

TOWARDS WHOLENESS

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FFH PUBLICATIONS

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IMPORTANT REMINDER...

Subscriptions for FFH (and QSH, if appropriate) are now due for 2018. If you pay by cheque it would be appreciated if you could send them in as soon as possible to the Membership Secretary, Stephen Feltham, 6 Ferris Place, Bournemouth, BH8 OAU. If you have paid by standing order then you need do nothing – and, if you are not sure, you can check by ringing or emailing either Stephen, or the treasurer, Cherry Simpkin. All contact details are on the inside back cover of TW. And details of fees are on the inside front cover. If you wish to transfer to paying by standing order in the future you will find a form for this at the end of this issue.

With thanks

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 (**Robin Goodman and Muriel Robertson, contact details on inside 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.

DARKNESS AND NOURISHMENT?

Angela Greenwood

I was privileged to facilitate a weekend Introduction to the Experiment with Light recently and the experience was both immensely enriching and a little challenging.

In the days following the workshop two things particularly stayed in my mind, and in my meditation recently I felt prompted to share them.

On Friday evening we often share our thoughts and experiences of the Light by way of introduction; and as has happened before, someone brought up the dark or darkness, and it seemed to both resonate with others, and be important to include; recalling 'The Light (that) came out of darkness'¹, and that experiences of the 'dark night of the soul'², whilst acutely painful, can be profoundly healing and enlightening. As we shared together, I felt the need to acknowledge and validate this.

The Light we encounter may illuminate our, and the world's, shadow aspects for acknowledgement and integration, but (Divine) Light is also of course, outside the dualities - of light and dark, high and low, good and bad etc. which we live with and need in our daily lives.

The other little challenge for me was at the end of the weekend, when participants were sharing what they would take away from the weekend. One person talked of how 'nourishing' she had found the meditation; and perhaps I jumped in a bit quickly, but I felt the urge to both validate that and to say that the Light may not always be nourishing – it may challenge or reveal uncomfortable insights too, although whatever our experience of the meditation it would no doubt be exactly what we need for now. Quite a discussion ensued, and I wondered if the participant had really felt heard, and over the following few days I found the word nourishing (or not) kept coming back to me in my meditations. Of course it can take a while for us to realise that something uncomfortable or some difficult 'truth' can in the long term be extremely nourishing, and lead to spiritual, or emotional growth, but at the time that may not be what we would have wished for.

¹ From the hymn by William Hawley (1870 – 1929)

² From a poem by St John of the cross (126th century mystic)

There seem to me to be two important things to remember. One is a quote (I think) from a talk given by Rex Ambler to the effect that we will not be given anything we are not ready for or able to cope with in the Light meditation; and the other very helpful quote which I attribute to the early Quakers and often use on workshops is that “*The Light which reveals, also heals*” (it is also included in some versions of the meditation).

I found a wonderful poem in *The House of Belonging* by David Whyte which touches on these thoughts - both beautifully, thoughtfully and evocatively.

The Winter of Listening

by David Whyte

*No one but me by the fire,
my hands burning
red in the palms while
the night wind carries
everything away outside.*

*All this petty worry
while the great cloak
of the sky grows dark
and intense
round every living thing.*

*What is precious
inside us does not
care to be known
by the mind
in ways that diminish
its presence.*

*What we strive for
in perfection
is not what turns us
into the lit angel
we desire,
What disturbs
and then nourishes
has everything
we need.*

*What we hate
in ourselves
is what we cannot know
in ourselves but
what is true to the pattern
does not need
to be explained.*

*Inside everyone
is a great shout of joy
waiting to be born.
Even with the summer
so far off
I feel it grown in me
now and ready
to arrive in the world.*

*All those years
listening to those
who had
nothing to say.
All those years
forgetting
how everything
has its own voice
to make
itself heard.*

*All those years
forgetting
how easily
you can belong
to everything
simply by listening.
And the slow
difficulty
of remembering
how everything
is born from
an opposite
and miraculous
otherness.*

*Silence and winter
have led me to that
otherness.
So let this winter*

*of listening
be enough
for the new life
I must call my own.*

Maybe the Experiment with Light practice can be like a '*Winter of Listening*', opening us up to '*The New Life (we can) call our own*'.
How very nourishing.

2nd FFH NATIONWIDE QUAKER DAY OF HEALING
(to be held on Saturday 3rd. March '18)
(suggested time 11.00am to 3.00pm)

Feedback from our 1st. Day of Healing gave us a strong indication that the event had been well supported by a large number of groups/meetings throughout the U.K. Friends had responded to the article in *The Friend*, and taken on board the message that 'everywhere we look we see sadness, sickness, tragedy, starvation, homelessness, and conflict. Add to that the damage to the environment, and it would be impossible to deny that the world needs healing'.

So with the need for healing as great now as it ever was, FFH are planning for another day of healing, and to encourage as many groups to take part as we can. Area and local Meetings should have had advance notice of this date. A powerful spiritual out-pouring for healing on the day using that of God within us will surely underpin our oneness with Creation and our sense of connectedness with the whole of humanity.

We will consider writing an article for *The Friend* and make it appear newsworthy within the context of the feedback we had received. We will also arrange for adverts to appear in *The Friend* for December and February, so please look out for these.

In an effort to avoid being too prescriptive with our guidance, we want distant healing groups/Meetings to do what feels right for them. However, we are aware that some groups welcome our guidance, so we have prepared in the form of digital files, a suggested poster and practical guidance notes for groups, along with 'A simple guide to healing' leaflet. These are available by request to Peter Wilson - (e-mail address - peterpam65@ntlworld.com) or download from www.quaker-healing.org.uk.

AN EXTRA WAY FOR DOING DISTANT HEALING FOR ALL FFH MEMBERS (IF WILLING).

Most of the readers of *Towards Wholeness*, know that Quakers *Hold in the Light* any person or situation which they wish to have healed, in the belief that we become conduits (or channels) for that healing and Creative Power.

No intercessory words are usually used (or telling God what to do!). Instead, we simply tune into whatever we believe is the Divine Source of healing and indicate the need (e.g. - Pam's mum who has cancer). We are therefore having the intention and the faith that healing will be sent.

We believe it is 'a Thy Will be Done' situation - so that a holistic (body, mind and spirit) response which is the best one, will happen. The result will perhaps not be perceptible to us, nor necessarily be a cure but maybe will instead be a peaceful passing - whatever is God's Will, regardless of our hopes or desires.

Most FFH members will be sitting in a healing circle once a month and doing this. Or maybe, as well, you *Hold in the Light* whenever you hear on the radio, or in some other way, of some tragedy (e.g. an earthquake) so you are moved to send healing as an individual.

There are so many, many situations in this world which are in need of healing, **so wouldn't it be even more powerful if we all joined together**, on a certain day/time each month, individually in our own homes to *Hold in the Light* one of these situations?

The situations could be listed in *Towards Wholeness* and assigned a date and time and, as *TW* comes out 3 times a year, we could have a different one named for each of the 4 months - making 12 to *Hold in the Light* throughout the year.

I will work out the dates for situations named in each future issue, perhaps starting in March 2018.

I do hope you will all be willing to join in this experiment? If so, it may result in something powerful happening!

Thank you.

Elizabeth Angas

A RENEWING JOURNEY INTO INTEGRATIVE WHOLENESS

Michael Lewin

The healing path is difficult because life itself is difficult. We struggle with life, we are tested, we are pushed into difficult situations that are not of our making. We grow restless and tired through experiencing these periods of pain but nevertheless we dig deep and summon up the strength to continue. So it is with the healing process, we experience the lows of feeling bad, the dis-spiriting sense of falling behind but we continue with the process knowing that there will be better days ahead.

Whatever our plight, the intensity of its pain, we must always remember that we are deserving of a better existence. Believe this and act on this, with full-hearted commitment and resolve, to ensure your destiny of wellness.

We must only listen to people who are on the ‘same team’ as us. Quite often individuals can claim to be supportive of our endeavours, even those close to us, but nevertheless act, consciously or otherwise, in the opposite fashion to undermine our recovery. Be scrupulous and monitor how other people impact on your life.

Over burdening ourselves with feelings of guilt, rejection, remorse or blame will only undermine our recovery process. Often based on false projections and assessments these anxieties must be challenged at every stage of their influence.

Remember, the place that we are used to is not the place where we should necessarily be.

It’s not where you start in healing that’s important but where you end up.

If we really attend to our suffering and listen deeply to its voice it will eventually open up a path for us to enter – don’t hold back. Follow the journey, into compassion and understanding where you will find solace and succour for your greater wellbeing.

When we project out of our present experience and start to slip into judgement, opinions, blame, complaining and resentment, we have abandoned ourselves to the forces of inner war and lost the only time we really have – the

sacred now. In side-stepping this precious time we are implicitly saying that it's not enough, but in reality this is all there is. Consciously make a choice, monitor your mind with fresh awareness and stay in this zone – concentrated, fresh and alert to what is happening now.

The greatest gift you can give yourself is that of healing – getting better and restoring your physical and mental health – coming into wholeness again. Forget what you feel you must give to family, friends and the wider community because all they require is you, in your wholeness.

Pay careful attention to the stories you are telling yourself, about yourself – the scripts that often feed into your life and influence its outcomes. Are they positive, proactive story lines that can move you forward into an improved existence, or are they negative, debilitating ones that tend to hold you back?

We must avoid any notion of feeling bad over false ideas and beliefs in victimhood. We are not 'picked on,' 'singled out' for punishment in life (although we may very well think this at times) so the sooner we abandon this position the better. We are not victims of our lives but the very creators, empowered to shape and define them in ways that we feel are desirable. We must never, ever forget that the challenges in life are not curses but stepping stones to secure a better future.

Longing for healing, filling ourselves up with deep-seated expectations and demands for relief from our hurt may not necessarily bring it about. Often when we let go of these desires, these projections on how things 'should be' and surrender to real life, magnanimously, forgivingly, something happens where we are drawn into a better landscape. So be patient and remember the words of Rumi:

*"The ocean cares for each wave until it reaches the shore.
You are given more help than you will ever know."*

CHRISTMAS REFLECTIONS

Judy Clinton

It's 22nd December 2016. I need to go into Gloucester to get some last-minute shopping and I have no desire whatsoever to do so. It's a bright, cold winter's day and I'd much rather be walking somewhere in nature, away from all the madness of modern-day Christmas. But shopping it has to be.

I hate Christmas, or so I've been telling people for quite some years now. But as I drove into the city and started to walk from the car towards the centre it came to me that I don't hate Christmas, I simply find it painful. I'd parked where I always do, with time-limited free parking in a residential area – which is maybe a mistake because it is where my late son used to live before his drinking (his attempt to deal with his feelings around being disabled) destroyed him: and also a chunk of me as well. Here was the area where with uncanny predictability he would materialise round the corner when I was out shopping, with his big toothy grin and his loud 'Hi Mumma' followed by a clumsy hug. I can see him now with his shoe-laces untied, his long wrists and cold hands sticking out of his jacket and his lolloping, cerebral-palsied gait as he rushed towards me. Fifteen years since he died, and it still hurts.

How many other people are walking around the town shopping, with aches in their hearts as they remember those they have loved and will never see again? Christmas, the time of apparent family closeness and good cheer, seems to bring to the surface all that is broken, hurt or in disarray.

I'm about to cross the road at the lights and am delighted to see Barry coming towards me. He's a man I've befriended this year who has been bringing up his eight-year-old son on his own since his wife died of cancer six years ago. As usual he pours out, almost breathlessly, all he's doing and what he has to fit in before Eddie comes home from a friend's house. Christmas is not an easy time for him either, especially as his mother has only just recently died too. What a pleasant surprise to actually see someone I know when shopping in Gloucester: it's usually such an anonymous activity.

I intend to get quickly to the shops, buy what I need and go home (via the supermarket) as soon as I can, but I have promised myself a hot drink stop and a visit to the cathedral to sugar the pill. I'm still feeling sad and not the slightest bit festive. Then I become aware of a child in a pushchair coming up alongside me. He's a boy of about two who has the thickest bottle-bottom lensed spectacles I have ever seen, let alone on a child. He also looks as

though he may have learning difficulties. He looks up at me and waves brightly. 'Hello,' he says with the loveliest of smiles. I wave back and return the greeting. He's clutching a plastic-fronted box with a toy car and helicopter inside. He points at the car and looks up. 'It's a car, isn't it?' I say, and he nods happily. His parents smile as they turn into a shop. 'Bye-bye,' I say and wave. He does the same. I hear him saying again and again, 'Hello, Hello,' to other people. I walk on and feel lighter. How often people classed as having something wrong with them have so much that's right.

I go into a store for which I have a voucher and, without enthusiasm, look for an article of clothing – something new and different to wear during the next few days. How much of the merchandise is black! But I do find a shirt which appeals to me, not being black, and what with it being reduced anyway, plus my voucher I go out with it for just over £6. Not bad: a flicker of satisfaction breaks through.

The streets and shops are not as busy as I had expected, and people are generally good-tempered, even jolly. I'm glad for that. I note the cards and gifts for 'the special person in my life' and feel a stab of pain. I have many people in my life whom I love, but I no longer have that 'special person' – partner, live-at home children, or parents. I get the rest of my bits of shopping done and head for the cafe which is in a very old alley-way, opposite the Beatrix Potter shop and near the cathedral. I like the oldy-worldy nature of this alley. When I open the cafe door a bell clangs on the back of it and I'm transported back into a bygone era of welcome and hospitality. It's warm and cosy, a true old-fashioned tea-shop. The staff have that cheery deference which has long since gone in most of our eating places.

I order a cup of peppermint tea and ask if they still have the gluten-free brownies that I had here recently. 'Oh yes, we do.' The said lush cake is brought to me, along with a pot of tea and an elegant, thinner than usual, porcelain cup and saucer. There is something so civilised about being in here, and the staff are engaged with what they are doing. A woman on another table looks across and smiles at me. She picks up her cup and I'm amazed to see her crooking her little finger as she drinks, something I've not seen for years.

A couple of women sit down on another table close to me and debate what they might have with their coffee. 'I recommend the brownie,' I say, having just finished mine, and am still licking the chocolate icing off my lips, like a cat with cream. The woman with the crooking finger looks over and smiles in

agreement as she gets up to pay her bill. 'It's such a warm place here, isn't it?' she says, 'So welcoming, most unusual these days.' 'Yes,' I say, 'We must tell them.' She doesn't look too sure about that, but smiles again anyway.

I go to the toilet, which is clean and attractively decorated and somehow has the same welcome and homeliness of the rest of the establishment. I pay my bill and thank them for providing such a welcoming space. I say they all look so happy about it. 'We enjoy it,' says the manager. 'I can tell you do, I reply. 'Well, why wouldn't we? It's such a lovely location here, by the cathedral and opposite the Beatrix Potter shop.' I don't go on to say that someone else might be running this cafe without any of the welcome we had on offer today. How lovely it is when people are doing what they enjoy: a blessing on the rest of us.

Thus fortified, I make my way to the cathedral. It is beautifully decorated for Christmas, with three enormous trees – one at the back of the building, the other two flanking the altar area. There's a strong smell of pine needles from them (now that's a childhood memory, almost lost in the days of artificial trees or natural ones sprayed to keep the needles from dropping). The lights are simple white ones spiralling the shape of the trees and they stand magnificently against the stone of the building. Chairs are arranged for a forthcoming carol service — my goodness, I wouldn't want to sit on them for long, the most unforgiving wooden chairs I think I have met anywhere!

I make my way to the candle-lighting area, where there is a poster about the symbol of lighting a candle: of the prayers that are said when one is doing so carrying on after the person has left, and then the candle burning itself out, having lit others before doing so. I'm struck by the imagery of burning itself out. Is that how we live our lives, or can live them, burning ourselves down as we give light to others before we die out? I write down a prayer to be included in the service tonight, for all those who are sad, broken or in conflict this Christmas. It feels good to do that.

It's time for me to go back to the car now, before I get caught by the traffic warden. As I walk beneath the railway bridge I hear aggressive shouting from a dishevelled old man who is reeling his way drunkenly on the other side of the road. He's carrying a guitar in his hand and raises it above his head, punching it into the air above him. 'F*** off.' he shouts, 'You just f*** off!' I couldn't help but laugh (but not so he would hear).

As I walked the rest of my way to the car I thought how all of these people I had encountered: my single-parent father friend, the little boy greeting everyone with no fear or inhibition, the welcoming cafe team, the people who provided the prayerfulness of the cathedral and the swearing man, all represented aspects of myself and we are not different from each other when it comes to the depths of us: all with our struggles, our inadequacies and our gifts to offer. And maybe that recognition is the true significance of Christmas and perhaps I can stop saying I hate it.

Clerk's Lament

*I'm a lonely little Quaker and I'm feeling very small.
I'm the clerk of Area Meeting, and there's no-one here at all.
I've got all the Minutes drafted and I'm ready with my pen,
But the sense of Area Meeting is they've stayed at home again
If it wasn't for the Quakers in the Quaker burial ground,
Then I'd be the only Quaker for a hundred miles around.
For the buses stop at seven and there's something on TV,
And this month it's nominations and there's no-one here but me.
I could minute they're prevented, but they never said what by.
I'm a lonely little Quaker, and I think I want to cry...*

Simon Heywood (contributed by Jen Larnier)

LAUGHTER - THE UNIVERSAL LANGUAGE *Lisa Sturge*

Laughter is a language that everyone understands.

Whilst shopping in the supermarket the other day I witnessed a young baby in her trolley convulse in giggles as her dad played a simple game of Peek-a Boo with her in the frozen food section, making her chuckle over and over again in rapturous delight. Before long, everyone in the aisle was gently laughing too, and we all continued our shopping with smiles on our faces.

Laughter can be highly contagious, and can arise even in the most unlikely of situations. It develops in babies usually at around 4 to 5 months of age, prior speech, which indicates that laughter is not reliant on a sense of humour or even the ability to understand spoken language.

Why do we laugh?

We laugh for a multitude of reasons. Surprisingly, research shows that only 10% of our laughter comes from jokes: most laughs arise from everyday conversations and interactions. Laughter is primarily a social tool that helps us to connect with others.

What happens when we laugh?

Laughing heartily and regularly gives us many physical health benefits; it boosts our circulation, re-balances our nervous system, oxygenates our whole body and strengthens our immune system.

Laughter is not just good for our physical health; it also strengthens our mental wellbeing by helping us to stay positive and resilient in times of difficulty.

Laughter replenishes the brain with fresh oxygen, helping us to think creatively and to gain a fresh perspective on our problems. Laughing with others makes us feel more connected and enables us to express joy and delight in the present moment.

How can we laugh more?

Even if we have not laughed for a very long time, our laughter never leaves us; we just lose touch with it. Have you ever felt really bad tempered or miserable and then out of nowhere something made you laugh despite yourself, and you felt so much better for it? Practising smiling and chuckling gently at first can encourage our natural laughter channels to re-open.

Choosing to Smile and Laugh

Deliberately focusing on the lighter side of life can lift our spirits to the heavens and remind us of all the things we have to be grateful for. In the midst

of a difficult or trying situation, sharing a smile or a laugh with someone and deliberately choosing the playful path as often as we can not only makes life more enjoyable, it renews our energy, enabling us to serve others.

We can choose to laugh at any time, just as we can choose which thoughts to pay attention to. Smiling and laughing can change how we feel. Even a pretend laugh will give us all the benefits of a real laugh, and may turn to genuine laughter if we add playfulness into the mix. Laughter and breathing exercises such as Laughter Yoga can invigorate us in minutes and have us chuckling at the seams. The secret is not to take it all too seriously!

Henry Thomas Hamblin writes in his book *My Search For Truth* – ‘*I am sure that heaven is filled with laughter as indeed it is filled with worship and praise. On some occasions I have awakened from a deep sleep singing a devotional hymn with great feeling, while at other times I have wakened up laughing heartily in a very deep way, much deeper than ordinary laughter. So deep indeed as to be quite beyond either description or explanation...*’

When we laugh with another, we understand each other and all perceived barriers dissolve in the joy of the shared moment. Laughter helps us to realise that we are all the same underneath, and that our natural essence is joy.

So if per chance we pass by each other in the supermarket aisle, race you to the baked beans.

‘Laughter is the shortest distance between two people’ Victor Borge

Lisa Sturge – Founder of the Chichester Laughter Club, author of ‘Laugh’ (Quadrille 2017) and member of the Hamblin Team.

www.laughterlinescoaching.co.uk (First published in *Hamblin Vision* and reproduced with permission.)

*It is one of the blessings of friends
that you can afford to be stupid with them.*

Ralph Waldo Emerson

CLARIDGE HOUSE NEWS AND 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 The Manager, Claridge House, Dormans Road, Lingfield, Surrey, RH7 6QH. Tel: 01342 832150. E-mail: welcome@claridgehousequaker.org.uk website www.claridgehousequaker.org.uk

CLARIDGE HOUSE PROGRAMME

DAY RETREATS:

Wednesday 6th December MEDITATION ON LIGHT, SOUND & BREATH

Thursday 11th January LOOKING TO THE YEAR AHEAD

Wednesday 7th February MEDITATION ON THE PRANIC BODY

Thursday 8th March MEDITATION AND CREATIVITY

*All led by **Lina Newstead**, a British Wheel of Yoga Diploma Course Tutor, who runs private classes, meditation retreat weekends and longer yoga courses.*

Cost for each day **£50**

and

Saturday 27th January VIBRANCY - A DAY FOR REFLECTION

Led by Gill Pennington, Woodbrooke's programmes coordinator and spirituality tutor.

Cost for the day **£70**

November 17th - 19th GENTLE YOGA - for fatigue and stress

A gentle yoga course, suitable for all abilities, that will help restore and balance energy. It will include soothing breathing techniques, gentle yoga postures, simple meditation and nurturing relaxation. Suitable for those with moderate ME/CFS.

***Leah Barnett**, who has been teaching yoga for ten years and has taught a number of retreats for those with ME/CFS*

Depart 2pm Sunday 9 places **£245**

November 21st - 23rd MASSAGE RETREAT

When you hurt yourself, you instinctively use your hands to rub the affected area; Massage is an extension of this technique. Andrei's soothing massages will relax you in both mind and body. At the end of the Massage Retreat you will leave the comfort of Claridge House relaxed, refreshed, longing to return.

The retreat runs from Tuesday 10am to Thursday 4pm and includes two full-body massages. ***Andrei Illes**, a professional massage therapist and teacher with many years' experience.* 6 places **£275**

December 1st - 3rd

WINTER MINDFULNESS RETREAT

Enjoy a weekend of tranquillity with guided meditations, relaxing yoga, walks in nature, contemplation, rest and self-practice. Through a mindful practice of Yoga and engagement with meditation, develop a calmer mind, healthy body and authentic connection to the self and life path. uk **Divya Kohli**, *a senior level qualified Hatha Yoga and meditation teacher influenced by the Insight Meditation tradition.*

For details and cost see www.yogawithdivya.co.

Depart 4pm Sunday 9 places

December 5th - 7th

MASSAGE RETREAT

When you hurt yourself, you instinctively use your hands to rub the affected area; Massage is an extension of this technique. Andrei's soothing massages will relax you in both mind and body. At the end of the Massage Retreat you will leave the comfort of Claridge House relaxed, refreshed, longing to return.

The retreat runs from Tuesday 10am to Thursday 4pm and includes two full-body massages. **Andrei Illes**, *a professional massage therapist and teacher with many years' experience.*

6 places

£275

December 23rd - 27th

CHRISTMAS BREAK

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

Depart 10am Wednesday 12 places

£595 - deposit £100

Dec. 29th - Jan. 2nd 2018

NEW YEAR LED RETREAT

Do you feel the need to look at the year that's gone and the year ahead in a new light? Come and spend a very different new year helping you to start it off in a really positive way. Yoga and mindfulness meditation will be practised and there will be sessions on self-development with the aim of helping you to surf the waves of life!!

Lina Newstead, *a 'British Wheel of Yoga' Diploma Course Tutor who runs private classes, meditation retreat weekends and longer Yoga courses.*

Depart 10am Tuesday

£545 deposit £100

Jan 8th - 11th

MASSAGE RETREAT

When you hurt yourself you instinctively use your hands to rub the affected area; massage is an extension of this technique. Andrei's soothing massages will relax you in both mind and body. Tuesday 10 am – Thursday 4 pm to include two full-body massages. **Andrei Illes**, *professional massage therapist.*

6 places

£275

Jan 19th – 21st NEW YEAR INTENTIONS and MINDFULNESS RETREAT

Enter the new year with sacred time, quiet space and the offering of guidance to tune into what your needs and desires are for the year ahead. Yoga, ritual, meditation, journaling and a cacao ceremony...

9 places For details and cost see www.yogawithdivya.co.

Depart Sunday 4 pm

Feb 2nd – 4th ALEXANDER TECHNIQUE

This is a learned skill which improves health, balance and coordination and is medically proven as a long-term solution to back pain. Please bring comfortable clothing. *Jill Payne, Alexander technique teacher.*

10 places

£250

Depart Sunday 2 pm

Feb 6th – 8th MASSAGE RETREAT

As above – Dec 5th – 7th

£275

Feb 16th – 18th WELL-BEING RETREAT

Do you need to have a digital detox? Come and enjoy a weekend to enhance your well-being with practices from Yoga and mindfulness meditation.

11 places *Lina Newstead, a British Wheel of Yoga Diploma Course Tutor*

Depart Sunday 4pm

£265

Feb 23rd – 25th CHINESE BRUSH PAINTING

Learn to paint flowers and other traditional subjects with brushstrokes from your heart. *Julia Martin, Chinese brush painting artist and tutor.*

£250

11 places

Depart Sunday 2 pm

Mar 2nd – 4th RESTORATIVE YOGA

This relaxing weekend uses a variety of restorative and nurturing practices, to guide and support you along your inward journey to well-being. *Nikki Tuke, regularly runs restorative yoga workshops.*

£285

9 places

Depart Sunday 2pm

Mar 6th – 8th MASSAGE RETREAT

Tuesday 10 am till Thursday 4 pm

As December 5th – 7th

6 places

£275

Mar 13th – 15th

TAI CHI – the Gift of Health and Wellness

Do you wish to stay healthy in the years to come and improve your quality of life? Then dare to join this gentle but active retreat where you'll get to know the secrets of Tai Chi. *With Andrei Illes – see above.* **£245**

11 places Depart Thursday 2 pm

Mar 16th – 18th

FOCUSING WITH QUAKERS

This weekend will introduce Focusing, an approach to self-care and healing, accessing personal truth, and deepening spiritual experience used by many Quakers. Through pausing, going within, paying attention to the felt senses in our bodies, and offering compassion to whatever we find, we can grow in awareness, self-acceptance and peace. *Madeleine Kay and Carol-Ann Hooper.* **£250**

10 places

Depart 2 pm Sunday

Mar 20th – 22nd

THE SPIRIT OF POETRY

'In the beginning was the Word...'

We shall bring along, hear and look at poems that move us. We will share poems we have each written, speaking out for our inner selves. We will experience resonance on various levels. As shared themes emerge, we will write to express our personal poetic responses. *Francis Standish, an experienced retreatant interested in contemplative learning in conjunction with silent reflection.* **£210**

6 places

Depart Thursday 2 pm

Mar 23rd – 25th

YOGA - to celebrate the equinox

The spring Equinox is a time when the earth is poised in balance of dark and light, providing an auspicious opportunity to consciously leave behind the binds of the past, and step into the present moment with wisdom and joy. Yoga, meditation and visualisation techniques, to help restore balance in body and mind, whilst cultivating a positive approach to living. *Ceri Lee, who has taught yoga professionally for 17 years.*

Depart Sunday 2 pm

£285

Please note: Claridge House reserves the right to cancel any course or event should circumstances dictate, and fully refund any associated payments made to the House.

QUAKER SPIRITUAL HEALERS' NEWS and EVENTS

NEXT QSH TRAINING COURSE - tba

If any full healers are thinking they may want to become tutors for the QSH Training Course please contact Kay Horsfield horsfield.k@gmail.com.

REPORTS

Quaker Spiritual Healers' training course – September 2017.

This was my first experience of teaching the FFH training method and working alongside our Treasurer, Cherry, was a real pleasure. We had four participants, all from very diverse backgrounds and ages but we soon settled down to a harmonious and fruitful training experience with us trainers also learning from those taking part.

What became apparent is that hard and fast rules about a one or two-year probationary period should be a guideline as it totally depended on the level of immersion the participant has already had with his or her spiritual development and healing experiences. This is a subject high on the agenda for our forthcoming Autumn Meeting but we will seek real discernment before making changes to the current processes.

David Mason. **FFH Clerk**

It has been decided not to send out renewal annual membership cards for QSH members. All new probationers and full healer members will receive a card initially. However, in the event of a member losing their card they can contact Kay Horsfield who will send them a replacement card.

Big heartedness is the most essential virtue on the spiritual journey.

Matthew Fox.

THAT'S JUST YOUR OPINION

James Sale

I don't know about you, but I enjoy a good discussion or debate; the reasons are easy to establish: perhaps first and foremost, a good discussion with another person can lead to serious understanding and new learning for both parties. The most important aspect of the new learning is an increase in self-awareness; and increases in self-awareness invariably lead us to realise that our knowledge and our certainties are often unfounded. Indeed, this propensity for discussion seems to be the essence of what is called the Socratic method, and in any case, even when not so elevated, represents what is the ordinary persons' (in which I count myself) attempt at philosophy, which, again, seems self-evidently beneficial.

Of course, I am less keen on arguments. These tend to be polarised and polarising, characterised by dogmatism, and entrenched by cherished values that never see the light of day, and never will. There are many people who are so insecure that they cannot entertain, even for a second, even for an imaginative nano-second, that their beliefs may be incorrect, and that some of their most treasured assumptions are plain wrong. Or, if the word 'wrong' jars, then their assumptions and beliefs do not serve them well and are a serious source of limitation in their progress through life. For myself, I prefer the plain, simple word 'wrong' and I like it because I have myself been wrong on many occasions in my life; and I'd like to believe that when I have been shown to be wrong, then I have attempted to redress it.

There is a fascinating theological issue concerning what Jesus meant when he said that all sins that humans committed could be forgiven, but there was one that could not. He described this as 'blasphemy against the Holy Spirit' (Matthew 12.31, Mark 3.29, Luke 12.10), which in today's language isn't very helpful. What did he mean? Is there an unforgivable sin? How would it be expressed in today's language and concepts? And why can a God of love not forgive this one particular sin?

I am not a Catholic but have been reading a lot of Dante's *Divine Comedy* recently, and in particular its prescient anticipation of the works of Jung 600 years later, my own view – opinion, then! - is that the sin for which there is no forgiveness is none other than the well-known psychological phenomenon of 'denial': we have seen with our own eyes, or heard with our own ears, evidence for this or that, but because our hearts don't want to believe what the evidence is telling us, we go into denial. In fact, we deny the very 'facts' we

witness. We all do this from time to time, but for some people it is habitual and so deeply engrained it has become a true pathology. Therefore, of course, such people are immune to reason, to logic, to evidence and are precisely the kind of people you end up not discussing ‘things’ with, but have a full-blown argument against.

There are many things that may give away the defensive, emotional, denial state of the person with whom one thinks one is having a discussion, but there is one in particular I want to share with you now. Whenever this happens, I stop the ‘discussion’ as I know it is going nowhere, and I am only going to inflame the other person, but to no purpose.

It’s when they say, after you have made a point, or a series of points or rebuttals to their charge, ‘That’s just your opinion’. Have you ever had that? And what did you do about it? The reality is, as soon as someone in the discussion/argument says that phrase, you know you have won the discussion – but that the argument now beckons. For, they only say it because they cannot counter what your propositions are; and so they are shifting the grounds of the debate into something more personal, whilst discounting your points with the specious observation that they are merely subjective. Is there an adequate riposte to this, ‘That’s just your opinion’ jibe (for that is what it invariably is)?

Yes, there is. I never bother making it since, as I said, I realise I am not about to be discussing stuff with a rational person; I quit. But the actual answer is simply this: “Well, that’s just your opinion that I have an opinion.” You see, if having an ‘opinion’ means that my ideas are invalidated, then – logically – their opinion that I have an opinion is equally invalidated. They are talking AS IF their comment were NOT an opinion but some sort of fact. How absurd is that? And to return to my central contention: if being subjective – which nobody can but fail to be – means we can only have opinions that have no validity or force, then we might as well write off all politics, all philosophy, and the debates of the last 5000 years of human history!

People who say this kind of stuff are of course completely inconsistent, for they always speak and act as if their own opinions were facts. So the ‘truth’ is we are all subjective – and have opinions – but some opinions are much better than others. And they are better precisely as they approximate more accurately and usefully towards the objective reality that we find in the external world. If that were not the case, then science, technology, maths and a whole lot of

other disciplines would never exist. No-one has all the truth, all the facts, but the purpose of our reasoning is to get closer to what IS, and then act accordingly. It is the quality of the opinion we should be interrogating, not the fact that we all have an opinion. In short – we need not to be in denial.

Thus, I leave all my readers with this thought: next time when you are having a debate or discussion, and it starts to get heavy, and someone suddenly springs on you what they think is the ‘killer’ discount or put-down - ‘That’s just your opinion’ – what are you going to say? What are you going to do? I know what I do: I’m outta here!!

Finally, I should add there are perhaps instances when there is an exception to the golden rule: when you yourself need to say, 'That's just your opinion!'. And when does that happen? It happens on those occasions, hopefully rarely, when you meet somebody who is completely biased, prejudiced, and not interested in discussing anything, but blatantly expressing racist or sexist type views in some sort of rant. Then, I think, one might well say, 'Well, that's just your opinion - but it's not mine.'

Do you respect that of God in everyone though it may be expressed in unfamiliar ways or be difficult to discern? When words are strange or disturbing to you, try to sense where they come from and what has nourished the lives of others...Do not allow the strength of your convictions to betray you into making statements or allegations that are unfair or untrue. Think it possible that you may be mistaken.

(Advices and Queries 17)

COMPASSIONATE COMPASSION? *Rosalind Smith*

During ministry at Meeting one day someone talked about compassion, quoting the helplessness that we all feel when reading or hearing about some of the awful things that happen in the world, including the wide-spread use of torture. Individually there is so little we can do about it all, even though we might reflect that it was always thus. However, during the ‘afterthoughts’ another person said she’d tell us a little story, and the gist of it follows here:-

A friend of hers was driving along a motor-way late at night when she saw a dog rushing about seeming very lost and frightened. She stopped, and was able to catch the dog and put it in the car. The next day she took it to her local vet who ascertained that the dog was quite old, blind in one eye and was harbouring a lot of parasites. Treatment was given and paid for. There was no identification chip or collar so she was unable to contact anyone. She decided to keep the dog, and for its remaining life-span give it the kind of life it had obviously missed out on. She felt that she didn’t want the dog to die without knowing that humans *can* be kind to animals and treat them with compassion.

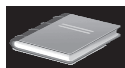
The ministry continued with a question: was compassion really compassionate unless there was some cost attached? In this case the lady in question was not at all well-off but she cheerfully paid the vet’s bill (never negligible); she took the dog into her home; she put up with some undesirable aspects of his behaviour, which meant being involved in lots of cleaning-up etc.

We – most of us – feel compassion when we see news items that tug at our heart-strings; and it seems there is nothing more we can do. But what we *can* do is channel our compassion into places where it will do some real good, places locally where help is needed, or money, or companionship or, most important, time. That, it seems to me, is compassionate compassion.

To know and not to act is not to know at all.

Kahlil Gibran

BOOK REVIEWS



Healing in a Hospital: Scientific evidence that spiritual healing improves health by **Sandy Edwards**. 2016. 323 pages. ISBN: 978-0-9575169-0-8. Available from Amazon £11.

This book charts the unique story of Sandy Edwards, a patient who developed a passion for healing, trained to be a healer and who ten years later instigated one of the world's largest healing trials.

Her healing journey started when she sought healing for her psoriasis. This provided some benefit for the condition but more importantly led to a great improvement in her general well-being. She started to investigate becoming a healer herself and undertook the structured two year training programme of the National Federation of Spiritual Healers, later to become known as The Healing Trust. After qualifying and immensely encouraged by a constant flow of positive feedback from her patients, she decided to apply for an "Awards for All" National Lottery grant to set up a voluntary healing centre in Walsall near her home. Other healers joined her and donations covered the rent. However, she wanted to attract newcomers and successfully applied for subsequent grants to pay for informative leaflets, exhibition equipment, a website, a self-help CD and a DVD that describes and demonstrates healing.

In 2006 a patient advised her that her hospital consultant had referred her to Sandy's healing centre.

Saandy contacted the consultant, Dr Sukhdev Singh, at the Gastroenterology Department of Good Hope Hospital in Birmingham and offered to give healing to his patients free of charge. To assure him of her professionalism, she mentioned her two year training period with accredited tutors and the strict code of conduct and disciplinary procedures of her healing association. Dr Singh was very welcoming and down to earth and this partnership was the basis of what was to follow. After 18 months to obtain the necessary hospital approvals, Sandy started to give healing to Dr Singh's patients at the hospital. After two years over 200 patients had been seen and Dr Singh advised in a DVD that 'The responses have been, on the whole, very positive, and for some people very dramatically beneficial'.

Ever pro-active and dedicated to demonstrating the benefits of healing and soon after beginning work at the hospital, Sandy obtained Dr Singh's

agreement to her conducting an audit of patients' responses. She developed a holistic questionnaire which was easy to understand and complete. This comprised two forms: the first with sections for completion before and after the healing and the second for completion a week after the session. The whole process of planning and implementation took two and a half years and the results were impressive.

Two months after starting work at the hospital, Sandy became aware of the National Lottery providing a total of £25m to charities and the voluntary sector to conduct research programmes specifically for health and social well-being projects, for which it was difficult to obtain funding. Dr Singh agreed that this was a special opportunity for a healing research programme and a team was established to submit the necessary highly technical application. This was extremely demanding as the scientists overseeing the approval process required random controlled trials, the gold standard for research programmes. In November 2009 a grant of £205,000 was finally obtained.

The subject of the research proposal was whether healing therapy, as an adjunct to conventional medicine, was beneficial for patients with Irritable Bowel Syndrome (“IBS”) and Inflammatory Bowel Disease (“IBD”), both gastrointestinal disorders treated by Dr Singh. Each of the 200 patients had to complete three questionnaires and the participants were split into two groups – an intervention group, who would receive healing immediately and a waiting list control group, who would not receive healing until 12 weeks later, with equal numbers of IBS and IBD patients in each.

Sandy and the other two healers involved in the programme received a range of positive patient feedback when giving the healing.

Five years had gone by between Dr Singh agreeing to apply for the grant and the results of the trial becoming known. It took another two years to get the results published during which time there was an information embargo. There were a number of very positive statements by the very cautious researchers who oversaw the trial including “Results demonstrate that when used alongside standard medical care, healing therapy confers additional benefit”. They also observed that healing is safe and a positive experience for recipients.

Sandy was driven to write her book to ensure that the general public were aware of the results of this ground-breaking trial as such detailed information is only usually available to medical people and academics. It is a testament to

her passion, pragmatism, dogmatic persistence and professional approach to communicating the significant and wide ranging therapeutic benefits of healing. She hopes that her own audits and the trial results will be the subject of further research and investigations. The book is written for the layman and includes considerable feedback from patients, answers to frequently asked questions on healing, details of healing organisations and 200 citations. It is a very important, comprehensive book and includes recommendations for healers, patients and supportive doctors to spread the word to the medical profession, the general public and the media. In addition she makes the case for providing healing under the NHS.

Michael Seymour

Relaxation for Dummies by **Shamash Alidina**. John Wiley and Sons Ltd.
378 pp. ISBN 978-1-119-99909-6 £16.99

This book comes in the familiar yellow and black cover of the ‘for Dummies’ series. It is a big book! It’s a reference and workbook about what causes stress, and the effects that this can have on us. It explores a whole variety of relaxation techniques for the body (such as breathing, yoga and Tai Chi) and for the mind and heart (meditation, guided imagery, prayer and managing one’s attitude). It addresses issues such as sleep, relaxing at home, and finding ways to relax at work. It goes on to give ways of managing anxiety, worry, panic, depression, chronic disease and burn- out. The book finishes with ten different ways to find deep relaxation, and resources for further help: recommended websites, music, books and so on.

This is the most comprehensive book on this subject that I have come across. The exercises which it provides, the questions to think about and the icon reminders in the margins all make it very much a practical workbook. It is written in an accessible and sometimes humorous style, and warrants returning to again and again. In the back of the book a CD is provided which gives guided relaxation techniques and step-by-step advice in using them.

I am glad to have this book on my shelf, for use when needed.

Judy Clinton

Dear Daughter of a Narcissistic Mother by **Danu Morrigan**. Darton, Longman and Todd Ltd. 2017. 192.pp. ISBN: 978-0-232-53277. £9.99.

This book is sub-titled ‘100 Letters for your healing & thriving’ and is a sequel to Danu Morrigan’s first book, *You’re Not Crazy – it’s Your Mother*, (2012).

The response to her first book, led Danu to set up a website and blog which has attracted thousands of women from all over the world; this second book is a compilation of some of the letters she has written as a daily email over the past couple of years. She hopes the letters will offer ‘a route-map, guide and friend’ that will help other women and support their journey of healing. Narcissistic Personality Disorder (NPD) is a group of symptoms that affects between 0.6% to 0.8% of the population. Consequently hundreds of thousands of women are affected as a result of this disorder – both mothers and daughters. How boys are affected is unclear.

I read an article in *Psychology Today* and there was a quote from Donald Winnicott about NPD which I found very illuminating. It seems that when new babies look into their mother’s face, they seek a reflection of themselves. If there is no such natural mirror of the baby, that search will continue during their life. If this is so, then both boys and girls will be affected seemingly. Each of the letters in the book are brief – between approximately 450-850 and cover a wide range of issues such as shame, grief, rage, guilt, boundaries and trust to name but a few. I thought of my own relationship with my mum and that primary mother/daughter relationship.

I was musing on this and had a mental image which I’d like to share with you. *A grandmother who had lived many generations ago was standing on the edge of a cliff by a thick rope which was firmly anchored and she was guiding the laborious ascent up the rock face of succeeding grandmothers, mothers and daughters; a long line of them all attached to the same rope.* I thought about the effect which just one of those mothers with NPD might have on succeeding generations of women. The maternal pattern is fundamental and strong; it must surely affect women consciously or unconsciously throughout our lives

Danu also describes how EFT (Emotional Freedom Technique) was of help and as a practitioner some time ago, I can understand that this – she says that it changed her life for the better. I was also delighted that she mentioned

‘Freewriting’ and in particular, the Morning Pages of Julia Cameron in her book, *The Artist’s Way*.

This was an interesting topic and one that I’d never heard of before; the book introduced me to the effects of this condition on the daughters and presumably the whole family. I spoke to a friend who works professionally with families and she confirmed its potentially deep impact.

However I found this a difficult and depressing book to read and felt little lightness or humour throughout, which would have been helpful. Its main value for me was to bring my attention to a condition that I’d never heard of before; yet what of a wider compassion, healing and forgiveness?

I re-opened the book at random and the page fell open on a letter about compassion. Here, the possibility of only finding a ‘distant-compassion’ for physical frailty and age limitation was described and the author suggests that this limited compassion is because a healthy relationship developing between mother and daughter had never been allowed to kindle.

I must admit I found the book unsettling and difficult to read and seemed only to hear anger resonating throughout. Whilst feeling the deepest sympathy for such sufferers, I would have preferred a more balanced picture which included healing options for both parties.

Maggie Jeffery

Prayers for Depression by **Fay Sampson**. Darton Longman and Todd. 2017. ISBN:978-0-232-53295-1 80 pp. £5.99

This is a simple and superficial guide to depression. Someone with depression probably would not find it at all helpful unless they wish to approach getting better by prayer.

The book is divided into two sections, Part A is for the person or on behalf of the person suffering from depression, Part B is for family, friends and the wider community. In both sections each double page has a heading, for example ‘The Dark Cloud’, thus aspects of depression are dealt with in just a few words. The left hand page is used for facts, suggestions and often descriptions of how depression feels. For someone with no background to mental health issues this could be a good start in the attempt to understand exactly what is going on. The right hand page contains a prayer. Quakers may find the prayers too set out, for example one prayer in part A, under the heading Knowledge starts ‘Crucified Christ, you underwent this painful and

shameful death', and there is much emphasis on Christ crucified for us, so each person is of value because he gave his life. I personally do not find this at all helpful.

The title of the book puts the emphasis on prayer in the belief that these prayers can help a person find their way through the dark cloud. There are prayers to ask for help in even seeking help, which for a depressed person can indeed be near impossible. I do not find the prayers helpful because I am a Quaker who prefers to sit quietly (or walk with my dog) and wait for the Light.

The section that I liked the most was the one in part B 'Keeping Contact' which suggests that friends or members of the community keep in contact with a person who is depressed, even although often the condition makes them distance themselves from others, or whose behaviour becomes grumpy or unacceptable. This is so important. Even then the prayer talks of Christ looking down from the cross.

There are useful but limited references at the back.

If you want ready-made prayers then this may be helpful but there are better books for help with depression, for example *Depressive Illness* by Dr Tim Cantopher, Sheldon Press. £7.99, for only two pounds more you get whole chapters about the various aspects of the illness and many, many more references for further reading, plus a great sense of humour. And no set prayers.

Since the statistics suggest that depression is very common and it can be assumed therefore that we all have either suffered from depression or know someone who has, it is likely that every Meeting has someone suffering from depression and suffers in silence. This short easy to read book may initiate the raising of awareness for those among us with this condition. The prayers are another thing. I did not like them, but perhaps you have got that message. Others may well find them useful.

Robin Goodman

Prayers for Dementia – and how to live well with it by Fay Sampson.

Darton-Longman-Todd. 2017. 80pp. ISBN:978-0232-532975. £5.99.

Here is another book of prayers for those whose lives have been turned upside down by dementia – both those who suffer with it and their carers.

Meditation and silent prayer from the heart are usually the ways in which us Quakers approach the Numinous, the Divine, the Spirit – call it what you will – and ask for help. But as many will know, this awful condition gives rise to moments of sheer desperation, when the days of watching someone one loves slowly – oh so slowly! – deteriorate into a vegetative state, gradually losing both mental and physical faculties. Times like these can call forth a genuine cry from the heart from the carer, whose patience is *not* everlasting. And often the same happens for the sufferer as they are, at least in the earlier stages, fully aware of what is happening to them. Somewhere along the journey a prop is needed.

So although this little book may not be what Quaker carers think they need, nevertheless it does have its place. There are three sections: For the use of, or on behalf of, those with dementia; For the use of, or on behalf of, carers; For the use of family, friends and the wider community. These give helpful pointers such as dealing with changes, aggression, and adapting, which is the key to being able to cope and ‘move on’. However, the book does have, like Fay Sampson’s book on depression, a very Christian slant so may appeal only to those Quakers who are happy with this.

Rosalind Smith

No Shore too Far by **Jonathan Stedall**. Hawthorn Press 2017. ISBN 978-1-907359-81-1 147 pages Hardback £12.00

Jonathan Stedall, who has made documentary films for over fifty years, largely for the BBC, wrote this series of poems for his wife, Jackie, who died in 2014 from cancer.

The author describes these poems, which were written since the death of Jackie, as meditations on death, bereavement and hope. Some of the poems are deeply personal: specifically about Jackie, Jonathan’s relationship to her and the depth of his loss and grief. Others are reflections on where this bereavement has taken Jonathan in his thoughts and feelings about ‘the Bigger Picture’ – a deeper reality within which we live and die and where, he senses, communion with the departed is still possible.

I wept my way through many of these poems – not only because they resonated with my own experiences of grief but because they connected me to

‘the Other’ – that which is mystery and deeply loving and which we can turn to for comfort, inspiration and hope.

These are profoundly spiritual poems, written in non-religious language (although within some of them there are religious references from different traditions). They contain a gentle questioning, a human fluctuation in spiritual certainty, searching and expression of human experiences of many different kinds. Underpinning it all lies a quiet knowing that there is ‘No shore too far I found this to be the most beautiful, moving and thought-provoking book of poetry I have read in a long time.

The preface to the book and a selection of the poems can be viewed on Jonathan Stedall’s website: www.jonathanstedall.co.uk

Judy Clinton

Friendly Limerick

*There once was a very old Quaker
Who sometimes found sleep overtake ‘er
Her very loud snore
Was hard to ignore
So Friends had to shake ‘er to wake ‘er.*

Pat Dennis (contributed by Andrew Rutter)

FRIENDS' FELLOWSHIP OF HEALING
(Registered Charity No. 284459)
Annual Standing Order Mandate

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Co-operative Bank plc

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Southway, Skelmersdale

WN8 6WT

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Postcode: Signed:.....

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Please send to: Stephen Feltham, FFH Membership Secretary,

6 Ferris Place, Bournemouth BH8 0AU Tel: 01202 532 601

Email: friendshealing@gmail.com

FEES FFH member only £15.00; Overseas FFH members £21.00;

(FFH & QSH member (both grades) £35.00; Associate QSH members £21.00.)

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 at a 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.

ANNUAL FEES

(which include all necessary insurance/materials/newsletters etc.)

FFH Member	£15	
QSH Full Healer Member	£35	including FFH
QSH Healer Couple	£45	One copy of TW and Including FFH
QSH Probationer	£35	Including FFH
Associate Members	£21	Including FFH

NOTE: if insurance is paid to another healing organisation then the fee for QSH membership is the same as for an Associate Member - £21.00.

Cheques, payable to Friends Fellowship of Healing, should be sent to The FFH Membership Secretary, 6 Ferris Place, Bournemouth, BH8 0AU.

US members please contact our agent, Richard Lee, 1201 Walsh Street Lansing, MI 48912. Tel: 517-285-1949 email: richardlee3101@att.net regarding payment via him.

Letters, articles, news items and other contributions for ***Towards Wholeness*** should be sent to the editor, Rosalind Smith, 4 The Walks, Stanton, Nr. Bury St. Edmunds, Suffolk, IP31 2BX. rossmith@btinternet.com Tel: 01359 252248.

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

For further information about the **FFH** please contact the Clerk: David Mason, 2 Fir Avenue, New Milton, Hants. BH25 6EX. Tel: 01425 626112
david.mason1948@gmail.com

Donations for the work of the Fellowship are most welcome.

Cover photo: 'Cuddle brothers' by Stephen Feltham

FFH/QSH Web-site: www.quaker-healing.org.uk

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G82 2PT. murielQ@blueyonder.co.uk Tel: 01389 763963

Immediate Prayer Group: Rosemary Bartlett, 13 Oakmere, Spath Lane, Handforth
SK9 3NS. Tel: 01625 527428 - Joy Simpson Tel: 01594 841800 – Mike Green Tel:
01989 485566 & **Urgent Prayer Group:** Anne Brennan, 3 Annandale, South Street,
Castle Cary, Som. BA7 7EB. anni.b@live.co.uk Tel: 07969 689406

Prayer Group for the Mother and her Unborn Child: Mina Tilt, 185 Robin
Hood Lane, Hall Green, B28 0JE. 0121 778 6778 theminatree@blueyonder.co.uk.

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The Manager. welcome@claridgehousequaker.org.uk Tel: 01342 832150
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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."