Anthony with prayer, healing and get-well messages. Relatives flew out to visit him. They spoke and read to him although there was no visible response.

During this period there were a number of occasions when I felt ‘called upon’ to reach out to Anthony in spirit and to hold him in the Light, as if his own energy was particularly low (this was a new experience for me and the best way I can describe it).

I visited his mother, Margaret, occasionally. She was aware of Anthony’s illness but said little about it and never complained. Two of her children had died in infancy and Anthony had told me that the loss had a profound effect on her.

Eventually Anthony was repatriated by air ambulance and admitted to a hospital near his home. This was a great relief to his family who were able to bring Margaret to visit him. After many trials and tribulations he began to make a steady recovery and was discharged from hospital in late July. Friends were delighted when he unexpectedly joined us for Meeting for Worship soon afterwards. He thanked people for their support and told us that his sister had recently given him a diary she had written throughout his illness. He said it was “difficult reading” but helped him to realise what had happened during the past few months.

In August Anthony told his mother that the doctors were pleased with his progress. Soon afterwards Margaret passed away peacefully and was buried beside her babies.

Anthony died unexpectedly the following month. At his funeral a member of his family gave thanks that “he had been returned to them, even for a short while”.

Anthony was generous with his gifts and his time. He touched many people’s lives. He had a great sense of fun and I thought of him at Christmas when I lit a decoration he had given us of Santa Claus whizzing through the snow on his sleigh! *Thank you Anthony.*

There can be few places on earth more beautiful than the Highlands of Scotland under a deep blue sky and a brilliant sun. The lochs shine like sapphires, the bleak hills seem great benign sleeping beasts, and even Glencoe smiles.

This last May, Alan and I discovered a part of the country yet unknown to us: the woods of oak and birch around Loch Sunart, west of Loch Linnhe. This area has been saved from the monotonous ranks of Forestry Commission fir trees and is being restored and maintained as a nature reserve through a European ecology project. In late spring the palette of greens is infinitely varied: the soft, almost yellow, of young oak shoots; the shimmering grey-green of birches and pines contrast with the dark, nearly black green of the sombre conifers. From the dappled shade of the woods you emerge to discover chattering burns, gorse covered banks of lochs or treeless glens inhabited only by the majesty of the ancient hills.

In our times filled with uncertainty, there is something deeply reassuring in the permanence of nature in such wild places. These hills have been there for millions of years and will remain for more eons of time; the streams flow and chatter on their rocky beds, and will keep doing so tirelessly; the cycles of life bring together change and reliability; day follows night, leaves grow, fall, decay and grow again. Birds nest, bring up their families, and proclaim it noisily in song. Everything, large and small, is simply going about its business. Though we now know that man's intervention can cause considerable damage to the balance of the natural world, wild places restore our faith in the power of the earth to endure and outlast human greed and agitation.

Uncertainty and questions without ready answers cause acute discomfort to our current Western culture. We want to be certain of what our future holds, to know why things happen to us, and to be able to control the events of our life. Much of our technology and science is bent towards that end. However, the reality is that the only certain fact of our existence is that we shall die one day – and we know neither when nor how –, and that the extent of our control is very limited. This has been brought into high relief by the economic crisis, and by the extraordinary natural disasters of recent years. We are beginning to realise that all the systems of control we have put in place – regulations to the point of suffocation, insurance to the point of ridicule, and information to the point of nausea – cannot eliminate uncertainty from life, or guarantee material security.

In fact all these systems end up breeding dependency, and a lack of trust in

our own power or resources to face the challenges of life. The desperate need to control everything also creates a fear of emptiness and unstructured time: every moment, from childhood onwards, has to be filled with organised activity, and every atom of silence is banished by all the means put at our disposal by technology.

In the Highlands of Scotland I experienced an alternative way of being. In the vast emptiness nothing very much was happening, and it didn't matter. The silence was vibrant and inhabited by small noises: rustle of leaves, soft gurgling of water, chirpings of birds. Nature and life were simply there, being themselves. There was nothing to do but look and listen. And somehow, standing there, being part of it all, I felt peaceful and confident – a confidence born of trust in the reliability of natural cycles, trust in life and in the bigger picture to which we belong, but which we cannot rule or fully comprehend.

In such an environment one suddenly sees clearly that it will not do to run away from the uncertainties of our human life. If we face them squarely, the questions of ultimate meaning arise: What am I doing with my life? What is my purpose? What really matters to me? Why am I here? These questions are crucial and we have to find our own answers within ourselves; and in order to find them we must learn to embrace the uncertainty, to welcome the empty moment which allows the unexpected insight to come to the surface.

It is uncomfortable, but in my experience it is only when I sincerely say “I don't know”, that anything new, any real change can happen.

The natural world is refreshing because everything in it gets on with being what it is. Nature has an innate certainty about what it is doing. We unfortunate humans have the ability to question and to choose, and it seems that, in our present state of evolution (after all, we have not been part of the universe for that long) we have not quite mastered this yet. But we can learn from nature to accept our reality without running away or fighting it. No tree longs to be a bird, no bird hankers after being a horse. (Although I grant you that some dogs seem to want to be humans!)

(First published in the Autumn Newsletter of The King of Hearts Centre for People and the Arts in Norwich, and republished with permission.)

The soul is nurtured by beauty. What food is to the body, arresting, complex, and pleasing images are to the soul.

Thomas Moore

CLARIDGE HOUSE PROGRAMME

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 David Huxley, Claridge House, Dormans Road, Lingfield, Surrey, RH7 6QH. Tel: 01342 832150. Email: welcome@ClaridgeHouse.quaker.org.uk Website: www.claridgehouse.quaker.org.uk

Claridge House this Autumn welcomed David Huxley as a new Deputy Manager. David has valuable managerial experience, working most recently at a children's centre run by the Brighton and Hove City Council. He has had fairly recent contact with Quakers through attending mid-week Meetings in Brighton. David has done bereavement counselling and is a shiatsu practitioner.

Nov 27th-29th WORLD CIRCLE DANCE (£170)

Dances from many cultures, a rich diversity of flavour and mood, and beautiful evocative music to kindle our innate expansiveness, lift our spirits and open our hearts. Some experience of circle dancing is useful. If in doubt, please consult tutor 0207 609 6697. *Eve Corrin* experienced teacher of Circle Dance.

Dec 18th-20th WINTER SOLSTICE (£170)

In the deepest darkest winter new light comes to Earth. At the still point of winter, you are invited to explore the spiritual significance of this time, and find ways to appreciate the Christmas season, while staying true to yourself. This is the holiest time of year. New life is born. What is waiting to be born in you?

Louise Coe, leads groups in exploration of the eight solar festivals of the year.

Dec 24th-28th CHRISTMAS BREAK (£420)

Dec 31st-Jan 4th NEW YEAR BREAK (£320)

Jan 5th-8th NEW YEAR PERSONAL RETREAT (£160)

Advance into the New Year with a personal retreat. Take advantage of the unique peaceful atmosphere of Claridge House to give yourself time and space for spiritual reflection. *Follow your own path* to where the spirit leads, with House Quiet Times and, this week, a daily shared gathering.

Jan 8th-10th A NEW YEAR – A NEW BEGINNING (£170)

Gain clarity, enthusiasm and confidence to move forward in your life using creative visualisation, psychology and Bach Flower Remedies. Get 2010 off to a great start with this weekend of discussion, inner journeying and reflection to create a new beginning. *Angela Davies* is a Counsellor, Holistic Therapist and Trainer.

Jan 15th-17th RECONNECTING TO THE SOURCE (£170)

All the answers we seek lie within us – if only we had the means to hear the inner Voice. By giving ourselves the opportunity to reconnect, to ask, look and listen we shall come to a deeper understanding of our own inner guidance and potential. *Rosalind Smith, FFH/QSH, healer, counsellor and experienced facilitator.*

Jan 22nd-24th TASTER WEEKEND (£170)

An opportunity to experience The Alexander Technique, Buteyko Breathing, and Yoga with three of Claridge House's popular tutors *Jill Payne, Linda Shampman* and *Fiona Agombar*.

Jan 25th-29th VOLUNTEER MAINTENANCE WEEK

Enjoy the fellowship of working, relaxing and worshipping together, whilst helping the house. Please phone us for details on 01342 832 150.

Jan 29th-31st QUIET STAY WEEKEND

Take advantage of a chance to recharge your batteries in the peaceful, tranquil surroundings of Claridge House. You can be as active or as passive as you like. A bargain at a mere £120 or £220 for two sharing.

Feb 5th-7th REIKI I (£170)

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 in a popular form of healing.

Anna Moore is a Reiki Master and has been teaching for over 10 years.

**Feb 12th-14th WRITING WEEKEND – Discovering Springs
Creative Writing** (£170)

February fill-dyke: come rain or shine this weekend will access our reservoir of memories and allow the words to flow. A writing time for all.

Ted Walter. A poet and creative writing tutor for over 25 years.

Feb 15th-19th LIVING WITH LOSS (£290)

A gentle, nurturing time for anyone who has lost a loved one, not necessarily by death. We will look at ways to cope with grief and explore the paradox of letting go while staying connected and forging continuing bonds. *Frances Crampton* and *Elizabeth Brown*, both trained counsellors and healers and members of *Quaker Retreat Group*.

Feb 19th-21st GENTLE YOGA TO BOOST HEALTH & STAMINA (£170)

During the weekend Tim will be encouraging alignment, balance and concen-

tration through gentle yoga postures, meditation and mantra (sound) and also a little philosophy. The focus will be on physical and emotional balance to boost energy and stamina. Suitable for all ages and abilities, especially those with ME or other health problems. **Tim Francis** trained and subsequently taught at Ickwell Bury. Currently teaching in hospitals. Tim has been teaching yoga for 15 years.

Mar 8th-12th YOGA TO BEAT FATIGUE (£290)

Gentle yoga course suitable for all abilities. We will include fatigue-busting methods such as special breathing techniques, meditation and health boosting yoga postures. Also suitable for those with moderate ME/CFS.

Fiona Agombar, author of “*Beat Fatigue with Yoga*”. She trained in yoga therapy with the Yoga for Health Foundation and in India.

Mar 12th-14th LIVING MORE FULLY (£170)

This workshop is for people of any age, any state of health, who hope to have a few years ahead of them. We will come face to face with the ending of our lives, then turn back to see how this helps us to live more fully. **Frances Crampton**, trained counsellor and healer and member of Quaker Retreat Group.

Mar 12th-14th SETTING UP A FRIENDS HEALING GROUP (£145)

A course for Friends interested in setting up a meeting for healing in their local Meeting or home. Sessions will cover absent healing and an overview of one to one healing as practised by Quakers. Discussions on, and participation in, healing will be included.

Pat Pique, Quaker and spiritual healer, and **Cherry Simpkin**, Clerk of the Friends Fellowship of Healing, a healer and trainer with Quaker Spiritual Healers.

Mar 19th-21st WORLD CIRCLE DANCE (£170)

Dances from many cultures, a rich diversity of flavour, mood and beautiful evocative music to kindle our innate expansiveness, lift our spirits and open our hearts. Some experience of circle dancing would be useful. (If in doubt, please ask to discuss with tutor.) **Eve Corrin**, an experienced teacher of Circle Dance with a gentle, straightforward and relaxed style of teaching.

Mar 22nd-26th PAINT WATER WITH A CHINESE BRUSH (£290)

Inspired by the symbolism surrounding water you will paint various aspects of water – from pools and waterfalls to the plants and creatures that live near water. You will use traditional Chinese Painting materials and complete several compositions to mount for display.

Maggie Cross learnt the art of Chinese Painting in Hong Kong where she grew up.

QUAKER SPIRITUAL HEALERS EVENTS

QSH ‘Training courses’

August 23rd-27th 2010 (Monday-Friday) at Claridge House £255

Tutors from the QSH team of tutors

Please book directly with Claridge House (01342 832150)

QSH Support Courses at Claridge House

March 29rd-31st 2010 (Monday-Wednesday) at Claridge House £145

Facilitator: *Shella Parry*

Please book directly with Claridge House (01342 832150)

REPORTS

Report on Healing Course at Claridge House 1st-5th June 2009

Jim Pym taught nine of us who came from varied traditions and brought divergent questions about healing. He built an atmosphere of listening across the range of our perspectives and experiences. Within this circle of respect we explored questions such as ‘Who is God?’ and ‘What is healing?’ We also experimented with meditation practices, and the quiet balanced our words.

Several insights threaded the course together. Healing is an active – not reactive – process that is open to possibility and embraces the unknown. While an active process, to seek healing often means to wait. The question ‘How long are you willing to wait?’ challenges our habits of strict schedules and instant gratification. By focusing on possibility and admitting our lack of answers (like what kind of healing is needed and when), a space for healing is created. It is from this space that we open ourselves to healing, to all its possibilities – from cure to death. And it is to the Divine that we open ourselves for meeting our needs, as they need to be met.

These course insights are accompanied by image and sound. The Light within, which is how I visualise Jim’s description for healing: a release of our essence, an unfolding of what is already present within us. The treasure at one’s feet, an analogy for meditation that Jim shared: to pause and enjoy whatever is there, a seashell or starfish. And, finally, the bird singing, inspired by this Emily Dickinson poem found in the Claridge House library:

*Hope is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all –*

Melissa Dey Hasbrook

The Happy Healers Weekend – report on Glasgow Healers’ weekend at Scottish Churches House, Dunblane. 10th-12th July 2009

The diary of Helena Mole aged over 21, aided and abetted by Sarah.

Fri – arrived bang on 6.05 – soup already served – people actually look normal! Fish and chips! Profiteroles! Was expecting nuts and berries – maybe luring me into a false sense of security

Fri eve – group discussion re programme for weekend – v democratic – cryptic quiz distributed – all statements have a name of a cake hidden in them – hmm, cakewalk – talk of erotic dancing – questions whether earlier impression of people being normal entirely accurate – music by half string quartet then pub! Wonders – zero joss sticks or chanting – did I miss that or is it tomorrow?

Sat a.m. – gorgeous glass with floral pattern in bathroom window – note to self – bring glass cutter next time mind-blowing exposition SILENCE DYNAMISM WORD note to self – further investigation required – Tai-Chi – struggled to release animal inside at quarter speed – close encounters with shrubbery deflecting progress – some members of group more balanced than others

Quiz – grooming tool for felines? Comb? Brush? Tigers? Lions? Lion bar!!

v relaxing visualisation – struggled to return from island but ventured to Cathedral – magnificent musicianship – like the curates egg, good in parts – Organ a singular experience – Elected to sample erotic / eccentric / asthmatic dancing – resisted going wild

But swayed in rhythm – no actual bumping or grinding observed

Quiz – sailors all hot and bothered – jack tar? Seamen? Admiral Nelson? Half Nelson!!

Sat lunch – missed soup, probably missed the joss sticks and chanting again – had spotted yesterday, grace at end in error – repeated today – local idiosyncrasy?

Sat p.m. retail therapy – a charitable pursuit – whole new wardrobes purchased – discover absence of visible local residents caused by temporary relocation to agricultural show up the A9, not as previously suspected by rumours of weegie invasion

Quiz – tipsy sheep – ewe? Lamb? Tup? Fleece? Floss?– candy floss!!

Sat p.m. v intense workshop – cryptic cakes!! – inter team – much wailing and

gnashing of teeth – card fixed to toll a bell – clapsnot? – at last the answers – judges decision not always final – didn't know that there were so many cakes!

Entertainment / stramash – much evidence of theatrical skills – query – maybe have arrived on thespian weekend not happy healers – must ask subtle questions of group – I'm sure I saw Muriel playing Moneypenny in a Bond movie – or was that Judy Dench? She claims to be 80, must ask for verification

Sat eve – pub again!! Nicola and Sheena have been suspiciously absent – Q – were they organising the chanting and joss sticks for tomorrow? Conversated with local lady outside pub and in reply to her questions, indicated that we were weegee Quakers – was informed that my tunic suggested that I could not be Quaker as it had sequins on it. Was also informed that as she works in the tax office, she loves that Quakers don't use electricity or phones – I suggested that she was thinking of Amish and US of A might be good place to find described lifestyle – was informed that her friend's boss is a Quaker and she is sure that she's right – note to self – investigate – am I in wrong group?

Sun a.m. find members loitering with intent distributed about the building – all bright and breezy – attempts the animal poses again with limited success – could pick up Tai-Chi in maybe 10 years! Attended Dunblane Meeting – warm atmosphere – watched sand trickle through hour glass – maybe where pub lady got idea of Quakers averse to electricity – much pleasant interchange of views and Florentines – magnetic pull of local craft fair attracts many members away – more retail therapy

Sun lunch – enter dining room early – determined to catch joss sticks and chanting at least once – weekend has confirmed long held suspicion that men do speak a different language – with Ian it's BSL and with Michele it's French.

Have joss sticks at the ready – I will catch them !!!!

Helena McGuinness

How we make (the) journey is what spirituality is really about. No manual for the inner life fits the need of all people. Finding your own path is part of what it means to have a measure of independence and inner directedness. In the English mystical tradition, there is a wonderful saying, 'Pray as you can, not as you can't'. This means finding the right way for you to relate to the divine, this is what prayer helps us to do.

Wayne Teasdale

On the vexed question of evangelism. I am reminded of a story of a monk in a monastery whose job it was to bang the gong to call the brethren to their duties. One day while doing this he had an amazing spiritual vision. He was so excited he shared it at once with his colleagues. They concluded that the particular resonance he had achieved with the gong had triggered the vision, and they all wanted to have a go in the hope of achieving the same for themselves. The truth was that the monk had just reached a stage in his own development when he was ready for that enlightenment. The fact that he was banging the gong was just coincidental.

One style of evangelism makes the same mistake, and claims that if certain rites, rituals, styles of prayer etc are used then the participants will know the ultimate spiritual experience. However, the Spirit of God is entirely free, and visits those who are ready; which means those able to make an unconditional commitment to God's will for them.

To encourage people to be open in this way it is necessary for those who have travelled that path to be ready to share. Therefore I want to share one of my spiritual highlights. When I was about 20 years old I was poor, very shy, in bad health and had had an interrupted education. I was a member of the Methodist Church, which provided me with sound religious teaching and a social life. One day I felt a strong leading to offer as a lay preacher (a role of importance in the church at that time). I was duly trained and found to my surprise and everyone else's, that this was something I could do. After a couple of years my training and experience had given me confidence to apply for university entrance as a mature-aged student, and in due course I became a probation officer. My life was changed by following my spiritual leading. It seemed to me that I had received a 'gift of the spirit'. That is, something added to my nature by God. It was many years later that I realised that the experience had enabled me to develop my own true potential. My family tree lists many preachers and teachers. It was in my genes.

My reason for sharing this is to show that far from imposing a restrictive life, true spiritual commitment is the way to freedom, and wholeness in body, mind and spirit. This is a real healing. God wants us to be the best we can, and in today's world there is a great need for people to dedicate their best to serve people within the framework of God's love.

Our founder, George Fox, was a great religious and social reformer. One way he expressed his mission was by insisting on wearing his hat at all times, and

this landed him in prison. By this act he was highlighting the fact that in his day those of the lower social orders were required by law to doff their hats when in the presence of their social superiors. The 'upper classes' thought their good fortune was a sign of God's approval, and that poverty indicated His displeasure. Fox insisted we were all equal in the sight of God; but for us to follow his example by wearing our hats nowadays would achieve nothing in a spiritual or social sense. We have to move forward to embrace a dynamic spiritual lifestyle suited to our modern times. This requires courage and commitment; and can enable us to achieve our own full potential.



To My Tree Friend, Whitebeam

You appeared in my garden, and so came into my life about 17 years ago and I planted you in a pot. You are an ordinary tree, like most of us humans, not especially beautiful, except special in your own way: hidden depths. I free you now; into a public green space and hope you, like me, strengthen and grow.

You transferred me from poorliness to my health so far; from my married state in Ealing to my single state in Hayes. Viewed from my window, you have been a crutch, a standby. You have been steadfast, totally tolerant, and non-judgmental, like God watching me. In fact, you are God in nature, companionable, holding my hand through life, beside me, like my mother's spirit since '63. You are in the air so free, yet you are trapped in the pot.

I can punish you thus no longer. You are fading there – leaves curling up and dying in midsummer. This is not right. Thank you for all you have done for me. May you stay well in your new home.

Carolyn Appleby

**There is no creation that does not have a radiance.
Be it greenness or seed, blossom or beauty,
it could not be creation without it –
the world is living, being, spirit,
all verdant greening, all creativity.
All creation awakened,
called, by the resounding melody,
God's invocation of the word.**

Hildegard of Bingen

**A Prayer
for the Dying**

*The healing power
of the living God
who is present with us now,
be manifested afresh in your body,
in your mind, in your heart and emotions:
in the place of your greatest need,
known only to God, and heal you
from all that harms you.
May you be aware of being filled
with the Presence of God
surrounding you like a
cloak wheresoever
you go.*

Elizabeth Stubbs

AN AUTUMN MEDITATION

(Possibly for use by Distant Healing Groups – and to be read out slowly.)

Relax and feel comfortable on your chairs. Make sure you feel warm.

Realise that within yourself there is a deep peace – no matter what else might be in your mind.

There is peace...

You may find yourself walking along a path under some beautiful tall trees.

The path is strewn with autumn leaves – red, brown, gold.

There are oak leaves, horse chestnut leaves, beech leaves and many, many others. Each leaf is beautiful – each leaf is individual and special – like us...

The sun shines through the branches above you and dapples the path, making some leaves brighter than others.

You will see a seat just in front of you, and you are invited to sit on it.

While you sit you will become aware of a soft golden light that comes down, through the trees, and surrounds you...

The feeling of peace now deepens – and the awareness of healing being given you is strong.

Now – bring to mind anyone you know who also needs healing at this time – hold them mentally in this lovely golden light – and know that they are receiving the healing that is right for them at present...

(Allow some time to pass...)

You may now notice that the light is gently fading a little, so it is time for you to return.

When you're ready, come back along the way you have come – until you find yourself back in this room...

Stretch a little – wriggle your fingers and toes – and open your eyes...

Rosalind Smith

I went to school with a packed lunch in my satchel, season ticket in my pocket and bus money. A walk to crossroads and then a bus to the station in the next village – train – two stops to Brighton. My friend, Daph, who had come further than me would be at the station. Long uphill walk to school. School! enough said.

Coming home on winter days – darkish on leaving school – return journey getting darker – then darkness.

Running round the side of the house with my satchel bumping on my back – breath coming out in steamy spurts – hands, feet, teeth cold. Past the kitchen windows – big sash windows – curtains rarely drawn. Glimpse of gas light – the range glowing – long table laid for tea and everybody around it other than me. Round the back of the house and in the scullery door. Bruce the dog, always there to greet me – Fluffy, the cat, might, if I was lucky, cast a yellow eye in my direction and maybe raise a paw.

Quick kiss on Mum's warm cheek and a murmur from her – satchel, coat, scarf, hat off onto couch – leap to the table – Mum gives a smile and then goes to the range behind her chair and removes cheese on toast from the middle shelf and puts it on my plate – with “there you are me darling”.

Cold teeth sinking into hot tasty cheese – beautiful – tea had begun.



A Painful Gift: The journey of a Soul with Autism by Christopher Goodchild.
Darton-Longman-Todd, 2009. 140 pp. ISBN: 978-0-232-52758-2 £12.95

A Painful Gift, by the nature of its contents, is not an easy book to read. Yet, once started it is very hard to put down and can be read in one sitting. In this well written and informative account the author tells his personal, heart rending story of having to live with autism – an extreme struggle as he has spent the first part of his life not knowing he had the condition.

As a child he was lonely, confused and misunderstood, living in a family with its own problems and inability to accept him for who he was. A spell in a psychiatric institution only worsened the situation for him and led to an abusive relationship, causing him to mistrust the very establishment that should have recognised his condition and helped him.

As a troubled adult, Christopher tried hard to hide his differences from others and live behind a ‘mask’ of normality yet the strain of living a lie became almost too much to bear. His Catholic faith was strong yet did not provide

the answers he was looking for. It was his need to be a loving and supportive father, yet unable to overcome his fear of intimacy, which led him to believe he was failing his son and nearly drove him to commit suicide. He was saved by a moment of realisation leading to a timely diagnosis that he had the condition known as Asperger's syndrome. Overnight his understanding and view of himself changed and this literally saved his life, enabling him to recognise his uniqueness and to continue with his own spiritual journey. For that reason it is an uplifting and inspiring story and a gift for those of us who wish to understand the condition better.

Lynne Smith

Where is God when it hurts? by **Philip Yancey**. Zondervan. 1977 & 2002. 278pp. ISBN: 978-0-310-24727-2 £8.99

This book has deservedly become a classic. It is one of several in which this award-winning author has explored some basic religious issues in plain language and without side-stepping difficult questions.

Early books on the problem of pain (by people like Aquinas, Augustine and Luther) accept pain and suffering as God's useful agents. They do not question God's actions, but merely try to "justify the ways of God to man." Authors of modern books, by contrast, tend to assume that the amount of evil and suffering in the world cannot be matched with the traditional view of a good and loving God. "God is bumped from being a 'friend of the court' position to the box reserved for the defendant."

As he spent time with suffering people, Philip Yancey saw that many books on pain seem oddly irrelevant to them. For them it is not a theology game but a problem of relationship. Many of them want to love God but cannot see past their tears. They feel hurt and betrayed. Although a conservative Christian himself, Yancey observes that the church often responds with more confusion than comfort.

To understand Yancey's closely-argued attempt to throw light on the problem, one has to read the book. But in a chapter looking closely at the dialogue between God and Job, he suggests that suffering involves two main issues: (1) *cause* – Why am I suffering? Who did it? – and (2) *response*. By instinct, most of us want to figure out the cause of our pain before we decide how to respond, but God does not allow Job that option. He deflects attention from the issue of cause to the issue of Job's response.

God never explained the origin of Job's suffering, but rather moved the focus to the future. Once the tragedy has happened – *now what* will you do? Yancey concludes that (for Christians) the important issue for a sufferer is not "Is God responsible?" but "How should I react now that this terrible thing has happened?"

Where is God when it hurts? “He is in us – not in the things that hurt – helping to transform bad into good. We can safely say that God can bring good out of evil; we cannot say that God brings about the evil in hopes of producing good.”

Philip Barron

Is there a Christian Case for Assisted Dying? by **Paul Badham**. SPCK 2009. 144 pp. ISBN 978-0-281-05919-5. £10.99.

“...for the first time in human history ... human beings have succeeded, by improving living conditions and by extraordinary progress in medicine ... in delaying death ... in some cases by many years.” **Hans Kung**

There is an increase in popular acceptance that we should all live longer and longer lives no matter what the quality of those lives might be. Expectations have changed in recent centuries, and while in sixteenth century London only 5 per cent lived into their seventies, by 1998 75 per cent did so. And with each decade that passes this figure rises. Factors that have contributed to this are better nutrition, antibiotics, central heating and vastly improved sanitation – no longer do we have to go out to the end of our gardens in all weathers to visit the chemical toilet – the ‘Ty Bach’ or ‘little house’ as it used to be referred to in Welsh’. Nor do we (most of us) have to ‘struggle outside to a coal shed’ to fill scuttles and try to keep warm through the winters round a fire. ‘In the past every winter was a challenge to the aged.’

So, what benefits have we gained from the inventions and developments of modern society? Well, a lot – if we’re still healthy and able to enjoy life. Not so much if our health is failing, if we’re living in constant pain and if every breath we take is a struggle. If all that these modern appurtenances can give us is increased time to be dependent on others, to suffer, and to generally deteriorate both physically and mentally then there is much to be respected about an individual’s wish for either voluntary euthanasia or assisted dying. In voluntary euthanasia, a doctor will, on the patient’s request, (and following certain guidelines and safeguards) administer medication leading to death; while in assisted dying the medication has to be taken by the patient, although it would have been provided by the doctor. Euthanasia is legal in the Netherlands and Belgium. In Switzerland only assisted dying is permitted. Currently, in Britain, there are still moves towards getting a future bill passed – but the most recent one, in 2006, was defeated by the House of Lords.*

While it is obvious that stringent safeguards would need to be implemented for anything like euthanasia to be acceptable it seems apparent that a large percentage of the population is in favour, and a famous quote by **Arthur Clough**: “*Thou shalt not kill; But need’st not strive, Officially to keep alive*” would seem to be sound advice.

The philosophy of the hospice movement with the emphasis on palliative

care, acceptance of the inevitability of death, refusal to use invasive and futile medical interventions and its wish to help patients to live out their last days in comfort and with dignity, must surely be the most acceptable way forward.

This reader-friendly book, while covering most aspects of this debate, is mainly concerned with the theological issues surrounding it. The author is a professor of Theology and Religious Studies at the University of Wales, an Anglican priest and a patron of Dignity in Dying, a leading campaigning organisation promoting patient choice at the end of life.

While one can take a very moral stance about this, I feel that only if one has personally witnessed the terrible death of a loved one, which may have taken place over months of suffering and led to the patient choking to death, can a considered view be offered. I would not want to judge what is right for another person – but I know what I would choose for myself if the circumstances merited it.

Rosalind Smith

**Currently there is much further discussion and legislation.*

Energy Healing; The Practical Workbook by Christina Mark.

Watkins Publishing. 200? 274 pp, ISBN: 978-1-905-85766-1 £12.99.

Most of what today we term ‘Spiritual Healing’ is the result of the transference of energy. This energy is truly universal, and has been known by many names in different traditions; ‘prana’, ‘mana’, ‘chi’, ‘ki’, ‘aether’ and ‘the light’ are just a few. This book is a guide to many of the manifestations of universal energy, and to ways in which we can learn to cooperate with it to improve health and bring a greater harmony into our own lives and those of others.

Christina Mark is a registered nurse and a healer member of the National Federation of Spiritual Healers. She is also a student of the esoteric understanding of Life, and the combination of these factors has enabled her to integrate her energy practice with the knowledge of the physical body gained from orthodox medicine, the chakras and spiritual anatomy from *yoga* and *ayurveda*, and the meridians and energy points from acupuncture, *shiatsu* and Chinese medical practice.

Her healing gift, together with her understanding and ability to explain the processes, have led to her becoming a tutor for developing healers, and giving talks and demonstrations to the general public and other health professionals. It has also resulted in this book, which was, we are told, seven years in the writing. Her links with the medical professions have led her to being allowed to hold a regular clinic in the chaplaincy centre of a large general hospital, where she and her team regularly give healing to both staff and – with medical permission – patients.

Energy Healing contains detailed instructions about the theory and practice

of energy healing. Christina's writing is clear and concise, which it has had to be to include so many aspects of such a complex subject within 274 pages. The words are supplemented by charts, diagrams and illustrations of the highest quality, which add to the reader's understanding. So, for example, we have clear illustrations of the chakras in the traditional lotus format, together with the information about their colour, size, sound, exact location, and the ways in which they can be used to aid the transmission of energy to the parts of the body that they influence. In this, as with many other aspects, the book fully deserves the subtitle ***The Practical Workbook***.

Turning to the section on the meridians, the same detailed presentation occurs. We are told about, and shown through, the illustrations – the exact location of these channels of energy, their correspondences with the five elements (in the Chinese tradition water, fire, air, wood and metal) their relations to the seasons, times of the day and so on. However, the most important emphasis is always on the value such knowledge may have for the healer.

This is the aspect that brings it all together. Christina emphasises that all this knowledge is of no use in healing without the inner attunement to the universal healing energy. Unlike many of the complementary therapies, which also stress the importance of energy in their treatment, energy healers are aware that they do not do the healing. This Christina emphasises again and again. To quote her, "In truth, healing takes place through the self, but is not performed by it". It is important for the energy healer to be able to add the intuitive factor which links us to the Universal Energy – which some of us will call God or Spirit – to our knowledge of the laws which govern the distribution of this healing in the physical world. When these are both present, then energy healing works, as many of her friends and patients – as well as those of other healers – can testify.

Personally speaking, I was a little disappointed to find what is for me the most vital chapter of the book, 'Healing and Spirituality' limited to two pages, and situated near the end. I would have liked to see it at the beginning, which I feel would make the point about *our* not doing the healing more clearly, and put the information about energy in its proper perspective. But then, I came into the ministry of spiritual healing just because it is, for me, an integral part of my spiritual pathway.

Whatever your personal approach to healing, I thoroughly recommend this book. The world in which we live desperately needs healing, and many different approaches are required to help the differing needs of living beings and the world. Each approach, in its own way, helps to keep the flame of Spirit alive in an increasingly material world. If you are interested in the concept of energy, and how you can apply it in your life for your own health and harmony and that of others, then this book is a 'must read' and a sound guide.

Energy Healing amply fulfils its claim to be "a practical workbook". I feel sure that it will continue to be just that for many generations of healers to

come, who will be grateful to Christina for such a clear and lucid presentation of such a complex – yet paradoxically simple – subject. If you are a newcomer to healing, then you will find in these pages a clear presentation of a complete approach to healing. Even if you have your own ways of working, and do not wish to learn new methods, I feel sure that you will find something within its pages that will deepen your understanding and help your practice. I know I did!

Jim Pym



TWELVE DAYS OF CHRISTMAS – *the effects of the recession?*

*Effective immediately, the following economising measures are being implemented in the **Twelve Days of Christmas** subsidiary:*

- 1) The partridge will be retained, but a plastic hanging plant, providing considerable savings in maintenance, will replace the pear tree, which never produced the cash crop forecast.
- 2) Two turtledoves represent a redundancy that is simply not cost effective. In addition, their romance during working hours could not be condoned. The positions are, therefore, eliminated.
- 3) The three French hens will remain intact. After all, everyone loves the French.
- 4) The four calling birds will be replaced by an automated voice mail system, with a call waiting option. An analysis is underway to determine who the birds have been calling, how often and how long they talked.
- 5) The five golden rings have been put on hold by the Board of Directors. Maintaining a portfolio based on one commodity could have negative implications for institutional investors. Diversification into other precious metals and high technology stocks appears to be in order.
- 6) The six geese a-laying constitutes a luxury, which can no longer be afforded. It has long been felt that the production rate of one egg per goose per day was an example of the general decline in productivity. Three geese will be let go, and an upgrading in the selection procedure by personnel will assure management that, from now on, every goose it gets will be a good one.
- 7) The seven swans a-swimming is obviously a number chosen in better times. The function is primarily decorative. Mechanical swans are on order. The current swans will be retrained to learn some new strokes, thereby enhancing their outplacement.

8) As you know, the eight maids a-milking concept has been under heavy scrutiny by the EEC. A male/female balance in the workforce is being sought. The more militant maids consider this a dead-end job with no upward mobility. Automation of the process may permit the maids to try a-mending, a-mentoring or a-mulching.

9) Nine ladies dancing has always been an odd number. This function will be phased out as these individuals grow older and can no longer do the steps.

10) Ten lords a-leaping is overkill. The high cost of lords, plus the expense of international air travel, prompted the Compensation Committee to suggest replacing this group with ten out-of-work politicians. While leaping ability may be somewhat sacrificed, the savings are significant as we expect an oversupply of unemployed politicians this year.

11) Eleven pipers piping and twelve drummers drumming is a simple case of the band getting too big. A substitution with a string quartet, a cutback on new music, and no uniforms, will produce savings, which will drop right to the bottom line.

Overall we can expect a substantial reduction in assorted people, fowl, animals and related expenses. Though incomplete, studies indicate that stretching deliveries over twelve days is inefficient. If we can drop ship in one day, service levels will be improved.

Regarding the lawsuit filed by the Chancellor's Office seeking expansion to include the legal profession ('thirteen lawyers a-suing'), a decision is pending.

Deeper cuts may be necessary in the future to remain competitive. Should that happen, the Board will request management to scrutinize the Snow White Division to see if seven dwarfs is the right number.

Anon

How often have we really been heard in our lives?

To be wholly listened to is one of the greatest of affirmations we can receive. It is rare; it is to be recognised, remembered, reminded that we have a value, a right to be alive – not for what we do, for what we have done or are going to do, but for who we are, becoming the person that we ourselves may have never heard.

Roger Housden

FFH PUBLICATIONS

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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 (*Maureen Anderson* 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.