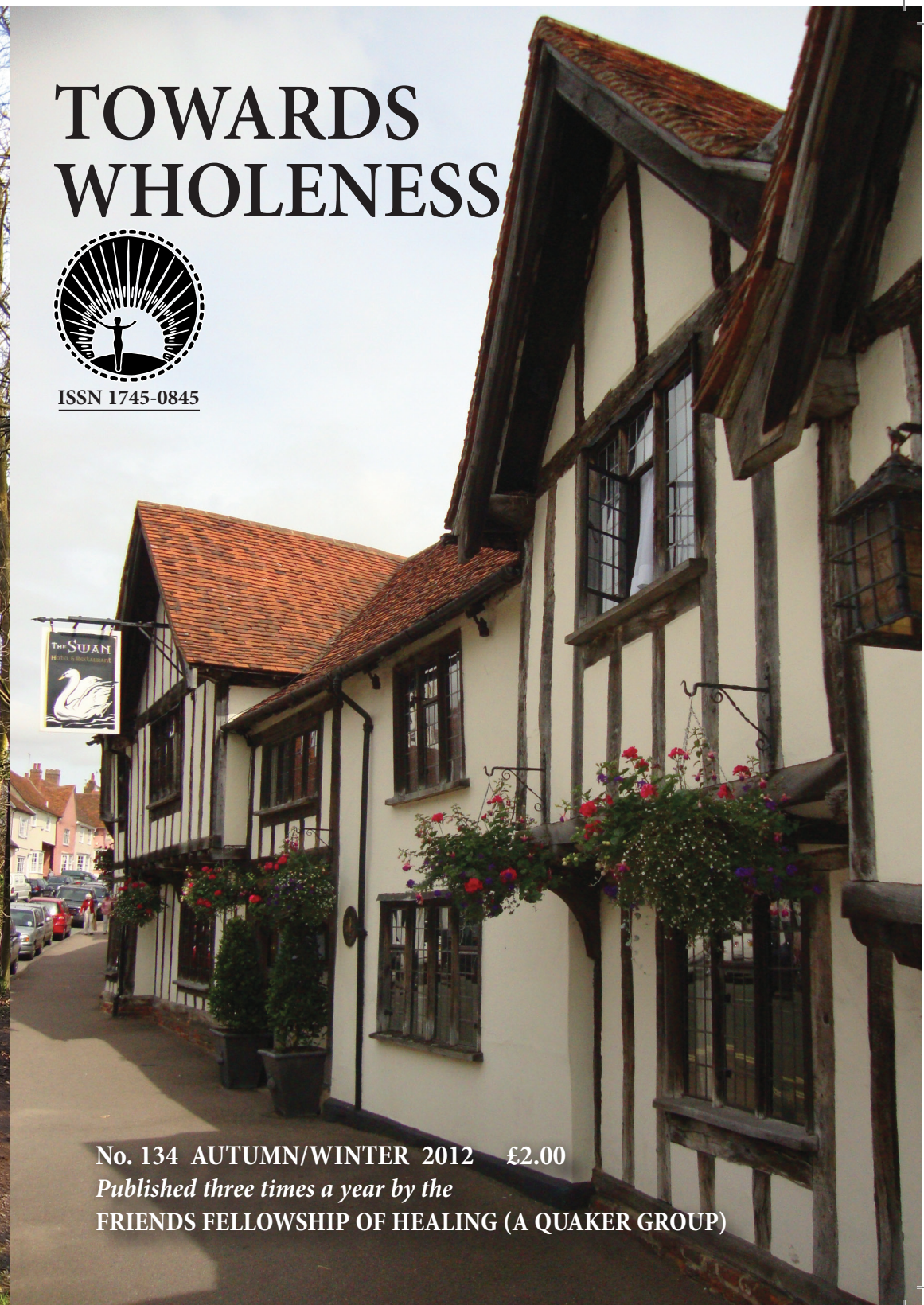




# TOWARDS WHOLENESS



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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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Donations for the work of the Fellowship are most welcome.

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

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"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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The **AGM** of the **FFH** will be held  
at 3pm on Saturday 20th April 2013, at Friends House.

**FFH/QFAS combined Autumn Weekend Gathering** Please see page 19 for further details.

## SUBSCRIPTIONS ARE NOW DUE, PLEASE.

**PLEASE NOTE: IF YOU PAY YOUR SUBSCRIPTION FOR FFH BY CHEQUE YOU SHOULD FIND A REMINDER ENCLOSED. YOUR PAYMENT WOULD BE APPRECIATED BY THE BEGINNING OF JANUARY 2013, OR BEFORE.**

**IF YOU PAY BY STANDING ORDER YOU NEED DO NOTHING.**

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please ring the membership secretary to find out – 01359 252248.)**

**MANY THANKS.**

*A little girl became restless as the preacher’s sermon dragged on and on.  
Finally, she leaned over to her mother and whispered,  
“Mummy, if we give him the money now, will he let us go?”*

I was privileged to attend the 'Into Christ Consciousness' event at Findhorn over Easter 2012. It was set up through CANA (Christians Awakening to a New Awareness), and the Findhorn Foundation supported by the Wrekin Trust, Contemplative Fire and Friends of Iona, and was designed to enable people to come together in an exploration into Christ Consciousness. Matthew Fox was the facilitator of the event.

Western consciousness is deeply imprinted with the Christ archetype, an archetype with active parallels in many traditions. In our culture and throughout our history, it has developed both light and shadow sides. The conference invited us to engage deeply with this powerful presence and its work in our individual and collective psyche: to undertake an exploration into our own light and shadow sides and invite a response, both new and perfectly suited to meet our time. A response in which the polarities of male and female, spirit and nature, Christ and Pan, meet, balance, and are reconciled. We were invited to face fear and choose love, to awaken to Spirit, and so become fully human. The more we love, the more love is possible!

In invoking Christ Consciousness, we also invoke bridges – between Spirit and form, old and new, those within a tradition and those who express their spirituality without tradition.

We engaged in an interactive process, including meditation and contemplation, music, dance and ritual, personal sharing, practical discussion and exploring tools for empowerment, and we offered ourselves to open a channel for the new consciousness that is emerging.

The statement was made:

'Planet-wide these are times of change which challenge us all to recognise that events are now soul-size and that humanity is asked to 'take the longest stride of soul men ever took'. This 'stride' may take many forms, however we feel it includes responding to an in-flooding tide of love and an expanding awareness of the essential oneness of life. Maybe together we can contribute to laying the foundations for a new era.'

I have chosen to try and capture the essence of what Matthew Fox presented to the conference.

Matthew Fox was born in 1940 and became a Dominican priest in the Roman Catholic Church. He is an educator and has written over 30 books. He was an early and influential exponent of a movement that came to be known as

Creation Spirituality which draws inspiration from the mystical philosophies of such medieval Catholic visionaries as Hildegard of Bingen, Thomas Aquinas, Saint Francis of Assisi, Julian of Norwich, Meister Eckhart and Nicholas of Cusa, as well as the wisdom traditions of Christian scriptures. Some scholars say these traditions are close to those that were first laid down by Jesus.

Creation Spirituality is also strongly aligned with ecological and environmental movements of the late 20th century and with a focus on 'deep ecumenism'. This embraces numerous spiritual traditions around the world, including Buddhism, Judaism, Sufism, and Native American teachings.

Among Matthew Fox's most controversial teachings was a belief in 'original blessing', which became the title of one of his most popular books. This concept was in direct contravention of the Roman Catholic doctrine that people are born into 'original sin'. His teachings were also considered more feminist and ecology-centred, and more accepting of homosexuality than church orthodoxy. Eventually he was expelled from the Dominican order, and ended his professional relationship with the Roman Catholic Church. He has gone on to found a university now called the Wisdom University and continues to lecture, write and publish books.

He said that change comes when there is an emergency, and he linked the word 'Emerging', as in Emerging Christ Consciousness, to the 'Emergency' in which our generation finds itself.

He took some time to look at patterns of human behaviour, particularly in the practices of global institutions where our trust has been undermined to such an extent that we could not depend on them anymore. Reminding us that we are the first species in four and a half billion years of this planet's existence that can choose not to go extinct, he said we haven't made that choice yet. And that is where we come in.

We belong to many communities: those in which we live; our neighbourhoods; where we work; trade and professional associations to which we belong; our spiritual and worshipping communities; other social groupings like special interest groups and causes; links with those of faith and no faith; also our friends, acquaintances and family.

He suggested that we need to take charge of our own moral efforts, and we need to merge with other groups outside our usual tribes in which we have previously gathered so that we can infuse ourselves with more energy and all the collective wisdom we can tap into, so that together we would make opportunities to *'tap into our deepest nobility, and that nobility is always about compassion, justice, healing and creativity.'*

He also said

*'This spiritual energy is going to awaken our species if we are awakened at all.'*  
and

*'Light up your communities. Set fire to your communities!'*

Every religion begins with an experience of the divine: Buddha under a bodhi tree; Muhammad's revelations of the Koran; the seers who gave birth to the Upanishads; the prophets of Israel; Jesus and the early Christians and the experience of Pentecost. The danger is that while all religions begin with mystical experience that experience has to be translated into a language. And that is when trouble begins with divisions and heresies.

Quoting again from Matthew Fox: *'The only proper language of mysticism is silence; also art, poetry, dance, theatre, ritual, using our intuition and the ascetic. This is the proper language for Christ consciousness. The writings of the mystics illustrate their connection with Christ consciousness, and the radical unity of the human and the divine.'*

Julian of Norwich wrote: *'Between God and the human there is no between.'*

Meister Eckhart says *'In breakthrough I learn that God and I are one.'*

*'Now, God and you as one does not mean that you are all that God is. It means that the potential is there for us to take on an aspect of God through the emergence of the Christ Consciousness. Our ability to receive the Cosmic Christ is variable according to the generosity with which we are prepared to receive, and also has something to do with the emptying that we have learned, whether through meditation on the one hand, or through the suffering of life that often cracks through our exterior so readily.'*

*'As Eckhart says, "If you want the kernel you must break the shell". Our shells do get broken, we do die many times. The event of Christ on the cross is universal, suffering happens. The Christ has wounds. It is not just pure light – it is also the universality of woundedness. The first lesson in Buddhism is that all beings suffer. That is certainly echoed in the Christian story. Even divinity in whatever form it takes undergoes crucifixion and brokenness.'*

Quoting from *'The River Clarion'* a poem by Mary Oliver, a contemporary mystic:

*I don't know who God is exactly.  
But I'll tell you this.  
I was sitting in the river named Clarion,  
on a water splashed stone*

*and all afternoon I listened to the voices  
of the river talking....*

*And slowly, very slowly, it became clear to me  
what they were saying.  
Said the river, I am part of holiness.  
And I too, said the stone.  
And I too, whispered the moss beneath the water.*

*I'd been to the river before, a few times.  
Don't blame the river that nothing happened quickly.  
You don't hear such voices in an hour or a day.  
You don't hear them at all if selfhood has stuffed your ears.  
And it's difficult to hear anything anyway, through  
all the traffic, the ambition.*

*If God exists he isn't just butter and good luck.  
He's also the tick that killed my wonderful dog Luke...*

*Of course for each of us, there is the daily life.  
Let us live it, gesture by gesture.  
When we cut the ripe melon, should we not give it thanks?  
And should we not thank the knife also?  
We do not live in a simple world.*



## **On Living With A Full Heart**

When one is too hurt one cannot see others' pain,  
for one is too blind with one's own.  
When one has many weights to lift, one cannot enjoy life.  
When one has many expectations, one cannot be patient with others.  
When one has fear, one cannot enjoy life.  
When one does not give, one is making the heart lonely.  
When one does not take, one is making the heart feel inferior  
When one does not hope, one is shutting oneself into a tight closet.  
But when one does not love, one is killing one's self.

*(written by a 12-year old, Berkeley, California)*

## LADAKH OR ‘LITTLE TIBET’: An inspiration for our own future

*Lynn Shorthouse*

“Centuries of ecological balance and social harmony are under threat from the pressures of Western consumerism.” Helena Norberg-Hodge first published *Ancient Futures* in the 80s which introduced me to ecological issues and inspired me to visit Ladakh one day. Twenty years later my youngest son George returned from a tour of India, including Ladakh, and told me I must meet the Ladakh grandfather Tashi Rabgyas with whom he stayed. When George’s own grandfather died last year he left one thousand pounds for each grandchild. George and his brother Ed said that they wanted to use their inheritance to take me to Ladakh to meet the family.

The main road to Leh from Manali is billed as the second highest and most dangerous road in the world. We travelled over this road by bus to reach Leh, and remembered those who did the journey on foot or horseback as we passed some on bicycles. Somewhat nervously, equipped with warm clothing in case the vehicle broke down, we also carried bananas and coca, a homeopathic remedy for altitude sickness. The scale of this part of the journey was epic and impossible to convey in words.

On arrival, through the magnificent Leh gateway we finally emerged from the bus and I was left with the bags to drink chai whilst George and Ed. went to find the Ladakhi grandfather’s home. In a surprisingly short time they escorted me and the bags to the family, where George was greeted like a prodigal son. As his mother, I received more tea and a really warm welcome. We were to “hot - bed” in the family’s spare room for the next week. I was able to go on an uphill climb to the Skanska Gompa early morning and so usually went to sleep not long after sunset; whilst my sons often walked into Leh old town in the evening and then joined us next morning for freshly made flat bread at breakfast.

One of the first things that struck me on my arrival in Ladakh was the wide, uninhibited smiles of the family we stayed with. On the afternoon of leaving my home for Bristol and Heathrow some strong sensation made me run around my garden gathering seeds, naming, sealing and finding a safe place for them in my very small backpack. The family referred to me and the mother in the home as “Amelay” (as we are both mothers) and she was delighted to receive the seeds from my garden. As we left she gathered seeds from her garden for me. Her identity appeared directly linked with the close bonds with her family and community which are reinforced by the Buddhist emphasis on interconnectedness. The family’s attitude to life and death seemed to be based on an intuitive understanding of impermanence and a consequent lack of



attachment. Rather than clinging to an idea of how things should be, they were blessed with an ability to actively welcome things as they are...

I had the privilege to experience another, saner way of life. I experienced living with neither waste nor pollution, where the community was healthy and strong, and the adolescent son of the family was never embarrassed to be gentle and affectionate with his mother. The respect that this family offered me as I practised meditation each morning changed how my sons saw me; and the journey gave me a much better understanding of the exploring and excellent young men who are my sons.

Healing happened in this intense and short journey both at the personal and ecological level. By leading the simpler lives of a low-carbon society, we draw nearer to the abundance of peace, freedom and true community. Leaving me with the question: what does simplicity mean in our complex world – is it a lifestyle option, or is it more than that?

To quote the Dali Lama on Ladakh 'No matter how attractive a traditional rural society may seem, its people cannot be denied the opportunity to enjoy the benefits of modern development. However, development and learning should not take place in one direction only. Amongst the people of traditional societies such as Ladakh's there is often an inner development, a sense of warm heartedness and contentment that we would all do well to emulate.'

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### Pickup in the Rain

*One night, at 11:30 p.m., an elderly African American woman was standing on the side of an Alabama highway trying to endure a lashing rainstorm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car.*

*A young white man stopped to help her, generally unheard of in those conflict-filled 1960s. The man took her to safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console colour TV was delivered to his home. A special note was attached. It read:*

*"Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away... God bless you for helping me and unselfishly serving others."*

*Sincerely, Mrs. Nat King Cole.*

## **Growing Older Gracefully**

*Keep me from the fatal habit of thinking  
that I must say something on  
every subject and on every occasion.*

*Release me from craving to straighten out  
everybody's affairs.*

*With my vast store of wisdom,  
it seems a pity not to use it all,  
but you know, Lord, that  
I want a few friends at the end.*

*Keep my mind free from  
the recital of endless details;  
give me wings to get to the point.  
Seal my lips on my aches and pains.  
They are increasing, and love of  
rehearsing them is becoming sweeter  
as the years go by.*

*I dare not ask for grace enough to enjoy  
the tales of others' pains, but help me  
to endure them with patience.*

*I dare not ask for improved memory,  
but for a growing humility  
when my memory seems to clash  
with the memories of others.*

*Teach me the glorious lesson that  
occasionally I may be mistaken.*

*Keep me reasonably sweet;  
I do not want to be a saint –  
some of them are so hard to live with –  
but a sour old person is one of  
the crowning works of the devil.*

*Give me the ability to see good things  
in unexpected places, and talents  
in unexpected people.*

*And give me, O Lord,  
the grace to tell them so.*

**Anon**

# REPORTS

## Quaker Spiritual Healers at Woodbrooke – 6th to 8th July 2012

Why should ten people bother to gather together for a weekend at the Quaker Study Centre, Woodbrooke on a Friday evening, which for some, was after a long and soggy journey in the pouring rain? In the words of Paul it was for, “The assurance of things hoped for and the conviction of things not seen”. Yes! It was the Support Weekend for Quaker Spiritual Healers. The facilitator was Jan Etchells and the theme was *Aspects of Change*.

Friday evenings for such gatherings are always interesting as folks tell each other about themselves and, in this instance, something about their personal life and healing experience. This is an essential, but always there is the risk that individuals will depart from the session wondering if they are in the right place and with people they can cope with. However, we were gradually put at ease and, after all, the theme was about ‘change’ and change is about acceptance and how it is with Quakerism.

When considering aspects of change in our lives we are confronted with a plethora of possibilities. ‘Brainstorming’ the list appears to be endless, embracing our own lives, the lives of others with whom we associate. Then add to the discourse the social and economic factors of the world in which we live and suddenly we are overwhelmed with what it is that we have to cope with in life. This was most revealing and highlighted what we have to consider if we are to be effective and affective healers. These factors can cloud our own and our client’s acuity and clutter channels of communication between the two be they proximal or distant healing.

At first there was a temptation to talk about the variety and forms of healing available, which was helpful in gaining a perspective, but we were led to consider the characteristics of Quaker spiritual healing. For me this entailed reflection on the ministry of Fox and other early Friends who, without training, made their point of reference to walk in the Light, a healthy personal lifestyle, faith, love along with being patterns and examples to answer that of God in everyone.

Having this vision in mind we were led to consider the features embedded in the Prelude from *The Dance* by Oriah Mountain Healer, which focuses entirely on how we can shape our lives by presenting us with a question and answer format to make us think and restructure the ‘self’ we wish to become.



The following are two forceful examples of the accepted wisdom behind this presentation:

What if your contribution to the world and the fulfillment of your own happiness is not dependent upon discovering a better method of prayer or technique of meditation, not dependent upon reading the right book or attending the right seminar, but upon really seeing and deeply appreciating yourself and the world as they are right now?

Would this affect your search for spiritual development?

What if you knew that the impulse to move in a way that creates beauty in the world will arise from deep within and guide you every time you simply pay attention and wait? How would this shape your stillness, your movement, your willingness to follow this impulse, to just let go and dance?

Reflection on the whole of the Prelude was deep and meaningful for everyone, helping us to develop an understanding that healing is essentially about how we are as individuals, and degrees of expertise will only be derived when our distinctive persona is cherished.

Later we moved to explore the wisdom that emanates from *The Shack*, a book by William Paul Young, which had had a significant influence on Jan Etchells and resulted in her sharing views on ‘forgiveness’ that had emerged from the text. It became clear to us that: ‘Our inability to forgive is a blight on our soul. Forgiveness is hard and most people tend to hang on to their hurts, to take some kind of perverse satisfaction in them.’ (Debbie McComber).

From the examples exhibited by *The Shack*, that Jan presented, I found this one to be most meaningful, ‘When you choose to forgive another, you love well’. Added to this I found myself recalling that ‘Love is letting go of fear’ and that our fears are the core stumbling block, along with the lack of ability to forgive ourselves, be it to heal or to receive healing.

Interspersed between the truth-seeking building blocks of the weekend there were the mandatory healing practice sessions, which represent the bedrock of the healer’s *raison d’être*. At training weekends these become an extraordinary feature as working with others, who are on the same learning path, adds a further dimension to the experience both for the receiver and the healer to their mutual advantage in their quest to become more proficient and understanding of the role. As a relative newcomer to QSH these sessions have made a distinct contribution to my personal healing development.

Perhaps the highlight of the weekend for all participants was our own private Meeting for Worship on Sunday morning. By then the bond of friendship was complete and this was manifest in the nature of the ministry and the gathered stillness of our worship.

‘This silence, this moment, every moment,  
If it’s genuinely inside you,  
Brings what you need’. (*Rumi*)

It is at times like this that, through the surrendering of ourselves into the stillness with others, the nature of God is revealed, enabling us to truly come to know God, which culminates in the essence of our ministry towards Quaker spiritual healing.

This has been a personal account of my experience and a way of thinking about a meaningful and significant weekend, which has enhanced my desire to become an effective spiritual healer. I trust that the other Friends who attended will have similar feelings about the value of the event.

*Derrick Whitehouse*



## THE SIX MISTAKES OF MAN

The illusion that personal gain is made up of crushing others.

The tendency to worry about things that cannot be changed or corrected.

Insisting that a thing is impossible because we cannot accomplish it.

Refusing to set aside trivial preferences.

Neglecting development and refinement of the mind,  
and not acquiring the habit of reading and study.

Attempting to compel others to believe and live as we do.

*Cicero*



## TAKING THE PLUNGE

*Jan Etchells*

When I retired, I had a list of things I wanted to do or achieve. A couple of years on and I realised that I had done none of those things on the list; I'd been too busy doing other things. One thing on my all-important list was learning to swim. I come from a family of non-swimmers, my father who was disabled didn't swim, neither did my mother who died when I was sixteen. My brother, seven years older than me still doesn't swim.

First, I joined a class, but that was a disaster. There were nineteen of us in the class and two lifeguards stood on the edge handing out floats and encouragement. I knew what I needed was an instructor beside me in the pool. But how to find someone like that? The swimming baths could offer me no advice so I started to ask among my friends if they knew of such a person. Eventually I got the name of a one-to-one instructor, a young woman who sounded very young and confident.

I went along for my first half hour lesson, sure that it was far too short a time to learn anything. In fact, it was quite long enough and I was so tired at the end of the lesson I could hardly haul myself out of the pool. I went on having my half hour lessons for a year. Then I got stuck. I knew the theory, but my legs wouldn't obey my brain. At this point, I asked healer friends to send me healing and in some indefinable way, it helped. Whatever, it got me over the hump.

By this time, I knew other regular swimmers in the pool and they would chat to me and offer words of encouragement. One even walked me across the pool keeping other swimmers at bay while I floundered my way across. Still my legs did their own thing for most of the time.

I had hoped to encourage some of my friends to come along and swim with me to help me along, but none was willing. The excuses for not swimming were many and varied and I heard them all. They were too fat, too thin, had varicose veins, didn't have a costume, the water was too cold and so on. Nothing convincing, they just didn't want to join me. So I got on with the job alone.

After about two years with my delightful teacher, who by this time I knew very well, I began to get the hang of things and my legs, while not conforming to a particular style at least did the right thing and stayed off the bottom. Yes, I can now swim in my own peculiar fashion. It is a style like no other, but it gives me pleasure to be able to make my way across a few widths. I am not yet confident enough to go out of my depth and swim lengths, but my tutor tells me that my problem with that is in my head as I am perfectly capable of it, just not confident enough in my own abilities.

I go along to the pool most Saturdays and enjoy a swim, meet the regulars, of whom I am now one too, and after an enjoyable swim, leave and make my way either into the town or home. It is a satisfying achievement, but I won't be at the Olympics in four years time unless they introduce a category of very free individual style for the pensioners among us!



*'...If you can fill the unforgiving minute  
With sixty seconds' worth of distance run –  
Yours is the Earth and everything that's in it,  
And – which is more – you'll be a Man my son!'*

What a lot of wisdom flowed from the pen of Rudyard Kipling when he wrote this lovely poem! The well-known verses of 'If' engender a feeling of encouragement, strength, integrity and – well, uprightness! But the last few lines also seem to urge us to make sure we fill every available moment of our time with *doing* things – being useful, being creative, being busy. We mustn't waste any of the precious life and time we each have and risk leaving any minute unoccupied. Otherwise that minute will not come again, hence its supposed unforgivingness.

While I do agree with his stance that *'If you can keep your head when all about you are losing theirs and blaming it on you... Or, being lied about don't deal in lies,'* etc., perhaps his ideas about dreams and thoughts, and not making them our 'master' or our 'aim' need more consideration. While we would be very unwise to let dreams and thoughts rule us, we should certainly be able to give them space in our lives. For from them flows the richness of each individual character – that facet of ourselves that indeed makes us Man (or Woman!). Without giving time to thought, to contemplation, to day-dreaming, we may rapidly become automatons, only capable of rushing from day to day in the most unthinking way.

Some people feel that sitting in meditation or contemplation is a waste of time – they feel they should be up and doing something. And it doesn't help when thoughts about what they *could* be doing seem to crowd in and jeopardise the peace and calm that just sitting quietly can produce. Most of us are very good at making sure we have things to fill all our minutes, throughout the day. Even sitting down and relaxing we might want the radio on, or the TV, or take the chance to read a book. All that's OK, of course, but we're still filling each minute – each unforgiving minute. We may be throwing away the chance to open up our awareness, to let our minds become receptacles for inspiration, or intuition. This won't happen if we're concerned about keeping our minds occupied all the time, as though without anything happening we're some sort of lesser being for a while. Quite the contrary! Let us be still, be quiet in our minds – 'be cool in thy mind' in George Fox's words – be ready to receive and *know*. Let's have a few minutes in our lives which are not filled 'with sixty seconds' worth of distance run'. Let's acknowledge that every minute that we *don't* fill is as valuable, or more

so, than those we do. And ours will still be 'the Earth and everything that's in it'  
– and we'll be no less a Man – or Woman – anyway!

It seems apposite to include here the following piece by *Gerard Benson*  
taken from *A Good Time*, a book of Gerard's poetry published in 2010.  
ISBN: 978-1-906613-19-8

## IF

If you can manage home life like a good 'un  
And hold your place within a business too;  
If you can bake a cake and make a pudd'n  
Then show, with bullet points, your point of view;  
If you've three kiddiwinks you have to read to  
Before you entertain a hostile press;  
If you can wear the trousers when you need to  
Yet look divine in that wee cocktail dress;

If you can ride those pats upon the bottom  
From every amorous half-cut MD,  
And land those contracts when you're sure you've got 'em  
Under your thumb, then go and make the tea;  
If you can bleed and simply grin and bear it,  
If you can calculate whilst in a whirl,  
Yours is the cap, and you're the one to wear it,  
And which is more, you'll be a woman, girl.

*Gerard Benson*

*Gerard Benson is a Quaker and the city of Bradford's poet laureate. His children's books have won the Signal Award and been shortlisted for the Carnegie Medal. A Good Time is his fourth collection for grown-ups, along with a number of anthologies, including the Poems on the Underground series of which he is a founding editor.*

## 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.*

### **November 23rd - 25th YOGA TO BEAT FATIGUE** (€180)

A gentle yoga course 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 with the KHYF.*

### **November 30th - December 2nd A HEALING WEEKEND** (€180)

A peaceful space in which to gently explore and experience some ways to heal the self. The weekend will include Meditation, Imagery, Relaxation, Breathwork and the Esoteric Anatomy of the body. Learn how to utilise these powerful healing tools for yourself and others. Individual healing sessions available for a small fee.

*Chrissy Holmes, Spiritual Companion for Foundation for Holistic Spirituality, healer for 35 years who supports, facilitates and encourages growth.*

### **December 5th LED DAY RETREAT – MANDALA MEDITATION** (€25)

Learn how to create colour or paint a Mandala, and then to meditate upon it. No previous experience of art required – just an open mind.

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

### **December 7th - 9th ANGELS** (€180)

Angels are beautiful, caring beings of light, just waiting to be asked to bring love and light into our lives. Meditate with them and learn of their healing and helping qualities.

*Anna Moore, a Reiki Master and teacher for over ten years, who loves working with angels.*

### **December 14th - 16th WINTER SOLSTICE** (€180)

As we witness the sun returning from the darkest, still point of winter, you are invited to engage in the healing power of imagination and metaphor, through



painting, stories, movement, meditation and ritual – to explore how this turning point of Light may illuminate you and your path towards Spring.

*Deborah Kelly, an experienced Arts Psychotherapist and Shiatsu practitioner, particularly interested in working with nature and the cycles of the year.*

**December 24th - 28th CHRISTMAS BREAK (£475)**

Enjoy a quiet Christmas in our Quaker House, away from the normal pressures of this time of year. Relax, go for walks or play games. Gather for our daily Quiet Times. Come together to share favourite music, poetry and writings.

**December 31st - January 4th 2013 NEW YEAR RETREAT (£300)**

Life is a process of beginnings and endings. On this retreat we will look at what to release from the past and what to carry forward. Using art, creative writing, movement, guided meditation, silence and sharing of experiences, we will reflect on our own lives. No previous experience of activities required.

*Angela Schütz, a Quaker, Painter and Counsellor, and*

*John Harley, an Art Teacher, Unitarian Minister and Chair of the Art and Spirituality Network.*

## **2013**

### **FIRST WEDNESDAY RETREATS**

On the first Wednesday of February and March there will be a Led Day Retreat  
cost £35 per day

**February 6th**

**Meditation**

From Winter into Spring  
From Rest into Renewal

**March 6th**

**Christian Meditation**

Did it ever exist?  
What happened to it?  
A chance to put it into practice

*Both retreats will be led by Lina Newstead.*

**January 25th - 27th SILENT WINTER RETREAT FOR RENEWAL (£190)**

Using Mindfulness Meditative techniques this totally silent retreat offers the opportunity to rest in the Winter stillness to enhance growth and renewal.

*Anne Simpson, Experienced Course Facilitator and Quaker Healer.*

**January 11th - 13th GENTLE YOGA TO BOOST HEALTH AND STAMINA** (£190)

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.*

**February 8th - 10th STARTING TO DRAW** (£190)

Discover your hidden drawing talents by observation, thought and drawing techniques. Use imagination, not taking what you 'see' for granted. Observe positive and negative shapes, light and shade, texture and detail with still life and outdoor sketching.

*Rosalind Berzon, an experienced, qualified art tutor with over 40 years of experience.*

**February 15th - 17th THE ART OF STORYTELLING** (£190)

We will explore the world's oldest art form and look for the often hidden treasures – stories from our own lives that in the telling can be a gift to both others and ourselves. Along the way we will have fun, movement, voice work and pick up practical tips for storytelling.

*Mark Bedford, professional storyteller with many years experience of performing and running workshops.*

**February 18th - 22nd YOGA AND HAPPINESS** (£320)

Yoga sees our true nature as happy and peaceful. Forgetting our true identity we become attached to things; looking for happiness externally, we are disappointed. Using self-enquiry based on the teachings of Patanjali and Vedanta, you will rediscover your sense of bliss and peace through discussions, gentle postures, breathing, meditation and relaxation.

*Fiona Agombar, author of Beat Fatigue with Yoga, accredited advanced teacher with British Wheel of Yoga, studied Vedanta extensively in India, works as a yoga teacher, therapist and writer.*

**February 22nd - 24th YOGA TO ENERGISE AND HEAL** (£190)

A gentle therapeutic yoga course suitable for all abilities. We will include energy enhancing methods such as special breathing techniques, meditation and nurturing yoga postures. Suitable for those with moderate ME/CFS.

*Lina Newstead, a Diploma Course Tutor who runs regular private classes, retreat weekends, and longer Yoga courses.*

**March 1st - 3rd THE HEART OF THE SACRED CLOWN** (£190)

Embracing the heart through play, mindfulness and presence, an open workshop for beginners and those who have attended previous workshops. Fun and interactive with soft gentle exercises, using the breath, voice and movement.

We will spend time listening to the quiet space inside and explore dance, mime, improvisation, clowning and the red nose.

*Reuben Kay, (PGCEE), a teacher and performer of Sacred Clowning.*

**March 8th - 10th WORLD CIRCLE DANCE** (£190)

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.*

**March 15th - 17th MINDFULNESS and MEDITATION RETREAT** (£190)

Mindfulness meditation is a way of learning how to experience life fully, moment to moment, which may help to transform your relationship with your problems, fear, pain and stress. It can bring calm, clarity and creativity to your life. Beginners to meditation welcome as practices are accessible to all.

*Lina Newstead, a Diploma Course Tutor who runs regular private classes, retreat weekends and longer Yoga courses.*

**March 22nd - 24th LIVING WITH LOSS** (£190)

A gentle, nurturing time for anyone who has lost a loved one, not necessarily by death. We will look at the grief process and explore the paradox of letting go while staying connected. Is it possible to forge continuing bonds?

*Frances Crampton, bereavement counsellor and healer.*

**March 29th - April 1st**

**EASTER BREAK**

(£210)



*Claridge House in winter*



## QUAKER SPIRITUAL HEALERS EVENTS

### QSH 'TRAINING COURSES': (Monday - Friday)

**Woodbrooke – April 8th - 12th 2013**

£330

Facilitated by Anne Brennan and Kay Horsfield.

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.

*(Please ring Ros Smith on 01359 252248 for details of course content, and also to make a booking. A deposit of £60 will be requested.)*

### QSH SUPPORT WEEKEND –

**Glenthorne – July 5th - 7th 2013**

£155

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. Tel: 01539 435389.)*

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### FFH/QFAS WEEKEND GATHERING at Woodbrooke Sept 20th - 22nd 2013

**Aspects of Healing.**

£175

Organised jointly by Friends' Fellowship of Healing and Quaker Fellowship for Afterlife Studies primarily for their members, but open to all who are interested. This is a weekend for sharing insights and methods. How can visualisation, colour and sound be used in healing? Can negative past life experiences be healed? Can healing assist the soul at death? How does a belief in an afterlife help in bereavement?

Bookings and further information: please contact Angela Howard  
Tel: 01371 850423 or email: [angela1@webbscottage.co.uk](mailto:angela1@webbscottage.co.uk)

*Seen on a church notice-board:*

For those of you who have children and don't know it,  
we have a nursery downstairs.



## LETTERS

*In response to the Open Letter in TW 133 Summer 2012... Jenny Cuff, of Reading Meeting, has sent the following, which also includes a meditation suitable for use by any FFH Distant Healing Group.*

In Reading, the Prayer Group for Healing is now in its 11th year, meeting every month at the FMH on the 1st Tuesday 7.30 - 8.30pm.  
Two convenors take turns every other month to lead it and we encourage others to lead a meeting if they would like.

We have a standard format: welcome, introductions, relaxation, meditation, silent worship of 20 minutes, then naming, an affirmation said three times then a closing prayer. I personally like to keep each section the same, except for the meditation which is a new reading/poem/quote from any spiritual source each time.

Every couple of years a convenor will report to Area Meeting on our activities and this is recorded in the minutes and circulated to a wider audience in the AM.

There is a poster in the Reading FMH advertising our presence and we have attached an envelope to it with slips of paper for Friends to write down names of those who would like healing. This is picked up every month and the name(s) spoken into our healing circle (during the naming time).

Every month we have a notice in the monthly diary to bring attention to our meeting. This includes the encouragement to fill in prayer request slips on our poster in the hall.

We have a core group of six attenders and last year, to mark our 10th anniversary, we began to email a copy of our healing meeting to those who attend, and those who have asked for healing over the years. This list is growing and, on email, we always use 'bcc' to protect confidentiality. I think Friends appreciate being able to use this for their own quiet times at home.

This September, Reading Meeting held a Groups Fair for Friends to literally 'set out their stall' after MfW to enable everyone to be informed as to which Friends are involved in which specific special interest group. Our group had a table, a poster, copies of the newsletter, Claridge House leaflets, and encouraged Friends to subscribe to FFH.

In October, our prayer group for healing evening falls during Quaker Week and we have made sure that we are on the programme of events which is being

organised for Friends and the general public.

In the past we have sent our poster to outlying meetings in the Thames Valley – Wallingford, Wokingham, East Garston, Newbury, and Maidenhead, and it may be possible that one day our attenders who travel in from Newbury and Wallingford may like to consider offering a prayer group for healing meeting in their home locations.

Reading Meeting encourages Friends to speak to the collection each week and this would be a very good way of bringing FFH to the attention of the Meeting and raising funds. There could be a suggestion to the group that they might like to subscribe to FFH.

Here is an example of our monthly diary entry:

*1st Tuesday 5th June – Prayer Group for Healing at FMH at 7.30-8.30.  
Relaxation, meditation and reflection with silent worship. All welcome. Prayer requests can be placed in the envelope with our poster in the lobby.*

And here is an example of our monthly meeting:  
(*This is sent to 14 friends after our meeting*)

*Friends Prayer Group for Healing is held at the Friends Meeting House, Church Street, Reading RG1 2SB on the first Tuesday of the month from 7.30 to 8.30pm. All are very welcome to come along and take part.*

*Through a practical exercise (as below) we seek to quieten the mind enough to enable an experience of inner peace, well-being and connectedness between our mind and our body and to allow the connection to God or 'the good' to flourish. This opening to observe, reflect, let go and let God forms the basis of our prayer group as it offers an opportunity to nurture ourselves in our daily life and to lift into the light and love of the Spirit those we wish to remember, specific requests for prayer, special causes and those engaged in them.*

*A candle is lit in the centre of the circle and by using a relaxation exercise we start to centre down in preparation for our silent Meeting for Worship.*

**RELAXATION** (*spoken out loud and slowly*)

*Invite your body to relax, place your feet flat on the floor, and gently rest your hands in your lap. Sense yourself being grounded, in the here and now, in this moment. Sit quietly and become aware of your breathing, calm and natural. Allow yourself to relax. Enter into a stillness and peace that is always there. Check your body slowly from head to foot, and ease any tension points. Know that only you have the power to relax yourself in this way and ease the busyness of your*

*mind. Let stillness be your being.*

*Affirm the reality that you are in the presence, in the peace and in the power of God. You cannot make this happen, for it is a reality, but you can become more aware of its truth. If we are willing to come to the source of all being, he is seeking to enfold us in his love. There is no need for words, just rest in the stillness of God.*

**PAUSE...**

*followed by MEDITATION (From Seek and you will find by Anne Lewin)*

*Disclosure*

*Prayer is like watching for the kingfisher.*

*All you can do is*

*Be where he is likely to appear, and*

*Wait.*

*Often, nothing much happens;*

*There is space, silence and*

*Expectancy.*

*No visible sign, only the*

*Knowledge that he's been there*

*And may come again.*

*Seeing or not seeing cease to matter,*

*You have been prepared.*

*But when you've almost stopped*

*Expecting it, a flash of brightness*

*Gives encouragement.*

**SILENT WORSHIP OF 20 MINUTES – adapt time to suit**

**NAMING** *Whilst holding ourselves in the light, think of or name out loud those we wish to remember, causes, projects and those engaged in them.*

**AFFIRMATION** *Say three times: My mind and body are renewed by the spirit of God within me.*

**FINAL PRAYER**

*Beloved, remind us, however lost we may feel, we are never outside the source.*

*We are intimately known by it, sustained by it and returned to it – daily – now – and when we pass away. Beloved, remind us, no matter how discouraged we may be, the source delights in us, plays in us, becomes in us. Then we can be at peace – for no matter what occurs in our lives, we can always find our way home to the core, the truth of our being. Amen.*

*As the candle is blown out, we visualize the light being sent out into the world.*

What do Quakers do in that brief silence we sometimes keep before we eat? Do Quaker healers make it an opportunity for healing?

If we are having a meal at Woodbrooke, it is suggested we thank God for our food, and those who have prepared it. So a bell rings in the middle of the meal and most people bow their head and shut their eyes. Are they saying a thank-you prayer? This assumes they believe in a 'God-out-there' to whom they can express gratitude. If instead they believe in the immanent God (that-of-God-within) then perhaps they are acknowledging that inner divinity in the gardeners, cooks and kitchen staff? Others may just do what they do in Meeting – tune into the Holy Spirit, thus intentionally becoming a channel for that creative and healing power.

Does this Energy then go into the food, making it more nourishing? Or are we holding all those present in the Light, for a few minutes? Do we, then, all feel more connected with each other, creating a healing environment?

Many Quakers nowadays were first in some other denomination or faith before joining Friends. These may know a 'grace' which was said at their school (perhaps in Latin) and gabbled through before sitting down to eat! They may revert to this when a grace is called for. At my Belgian convent school, we blessed the food beforehand, and thanked God for it afterwards, in French. The Walloon nun leading this insisted on a slow, sincere delivery! In some places a grace is sung – a beautiful custom.

When Quakers are not at one of our retreat centres e.g. Charney Manor, Claridge House, Glenthorne do they still pause before eating by having a Quaker silence? Do they do this when inviting others for a meal or perhaps at a Meeting's 'simple supper' or 'shared lunch'? Do they practise this when home alone, or encourage it in their children at a family meal? Do we link it with the theological meaning of 'being in a state of grace'? And what do we mean by this? I mean that I am tuned into the Holy Spirit, ready for healing – and am in a rosy glow! We should be relaxed before eating and have our meals in a leisurely way. Much better for the digestion!

Some years ago I composed a grace I could say when having a meal by myself. I wanted to create a little ritual to acknowledge my vegan nutrition and its organic source. I am also a 75% 'raw-foodie', only having 25% cooked food each day. I wanted my meals to be sacramental – a holy communion in the Spirit. This grace follows below, processing my ritual. Others may wish to



compose their own personal one, suitable for their circumstances, beliefs and values.

*Abundant Creator, thank you for helping me to grow and prepare my own vegan, organic food. For giving me a garden and allotment, and the permaculture skills to use them well. For teaching me about this plant-based, naturopathic nutrition which will hopefully keep me healthy and free from debilitating disease. For guiding me to realise that this is the compassionate and sustainable way to care for our planet. As I tune into thy healing power to become a channel and co-creator for thy energy, may this meal sustain and nurture me; and may I be blessed. Amen.*



## TEN SHORT STEPS TOWARDS HEALING

Change your thoughts; change yourself; that's what healing really means.

Healing is just a breath away.

Remember that healing doesn't always embrace curing.

Open up a 'Healing Diary' to record your thoughts and progress.

Cultivate gentleness ( towards yourself and others ) even in times of difficulties.

Remind yourself of the truth in Walt Whitman's words:

"To render the body strong, clear and lovely is a religious duty."

Undertake regular body scans listening to the 'pain' of those parts that have been ignored for so long.

Healing, at its very core is about love and the gateway to love is forgiveness – towards ourselves and others.

We all have the power to transform our lives, affirm this and believe this

**HEALING CAN TAKE US INTO A NEW LIFE**

*Michael Lewin*



Prayer is the source and ground of healing, and prayer together, in a group, is beyond doubt best of all. Jesus said, "...the kingdom of God is upon you", and by that he meant that in a community that was alive and filled with the Spirit healing was a priority. In Galilee he gathered a group who were beginning to learn the true meaning of healing in the everyday life of that time. And he taught that prayer was important in the work of healing and wholeness.

Today, the absence of the concept of 'wholeness' within the NHS seems to be in marked contrast. Wholeness in its original meaning is related to holiness. The widespread poverty in the world is the opposite of wholeness. Those who are rich in this world's goods lack wholeness, often because they are greedy and are unable to share. Wholeness encompasses sharing.

Basic trust in the goodness of God brings total well-being: "Your faith has made you whole". The kernel of healing develops in this 'soil' and the NHS is one of the forms which has come into being, though it seems to have changed from its early days, having been affected by many influences, not always beneficial. In the competing challenges of today it is difficult to establish the concept of wholeness as a working practice, and it would seem that the NHS has largely abandoned it.

Nevertheless there are possible ways open still and I would like to give an example. It concerns a young nurse in training, who was working in an emergency heart unit in a large city hospital. A man who had been admitted urgently had written to the head of the department: "I mention in particular a student nurse named GR because I was very impressed that such a young person could show such professionalism at such an early stage in her career. I would be very interested to know that a commendation that her patient care is of a high standard could be put on her training record. Her character is ideal for her chosen career, and I feel it should be cherished by her future employers."



To ask God to heal your body instead of to meet with your soul would be like asking Shakespeare to teach you how to write graffiti when he is prepared to teach you to become a poet.

*Caroline Myss*



## **Happiness: Christian ethics in the workplace.**

By *Joan Chittister*

Darton Longman and Todd. 2011. 238 pp.

ISBN 978 0 232 528909 £12.99

This book is a joy to read. One is brought up not to judge a book by its cover but in this instance I have to disagree. The cover design is simple but its title “Happiness” tells no lies and offers no deception.

Joan Chittister has compiled a thoughtful and well-presented treatise on the subject of happiness. She looks at this condition in a well-ordered and structured style that enables one to readily take on board the author’s message.

The book is a series of 45 easily read essays on happiness grouped into six sections, each one addressing its topic in plain English whose words are chosen to assist the reader to understand and come to terms with the topic rather than to show off the academic excellence of the author. This book therefore, is refreshing in that it addresses a serious topic whose subject matter is one of the most common conditions that humankind is aware of and yet, as the book makes clear, until now it is a condition that few of us know anything about.

Joan has explained why the body is hard-wired for happiness. She has, in simple words, described our default state as happiness both physically, mentally and spiritually. It was enlightening to read.

This book points out the paradox of our society that whilst happiness is our aim and natural right to experience, it has only been in the last couple of years or so that those whose profession it is to consider such matters, i.e. the psychologists, have shifted their gaze of the last 100 years from unhappiness and its causes, to happiness and its characteristics. This remarkable and simple observation spoke to my condition again. How much simpler life is (which aligns with my Quaker philosophy), to run towards what we desire rather than run away from what we fear? So it is with happiness. Joan has written a book that to my mind should rank very high in the tomes of world class inspiration ranking equally with *The Tibetan Book of Living and Dying* and similar inspirational works.

Joan is a Benedictine Sister and is active in women’s and peace issues. Her book however, is not such as to incline one to believe that the author is ‘on a mission’ or pursuing a cause. Her words are her greatest gift and I feel it should be essential reading for all because of its informative content and the positive aura and wellbeing that it stimulates within the reader.

*Stephen Feltham*

**To be a Pilgrim** by *James Sale*. Obtainable from the author , 65 Littledown Ave., Bournemouth BH7 7AX. 2011. 40pp. £6.75. ISBN: 978-1-4467-5093-3

This is a short book of verses and prose, or perhaps I should say insights, presented in the form that we would expect of poetry today. Each piece is worthy of long consideration, and the subject matter, while mainly of a spiritual nature, is eclectic in this field. It ‘pulls no punches’ and opens up to the reader avenues of discomfort – pretty much like life in general! The author is a member of the Quaker Spiritual Healers and his writing is based in a firm faith foundation.

His wife, Linda, to whom the book is dedicated, has contributed many really beautiful pieces of art-work, and one of these, which James says is his favourite, accompanies the following poem (which is my favourite).

### THE GIFT

We went to Sunderland  
To see young Eddy – just one year old –  
And give him toys Joseph had outgrown.  
(For he was four – no baby now.)  
They’d all been packed away awhile  
And Joseph had not seen them since, but now  
He recognised them, every one, and understood  
That they’d be going with Eddy to his home.  
I watched him hand them to the babe,  
And one last time he played with every one,  
Aware he’d never touch them more.

There’s one last time to play with everyone,  
Aware we’ll never touch them more.

Quote from the book: *Life invariably gives us that sense that no matter what good we move towards, something precious is lost. In the case of children, of course, what is lost is their childhood.*

*Rosalind Smith*

**Precious Thoughts: daily readings from the correspondence of Thomas Merton.** Edited by *Fiona Gardner*. Darton-Longman-Todd. 2011. 175 pp £10.99. ISBN: 978-0-232-52883-1

This book of daily readings, providing a year’s worth of meditational material, is the first time a distillation from Thomas Merton’s voluminous correspondence has been published, and it brings us much of his finest writing.

Deeply human and deeply spiritual as they are, the reflections show us a more frank and open-hearted side to this unique monastic character than even his books can offer. He writes with striking imagery and earthy humour. He is clearly being himself and enjoying it. He is often full of solicitude for his friends, never patronizing them. Also, most refreshingly, he avoids taking himself too seriously. Our privilege is to be party to these personal thoughts, so full of prayer and spiritual light.

Some of Thomas Merton's drawings are also reproduced, and these preface each month's batch of readings. Some will find these Zen-inspired works meaningful, though others may beg to differ. Nevertheless, Merton's words almost invariably feed, encourage and challenge with their insights honed through prayer, solitude and suffering. He sincerely offers the fruit of his contemplation; in fact he embodies a key Cistercian principle – to lovingly transmit one's spiritual insight to others. Many of his correspondents were no doubt helped both by his wisdom and friendship.

So I invite you to slowly and prayerfully ponder these texts – and know that you are blessed!

*'May you find again within yourself the deep life-giving silence...'*

*Ronnie Carless*

**The Quantum Doctor: A Quantum Physicist explains the healing power of Integrative Medicine** by **Amit Goswami**. Hampton Roads Publishing Co. 2004. ISBN: 978-1-57174-655-9. Approx. £7.00 - £15.99. (RRP is £15.99)

As a Quaker spiritual healer and a health professional, I have been searching for a long time for what this book provides. So, rather belatedly (as this book was published in 2004) I am relieved to be at last confirmed in my beliefs and values that, mostly, I do not need allopathic medicine. The few exceptions (e.g. medical emergencies) are clearly explained in an inclusive integrative approach.

I am somebody who has been rejecting (I think bravely, but some would say foolishly) Wafarin and beta-blockers whilst I try out homeopathic Hawthorne (called Crataegus) for my atrial fibrillation. It is a relief to know that my cure, confirmed by a cardiologist, is as a result of true healing. Further, my rejection of my GP's anti-inflammatory painkillers in favour of the anthroposophical (i.e. Rudolph Steiner) remedy, Rheumadoran, for my early osteo-arthritis, is also real quantum healing.

Deepak Chopra MD, has written the foreword of this book. He hopes that all medical students will be required to read the book before they graduate.



He believes this will change the world of medicine. This is because *The Quantum Doctor* gives profound insights into the relationship between physics, consciousness and healing.

The author physicist, Amit Goswami of *What the Bleep do we Know?* boldly reinterprets the leading methods of complementary medicine – homeopathy, Chinese medicine, acupuncture and Ayurveda – as well as conventional medicine. He believes that at the heart of all illness and recovery is consciousness. So his integrative and holistic method offers physicians and patients a whole new way of applying healthcare. This gives a greater potential for healing (e.g. chakra medicine) which will hopefully cause a major paradigm shift in medicine – but, yes, as it is now 2012, maybe it is taking a long time to come. However, there is a lot of tradition (not to mention the money behind pharmaceuticals!) to clear first.

What is new in the thinking of this book is that the vital energy we all use in healing (i.e. chi or prana) is now explained in quantum physics. This may make it possible for reductionist scientists to realise that they can, indeed, accept it. Further, the spiritual aspect of our healing work (i.e. intentionally tuning into, and channelling the creative power of the Holy Spirit) becomes something understandable whilst also retaining its inherent mysticism.

*Elizabeth Angas*

### **RECIPE – to make your day**

Take an hour,  
Blend in peace and quiet  
Add STILLNESS.  
Allow to rest and reflect,  
Place among Friends  
Leave – Refreshed.

Try it –  
it might make your day!

*(From Friends Meeting House, Norwich)*

## 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 the inside back cover) 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.

## **Friends Fellowship of Healing** **application form for new members**

We are very pleased if you are currently borrowing *Towards Wholeness* from another Friend, perhaps before passing it to another person. But, *we would like to invite you* to become a member of FFH yourself. This would help us greatly to keep on top of the costs of continuing the work of the Fellowship and producing the journal.

The minimum subscription for a year is £10.00, (overseas £15.00), and we do value the support of our members. If you feel you would like to become part of this Quaker group then please send a cheque, made out to the *Friends Fellowship of Healing*, to the address below.

Also, if you would like to consider making your payment by standing order – which, again, is greatly appreciated by us – there is a S/O mandate on the reverse of this application form.

With thanks,  
and In Friendship,

**The Committee of the Friends Fellowship of Healing.**

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I would like to become a member of the Friends Fellowship of Healing and either:

I enclose a cheque for £ ..... to cover my membership for 2013

***or***

I have completed the Standing Order form (overleaf)

*(please delete as appropriate)*

I am/am not a taxpayer. *(please delete as appropriate)*

Please send to: FFH Membership Secretary,  
c/o 4 The Walks,  
Stanton,  
Nr. Bury St. Edmunds,  
Suffolk IP31 2BX



**FRIENDS' FELLOWSHIP of HEALING**

(Registered Charity No. 284459)

***Annual Standing Order Mandate***

Bank .....

Sort Code .....

Branch Address .....

..... Post-code .....

Please pay to **The Friends' Fellowship of Healing**, Co-operative Bank plc  
Salford, M5 2QP. Sort Code: 08 92 50; Account No: 65033106

The sum of £ .....

Amount in words .....

annually on the first day of January 2013... until further notice

and debit my account no: .....

Refce: ..... (leave for completion by the treasurer)

Member's Name .....

Address .....

.....

..... Post-code .....

Signed ..... Date .....

Please send to: FFH Membership Secretary,  
c/o 4 The Walks, Stanton,  
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