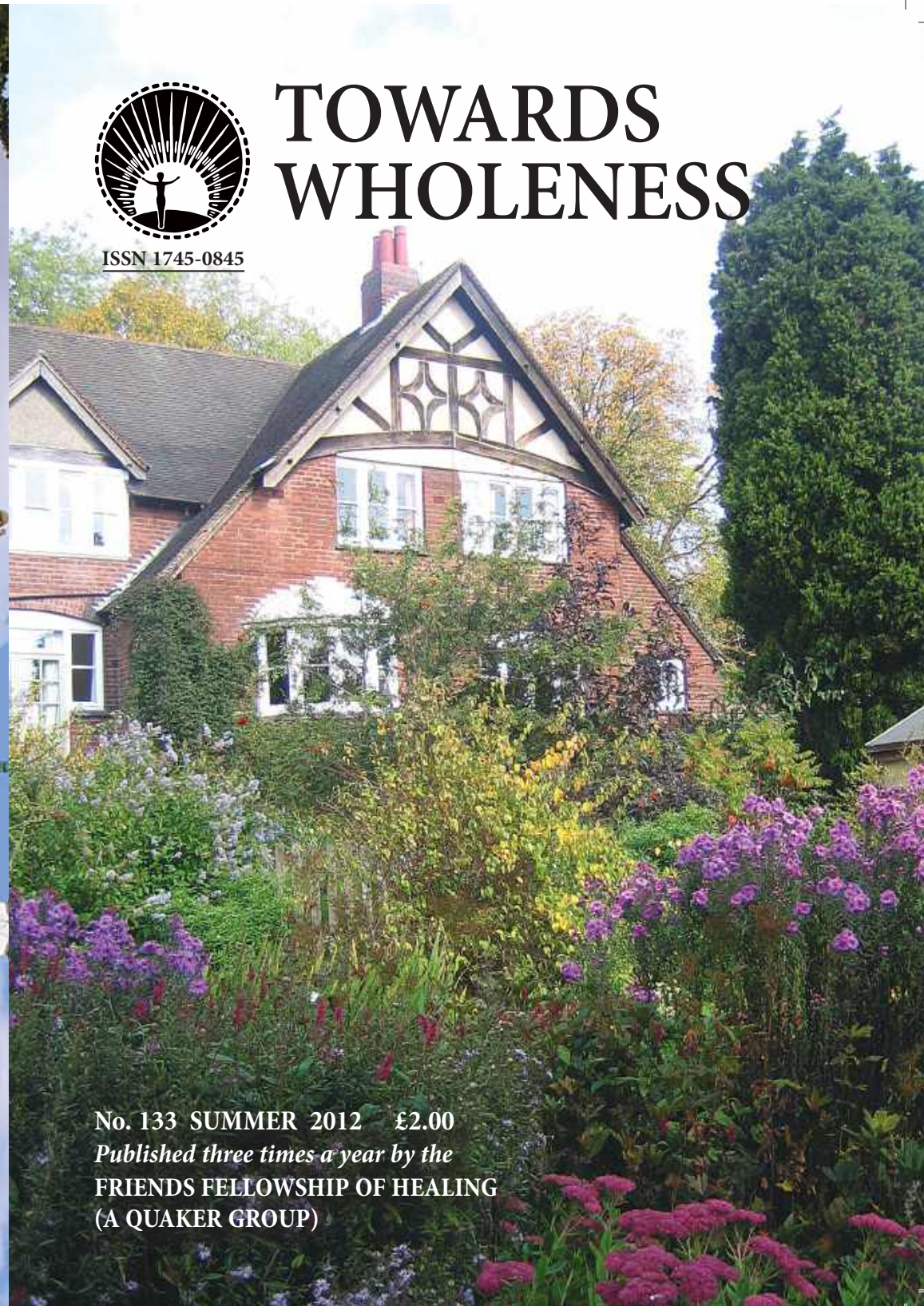




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# TOWARDS WHOLENESS

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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.

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*Deadlines: February 1st, June 1st and October 1st.*

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Donations for the work of the Fellowship are most welcome.

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

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

*Front cover photo: Woodbrooke – by the editor*

*Back cover photo: FFH Spring Gathering, Glenthorne, May 2012 – by Peter Wilson*

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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."

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**FFH Spring Gathering 2013** will be held at Charney Manor – May 10/12.  
More details in the November issue of *TW*.

### HELP NEEDED ... PLEASE

*We are looking for a new FFH membership secretary now.*

Sandra Kirk, having done an excellent job as FFH membership secretary for three years, has decided that she needs to retire from it and concentrate on other aspects of her life. We all thank her very much for all that she has brought to the job, especially the efficient and easily manageable method she has set up for us.

Basically, the work entails keeping the membership list up-to-date, using a comprehensive Excel data-base. Also, preparing labels from the list, and sending them to the printer of *Towards Wholeness*, three times a year. Although there is more to do in January, when the subscriptions arrive, the work is quite light during the summer months, with some more involvement later in the year. It would be excellent for someone who is retiring and looking for something interesting to do, and also to help the work of the FFH.

So, if anyone would like to take this interesting work on please would they ring the Editor of *Towards Wholeness*, Ros Smith, on 01359 252248 for a chat about it? This would, obviously, not commit them to anything!

## **Sidney Fisher (1911-2012)**

Mystic, visionary, poet, Quaker.

Long Sutton Friends report with sadness the death of Sidney Fisher, convenor of the Long Sutton Prayer for Healing Group, at the age of 101 on 12 February 2012.

Sidney was involved with this group from its earliest days in the 1980s, when it began as an informal meditation group which offered intercessory prayer for those in need. In time, this gathering took root within the Meeting and became part of the Friends Fellowship of Healing network. Sidney took over as convenor in the early 1990s, a role he maintained faithfully until shortly before his death.

Sidney shared *Towards Wholeness* with this little group which now numbers four people. He was very concerned that unborn children should be remembered, as well as members of our Meeting and other friends. The prayer group enjoyed inspirational readings each month as well as time for holding people on “our list” in the healing light. The Long Sutton monthly newsletter includes a thought-provoking foreword or afterword provided by the healing group.

Sidney's life reflected his profound faith. He believed that the Holy Spirit of God is present in all creation. He believed that God's will prevails ultimately, and he lived his life in the simple faith that the “Unseen Navigator” was beside him, guiding and caring for him. He believed passionately in the power of prayer, and in the importance of meditation, and above all contemplation. He loved all God's creatures, befriending the birds in his garden, and the field-mouse who visited him in his house. He gazed with equal delight at the glistening trail made by a snail on the path and at the flowers and trees and sky.

At Meeting for Worship, Sidney ministered prayerfully and powerfully. As an aspen tree quivers in the wind, Sidney was sometimes shaken by the power of the Holy Spirit and he would ‘quake’. At Long Sutton, shortly before he died, he spoke memorably of the joy of waking and being alive. Sidney only relinquished leadership of the Meeting for Prayer and Healing on his one hundred and first birthday. He was a fierce guardian of this group – attendance was a duty because of the power of prayer in the process of healing.

His son, David, is completing his latest book of poems, which Sidney worked on right to the last days of life. His poem “Alpha-Omega” was read at his funeral and seems to encapsulate the thoughts of our dear Friend. “Lead me, my guide, my truth to learn. Teach me, my God, thy truth to yearn, in spirit's purest ray. Rest: there is no more to say.”

Oral story telling has been re-discovered during the last decade for the priceless heritage that it is. Our local council even did a leaflet drop last year asking for “grannies” to volunteer their services as storytellers in local schools. At that stage I didn’t feel I could work without a script, but after a workshop at Friends House recently, I feel I have made progress in developing the confidence to do just that.

This workshop was a module from the Human Givens Diploma Course, but open to anyone as a one-off, so I jumped at the (admittedly fairly expensive) opportunity and booked in as soon as I read about it last Autumn. For those who haven’t come across it before, “The Human Givens Approach is a set of **organising ideas** that provides a holistic, scientific framework for understanding the way that individuals and society work. This framework encompasses the latest scientific understandings from neurobiology and psychology, as well as ancient wisdom and original new insights.” – quote from HGI website, [www.hgi.org.uk](http://www.hgi.org.uk). (To me this chimes with an increasing awareness of a critical need for left and right brain activity to work more effectively together, to preserve the very sanity of modern individuals and their societies.)

Many of the 15 participants who took part were professional counsellors, but others like myself either had limited counselling experience or even none at all. However it was clear we all shared a fascination for the power of stories to speak to our emotions. The facilitator then began by reporting that recent scientific research shows the foetus is actually pre-programmed to respond to narrative, indicating just how fundamental a developmental tool story telling can be. She then got us working in small groups, looking at stories in their broadest sense through the impact of simile and metaphor. It’s an extraordinary fact that human brains do not distinguish between real and imaginary, and high-tech monitoring shows that we respond as actively to sensory vocabulary such as “ice-cold fingers” or “leathery hands” as to the real thing.

Although not regarded as a stand-alone therapy, story telling is now known to also be an effective therapeutic tool, particularly when a listener goes into the trance state of receptivity achieved when stories are told in the right way. We were introduced to something called Forward Shadows exercises, which involve comparing stories that particularly resonated with us personally in childhood, to our subsequent life journeys. This was extremely illuminating and it is clear that this can be particularly beneficial for children, helping them understand deep and often subconscious fears, aspirations or challenges. Interestingly, when required for healing purposes, metaphor is also powerful enough to be used to create a superior response pattern. This can be dropped into a story

for the listener to hang on to either at the time or perhaps recall at a later date, when a connected moment presents itself.

It was fascinating to discuss in groups and then as a whole, what different things people take from a story. The multi layered ones in particular engendered reactions that even the story teller might not have expected, but the facilitator explained this was what saved good stories from becoming simple indoctrination. As a whole, we were particularly stimulated to talk about the following example (taken from *The Subtleties of the Inimitable Mulla Nasrudin* (Idries Shah, Octagon Press 1983):

***There is more light here...***

*Someone saw Nasrudin searching for something on the ground.*

*“What have you lost, Mulla?” he asked. “My key”, said the Mulla. So they both went down on their hands and knees and looked for it.*

*After a time the other man asked: “Where exactly did you drop it?”*

*“In my own house.”*

*“Then why are you looking for it here?”*

*“There is more light here than inside my own house.”*

Moving on to look at ways of telling stories more effectively, particularly for counsellors in client sessions, we were encouraged to take liberties with a traditional story as we gained confidence, but were also warned that it was inadvisable to employ anything too close to a client's own issues in order to by-pass left brain interference. There was an example of how, in another Nasrudin tale, keeping imaginary tigers away by encircling a house with a real salt ring, dramatically helped a boy with a persecution complex. She also stressed that it was OK to tolerate your own uncertainty about how to respond to a presented situation, and the standard counselling refuge of summarising out loud whilst waiting for a solution to surface was acceptable for story tellers too. After all, being genuinely curious in order to get away from the panic of not knowing what to do, at least stops you grounding on your own stuff instead of the client's!

It is generally safer to work with a listener's own metaphors as your own can be outside their cultural experience or just provoke a totally different reaction to that intended. So, for example, the statement: “Football is more important than life or death” could be received in either a strongly positive or a negative way. However those metaphors that are simple and drawn truthfully from Nature are far more consistently understood, and therefore referring to someone as “blossoming” will nearly always be received in a positive way. Traditional proverbs and sayings such as “A stitch in time saves nine” which have stood the test of time, also tend to invoke a consistent response. We looked at the

difficult challenge of how to personalise and perfect our story telling repertoire and technique. As stories are most valuable as right brain food, we were given the useful tip that you can muddle a listener into losing left brain dominance, rather in the manner of Blind Man's Buff, by twists and turns of words and angle of approach. Repetition techniques are also helpful, but we should not forget that story tellers are meant to be communicators rather than performers. For that reason, the advice for best results is to never read a story but always tell it, and use imagery, textures, colours, sounds and evocation of smells to create vibrant 3D pictures. It is important to remember the context we are faced with and cultivate the ability to sensitively adapt the story chosen, but having done that still be prepared to allow clients or listeners to find their own meanings without interpretation or discussion afterwards.

Finally we were given lots of additional tips to help us continue improving our techniques at home. Sources for stories are everywhere, from proverbs to newspaper reports – an example cited was the story of how Selfridges produced an entire window display from genuine £10 notes as it would have been more expensive to manufacture fake ones, but that not a single one was stolen because nobody believed they could possibly have been real. Stories drawn from clients can be used, but only with effective camouflage, whilst your own stories are best told in the third person. Even jokes are acceptable if you can remember them and feel they are relevant. You can make up a series of stories that utilise the same characters. All story telling needs practice to achieve fluency and thereby effectiveness – a tip from one of the attenders was to use a teddy bear as audience.

Finally, when considering how to launch a story within a counselling session, it was suggested that an introduction such as “I will tell you a little story...” would be a very effective and acceptable option.

---

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

‘Daddy, what happened to him?’ the son asked.

‘He died and went to Heaven,’ the dad replied.

The boy thought a moment and then said,

‘Did God throw him back down?’

## A 'Meditator': – What am I? – Where am I?

*My thoughts*, they are not ME but only MINE.  
I can go into them and even imagine a reality based upon them.  
But neither are they ME nor I them.

*My feelings* are not ME but only MINE.  
I may experience them and share them with others.  
But neither are they ME nor I them.

*My emotions* are not ME but only MINE.  
I can don them like a garment and fully experience them.  
But neither are they ME nor I them.

*My actions* are not ME but only MINE.  
I may do them and carry responsibility for them.  
But neither are they ME nor I them.

*My mind* is not ME but only MINE.  
As an expression of me, it can change with circumstance.  
But neither is this ME nor am I it.

*My consciousness* is not ME but only MINE.  
It is the 'atmosphere' of awareness through which I respond.  
But neither is this ME nor am I it.

*My body*, even, is not ME but only MINE.  
It is the vessel through which I relate to the physical world.  
But neither is this ME nor am I it.

With a spirit of enquiry, I may look into all these elements.  
But, though they belong to ME,  
Neither am I them nor are they ME.

In this stillness, I wait for the 'clouds of the physical' to drift away.  
I am the observer, WATCHING, LISTENING, WAITING.

*John Mitchell*



## **“WHAT’S THIS SILLY ‘HEALING STUFF’ ABOUT THEN?” *John Mitchell***

Well, yes, that’s exactly how I first responded to it – or rather, how I recoiled from it. You see, I was educated as a physicist and that is light years away from ‘healing energies’.

Though healing has been around for as long as human beings have, I literally ran away from it at first. However, after several years of ‘hide and seek’, I began to get ‘healing energies’ into perspective and an appreciation of their purpose developed in my mind.

Just as a motor car manufacturer ensures that its vehicles continue to give good service by operating a ‘Planned Maintenance Programme’, so too have we been provided with a stream of repairing/healing energies to maintain *our* performance – “man does not live by ‘bread’ alone”. Thus healing energy exists all around us, though we are no more aware of it than a goldfish is of the water it swims in. Sometimes we are so busy or so stressed that we forget to allow ourselves a still, reflective moment or two, for the ‘healing energies’ to get through to us. Just as when the car doesn’t get taken in for a check-up or servicing – we become less well and if this is not attended to, things will start going really wrong.

That’s all there is to it!!

The role of a healer is simply to help the ‘healing energies’ to get around the stress-blockages, to where they are needed in the ‘patient’. From a desire to help others, some attend healing schools to learn techniques to enable them to act as the link for ‘healing energies’. Some are gifted with this link from birth but take a whole life-time to recognise and accept their intended role. This latter group is often plagued by feelings of being unworthy or not being good enough and some can be quite shaken during their opening up to it. Others approach the desire to heal through prayer alone, and simply ask for healing to happen – very beautiful!

But always, it must be remembered that healing does not come *from* the healer but *through* the healer. Healing is God’s domain. It is a spiritual thing and can never do harm. It leaves a healer very, very humbled!

**It is not at all silly!**

*Offer your hands as a channel; use them as healing tools.*

*St John of the Cross*

For many years I supported my husband as he cared for his mother and her sister at a distance. They remained in their homes until they died aged ninety-six years and ninety-eight years.

But I wish someone had given us a guide map with sign posts when we set foot on this path. So, in the hopes of being useful to those in the position of caring for relatives with the condition, or who will be in the future, I offer some suggestions to make life easier – ten in fact.

1. Accept the situation.
2. Be kind to yourself and put your own health and strength high on the agenda if not first: you are no use at all sick either physically or mentally. Take a lot of time out to enjoy whatever makes you happy and nourishes your soul. Say “no” more often.
3. See that you get as much help as possible from other people. It takes teamwork and a huge team to keep someone with fading, little, or no memory in their own home for as long as possible – now considered to be the best place for their health generally. The time may come when you will need to consider residential care so research the places available ahead of time, and discuss the options with the family early on.
4. Use lists: pin visible instructions, notices and guidance on the walls of your elderly folk and keep a day-a-page diary in a prominent place for everyone to use. You will then know who has been in recently and what is needed urgently. It becomes a valuable log-book. On the wall fix a colour-coded daily written programme for the week, on an A3 page, with all that is happening and who is coming. Even if your relatives forget to use it you can remind them to look when they ask what they should be doing and this reminds them of the day. A routine is a comfort.
5. Make a list of as many useful telephone numbers you can think of and give to the key carers in the family: there will be a lot of numbers from builders to electricians, hairdresser to gardener, pest control experts and of course, doctors, dentists, opticians, chiropodists, and health centre district nurses.
6. Food. Make small tasty meals for the freezer so that carers just have to get them out, defrost and microwave. Keep a list of what you need to buy each week and the telephone numbers of your regular tea shop or pub outing. That way you don't start from the beginning each time or have to struggle with the telephone directory again.
7. Let the team of helpers include everyone in the community. Some will be paid, like the person who visits to give social care, and the regular carers you have arranged to call daily; others, like neighbours and visitors from

- meeting or church visit out of kindness. You will need to know who they are as your relative/s will forget they have been as soon as they go.
8. Remember to thank everyone and gives 'tips' especially at Christmas.
  9. If, like us, your phone is completely at the mercy of your relative, turn the bell off and refuse to feel guilty. Nobody can answer the telephone every two minutes and stay sane! Keep away from negative emotions. When they come, as they will, accept them as normal and get on with life.
  10. Communicate. Emails are good to keep everyone in the loop and help manage the eternal crises as they arise.

Two excellent books I can recommend are:

***Contented Dementia* by Oliver James**

Vermilion. £12.99. ISBN: 978-0-09-190181-3

***The Selfish Pig's Guide to Caring* by Hugh Marriott,**

with illustrations by David Lock

(old edition Polperro Heritage Press (Oct 2003) 350pp)

Piatkus (June 2009) 400pp £9.99. ISBN: 978-0-74-992986-2

Every action taken by human beings is based in love or fear, not simply those dealing with relationships. Decisions affecting business, industry, politics, religion, the education of your young, the social agenda of your nations, the economic goals of your society, choices involving war, peace, attack, defence, aggression, submission; determinations to covet or give away, to save or to share, to unite or to divide – every single free choice you ever undertake arises out of one of the only two possible thoughts there are: a thought of love or a thought of fear.

Fear is the energy which contracts, closes down, draws in, runs, hides, hoards, harms.

Love is the energy which expands, opens up, sends out, stays, reveals, shares, heals.

Fear wraps our bodies in clothing; love allows us to stand naked. Fear clings to and clutches all that we have, love gives all that we have away. Fear holds close, love holds dear. Fear grasps, love lets go, Fear rankles, love soothes. Fear attacks, love amends.

Every human thought, word or deed is based in one emotion or the other. You have no choice about this, because there is nothing else from which to choose. But you have free choice about which of these to select.

From *Conversations with God – Book 1* by Neale Donald Walsch



## **A Summer Garden Meditation** – *(for use by FFH Distant Healing Groups)*

Settle down on your chair, and feel it taking your weight – so that you become perfectly relaxed. Close your eyes ... and take a couple of gentle deep breaths.

You will see in front of you a path, which leads to a garden gate.

There is grass on either side of the path and you can see buttercups growing in the grass.

When you are ready, start to walk along the path, until you come to the gate.

Then, again when you feel ready, open the gate and go inside, where you will find a most beautiful garden.

It can be any garden you want it to be – but it has an abundance of summer flowers, of many beautiful colours.

As you walk along one of the many paths in this garden look around at the flowers ... breathe in their scent ... and become aware of the gentle hum of bees ... and the occasional call of a bird. Feel the peace and healing that is here.

You will see a seat, or bench, which seems to invite you to sit on it.

As you sit down you will become more aware of the absolute peace there is here.

Give time to absorb this peace, and the healing energy that is contained within it.

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Now, bring into your mind someone whom you know is in need of peace and healing at this time.

(If you can't visualise them, then just think their name.)

Surround them with this healing peace and Light.

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Now bring another person into this healing Light – and know that you are sending them healing and peace and Light.

Do this with however many people you want to.

-----  
Now bring into this healing Light any of the situations in the world which cause concern at this time ... hold them in the Light. Know that healing and peace is being sent to them.

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Now bring your awareness back to the seat in the garden, and, when you are ready, get up and slowly walk back along the path towards the gate.

Open the gate and walk back towards this room, and find yourself back in your chair.

When you are ready, open your eyes, wriggle your fingers and toes if you want to.

## Report of FFH Spring Gathering at Glenthorne – May 2012

Winding roads, rolling hills and glorious scenery brought me to Glenthorne (my first visit) – and what a heavenly retreat! The occasion – our Friends Fellowship of Healing Spring Gathering, so ably facilitated by Jim Pym, on the theme ‘Meeting for Worship, Ministry and Spiritual Healing’.

As we know, spiritual healing among early Friends arose from the experience of the Gathered Meeting. And so we focused on what this means for us today with particular relevance to our Testimony for Healing.

In unity of purpose, we soon bonded as a group of like-minded Friends, getting to know one another in the things which are eternal, and conscious of the Presence of God. Surrounded by this undefineable Divine Love, we too experienced a flow of healing energy sent to where it was most needed.

Jim reminded us that George Fox and early Friends practised a healing ministry based on lengthy MfWs – ‘waiting in the Light’ and waiting till the time was right. God’s healing is a gift, available to us at all times, but can we accept it? Are we listening with our ‘spiritual senses’? Answers and consequent healing will often follow ministry surrounded by silence and stillness, like ‘the power of the Spirit falling as sweet dew from Heaven’. Healing only takes place when the Presence of God becomes a reality for us and the gathered meeting. We need to look for the acceptance of possibilities beyond our normal reasoning – faithful acceptance with gratitude linked to prayer without ceasing. One Friend reminded us that this ‘faith is the bird that sings to the dawn, while it is still dark’.

We were also asked to consider what ‘that of God within’ means to us. Although our answers appeared to differ, Jim felt that, coming out of our experience, there was no contradiction. Healing is always in the intention, so let go and let God.

I could say much more, but leave you with this challenge – how do we recover our Testimony to Healing and make it relevant to our Quakerism today? “May God bless us with enough foolishness to believe that we really CAN make a difference.”

*Peter Wilson*

*(Photograph by Peter Wilson on back cover.)*

*We may harbour deep feelings of negativity around our suffering – thinking, in particular, that it's all unjust and unfair. It's not difficult to slip into this attitude in times of deepest hurt and it's fully understandable. However, long term it can be a drain on our emotions preventing us from turning things around, pushing them forward into improvements. Our mental outlook is a barometer for recovery – we must always remember this and try to remain positive, especially in times of severe pain when we become fragile and vulnerable.*

*The underlying philosophy of any healing practice is to get better. It's as simple and complicated as this.*

*Restorative health is achievable provided we can commit to it with all the loving attention we can muster.*

*Even in the darkest moments of despair there are always openings that can appear in our lives leading us to different perspectives, different ways of seeing, but we do need to sensitize ourselves to them. Then we are poised to acknowledge and embrace them for our recuperation.*

*We must always have a few practical strategies in place to give us something to concentrate on. And if these prove to be of little or no value then we must search for other approaches for the future, thus giving us a sense of hope for the healing path.*

*We must relax around our healing. We mustn't wilfully push it, force it into places it doesn't want to go. It leads us, not the other way around.*

*Healing does mean change, sometimes quite major shifts in our lives and the only question we must ask ourselves is: are we at the point where we are truly ready for this?*

*Healing should be creative, inventive and imaginative. It often requires us to think outside the box in order to reach our objective – a wholeness of wellbeing.*

*The poetry of healing – Gentleness, Humility, Patience and Compassion – a full compassion for ourselves and others, especially those who are suffering in these difficult times.*

*At the heart of healing lies faith which goes beyond our normal, rational reasoning. It goes beyond what we can understand, what we can see or touch and yet we know it to be real, truly real.*



*When we start giving to our healing – wholeheartedly with full commitment – then the healing can give to us. The healing process leads us into a space of self-protection where we de-focus from the external world of busyness and concentrate on what's happening, profoundly within us.*

*There is a form of surrendering in healing – a letting go of heavy, value laden opinions, judgements and control that we have no right to carry around.*

*Although suffering is decidedly unwelcomed in our lives we may, at times, consider it as part of an overall strategy for individual growth and progress – a 'fascinating' journey that calls us to monitor and challenge, record and explain for further, deeper understanding.*

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## HOW A CHILD LEARNS

If a child lives with criticism, he learns to condemn.

If a child lives with hostility, she learns to fight.

If a child lives with ridicule, he learns to be shy.

If a child lives with shame, she learns to feel guilty.

If a child lives with tolerance, he learns to be patient.

If a child lives with encouragement, she learns confidence.

If a child lives with praise, he learns to appreciate.

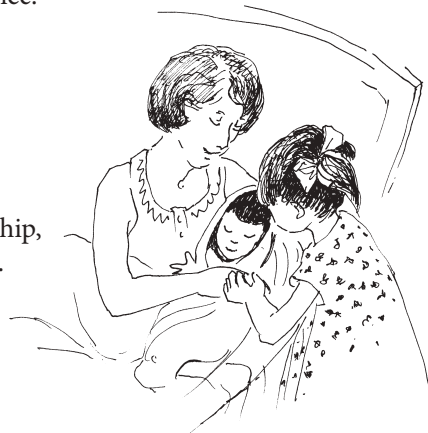
If a child lives with fairness, she learns justice.

If a child lives with security,  
he learns to have faith.

If a child lives with approval,  
she learns to like herself.

If a child lives with acceptance and friendship,  
he learns to find love in the world.

*Dorothy Law Nolte*





## SOME CHANGES TO TAKE NOTE OF



QSH members particularly, please note that **Geoffrey Martin** is laying down the job of membership secretary of the **Quaker Spiritual Healers**, a position he has occupied with great efficiency and loyalty since the inception of the group in 2000. Our thanks go to him for all his hard and painstaking work. His place is being taken by another member of the FFH committee, **Kay Horsfield**, who is one of the tutors of QSH, and who will, no doubt, bring to the job the same amount of dedication that Geoffrey has always done.

Another change is that after many years as the position of convenor of the **Prayer Group for the Mother and her Unborn Child**, **Sylvia Edwards** has decided that it's time to retire from doing it. We thank her for all the good work that she has enthusiastically put into this important aspect of healing, and we feel that her successor, **Mina Tilt**, who has been one of the group's team, will bring to the role her own enthusiasm and commitment.

And the formation of a new group –  
**Urgent Prayer Group**

We are a group of mainly Quaker healers who have formed the **Urgent Prayer Group** as an extension of the **Immediate Prayer Group**, who – due to the number of requests being received – are now working at full capacity.

Those who wish to request help can contact either myself or Margaret giving the name and brief details of the person in need.

Once received, these details will be forwarded to each member of the group and healing prayers will be offered immediately.

We hold those in need in the Light and ask that they receive healing according to their need; this may not be what we expect or think is required but rather what is appropriate, at the time, for the person concerned.

We trust that through our healing prayers and loving thoughts relief from symptoms and suffering will occur.

For more information or to request healing please contact either:

**Anne Brennan** mobile: 07840 674 156 [anne.ffh@live.co.uk](mailto:anne.ffh@live.co.uk) or  
**Margaret Western** tel: 01460 74182 [wynardspatch@yahoo.co.uk](mailto:wynardspatch@yahoo.co.uk)

## 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 David Huxley, Claridge House, Dormans Road, Lingfield, Surrey RH7 6QH. Email: [welcome@claridgehousequaker.org.uk](mailto:welcome@claridgehousequaker.org.uk) Website: [www.claridgehousequaker.org.uk](http://www.claridgehousequaker.org.uk) Tel: 01342 832150.*

### **July 27-29 EQUANIMITY – the “Release” of Healing** (£180)

An informal healing retreat to achieve a state of inner equanimity; recognising & removing impediments to balancing body, mind and spirit. Society encourages more activity, greater acquisition of knowledge and indulgence of our senses. We will maintain a holistic awareness, encouraging release of the inessential, to create space for the healing spirit. *Stephen Feltham, a Quaker, spiritual healer, experienced trainer and poet, who has travelled widely in India and elsewhere.*

### **Aug 1 LED DAY RETREAT** (£35)

A non-residential day retreat. Arrival 9.45am for Quiet Time, retreat 10.30am to 5pm. Lunch and refreshments will be provided. To find out the topic of the month and to book a place, please phone David or Cathy on 01342 832150. Led by *Cherry Simpkin, a spiritual director and a healer and trainer with QSH.*

### **Aug 3-5 CALLIGRAPHY FOR ALL – including beginners** (£180)

It is satisfying to write out your favourite texts beautifully. For those new to calligraphy this course teaches an edged-pen script, layout and design of short texts and colour in the pen and background. More experienced calligraphers are welcome to learn new scripts and experiment. Individual help and frequent tutor demonstrations. *Gaynor Goffe, a well-known calligrapher and tutor with over 30 years' experience of teaching calligraphy.*

### **Aug 10-12 “WHILE THE SUN SHINES...”** (£180)

What? Make hay? Laze the day away? Enjoy ourselves? Sunlight or cloudy skies, come to Claridge House for an enjoyable, non-obligatory, writing weekend when we will find many more associations arising from the title. Led by *Ted Walter, a poet and creative writing tutor for over 25 years.*

### **Aug 17-19 WORLD CIRCLE DANCE** (£180)

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 is necessary. *Eve Corrin, an experienced teacher of circle dance with a gentle, straightforward and relaxed style of teaching.*



**YOGA TO BEAT FATIGUE Aug 20-24: (£300) Aug 24-26: (£180)**

Gentle yoga courses suitable for all abilities. We will include energy enhancing methods such as special breathing techniques, meditation and nurturing yoga postures. Also suitable for those with moderate ME/CFS. *Fiona Agombar, author of Beat Fatigue with Yoga, trained in yoga therapy with the Yoga for Health Foundation and in India, and teaches in the Krishnamacharya (KHYF) tradition.*

**Aug 31-Sept 2 LIVING WELL WITH LAUGHTER (£180)**

Reconnect to your inner sense of joy and others through laughter and playfulness, all-important for living well. Access the healing power of laughter by relaxed, gentle group exercises, games and meditations. Reflect on what it means to be happy and learn how to bring more joy into your everyday life.

*Ruth Heatherley, a Laughter Yoga Leader and Laughter Facilitator.*

**Sept 5th LED DAY RETREAT – YOGA AND MEDITATION (£25)**

A day retreat based on the concentration and meditation practices as described by the sage Patanjali. Some gentle stretches and breath work and deep relaxation will also be practised. Suitable for everyone.

*Led by Lina Newstead, a British Wheel of Yoga Teacher.*

**Sept 5th Oct 3rd Nov 7th Dec 5th THEMED DAY RETREATS (£25)**

On the first Wednesday of every month there will be a Themed Day Retreat. Topics will include the life and philosophy of Teilhard de Chardin, Mandalas, Yoga and Meditation and Mindfulness. *The days will be led by Cherry Simpkin or Lina Newstead. Please phone for details.*

**Sept 7-9 COMING HOME: a spiritual basis to sustainable living (£180)**

How do we develop compassion? How do we deepen our sense of connection to the rest of life? How do we transform concern for the world into creative engagement? This is a chance to explore, in an experiential journey, aspects of a spiritual basis to sustainable living.

*Alex Wildwood, a Quaker author, educator and retreats organiser, who trained as a body-based psychotherapist and has been guiding groups for over two decades.*

**Sept 17-21 VOLUNTEER MAINTENANCE WEEK (£100)**

Enjoy the fellowship of working, relaxing and of shared Quiet Times, whilst helping the House. Please phone us for details on 01342 832 150.

**Sept 21- 23 MISTAKES, COMPASSION and WHOLENESS (£180)**

Learn how to reframe your mistakes, transforming them from occasions for self-blame into steps towards wholeness. This course will combine insights from neuroscience, philosophy and theology together with teaching about techniques based on compassion and mindfulness. The overall approach will be participative, each session including time for questions and dialogue.

*Tim James, a retired GP whose career has given him a huge range of insights*

*into the problems that people face and how they interpret these significant life experiences, and Richard Wadey, who has worked as a management consultant for the Health Service, Local Government and other public services.*

**Sept 28-30 SING YOUR HEART OUT** (£180)

Experienced singer or someone who has been discouraged from singing, this is the course for you. We will discuss our attitudes to singing, and cover breathing, voice production techniques and singing together. There will be a chance for solos. A chance to have fun and gain experience.

*Margaret Frayne, a professional singer and experienced teacher.*

**Oct 3 LED DAY RETREAT – Life & philosophy of Teilhard de Chardin** (£25)

Pierre Teilhard de Chardin believed that evolution is a spiritual as well as a physical process. On this Quiet Day, we will look at the teachings of this French palaeontologist and religious philosopher and their relevance to our own spiritual journeys. *Led by Cherry Simpkin, a spiritual director and a healer and trainer with Quaker Spiritual Healers*

**Oct 5-7 MINDFULNESS – DEEP CONNECTION** (£180)

This weekend will be an opportunity for us to connect deeper with ourselves and with the world around us. We will use the practice of mindfulness to explore its power for healing, transformation and nourishment. There will be creative fun and interactive mindfulness exercises as well as time for meditation and deep relaxation. *Lotus Nguyen, Mindfulness Trainer and Coach.*

**Oct 12-14 GENTLE YOGA TO BOOST HEALTH AND STAMINA** (£180)

During the weekend Tim will be encouraging alignment, balance and concentration 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 Frances, trained and subsequently taught at Ickwell Bury and currently teaches in hospitals.*

**Oct 15-19 A HEALING RETREAT** (£300)

An informal retreat making space to explore healing needs, both for ourselves and in prayer for others. There will be talks, dialogue, led meditation and exercises, as well as free time for quiet contemplation, walking or interaction with others. One to one sessions and personal healing will be available. A good preparation would be Jim's booklet, *What Kind of God, What Kind of Healing.* *Jim Pym, a spiritual healer and meditation teacher with more than 40 years' experience and author of Listening to the Light.*

**Oct 22-26 NUTRITION AND HEALTH** (£300)

We are more than what we eat! This week we will be taking a holistic approach to nutrition, covering food as medicine, balanced diets for weight control,

the part played by vitamins, minerals, anti-oxidants and more. Relaxation, meditation, gentle exercises and the opportunity to share favourite prose will be included. *Rosalind Berzon, a member of Royal Society of Public Health with a certificate in Nutrition and Health.*

**Oct 26-28 INTRODUCTION TO BELLYDANCE** (£180)

Bellydance is a beautiful, ancient art form, with a remarkable ability to help women feel good about themselves, whatever their age, shape or size. Its history, geographic spread and modern manifestations will be introduced as well as the opportunity to try Shimmying, Veil Dancing and Saidi, the Folk Dance of Luxor. Ladies only, bare tummies optional! *Charlotte Desorgher, the founder and creative director of the largest bellydance school in the UK.*

**Nov 2-4 WORLD CIRCLE DANCE** (£180)

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 is necessary. *Eve Corrin, an experienced teacher of circle dance with a gentle, straightforward and relaxed style of teaching.*

**Nov 7th LED DAY RETREAT – MINDFULNESS MEDITATION** (£25)

A day retreat based on the Buddhist mindfulness meditation practices that keep you in the now and bring calm and clarity. Suitable for everyone. *Led by Lina Newstead, a British Wheel of Yoga Teacher.*

**Nov 9-11 HEALING VIBRATIONS AND THE VOICE** (£180)

The voice has a unique power to resonate the subtle energy centres and transform our psychology towards wellness and true nature. Through toning, chanting, natural sound rituals, Taoist healing sounds, tuning forks and complementary simple movement, discover how vocal vibrations bring a deep state of meditation, where the greatest healing takes place. *James D'Angelo, leading therapeutic sound courses since 1994, authority on healing sound modalities, author of The Healing Power of the Human Voice and Seed Sounds for Tuning the Chakras.*

**Nov 12-16 REIKI SHARE** (£195)

This special mid-week break, offered to those at any level of Reiki, is a wonderful opportunity to share the experiences of giving, receiving and sending of Reiki in beautiful and peaceful surroundings.

*Anna Moore, a Reiki master and teacher for over twelve years.*

**Nov 16-18 LIFE IS CHANGE** (£180)

A universal truth in the Eastern philosophies is that Life is Change; yet the human condition hates uncertainty, so stress and dis-ease can be precipitated by the unexpected. Using meditation and visualisation to cope with changes in our life – past, present and future, we will see how change helps us to grow. *Anne Simpson, a Quaker Healer, Registered Homoeopath and facilitator of Meditation Courses.*

## QUAKER SPIRITUAL HEALERS EVENTS

**QSH 'Training courses':** (Monday - Friday)

**Glenthorne – September 3-7 2012**

£296

Facilitated by Cherry Simpkin and Elizabeth Angas.  
(Please book directly with Glenthorne – 01539 435389)

These training courses provide a safe and friendly opportunity for those who feel themselves drawn towards the field of spiritual healing, to experience their own potential. If appropriate they can then go on to become fully insured probationer healers, and eventually full healer members of QSH. All courses are facilitated by tutors from the QSH team of tutors.

and

**Woodbrooke – April 8-12 2013**

£tba

Facilitated by Anne Brennan and Kay Horsfield.  
(Please book for this one directly with Ros Smith 01359 252248)

(Please ring Ros Smith on 01359 252248 for details of course content.)

### QSH SUPPORT WEEKEND

**Glenthorne – July 5-7 2013**

£tba

To be facilitated by Allan Holmes and Carol Curtis.  
Open to both full and probationer members of QSH.  
(Please book directly with Glenthorne for this weekend. 01539 435389)

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### A GARDEN

*Awareness of beauty grows in the garden  
with the flowers –  
Music comes to the garden  
with the murmur of the leaves –  
the scent of newly mown grass  
is in the garden  
that is growing in God.*

*Anne Smith*

## REFLECTIONS FROM A QSH PROBATIONER

*Peter Wilson*

Well into my second QSH probationary year, I decided to ask myself the question 'How am I doing?' At this time of reflection, my overall response is, 'Not as well as I thought I'd be doing' within a chosen ministry arising from such a strong spiritual prompt. Having said that, I recognize that I have in fact travelled far on my spiritual journey and am not the same person as I was two years ago.

Pre-dating my QSH training programme, my healing ministry began with the setting up of a distance healing group, in conjunction with my Friend Jeremy Deane, for our own Poole and Wimborne Meeting. This has unquestionably met a need and for over two years we've had an average attendance of ten to twelve. Our pattern was to hold a Meeting for Worship for Healing based on what we called the 'AIR' process – A for attunement, I for intention and R for release (to let go and let God). At all times, we have stressed that there is only one healer and that healer is God. We have always seen our role as facilitators or channels for healing. This work continues with our monthly meetings, and we have been delighted to have played a small part in the setting up of two more groups in Dorchester and Bournemouth.

In this last year we have also established a 'direct healing' group, which meets approximately once a month, offering 'direct healing' for each other. We continue to offer this healing in a variety of ways. This group, as with the 'distance healing' group, seems to be valued and to meet a need for 'healing' within the Meeting.

A third avenue for healing has opened up in my work as a Quaker lay chaplain at Poole Hospital. Generally, I work within the guidelines for hospital visiting when conversing with patients, though at the same time but in a less overt manner and at a spiritual level, 'that of God within me' makes a spiritual connection with 'that of God' in the patient. It's my belief that healing takes place at that time, though outward signs of this are not so easily seen. My efforts are largely governed by my state of 'attunement', but I'll return to that later.





From my perspective, the least satisfying part of my healing ministry has been at the individual one-to-one level. Having sensed that this was a genuine calling to undertake this work, I had expected that people in need of healing would somehow search me out, and that I would respond on that basis. In other words, I made a conscious decision not to advertise myself in any way or 'tout for business'. Neither would I make any charge for any work I did, nor would I ever ask for written testimonials (needed to satisfy the probationary assessment and examination). You can probably guess what's coming next! I didn't even need all the fingers on one hand to count the numbers rushing forward. I think my most satisfying work has probably arisen from unplanned situations, such as the healings facilitated within the blue circus tent at the 2011 Summer Gathering, and with healings offered at Claridge House while part of a course group.

Spiritual healing by definition is often unobserved and this makes evaluation difficult. We cannot determine outcomes or time scales in our healing work, so who can possibly judge our efforts other than our Maker? In the final analysis, I would have to be content to leave it at that level. One thing I have learnt is to keep the healing work simple, and avoid all unnecessary rituals and symbols.

Earlier on, I mentioned the AIR process – Attunement, Intention and Release. Of these three, I've struggled most with attunement, believing this to be the most important factor in enabling 'patients' to be surrounded by and infused with God's healing energy and Love. My two year journey has led me to believe that attunement is proportional to the strength and intimacy of one's direct relationship with God, and that this is largely determined by sensing the Presence of God within me and around me. This doesn't just happen, but grows in response to the intensity (and continuity on a daily basis) of my spiritual discipline and practice. Over a period of time, this awareness of the Presence of God has grown stronger and has enabled me to feel 'semi-attuned' most of the time – for me a necessary stage in preparing to be used by God as a channel of His Divine Love and Healing Energy.

To strengthen this 'attunement', I now use short mantras prior to each and every healing, and have found this to be a very helpful spiritual practice. I'm more than happy to share two of these with anyone who may find them helpful. At this point, I freely acknowledge my indebtedness to Jim Pym who so wisely has pointed me in the direction of the writings of Joel Goldsmith and Ralph Waldo Trine. The words are said silently as in a *Lectio Divina* (Divine Reading) exercise, using prayer, meditation and contemplation, so that each word is understood and absorbed at a deep level of inner consciousness. I've found it helpful to consciously relax and breathe in gently at the right moment. (I've indicated this in brackets.)

**The First attunement mantra:**

*'I am ONE with the Infinite Spirit,*

(breathe in for the next line)

*I am OPEN to His Divine Inflow,*

*God is Love,*

*His Love grows in me and flows through me.'*

**My Second attunement mantra:**

(breathe in for the 1st. line of each couplet)

*'Breathe in the Presence of God,*

*And let the Presence of God breathe within me.*

*Breathe in the Spirit of God,*

*And let the Spirit of God work through me.*

*Breathe in God's Healing Energy,*

*And let His Healing Energy flow through me to those I meet.'*

This spiritual practice used for several minutes prior to any healing work moves me forward in being more 'attuned'. It's rather like using one's daily spiritual discipline to work on the 'wiring' before using the attunement mantra to plug into the mains and switch on the connection.

On the question of protection for the healing situation, my intuition tells me that God's Healing Energy is Perfect Love in action, and therefore is its own perfect protection. Providing we are working with Divine Energy and Love, I feel we have all the protection we need.

So where do I go from here? I guess I just carry on regardless, with the belief that I'm doing what God wants me to do. Healing happens in many different ways, and I shall continue to smile at strangers, bless all who make contact with me, and nurture that of God within me so that I may connect spiritually with my hospital patients. It may not produce written testimonials, but at least God knows what I'm doing.

*Everything in life can wait,  
But finding God can't wait.*

*George Harrison – The Beatles*

## HOW THE PEACE TESTIMONY AFFECTS MY LIFE *Graham Allsopp*

*'We pray for the involvement of the Spirit with us, that we may work for a more just world. We need to train to wage peace.'*

London Yearly Meeting 1993

I served in the Royal Navy for a short period and my personality was dismantled during initial training at Dartmouth and reassembled in the naval mould. Military service required strict obedience to hierarchy and I am fortunate to have become aware of how lasting the effects can be upon belief and behaviour even forty years on. My journey towards peace was to be confused and tortuous.

When I saw HMS Sheffield, a burning hulk off the Falkland Islands, on the television, it jolted me into recognising the waste of human life in war. I had been best man to the officer who would have been directing operations and vaporised when the missile struck. I later found out that, fortunately, he had been left ashore at the last moment to captain a new destroyer and thus, is alive today.

During my service, I would have laid down my life for Queen and country and I could not think then of any means of preserving peace other than maintaining the balance of nuclear power, especially when our ships were so puny.

The possibility of negotiating with foreign powers rather than fighting with them, or sitting down with the IRA, seemed to me an unlikely and a useless prospect. How dreadfully I underestimated the fortitude and faith of people with vision who *could* make a difference and did sit round the table.

Reflecting upon what I could do as years went by, I realised how inadequate had been my preparation to be a peacemaker throughout my life. I had even studied the management of conflict and was latterly responsible for fielding all the complaints from parents in a county education department. I was inadequate because of my inner turmoil.

Only a major operation ten years ago finally provided a gate to walk through, separating my past life from the new. I found the key to peace was to find stillness of my own heart and mind. I found that dogma and belief distanced me from faith and that quiet places drew me closer to God.

Having retrained as a financial adviser shortly before my illness, I had seen truth, care and generosity – but dishonesty, neglect and greed outweighed them by far. I had experienced bullying, aggression and threat. Peace was an alien concept within the industry. It was now, however, time for change.

I took the leap when I recovered and established my firm based on independence, best advice and ethical conduct. Over the last two years my aim has been to bring peace more clearly into my life and I am also in an enviable position to bring peace to the lives of others. As a founder partner I have the responsibility of ensuring that the firm provides a structure and ethos which enables those who work within it to flourish and find fulfilment, Maslow's 'self-actualisation'.

It is our responsibility to use our talents to the full and to care for each other. We should use our mindfulness to nurture bright ideas and similarly to resolve conflict using Quaker methods of enquiry. This to me brings a living, lively peace to our workplace.

We have a duty to bring peace and comfort to our clients, sometimes having to address cruel realities on the way. We accompany our clients as life changes, even into illness and their death.

The financial services industry is now far removed from the founders of Friends Provident, Lloyds and Barclays and needs refreshed Quaker values.

I believe peace has the power to transform. The financial services industry is my battlefield and with more training to wage peace I trust that by the end of next year I shall be able to expand our influence and make a significant contribution to helping others discover a better way of commerce and a more just world and that all in the industry should know that Quaker values are alive and well.

<sup>1</sup> Extract from [http://en.wikipedia.org/wiki/Abraham\\_Maslow](http://en.wikipedia.org/wiki/Abraham_Maslow)

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## **HOPS: Healing Opportunities in the North East**

HOPS: Healing Opportunities Provision Scheme is a small charity based in Sunderland Friends Meeting House. It began with the intention of offering a focus for healing in the North East, in the tradition of Lattendales but on a non-residential basis.

Run by volunteers and involving therapists who work either for expenses only or for a reduced professional fee, HOPS has now given well over 1000 treatments since it opened in November 2008. Most clients have been carers. Feedback has been phenomenally positive.

Courses which encourage self-care and a wider understanding of healing have included one on spiritual healing, led by Ros Smith. Ideas for future initiatives abound!

More information can be found on website [www.hops-sunderland.org.uk](http://www.hops-sunderland.org.uk) or by emailing [lesleybarefoot@btinternet.com](mailto:lesleybarefoot@btinternet.com) or phoning her on 07907 051595. It is hoped that there may be room for a longer article in a future edition of *Towards Wholeness*.

## AN OPEN LETTER... To convenors of all FFH Distant Healing Groups.

**Dear Friends,**

As many of you know, the FFH has encouraged the work of the groups that meet to send out distant (or absent, as it used to be known) healing to those known to need it, whether it be physical, mental or spiritual help. And, many groups include some time in holding in the Light those unknown to them, all over the world – indeed holding the world itself in this Light.

This work has always been the main *raison d'être* of the FFH. However, since the inception of the Quaker Spiritual Healers, which exists alongside, and as part of, the Friends Fellowship of Healing, we now have a wider responsibility, perhaps to our own Meetings, and certainly to the rest of the Fellowship. Perhaps it is time to 'advertise' ourselves more widely? To make our presence more obvious, and make it more clear just what FFH can offer to Friends, and others.

One way of doing this is to offer healing workshops/talks/discussions, etc. to our Meetings. And these can be arranged and facilitated by us, on request. We would ask convenors, and members of their groups, to consider having such an event at their Meeting at some time convenient to all. The only expenses incurred would be the travel of the facilitators, and perhaps some local accommodation overnight, if the distance makes it necessary.

While it seems a good idea for copies of *Towards Wholeness* to be lent and circulated amongst group members, another way to help the FFH would be for more individual members of the DH groups to take out their own subscriptions – which are still quite reasonable at a minimum of £10.00 per annum. This would help the FFH to contain costs. With rising costs all round – printing, postage, etc. – it would really help if more members of distant healing groups were actually paid-up members of FFH too!

So, it's over to you, Convenors. Please could you consider the above two options, one which will help the furtherance of the aims of the FFH and QSH, and the second to help with increasing and containing the costs of membership?

### **Postscript:**

If any convenors would like to receive copies of the Postal Groups Newsletters, please contact Elliot Mitchell (details on inside back cover.)



**A SOUTH AFRICAN CRANIOSACRAL RETREAT**  
*At Woza Moya AIDS programme*

*Lynn Shorthouse*

“The best scholar is the one who realises the meaning of non-self  
The best practitioner is one who has tamed their own mind  
The best quality is a great desire to benefit others  
The best instruction is to always watch the mind...”

*This extract is taken from the work of Atisha (982-1054ce), an Indian scholar from the university of Vikramashila, who spent the last ten years of his life in Tibet, where his teachings emphasised the basic practices of taking refuge and training the mind in love and compassion.*

I love the above quote which resonates with me most profoundly. In January this year, I spent time on retreat in South Africa at **Woza Moya** [www.wozamoya.org.za] during which time I practised cultivating a steady lessening of negative emotions, in particular an ability to turn off the negative “tape” of self criticism.

**Woza Moya** (‘come the spirit’) works in a stunning but struggling valley community. The organisation started life ten years ago in a small but organic way, when young people in the valley were dying and child-headed households were common. It is a desperate situation and yet the work of Woza Moya, offers hope, support and a chance of greater self-reliance to local valley people. Working with incredibly complex issues including death, rape, hunger and poverty they offer support to every aspect of human experience and in ways that embody empowerment and dignity. May Woza Moya continue to balance sensitivity and urgency in their practice in the community in ways that promote heart and life.

While I was there, I was able to offer craniosacral treatments to HIV positive mothers & their babies who were born with AIDS. The focus is tracking their physical symptoms and paying attention to what is happening for them. The discipline for me is to achieve a peaceful mind that helps to settle the trauma of their system. I have to be patient whilst I wait to see what the baby’s body wants to release, shift and change. As a practitioner I find it best to “get myself out of the way” and to trust the intelligence of the patient’s system.

The natural ups and downs in energy levels and enthusiasm mean that some days the momentum and ardour flowed with all the facets in balance and harmony. On other days it seemed to fall apart as though my meditation practice was feeble and ineffective. I came to see that my job was to simply show up, to sit and walk regardless of how I felt. In this place I am more able to stay in relationship with myself and others. It interests me that dis-connecting – retreating from others and the world – is one way to re-connect.

I feel really fortunate with my Craniosacral practice in Glastonbury, Somerton & Bristol to return to. It lets me live and enjoy a simple life. It allows for the opportunity to meet and help individuals and families to be well and lead more fulfilling lives. I find that people receiving treatments sometimes make connections between the physical, spiritual and emotional. I feel continually challenged and excited and deeply engaged in life.



Contact: [t] 07779 535562 [e] [lynn.craniosacral@hotmail.co.uk](mailto:lynn.craniosacral@hotmail.co.uk)  
[w] [www.lynnshorthouse.co.uk](http://www.lynnshorthouse.co.uk)



## LETTERS

*From Peter Dean, York.*

Hilary Painter's article titled 'The Role of the FFH in the Society of Friends: where are we going?' (Spring 2012) raises a much more fundamental issue at the heart of the Religious Society of Friends

In any modern business or organisation there is a process which runs something like this – The Vision, The Aims and Objectives, The Targets in relation to those; What we need to do to achieve those targets, Putting those actions into place, Measuring our performance, Evaluating how we did, etc. If at some stage in the future an activity is suggested then it is assessed against the aims and objectives. A view is then taken as to whether or not the suggested

activity falls within the business framework which then leads to the subsequent decision to support/promote or not. However good the idea, unless those in executive roles see this as falling within their current business framework then they will give it little or no support. When it comes to ongoing activities that are not within the framework then it means that no energy flows into those activities from the centre because they are outside of the focus of mainstream agendas and the hearts and minds of Friends not directly involved in them.

In recent years as various high level framework documents have circulated I'm not aware of seeing any reference to the Quaker Healing tradition, the work of FFH (Friends Fellowship of Healing) or the healing work of outside groups that operate in Friends Meeting houses. It is as though the healing activities of George Fox and Early Friends didn't exist and the modern day work of FFH is not something to be talked about or acknowledged in the grand vision of today's Quakers.

Going back some 8 years at the time of a Yearly Meeting our local Meeting house did some display boards about the work of Quakers in the area. Some long standing Friends had no awareness of the scale of FFH or the healing work carried out at the Meeting House. Since then, some 2-3 years ago, new letting rules were introduced, a gifted warden retired, the FFH group stopped meeting due to declining numbers and the ages of those involved, and the weekly drop-in healing centre run by an outside charity moved out of the Meeting House. (They were viewed as just another letting and had to pay the full rent which then kept going up. They had been working at the Meeting House since at least 1982 but were not considered by Friends to be part of Meeting.)

Until FFH and healing are recognised as an integral part of Quaker work and included in the central high level Vision and Framework documents of Yearly Meeting then they will always be on the fringe. Without an understanding of the healing work of George Fox and early Friends, and restoring this aspect of Quaker work to an equal place of prominence alongside such things as Peace and Social Witness then it is like having a half-painted picture. Until that other half is restored then the very essence of Quaker values, in respect of being held in the Light, and allowing healing and life energy to come though the silence in Meeting, the spiritual wellbeing of individual Meetings and the Society as a whole, etc., will not be fully understood. It is time for this work to be recognised as being 'of the essence' of Quaker work and restored to its rightful place at the centre of our Yearly Meeting. The future wellbeing and vitality of both FFH and the Religious Society of Friends depends on it.

*From Anne Harding, Val Robinson and Friends from Telford Healing Meeting.*

### **Is Healing important to Friends?**

For over twenty years now we have held a Friends' Fellowship of Healing Meeting at Telford. In the early days it was held in a small bedsit belonging to our Friend Nelly, an artist and gifted recycler. Usually there were four to six of us perched on small stools or on the floor by the side of her bed and there we held ourselves, our Meeting and others in need in the Light.

After reading Hilary Painter's article in the Spring magazine we thought we would take stock of our present situation. We now have two healing meetings a month, one being held at lunchtime and the other in the evening in the homes of two Friends who have offered this space as their ministry.

We start with silence and then ask for names to be held in the Light from both our local meeting and area meeting, along with personal friends and family. This is followed by a guided meditation, often one taken from *Towards Wholeness*, concluding with the holding of hands in a circle of peace. On a table in the centre of our circle we have a lighted candle and small arrangement of flowers reminding us of the unity and wholeness of creation.

As part of our healing ministry Friends contribute financially to support two charities, one a school for refugees in Conakry in West Africa, the other a meeting place for adults with special needs. Over the years we have helped to support many wonderful projects. The money raised has enabled African villagers, farmers, and medical workers to further their local work therefore enhancing both their own and the lives of their children. We believe this to be a crucial part of our healing ministry and representatives from these organizations have joined us to share our meeting and tell us about their work. Over the years we have been able to feel personally involved in this healing work as we had feedback from those involved. Our meetings conclude with a most enjoyable shared meal where we are able to share news and important concerns and other interesting topics.

The group has at its core a number of people who have been coming for over twenty years. However, recently on setting up our lunchtime group we have seen an increase in attendance and now about twenty people in all attend one or other, sometimes both, of the meetings. The copies of *Towards Wholeness* are shared with others and we asked them what they thought is important about healing to them. Here are their answers:

"My Multiple Sclerosis is not getting better but my spirit is OK; that's how healing comes out."

"Our focused healing meetings are an important element in my life as a Quaker. Our gathered group offers a still focus for the power of healing. It is not easy to

describe the uplifted feeling I experience at the end of the meeting. I love the notion that we extend our healing to the planet.”

“Because there is a healing meeting I can get out to meet with Friends.”

**We would very much like to hear from other Healing Meetings. Is there anyone willing to tell us?**

*(Please send your thoughts on this (or any other comments) to the Editor: address on inside back cover.)*



**A Pool of Quiet** by *Kitty Grave*. FFH publication 2012. ISBN 1-873048-68-8 £2.00.

Amongst the publications produced by FFH there are some which have proved extremely popular. One of these is Kitty Grave's *A Pool of Quiet*. First written during the seventies, it has been reprinted several times. The thoughts and meditations contained within are still valid for today, and their enduring message of hope and peace can still provide comfort and reassurance. There are thirty-one meditations, each based on a given quote, and as such would not only be an ideal booklet for use by Distant Healing groups, but also as a personal meditation guide.

As an example here is the meditation from Day 12:

*‘Come hither, and I shall light a candle of understanding in thine heart...’*

*(2 Esdras 14.25)*

*‘The flame of a candle gives its best light and burns most steadily in still air; and perhaps it is in our own stillness and serenity that our candle of understanding can enable us to see a little more clearly, to judge a little less hastily, and to think, and speak, and act a little more kindly.’*

Obtainable from The Manager, Claridge House, Dormans Road, Dormansland, Lingfield, Surrey, RH7 6QH. Tel: 01342 832150. Please add postage. Cheques to be made out to Claridge House.

*Another book of consolation is:*

**Through Corridors of Light: Poems of Consolation in Time of Illness** edited by *John Andrew Denny*. Lion Hudson 2011 238 pp. ISBN: 978-0-7459-5547-6. £9.99

Some while ago I heard someone on the radio use the expression ‘mental furniture’. She was referring to those comforting thoughts and ideas which come



to the forefront at times of trouble, anxiety, illness or perhaps even danger. They are the thoughts that we turn to, to give us courage to face adversity and to cope with whatever situation is confronting us, or giving rise to fear or despair. When I came across *Through Corridors of Light: Poems of Consolation in Time of Illness* it seemed that this would certainly constitute just such mental furniture.

The editor was a musician and publisher's editor before he fell ill with ME/ Chronic Fatigue Syndrome more than twenty years ago, and all royalties from the book will be donated to ME Research UK.

But, the subtitle 'poems of consolation' might just be bordering on a misnomer: I would have preferred it to have been 'poems of hope and consolation', because, reading through, it seems that this is the main thrust of the choices made by the editor, that even though the reader may be facing long-term illness, and possibly even death, there is plenty within the richness of our poetic literature that can sustain and uplift our spirits.

Poetry can indeed be a 'corridor of Light' if we allow ourselves to enter and explore it; and what is included in this book has been carefully chosen so that there must surely be sufficient mental furniture to support most people. Some of Gerard Manley Hopkins excitingly joyful verses: *'I walk, I lift up, I lift up heart, eyes,/ Down all that glory in the heavens to glean our Saviour'* are followed in further, quieter sections with D H Lawrence: *'then I must know that still/ I am in the hands of the unknown God,/ he is breaking me down to his own oblivion/ to send me forth on a new morning, a new man.'*

There is an eclectic mixture of poets, some quite new to me, others well-known and loved. There are even songs which have proved themselves meaningful to many, such as *'When you walk through a storm,/ hold your head up high/ and don't be afraid of the dark'* a powerful exhortation to courage by Oscar Hammerstein; and from William Barclay: *'Loving Father help me to live one day at a time,/ Not to be thinking of what might have been,/ Not to be worrying about what may be.'* What wonderful advice that is!

This anthology is a treasure published at a very reasonable price, and every copy bought will benefit ME Research UK, and, ultimately, those who have to experience that debilitating condition.

Rosalind Smith

(First published in *The Friend* – 27th January 2012)

The very least you can do in your life is to figure out what you hope for.  
And the most you can do is live inside that hope. Not admire it from a  
distance but live right in it, under its roof.

Barbara Kingsolver

## 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 (*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.