

TOWARDS WHOLENESS

No. 157 Summer 2020

£2.50



The **Friends Fellowship of Healing** is a Quaker Recognised Body in the Religious Society of Friends. (*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.)

UK FFH Member	£15
Overseas FFH Member	£21
QSH - Full Healer	£35 (inc FFH Membership)
QSH- Probationer	£35 (inc FFH Membership)
QSH - Full Healer/Probationer insured elsewhere	£21 (inc FFH Membership)

Cheques, payable to Friends Fellowship of Healing, should be sent to The FFH Membership Secretary, 52 Ridge Road, Middlestown, Wakefield, W Yorks. WF4 4QP

Letters, articles, news items and other contributions for **Towards Wholeness** should be sent to the editor, Gervais Frykman, 52 Ridge Road, Middlestown Wakefield, W.Yorks. WF4 4QP, 01924 264180. gervais153@talktalk.net
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. 01425 626112
david.mason1948@gmail.com

Donations for the work of the Fellowship are most welcome.

Cover photo: Outside Liverpool RC Cathedral, by Pauline Frykman

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

CONTENTS

2.	Healing and Upholding Groups	
5.	Distant Healing from Home	
5.	Spring Meeting Review	David Mason
7.	Mentoring and Probationers' Report	Anne Le Marinel
8.	FFH Accounts, Audited	Cherry Simpkin
10.	FFH Annual Report	Cherry Simpkin
14.	Nationwide Quaker Day of Healing	
19.	These Times – A Personal View	Gervais Frykman
21.	Nothing is Important	Stephen Feltham
24.	The Pentagonam Walk	Anon
26.	Singing Your Song	Elizabeth Mills
27.	Wind Whispers	Elizabeth Mills
28.	Within	Elizabeth Mills
29.	Letters	
30.	Book Review	
32.	Healing with the Inner Light	Rosalind Smith

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 the Postal Co-ordinator, **Maureen Anderson**, (*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.

Talking Friends holds recordings of Towards Wholeness.

Anne Brewer records them and sends to Talking Friends for distribution to Friends with visual impairment. The subscription for one year is £3 for TW publications.

www.talkingfriends.org.uk

Alan Johnson is the convener of Talking Friends.

alan.johnson1@blueyonder.co.uk, 0121 476 0217

HEALING AND UPHOLDING GROUPS – 27 JUNE 2020

BANGOR	Margaret Reynolds, 15 Llys Menai, Dale Street, Menai Bridge, Anglesey	LL59 5QW
BATH	Hazel Mitchell, 1 Victoria House, Albert Mill, Dappts Hill, Keynsham, Bristol	BS31 1UL
BEDFORD	Judith Slaymaker, Red Lion House, 2 High St, Thurleigh, Beds Email: Judith.slaymaker@gmail.com	MK44 2DB
BEWDLEY	Tony Sargent, 12 Sandstone Road, Bewdley Email: tigrish@btinternet.com Tel: 01299 405943	DY12 1BW
BLACKBURN	Beverley Rayner Email: bevraynerhealing@yahoo.co.uk Tel: 07928 107306	
BLACKHEATH	Cherry Simpkin Email: cherry.simpkin@btinternet.com Tel: 0208 8526735	
BOURNEMOUTH	Stephen Feltham, 6 Ferris Place, Bournemouth	BH8 0AU
BRIGHTON	Magda Cross, 41 Preston Grange, Orange Close, Brighton	BN1 6BH
CAMBRIDGE	Hilary Painter, 2 Gunhild Close, Cambridge	CB1 8RD
CARDIFF	Ken Timmins, FMH, 43 Charles Street, Cardiff,	CF10 2GB
CHESTER	Hazel Goynes, 4 Whitton Drive, Chester	CH2 1HF
CHORLEY	Joan Williamson, 34 Runshaw Lane, Euxton, Chorley,	PR7 6AU
CLARIDGE HOUSE	Peter Horsfield, Claridge House, Dormansland, Surrey Email: peterhorsfield333@googlemail.com Tel: 01372 374596	RH7 6QH
CLITHEROE	Beverley Rayner Email: bevraynerhealing@yahoo.co.uk Tel: 07928 107306	
CROYDON	Croydon PM c/o David Parlett, FMH, 60 Park Lane, Croydon Stephen Betts, Email: smjbetts@gmail.com Tel: 07511 380272	CRO 1JE
DISLEY	Anne Sumner, 5 Parkhill Close, New Mills, High Peak, Derbys Tel: 01663 745 439	SK22 4EU
DORKING	Anne Brewer, 53 Chart Downs, Dorking, Surrey Email: anne.brewer43@gmail.com Tel: 01306 500187	RH5 4DF
ECCLES	David P. Jones, 26 Moss Lane, Sale, Cheshire	M33 6GD
FOREST OF DEAN	For venue and times please contact either Mike Green, Tel: 01989 485566 or Joy Simpson, Tel: 01594 841800	
GLASGOW	Nicola Maharg, 3 Dunmore Gardens, Fintry, Stirlingshire Email: nicola.james53@gmail.com Tel: 07595 370376	G63 0XN
GREAT AYTON	Carole Avison, 4 The Avenue, Stokesley, Middlesbrough	TS9 5ET
HALL GREEN	Joy Aldworth & Trevor Barker, 5 Velsheda Road, Shirley, Solihull	B90 2JL
HARLOW	Michael Seymour, 15 Powermill Lane, Waltham Abbey Email: littledora@hotmail.co.uk Tel: 01992 700374	EN 9 1JP

HARROW	Ann Taylor, 79 Hawthorne Ave, Ruislip	HA4 8SR
HARWICH	Joy Ling, Email: joymearl@gmail.com Tel: 07944 408065 and Rosalie Eaton, Email: rosalieeaton@gmail.com Tel: 01255 880500	
HENLEY on THAMES	John Cater, 6 Southview Close, Twyford, Berks	RG10 9AY
HEREFORD	Pam Newman, 82 Bridle Road, Hereford	HR4 OPW
HUNTINGDON	Mavis Parker, 16 Woodlands, Warboys, Huntingdon, Cambs Tel: 01487 823075	PE28 2UR
KETTERING	Andrew Dutton, 10 Beardsley Gardens, Barton Seagrave, Kettering Email: argdutton@gmail.com Tel: 07708 188818	NN15 5UB
LEIGH ON SEA	Tony Burden, 25 Fernleigh Drive, Leigh on Sea, Essex	SS9 1LG
LLANIDLOES	Gwen Prince, Glanafon, Glan Y Nant, Llanidloes	SY18 6PQ
LONG SUTTON	Annette Price, 29 Middle Leigh, Street, Somerset	BA16 0LD
NOTTINGHAM	Mary Brimelow, 30 Private Road, Sherwood, Nottingham Email: marybrimelow@hotmail.com	NG5 4DB
OAKHAM	Anna Findlay, 44 Well Street, Langham, Rutland	LE15 7JS
OSWESTRY	Sue Miller, 10 Upper Church St, Oswestry Email: susaneleanor miller@gmail.com Tel: 01691 658330	SY11 2AE
POLEGATE	Elisabeth Wilson, Cottage 2b, Bernard Baron Cottage Homes Eastbourne Road, Polegate, East Sussex Email: liswil2b@gmail.com Tel: 01273 730085	BN26 5HB
POOLE	Peter & Pamela Wilson, The Old Stable, Levets Lane, Poole Email: peterpam65@ntlworld.com	BH15 1LW
SIDCOT	Jo Hewitt, 2 Oatlands, Wrington Hill, Bristol, BS40 5PL, and Joyce Hinton, 12 Sewell House, Belmont Road, Winscombe	BS25 1LQ
SOUTH AUSTRALIA REGIONAL MEETING		
	Enid L. Robertson, 9 Sherbourne Road, Blackwood, S. Australia	5051
STOCKPORT	Joan Armstrong, 14 Tintern Ave, West Didsbury, Manchester Email: jhb.armstrong@outlook.com Tel: 01614 345278	M20 2LE
STREATHAM & BRIXTON	Isobella Stewart, 15 Lexton Gardens, London Email: isobelstewart15@gmail.com	SW12 0AY
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THAXTED	Anthea Lee, 24 Lea Close, Bishops Stortford Email: antheaglee70@gmail.com Tel: 01279 656707	CM23 5EA
TORQUAY	Valerie Huish, 36 Seymour Drive, Watcombe, Torquay	TQ2 8PY
TOTTENHAM	Nigel Norrie, 65 Friern Barnet Lane, London	N11 3LL
WANSTEAD	Mary Mallinson, 26 Calderon Road, Leystonstone	E11 4EU
WARWICK	Dorothy Parry, 31 Cocksparrow Street, Warwick	CV34 4ED

WATFORD Kay Horsfield, Email: horsfield.k@gmail.com Tel: 01923 675671

WELLINGTON Zoe Ainsworth-Grigg, 4 Kingdom Lane, Norton Fitzwarren, TA2 6QP

WELLS-NEXT-SEA Jane Heath, 1a Barney Road, Fulmondeston, Fakenham NR21 0AT
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 and Joolz Saunders, Caprice, Clubbs Lane, Wells-next-Sea NR23 1DP
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WINCHESTER Andrew F Rutter, 1 St. Johns Road, Winchester SO23 OHQ
 and Irene Ashby, Email: ireneashby@yahoo.com Tel: 07477 138803

WITNEY Mahalla Mason, 5 Larch Lane, Witney OX28 1AG
 Email: masonmahalla@gmail.com Tel: 01993 702518

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WOOLDALE Gervais Frykman, Email: gervais153@talktalk.net Tel: 01924 264180

YEALAND Lesley McCourt, Email: lesleymac@phonecoop.coop Tel: 01524 702281

IMMEDIATE PRAYER GROUP Mike Green, 1 Walford House, Priory Lea, HR9 5RT
 Walford, Ross-on-Wye

URGENT PRAYER GROUP Anne Brennan, 3 Annandale, South Street, Castle Cary BA7 7EB
 Tel: 07969 689406
 and Margaret Western, 2 Orchard Rise, Crewkerne TA18 8EH

MOTHER & HER UNBORN CHILD Mina Tilt, 185 Robin Hood Lane, Hall Green B28 0JE
 Email: theminatree@btinternet.com Tel: 07719 625418

POSTAL GROUPS Elliot Mitchell, 19 Florida Court, Bath Road Reading RG1 6NX
 Tel: 07772 248 411

The FFH Healing Groups have been called Healing and Upholding groups on the initiative of Kay Horsfield, Watford Group. This list is reprinted because many entries have been updated, and e-mail addresses have been added in addition to postal addresses, or to replace them. Will you please advise Anne Le Marinel, lemarinel@hotmail.co.uk or the editor, of any amendments and updates.

DISTANT HEALING FROM HOME

Elizabeth Angas suggested that we have one Need we pray for each month by *Holding in the Light*, doing this alone, but joining all together on the first Friday of the month at 12 noon.

- | | |
|--------|---|
| July | The maintenance of music and art in our world. |
| August | The provision of a sound education and culture for everyone. |
| Sept | The maintenance of wild nature, animals, birds and fish on land and sea. |
| Oct | The education and provision of doctors and nurses and other health professionals for an effective NHS and a healthy world. |
| Nov | The teaching of philosophy (i.e. right thinking) ethics, morality and spirituality to prevent extremism but instead create a balanced peaceful world. |

Please see <http://www.quaker-healing.org.uk> and choose “An Extra Way of Distant Healing” for more information.

SPRING MEETING REVIEW

David Mason

Our Spring Meeting was due to be a residential event at Claridge House, following on from the very successful Autumn Meeting in the previous autumn. However, with the lockdown, it was only possible for the Committee to meet on line. Of the committee of nine, eight of us covered all the topics we would normally have addressed but only in a cursory/holding way to buy us breathing space before addressing them in full detail hopefully in our Autumn Meeting

We reviewed the Accounts for 2019, comparing them to the preceding year establishing that the FFH funds were being used in accordance with the prime directive of the constitution to further the cause of healing and to promote the Friends Fellowship of Healing.

In accordance with the directive from the Charity Commission, we decided not to hold an AGM this year. We would instead, encourage members who had potential candidates for offices within the committee to suggest them via the website for the attention of the Nominations Committee.

A discussion on the Nationwide Day of Healing produced the need for more feedback from members who had participated. An invitation for comments would feature in the summer edition of Towards Wholeness.

Several important summer events are now been cancelled for this year with the hope that they will be resurrected even better in 2021. These included Healers Support Weekend, BYM Yearly Gathering and the FFH Gathering.

The ninth member of the committee sent us a useful report on the Distant Healing Groups, produced by the Clerk of the groups, Maureen Anderson. It was apparent to all of us distant healing and love was needed in a big way for her groups and a 2-minute silence was held to provide this.

Finally, an update on the stock of FFH publications provided by Anne Mason indicated that more ideas/effort needed to promote the booklets. Ideas for these included book reviews and enhanced contact with the other Quaker establishments including Friends House, Woodbrooke, Swarthmore, and Glenthorne.

MENTORING AND PROBATIONERS REPORT SPRING 2020

Most of the group of Probationary Healers from the Claridge House Training Course held in 2019, have Mentors. One of the participants did not want to progress with QSH at this time.

To help those who attended the last 2 training courses at Claridge House with Distant Healing, I now invite them to join in twice weekly with the Wokingham Friends Healing Circle which is held on-line using Zoom.

Once the Coronavirus restrictions are lifted, contact will be made with the Probationary Healers and Mentors to check on progress and see if there is any support or help that I can provide.

Anne Le Marinel

The next residential course for trainee Quaker Spiritual Healers is at Claridge House from Monday 21 September to Friday 25 September 2020. Please contact Kay Horsfield for further information.

Notes to the Financial Statements for the Year Ended 31 December 2019
(See below, page 8)

1 Donations

"Donations" represent donations given not associated with subscriptions e.g. those given by non-members and from collections by Quaker Meetings. Donations given as part of subscriptions are included under "Subscriptions."

2 Funds

All funds are unrestricted for use at the discretion of the Trustees in furtherance of the charitable objectives.

THE FRIENDS FELLOWSHIP OF HEALING

Registered Charity 284459

Receipts and Payment Account for the Year Ended 31st December 2019

	Note	2019	2018
RECEIPTS		£	£
Subscriptions	1	8496.00	8596.00
Donations	1	460.00	194.33
Gift Aid Refund		935.05	0.00
Books		271.11	228.58
Sale of magazines		59.50	60.00
Courses		0.00	395.00
Conferences		1074.35	0.00
Legacy		0.00	0.00
Bank Interest		0.00	0.00
Miscellaneous		0.00	15.00
Total Received		11296.01	9488.91

PAYMENTS		£	£
Stationery		71.87	92.83
Advertising		1478.05	1030.36
Room Hire		2300.00	1712.20
Courses/training		3758.28	1605.50
Conferences		6118.70	0.00
Equipment		82.80	0.00
Paypal charges		18.59	30.56
Printing/Photocopying		122.07	955.75
Postage		127.92	360.42
Travel			
<i>Trustees</i>		1303.80	897.05
<i>Other</i>		647.77	137.84

Insurance	1359.82	1507.84
Website Cost	0.00	1342.00
TW Magazine	3897.67	3713.74
Bank Charge	0.00	0.00
Grants/donations	0.00	0.00
Independent Examination	0.00	0.00
Total Paid	21287.34	13386.09

Surplus/deficit to accumulated fund	-9991.33	-3897.18
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Accumulated Funds:

	£	£
Fund at 1 January	57702.97	61600.15
surplus (deficit) for the year	-9991.33	-3897.18
Funds at 31 December	2 47711.64	57702.97

Represented by:

	£	£
Bank 65033106	41243.03	51754.72
Bank 65102367	5508.98	5183.98
Paypal	959.63	574.27
Cash in hand	0.00	190.00
Total Assets	47711.64	57702.97

FRIENDS FELLOWSHIP OF HEALING
Registered Charity Number; 284459
ANNUAL REPORT FOR THE YEAR ENDED 31st DECEMBER 2019

Trustees:

David Mason, Clerk
Cherry Simpkin, Treasurer
Rosalind Smith (until 17 April 2019)
Anthea Lee (until 17 April 2019)
Jim Pym (until 17 April 2019)
Pauline Frykman (from 17 April 2019)
Gervais Frykman (from 17 April 2019)
Anne LeMarinel (from 17 April 2019)
Lee Britten-Jones (from 17 April 2019)
Elizabeth Angas
Kay Horsfield
Peter Wilson (until 15 October 2019)

All trustees and office holders are appointed by the Board of Trustees with the approval of members at the Annual General Meeting.

Independent Examiner

Myrus Smith, Norman House, 8 Burnell Road, Sutton, Surrey SM148W

Paid Staff and Volunteers

The charity has no paid staff. During the year, there were 9 volunteers engaged in the co-ordination of Prayer Groups, editing and distribution of newsletters, and training. We thank them all for their valuable contribution.

Charity's Principal Address

The charity has no permanent address. Communication with the charity is in writing via the Clerk, David Mason, 2 Fir Avenue, New Milton, Hants, BH25 6EX.

Structure, Governance and Management

Friends Fellowship of Healing is an unincorporated charity governed by a Constitution adopted 2 March 1982 as amended 27 May 2000, 30 July 2001 and 29 May 2004.

Objectives and activities

The object of the charity is to advance the education of the public in the principles of the Religious Society of Friends by the advancement of religion and the promotion of the relief of sickness and suffering based on the premise of the healing power of prayer and meditation and counselling in accordance with the said principles of the Religious Society of Friends.

Public Benefit

The trustees believe that the charity provided public benefit during the year in accordance with the guidance published by the Charity Commission through the following activities:

- Publication of a magazine, Towards Wholeness, 3 times a year promoting the healing ministry, free to members and on sale to the general public;
- Promotion of the healing ministry through the charity's website;
- Publication of booklets on all aspects of the healing ministry on sale to the general public;

- Providing educational training courses on the healing ministry open to the general public, including providing bursaries for training where appropriate;
- Providing contact healing to members of the public;
- Supporting the charity's affiliated distant healing prayer groups and distant healing postal network;
- Providing a facility for members of the public to ask for healing prayers;
- Training, accreditation and support for one-to-one contact healers through its sub-group Quaker Spiritual Healers.

Achievements and performance

The main activities of the year were:-

- Increasing awareness of the benefits of the healing ministry through talks and publications, including the charity's magazine, Towards Wholeness;
- Continued training, mentoring and general support for the charity's contact healers, including residential courses for existing healers and introductory courses for new probationer healers, with bursaries provided where needed;
- Continued support of the charity's network of distant healing groups and postal distant healing network;
- Holding a Nationwide Day of Healing at which Quaker Meetings throughout the UK held sessions of healing prayer throughout the day.

Financial Review

The trustees have a reasonable expectation that the charity has sufficient funds to continue in operational existence for the foreseeable future.

To ensure liquidity and smooth cashflow, all funds are unrestricted and are held in cash deposits.

The Trustees aim to maintain sufficient funds to ensure regular commitments can be properly maintained, including the timely publication of 'Towards Wholeness', the general support, including insurance, of its members, trustees and volunteers' travel expenses and to cover administrative costs, including professional fees.

Total reserves at 31 December 2019 were £47,712.

Income for the year was £11296. Sources of income are membership fees, literature sales, donations and legacies.

Trustee expenses (travel to meetings) amounted to £1304. Total expenses amounted to £21,287 and included costs covering postage, printing, advertising, support for healers (including insurance) and training.

The charity has no long-term liabilities.

The Trustees have a duty to identify risks to which the Charity is exposed and to ensure appropriate controls are in place to mitigate these. The trustees regularly review the charity's financial and administrative procedures and monitor the level of income in the light of regular expenditure, including ensuring a sufficient rate of membership subscription.

The trustees declare that they have approved the trustees' report above.

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Oh, Thou, who didst with Pitfall and with Gin  
Beset the Road I was to wander in,  
Thou wilt not with Predestination round  
Enmesh me, and impute my fall to Sin?

Oh, Thou, who Man of baser Earth didst make,  
And who with Eden didst devise the snake;  
For all the Sin wherewith the Face of Man  
Is blacken'd, Man's Forgiveness give – and take!

Rubaiyat of Omar Khayyam, FitzGerald, 1<sup>st</sup> Edition, 57, 58

## **NATIONWIDE QUAKER DAY OF HEALING 2020**

### **Reflections and Questions**      *Peter Wilson – NQDH Co-ordinator*

Friends Fellowship of Healing now have an established pattern of holding an annual Day of Healing on the 1<sup>st</sup>. Saturday of March each year. The event has always been preceded by a published contribution from a Friend or an advert in the Friend preparing the ground, as it were, in an attempt to make people aware and to approach the day with hearts and minds prepared.

This year was no exception and we had two splendid full page rainbow coloured adverts in the Friend, which proved to be most eye-catching and 'in your face.' If you didn't see them, you missed a visual treat. In addition, our Poole Meeting had an excellent FFH book table to interest our visitors on the day. (see photo below)

From my point of view the day was a great success and well highlighted with two letters published in the Friend. In particular, Stephen Feltham's letter summed up beautifully what I would have said, so rather than mirror his thoughts and observations, I attach the two letters below for you to reflect on.



## **Letter published in the Friend – 6<sup>th</sup> . March 2020**

### ***Healing Day***

Many minds and hearts appear to be working together to make 7<sup>th</sup> March special as a Nationwide 'Day of Healing'. Certainly The Friend has devoted full page adverts to it, and local churches and Churches Together are supporting it.

It may not be the customary Quaker way to join with others in a shared spiritual initiative of this kind, and at first sight it may be tempting to think that, if we are personally not in need of Healing of any kind (that we are aware of), that it is not for us; then consider the state of the community, the nation and the world.

I suggest there has never been a greater and more urgent need for Healing & mending of every kind than there is now. So who knows what good may come of engaging with this, both within ourselves and around us.

I look forward to reading in The Friend of how people have been affected and blessed as a result of the Day of Healing.

***Roger Seal***

***Spalding Meeting, Lincs.***

## **Letter published in the Friend – 3<sup>rd</sup> . April 2020**

**Dear Ed,**

Further to the letter from Roger Seal of 6th March regarding feedback from the Nationwide Day of Healing I am delighted to report the activities from Bournemouth Coastal Area Meeting and Poole LM in particular, which we understand was similarly experienced at many other venues around the country.

The Friends Fellowship of Healing had organised the Nationwide Quaker Day of Healing and, following the true Quaker testimony of 'simplicity', constrained its organisation of the event to a couple of eye-catching adverts in The Friend plus some very good advice and downloads from our website [www.quaker-healing.org.uk](http://www.quaker-healing.org.uk).

Poole's experience was very deep and spiritually moving and 22 attended throughout the day including, 2 from the hospital chaplaincy teams (one Salvation Army and one Methodist), 3 from Bournemouth Meeting, 2 from Wimborne Meeting, and one ex-attender from Bournemouth who hadn't been to a meeting for years. Within the MfH, the attendance varied from 5 to 11 at any one time, Peak attendance within the meeting was from 11.30 to 12.30 hours, Most folk stayed for an average of 45 minutes, and 3 stayed for the full 4 hours. A successful day with several vocal ministries and 11 post-it healing notes on our notice-board for the day.

But that was just the numbers. The spiritual depth and energy of the Meeting was at times very intense and tangible. Some of us were present throughout the 11:00 to 3:00 time-slot and the conversations we had during coffee and lunch break served to remind us that the Spirit is always with us and that we each, in our own way had been touched by the experience of a prolonged period of worship noted for its stillness and absence of busyness. It was refreshing and motivating to worship for the healing of the causes that had been promulgated by Friends leading up to the day without getting involved in the detail, the cause, the blame and the secular solutions that disturb so many Friends today. The peacefulness of truly holding our healing topics in the light, of letting go and letting God was a truly heart-strengthening experience for which we were all grateful.

We very much look forward to next year's event which again will be on the first Saturday in March which is the 6th 2021 (So Area and LM clerks please take note) when we will again be holding the Nationwide Quaker day of Healing. Please see the FFH website for more details.

To finish with, my major query is that in general we have very little feedback from other Friends up and down the country, so that it becomes more problematic to gauge the overall value of the day other than rely on personal observations within our own locality. It would be so helpful to have the thoughts and feelings of many more people on this event which I feel so passionate about. The potential for harnessing our corporate spiritual energy in asking to be used as channels for healing is not something to be put aside lightly. We all have a part to play in the healing of all concerns, so please feedback your thoughts and experiences if you think we should continue to organise this event next year and the year after.

***Stephen Feltham, On behalf of FFH Committee  
Bournemouth & Fordingbridge LM***

## **NATIONAL QUAKER DAY OF HEALING**

***Elisabeth Wilson***

This year we repeated what we did last year on March 7<sup>th</sup>. Our one and a half hour meeting was again successful, in that other Christian residents here at Bernhard Baron joined with us for varying lengths of time. Our Quiet Room seats about 12, and it was full most of the time. Occasionally there was “standing room only” for short periods. We began a small monthly group for distant healing towards the end of last year. At present we have a potential of four who attend – so small beginnings. If and when we feel more firmly established, we may well extend the invitation to non Quakers here to join us.

I have misgivings about the reception that this writing will receive, though members of my writing group, where it originated, called it very positive.

The Corona Virus pandemic is a world event, not just a pleasant cocooning for me. All the Quakers who protest about climate change, injustice, sustainability, inclusiveness and all the rest have felt alien to me, because I could do nothing about these issues. It doesn't mean that they were absent from my thoughts, or brooding. I think that this pandemic, which has resulted in a lot of world-consciousness and neighbourliness, and heroism too, on the part of health workers and checkout staff, has also let us know how fragile the economy is.

Everybody is wanting to get back to normal, so that they can go to work and travel, or pursue their business, send their children to school, move house, go away on holiday, have a deferred operation or dental treatment, hold weddings, funerals and other family gatherings, all the activities that make up the external life.

But I don't want it to go back to normal. Normal includes sweat shops, modern slavery, organized crime, wars, rapes, hopelessly compromised politics, a banking system that is radically corrupt, and the whole culture of domination and exploitation. Now that the Earth has been shaken, I don't see why it shouldn't be shaken some more. It's no good preaching at the dominators. They don't listen. Never have. They will listen if there is no longer a market.

This is the reformation of society in a more spiritual presentation, where the whole background of our lives is such that we communicate by telepathy and cannot lie or steal. Our thoughts can be read, so there is no point in pretending, and we love our neighbour as our self, and have no plans to steal from our self. We will not need to replenish our energy using food, so there will be no money, and no employment engaged in for the sake of earning a salary, rather all work will be

service. All the structures derived from the desire to dominate will therefore be obsolete and form no part of the new consciousness. This raising of humanity, and the Earth too, is called Ascension, and is well represented on You-tube, by those who post videos almost on a daily basis, and a large constituency of keen followers. The language is somewhat confusing. Soul is sometimes called body or DNA, levels are frequencies, and the Divine is Source, or All that is, but with a bit of care the messages can be translated fairly easily.

It is indeed Ascension time for us and for the Earth. This is unprecedented in recorded history, though apparently it has occurred many times in other contexts. Our current three dimensional system of need, negativity and bullying is called 3D, and the object of Ascension is to rise to 5D, where need does not apply. It is not just that those who are aware of 5D can go up to the blessed society, we are deliberately staying in the 3D world in our 3D bodies, but retaining 5D consciousness. The reason for this is nothing less than to assist the mass of humanity to ascend with us. Indeed, many of us arranged to be incarnate at this time for precisely this purpose. And other intelligent beings from elsewhere in the universe are helping, and showering the Earth with the energy of love. Lots of heavy 3D energy is coming up now to be felt and transformed and cleared. Also many dirty secrets are coming into the light of day. To understand all is to forgive all.

We have no idea how long it will take. It depends on every single free will, so no predictions can be made, whether a few years, or centuries. And it may be that some dominators cannot be prized from their dominating even when there is no-one else to dominate. Free will operates, and they can stay in their 3D world, frantically trying to dominate the other dominators who are frantically trying to dominate them. And there they can stay until they learn better manners. So: very exciting times. The most exciting that there have ever been.



The virtue of giving oneself space is seldom recognised. The concept of doing nothing is anathema for many, almost sinful and yet, doing nothing, paradoxically can be a very constructive thing. The art of nothingness admonishes busyness and the need to fill one's life with doctrine, thought and action. The lack of these things has conventionally implied an inadequacy or lack of achievement, even slothfulness (a deadly sin), but doing nothing is important because an awful lot of stuff can be going on when one is engaged in doing nothing. If this were not so nature would not have provided us with that essential element to our lives; sleep. We all know that sleep is beneficial, and we are the better having indulged in it, so it follows that something is going on when we sleep. It is not as if nothing is happening even though one may not be conscious of it. Just think of the possibilities therefore, of indulging in nothingness when one *is* conscious of it.

Life, as we all know is a journey from birth to death. That fact can be universally agreed upon. Step outside of that assertion and there exists a recipe for protracted debate, for example "Life, as we all know is a journey from birth to death to rebirth" or "Life, as we all know is a journey from birth to death to purgatory" or "Life, as we all know is a journey from birth to death to heaven or hell". See what I mean? A recipe for protracted debate and where will it get us? Probably nowhere, and so it could be said that such thoughts, conversations and debates might lead one to the conclusion that 'nothing is important'. This would be a sad outcome because whilst a resigned and negative view of things may conclude that nothing is important, a proactive and positive attitude to the space that nothing provides, or is, would lead one to the conclusion that 'Nothing' is important.

To leave space around and within us is to give ourselves the opportunity to indulge in spiritual breathing or, in other words, to chill out, to calm down and to let nature sooth the furrowed brow. This is something we have all craved at some time or another. The word for this may be 'healing'.

One can not chill out whilst running one's life at a hectic pace. There is a beautiful wisdom in a seventh day - a day of rest. How many of us really appreciate doing nothing? I venture to say that an ever increasing number of folks really do. This is why holidays are becoming so important. Notwithstanding that the lead up to them can be very stressful and the affording of them causes us to be even busier than we need to be, holidays are much valued. They are valued for their concept rather than their reality. The notion of a holiday is one of peacefulness and relaxation and rejuvenation but all too often the reality is commotion, busyness and stress. This is exacerbated by overindulgence of nearly every sensory medium that one could experience, often leading to physical, mental and spiritual exhaustion. This is a paradox therefore; the pursuit of healing results in the need for healing.

I hope I am not so arrogant or self-satisfied to be content only with my own company and indeed, I do enjoy the company of others but there is a lot to be said for a bit of isolation. The opportunity it provides for introspection as well as the contemplation of local and world affairs should not be overlooked. The term "self-isolate" has in the spring of 2020 become such a well known expression that it is now a global term wrought by the necessity of having to respond to Covid-19 the novel coronavirus. And yet, whilst this emergency, as in many others in the past, has given rise to a great surge of inventiveness and innovative thinking, the temptation to cling to 'the old ways' remains. Rather than seek the opportunities presented by changing circumstances, many still cling to the habits of yesterday. The fear of doing nothing has

stimulated further levels of activity in disregard of the benefits that 'nothing' has going for it.

"Be wary of great busyness" is a Quaker advice dear to my heart and to me sadly ignored by so many of us. The physical self-isolation that many of us now have to adopt has provided the opportunity to embrace the benefits of stillness and quietude. And yet, folk have sought to continue the busyness of conventional times by the adoption of 'virtual' gatherings. The employment of information technology in order to sustain the high levels of activity that we have become accustomed to, regardless of the impact it has on our physical, mental and spiritual well-being, has ignored the importance of doing nothing.

What is 'nothing'? Is it really something or is it, as the word suggests, nothing? Nothing is more than an absence of something, it is an opportunity. An artist starts with a blank canvas, i.e. nothing, and when their work is done something beautiful exists. The same happens with the poet or author and with a block of stone for a sculptor. They each start with nothing and out of nothing something is created. Of course, it is not the canvas the paper or the stone that creates a work of art, it is the artist. But the creator of something beautiful cannot begin a work that is busy with stuff. Nothing is the best place to start from.

We are born simple, naïve and unlearned. We are uncorrupted but not incorruptible. During the ensuing decades we develop not just intelligence, knowledge and a persona but the capacity for discordancy in so many different spheres that the correction of this unsatisfactory state of affairs can perhaps best be addressed by one simple term – healing. The planet, our communities and each one of us can, to a significant or lesser degree, benefit from the receipt of healing. This should not be argued for we all crave it at some time or another.

It is wonderful how sometimes the lessons and the words spoken at school are still remembered, even six decades later. My old headmaster Arthur Legg, used to say frequently in school assemblies that “One gets happiness by giving it away”, Can it not also be so with healing; that one receives healing through the offering of healing to others?

At the time of writing the world is in the midst of a pandemic crisis. There is much woe and sadness and lives and the way they are lived must change in order that an optimum management of all that is affected may be achieved. One can not embrace change by clinging to the past. If one's life is full now it can not be enhanced by adding more. Only by taking something away and creating the space, or nothingness, to allow enlightenment to speak to one's particular condition can a little healing take place. Therefore, 'Nothing' is important and although I advocate its benefits and encourage all to embrace it I would like to offer a reassurance that there is no need to be afraid or apprehensive of nothing. History has shown that we each have the capacity to do away with it! Only you can judge if this is a good or a bad thing?

Stephen Feltham  
Y2020.03.28

## **THE PENTAGRAM WALK**

Find 5 places in the house or around the property, corners are good anchor points. It does not matter if the pentagram is not regular sided, the 5 places are important.

Start the walk at one place, say the prayer and stamp to anchor the energy into the land. This works even if you live in a 3<sup>rd</sup> floor flat. Walk clockwise, on to place 2. Say the prayer, stamp and walk on. At each

place 3, 4, 5, and on again to place 1, say the prayer and stamp. Bless and thank the enlivened space, and step out of the pentagram.

The Prayer – from John Garrie Zen Roshi

“Peace and Love and Ease and Comfort to all Beings,  
May all Beings be well and happy and free from Fear.”

I have used the pentagram walk since 1993. It is important to be able to see from each place both the place behind and the place ahead. Walking outdoors is easier to see, walking indoors where there are doors and corridors involves visualising the previous and next places. Members of Friends Fellowship of Healing will know how to direct energy. I use my hands and eyes to send energy when walking the labyrinth.

One place I lived was a smallholding with livestock and a big pond. One of the goats strayed outside the fence, along which was one of the pentagram lines. The goat came back having eaten something poisonous, and died within the pentagram. Another year both sheep had lambs within the pentagram. My landlord remarked that his goldfish had doubled in numbers, having been told that goldfish don't breed. A disturbed teenager often stopped on his way home from school and sat on one of the big stones round my house. We chatted and he said he liked sitting there, “it felt comforting.” He was on another of the pentagram lines.

I never tell anyone about the pentagram walk while living there. Walking a pentagram feels a good way to offer healing to the land. In these lock-down days I consciously walk round the town silently saying the prayer. This is when one treads love and healing and blessings into the ground.

Anon (by the author of Earth Healing, TW 156)

## SINGING YOUR SONG

*Elizabeth Mills*

Listening to the sound of birds singing can be a great joy. They sing because that is what they do – part of who they are.

What would we do if the birds decided to stop singing if they thought no one was listening? We know this would be a devastating loss.

There are things that make us who we are, things that feel natural for us to do and yet, sometimes we can be tempted to stop doing them because we think no one sees them or hears them or values them.

We can easily lose faith in the things we do naturally and maybe even cease to see for ourselves the beauty of what we can do. It is so natural to us, we do not see its worth and so we can change our focus and turn our attention away.

Think if the birds did this - what would happen – a world without birdsong. We may so often miss it, not hear it in our busyness, but if it were not there at all, we would miss it and wish it were there. We would look back wistfully to the time, “when the birds sang.”

So, what is your song? What do you love to do? What seems just so much part of you? Whatever it is, seek to carve out time in your life to make it happen. It is already part of who you are, just by you being you, but if you can make it part of your life, it will be, without doubt, fulfilling and real.

It will be for you like singing your song, making your voice heard, whether anyone is listening or not and it may well be that others will stop to listen and appreciate. They may even feel thankful that “the birds are still singing.”

Softly whispering Spirit  
Blow gently into our lives

Blow softly into our minds  
And bring peace

Blow softly into our thoughts  
And bring understanding

Blow softly into our concerns  
And bring calm

Blow softly into our fears  
And bring courage

Blow softly into our hearts  
And bring love

Life giving Spirit  
Breathe Your Life into our lives

This day and every day  
Amen



There is a quiet hope  
That can strengthen us  
From within

There is a joyful dance  
That can uplift us  
From within

There is a deep peace  
That can calm us  
From within

There is a wonderful Love  
That can embrace us  
From within

There is a tender touch  
That can heal us  
From within

There is a truthful Voice  
That can speak to us  
From within

There is a beautiful Light  
That can guide us  
From within

## LETTERS

Hello Gervais

I hope you are well and peaceful in the midst of present climes.

My name is Nicola Maharg and I've been a member of FFH for over thirty years. I live just outside Glasgow where we have a very active FFH group. Our training came chiefly from George and Judith Baines who live on the Isle of Arran. They have been extraordinary and very experienced teachers. Judith is now widowed and well into her eighties. She practises healing from her home in Arran where Quakers as well as locals have always benefitted.

She sent me the email below yesterday and has given permission for me to send it to you as Editor of TW.

Might you consider publishing it? I think it is a very beautiful and helpful description of healing.

In Friendship

Nicola

Nicola James Maharg

Nicola, I am very interested because one of my carer, cleaner, helper friends has had quite a bit of trouble with her mental health in the past. I have been giving her healing every week and it seems to do her a lot of good. She wanted to keep coming but I didn't want her doing anything she shouldn't and travelling on buses so I said no, not for three weeks or so. However I was really worried about her and suggested we tried healing over the phone! She was keen so twice a week I ring her at an arranged time and she has made a nice quiet spot

in her house where she sits with a glass of water. We put our phone on hands off and I sit in my usual place and imagine that she is opposite me and I talk her through the whole process, the initial relaxation and then where I am working. I was fascinated because I felt just as though she was in front of me and she felt the kind of sensations she recognised and felt invigorated at the end. I take about ten minutes. Isn't that good? I thought you would be interested. Love and blessings,

Judith XX

Two politicians talking:  
"What's your favourite lie?"  
"I don't lie."  
"That's my favourite too."

## **BOOK REVIEW**



**GEORGE FOX AND THE HEALING MINISTRY, by David Hodges.**  
**Friends Fellowship of Healing, 1995 and 2008. 48pp.**  
**ISBN: 1-873048-98-X. £4.00**

This is an intelligent, committed and richly detailed account of the healing ministry of George Fox and other early Friends drawn from contemporary sources. Many accounts of healings of different types are included, both physical and psychological, including one where the healing was to death, and another where a man with a broken neck was raised from the dead. Various modern interpretations of this are

given, including the opinion that “the man’s neck was neither broken nor dislocated, but he was in a dead faint.” One wonders whether contemporary accounts of near death experiences which describe cessation of vital signs are obviously false because they couldn’t have happened. Two failed healings are recorded, one involving Francis Howgill and Edward Burrough. They waited, and Francis Howgill wrote to Fox that “the power of the Lord came upon me at last”, but nevertheless the healing failed, to their great perplexity.

The development of George Fox is given, and his status as a mystic discussed and put in context. The sad history of the suppression of Fox’ Book of Miracles and its partial reconstruction is given, and an account of the thinning and toning down of miracles and other supernatural events by Thomas Ellwood in his edition of the Journal.

There is a substantial section where modern modes of thought are applied to the seventeenth century accounts. This also includes modern and biblical accounts of healing. Full references to sources are given.

This is a wide ranging and multi-faceted treatment of the subject, remarkably comprehensive given the small compass, but it never gives the impression that more space was needed, and there are no wasted words.

***Gervais Frykman***

Stop squatting in this briny puddle of a self.  
Buy a big Self that courses like a freshwater river.

“Rumi Wisdom,” Timothy Freke, Reading for 24 April.

Relax.....

Imagine a small light right in the centre of yourself...

See it enlarge itself and begin to fill and lighten up the whole of your body...

Feel the whole of your body as it becomes filled with this Light...

And receive healing for yourself...

Now bring to mind just one person who you are concerned about at present – who you feel needs some healing in some way – be it mind, body, spirit... or all of these

Take the first person that occurs to you – and mentally project the Light that is filling you onto that person...

See it surrounding that person – and gently infilling that person...

Hold this thought for a couple of minutes (if you realise your mind has strayed, gently return it to that person)...

When you feel that this is enough you may like to think of another person who needs healing Light... again take the next person that occurs to you...

Again mentally project the Light of healing onto that person – see it surrounding them, and filling them... and hold them in this Light for a couple of minutes...

Now, still visualising the Light, bring your awareness back into your own body – and see the Light gently getting smaller until it again becomes the ever present inner Light that you contain – always available, always there...

Stir – stretch – open your eyes etc.

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**IF YOU ARE THINKING OF MAKING A WILL...**

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



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