



TOWARDS WHOLENESS

No. 160 Summer 2021

£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.

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Donations for the work of the Fellowship are most welcome.

Cover picture: Carol Curtis

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

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The Postal and Phone Link Groups give prayer support to people seeking reassurance and healing. Some members have joined these groups because they are physically isolated by handicap, age or geography. Others may already belong to a local healing group and are able to give additional commitment by also belonging to one of the postal or phone link groups, or are simply committed to the power of prayer.

All are welcome to join. If you would like to help in this way, please write 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.

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Please check the information shown for your group. 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.

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.

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REPORTS FROM THE NATIONWIDE QUAKER DAY OF HEALING

Wokingham Healing Group Day of Healing

Anne Le Marinel

The Wokingham Healing Group met on Zoom for the Nationwide Day of Healing, 13 Friends joined for most of the 2 hour meeting. There was a complete mixture of offerings within the group, as well as the important act of sending distant healing we also had poems, readings, meditations & some poignant personal stories.

We were reminded about George Fox's healing abilities and how important the healing ministry was for the early Quakers. Harry Edwards' Healing Prayer also helped set the scene.

There was a moving reading from Quaker Faith & Practice 21.71 about being healed through prayer, extracts were read from Jim Pym's book 'What kind of God, what kind of Healing?' and meditations for distant healing and self-healing were taken from Rosalind Smith's book 'Meditations, Visualisations and Exercises'.

In addition inspiring sayings on the Richness of Life from Rosemary Haffner, contributions from writings of David Helwig and Eckhart Tolle and a poem 'Spring and All' by William Carlos Williams were all shared amongst other ministry.

I felt that it was a very uplifting experience, not only did we send distant healing, but we had a feeling of being together, sharing and supporting each other although we were spread throughout the country.

Harry Edwards Healing Prayer

May I be thankful for all the blessings I already have.

Grant me relief from pain and sickness, protect me from all ills and grant me good health in the days to come. Remove all causes of imperfection and bring Thy Healing Ministers close to me that I may be conscious of their presence and so receive guidance and inspiration.

Grant me courage and fortitude to overcome all adversity. Let me be conscious of Thy strength in all times of need. Grant me confidence to overcome my fears and not to anticipate harm.

Teach me how to live rightly in Thy sight, to do only that which is right and true.

I pray that good guidance and right influencing will inspire all Thy peoples to be as brothers, one to the other, and that peace shall endure for all time. Amen.

Nationwide Quaker Day of Healing - 6/3/21

Peter Wilson - (NQDH co-ordinator)

Due to the coronavirus pandemic, this year's event was unfortunately but necessarily diverted along the Covid-19 tracks of government guidance and compliance. Hence the wording on our full page adverts in *The Friend* which requested that we "set aside this time for distance healing and prayer either on your own at home, meet in small socially distanced groups if practical, or arrange your own local zoom meeting."

No doubt this provided some creative thought as to how we might arrange our groups in such a way as to feel connected with Friends up and down the country and across the water. Despite the lack of uniform guidance, I believe that those of us who took part on the day, did indeed achieve a powerful and spiritually corporate gathering in which we placed our healing concerns 'in the Light' in a very focussed way, asking to be used as channels for healing for the highest good of the people and situations in mind.

Enquiries for guidance were fewer in number this year, but this may well have been because many groups and meetings were using guidance information from previous years. Despite our full page adverts in *The Friend*, a few enquirers gave the impression that they had not been seen. Nevertheless, I was able to give email guidance to a number of enquirers but leaving them to decide how best to arrange their own happening.

Despite my mixed feelings and reservations around using zoom technology, I believe this was widely used on the day to good effect.

My own Poole and Swanage Meeting held a two hour extended meeting for worship for healing on zoom, and invited Friends from other Bournemouth Coastal Area meetings and in addition several Friends from Southampton.

We had 20 Friends joining us throughout the two hour worship with a minimum of 14 Friends on screen at any one time. The quality of silence and stillness were very palpable, and the depth of our spiritual time together was very deep and moving. All things considered, a very successful event, which hopefully was repeated with a good number of groups taking part throughout the U.K.

It would be interesting and helpful if others could provide some feedback as to how their own arrangements fared in these difficult times. Advertising these annual events can sometimes seem costly and haphazard. Can we do this more effectively? I do hope that by now, most Friends involved with healing will have realised that the date for our corporate day of healing is always the same, that is to say, the first Saturday of March each year. Being human, we do need reminding though!

Report on the National Quaker Day of Healing 2020 *Mary Calloway*

I had fully intended to send a short report but the shocking events since then seem to have blown it out of my mind! Better late than never, I hope.

I belong to Stockport Quaker Meeting (East Cheshire AM) and was drawn there when I moved to South Manchester five years ago because I learned that they had, and still have, a thriving FFH group. We have supported the Day of Healing each year and have found it a lovely experience. One problem is that our MH is let fully on Saturdays, and even with a year's notice we have twice had to use instead the premises of other local meetings which don't have a particular interest in healing themselves. This has been frustrating, but this year we were made welcome in the beautiful MH in Wilmslow. We saw nobody from the Meeting except the retired GP who let us in – with slightly raised eyebrows! It's a very active Meeting but there was something else, an Interfaith event I think, taking place in the town that day; otherwise some Friends would have dropped in for a few minutes, I know.

Having said that, the numbers attending are not the most important thing! About ten people came, some of us for the whole time, some for an hour. And we had one visitor who said she had once been an attender, had somehow heard about the Healing Day and felt called to be there – and was so glad she had listened to that small voice!

For all of us, it felt the right place to be present, and focused, that Saturday. Beyond some simple practical arrangements, it seemed that the Healing Energy was abundant and ready to flow. We felt the link with Quakers elsewhere who were Present in their own venues. Wilmslow has a strong artistic tradition and the relatively modern MH, which occupies only part of the original campus, is beautiful. It has some narrow panels of stained glass and as the sun moved round (as it were) the light and colours brightened our meeting and touched different parts of the room and different people like a blessing.

A lovely time to remember during these weird times of zooming and masks.

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FFH ACTIVITY AT YEARLY MEETING GATHERING

Group Fair: Sunday 25 July 19:00 – 20:30

- David Mason will set up a table with back issues of Towards Wholeness to send to anybody who would like some.

Special interest Meeting: Thursday 29 July 10:30 – 12:30

- Explanation of Healing
- Demonstration of Healing
- Healing Meditation

A NEW HEALING GROUP ON ZOOM

Since the first lockdown some of us have been attending a distant healing group on zoom. We have found that working on-line does not impair the depth and effectiveness of the healing in any way. Naturally geographical constraints disappear, and membership is drawn from all over the country. The FFH committee intend to set up a distant healing group on zoom open to all members of FFH. The purpose is to give distant healing, possibly exploring different methods, and to share our experiences of healing, whether as healer or patient. We want it to be as varied and flexible as possible, but always the emphasis is on giving distant healing. It is proposed that the first meeting takes place on Saturday 28th August at 14:30, and then monthly on the 4th Saturday. Steve Shiner, David Mason, Gervais Frykman and Pauline Frykman will run with this activity initially. The zoom link is given here. We look forward to seeing you.

<https://us02web.zoom.us/j/84653330655?pwd=ODVhdUNvMDVxNUFiREhFT1ByN1hFdz09>

Meeting ID: 846 5333 0655

Passcode: 545707

QSH Healing Course

This is due on the 23rd - 27th August at Claridge House (spaces are being reserved already), Anne Le Marinel and Lee Britten-Jones will be leading it. Booking is made directly with Claridge House. Some bursaries are available. Please contact Cherry Simpkin.

FFH Newsletter

Elliot Mitchell has laid down his work editing, producing and distributing the FFH Newsletter. The newsletter is discontinued. We thank Elliot for his work.

The editor of Towards Wholeness would be delighted to receive any material that would formerly have appeared in the newsletter.

EXPERIENCES

Kay Murphy (new member of FFH)

I was a member of a spiritual fellowship for 23 years. It gave me suggestions for a full spiritual discipline and life during years of personal turbulence when uncertainty was to the fore. It also gave me life-long friends. When faced with major change, I learnt that I needed time to grow the resources to cope, and that's certainly been true during the pandemic. The discipline led to my feeling at home with Quaker practices straight away. The question that seems to have dominated my life has been, 'What does love require of me?' I'd learnt early on that love was conditional and easily withdrawn. I'd learnt to cope with our home situation, but not how to live in the world.

We live in Swale, an area with pockets of deprivation and poverty, and a very right-wing MP and population. Our MP seems to blame the poor for their misfortune, and offers no solutions. We have very few GPs for our sized community, and at one stage had the highest rate of Covid 19 in the country. Agricultural practices seem to take no account of nature, and Grade 1 agricultural land is disappearing under acres of housing. It would be easy for me to despair.

Our first experience of the pandemic was terrifying – Three people within two streets or so of us became ill. Our neighbour was the only one to survive, after living in fear that he'd go into hospital alone and die alone, as so many have. One of the two who died had a funeral cortege that passed our house so, with many others, we paid our silent respects standing in the street. We stopped going out, and our daughter did our shopping. Then life became busier than before the pandemic, with a continuous telephone circle of supporting and being supported. Long term, the biggest difficulties I've faced have been living with uncertainty for family and friends, and knowing about the suffering of poorest members of the community. Two of us have been active in trying to change the system.

Handing my will and my life over to the care of God, asking to be guided by him, has really benefited me. Help has come in unexpected ways, for example one day when I was leaving work and wondering how to cope with the imminent death of our young daughter-in-law Dee. A young recovering drug addict I barely knew saw my distress and took me back to his flat. He made me a cup of tea, and talked me through how I could cope with the next 24 hours. I was so grateful for his support, but never saw him again. Other people I've learnt from have been two penfriends on Oklahoma's death row, housed underground. Jesse's last letter told me not to worry, he didn't fear his upcoming execution as God knew he was innocent. The second man was Jesse's cellmate, and taught him to read. I'm still in touch with him, and his Buddhist practices are a great help to me when I feel overloaded. If/when Oklahoma resumes executions he will be one of the first to die.

One of the most unexpected experiences I've had occurred the last time I saw our daughter-in-law, who was cared for at home by our son. It was a hot Saturday, and I was trying to feed her a sorbet. At that stage she couldn't speak and didn't move. I was looking at our son, and suddenly felt an electric shock running through my body, and a wordless 'voice' said, 'Pay attention!' I looked at Dee, and heard the 'voice' say, 'Returning to Eternity'. She died the following Thursday. The experience shocked me. I knew it had happened, but was it my brain playing tricks on me because of the intensity of the situation? Then I realised, I'd never thought about returning to eternity, and it was a great comfort to me. This was 30 years ago, and it's still important to me now. I recently read an article about a psychiatrist who has spent decades researching after death experiences, and of course as a scientist cannot admit to the reality of something that can't be measured, like a deity. He's beginning to think the mind and brain are two separate entities, and that the mind might survive death.

The idea of circularity has brought Dee to mind again. During the pandemic I had more opportunity to pray, and to think about Creation. These are new thoughts, and need more consideration and prayer. So far I've realised Creation is happening in my body as well as in the world, and it is happening spiritually too. Creation is described as the outpouring of God's love, a wonderful thought. Walter Wink, the late American theologian, writes, 'There is nothing, from DNA to the United Nations, that does not have God at its core. Everything has a spiritual aspect. Everything is answerable to God.' I'm not separate from Creation, I am creation - binary thought can mislead. Just as the air is in the bird, and the bird is in the air, I'm in God and God is in me. Just as I will return to eternity, so my body and spirit will return to their source. Thomas Merton says, "Life is this simple: we are living in a world that is absolutely transparent and the divine is shining through it all the time. This is not just a nice story or a fable, it is true."

I struggle to live a life that reflects what I learn, especially as it's been so rich in experiences that don't seem common to most people. The latest possibly transformative information was in a recent edition of the Guardian, and featured a horse that visits terminally ill patients in their hospital room. He chooses who he wants to visit, and doctors report these patients need less pain relief. If anyone is interested in seeing the photos, they're in an article on 'Dr Peyo', the horse's informal name. Animals often seem willing to share an emotional life with us.

So, creation is in my body, as well as being external to me, and seems to be growing across all living beings, spiritually and emotionally. I will be continuing to think about this, and to be ever grateful for what life has given me above and beyond anything I could have thought possible, and the 'chance' meetings that have supported my spiritual growth.

Etty Hillesum quotes.

“Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it toward others. And the more peace there is in us, the more peace there will also be in our troubled world.”

Thomas Merton quotes.

“The beginning of love is the will to let those we love be perfectly themselves, the resolution not to twist them to fit our own image.”

Do you feel now that love is conditional? That seems to sit oddly with "Creation is described as the outpouring of God's love..." (Ed)

No I don't, Gervais. One of the reasons why I have to keep asking what Love requires of me is that sometimes the answer is unexpected. I was taught in the Fellowship that it's not loving if I allow a destructive aspect of a relationship to continue without any kind of intervention. I learnt too that self-examination is also needed, in case I'm deceiving myself that my thoughts and actions are loving, rather than self-serving.

BE CAREFUL WHAT YOU WISH FOR

Pat Gundry

A long time ago when in my busy years – child rearing, helping run a smallholding and working in the local hospital – I used to think how wonderful it would be to be a hermit living in solitary confinement with time for contemplation and just occasional visits from other humans seeking my wise words in exchange for a crust of bread. How blissful to be able to just ‘Be.’

I should have been more careful for what I wished for as forty years later I found myself living the twenty first century version: living in my daughter's front parlour, not being able go to Meeting because of my immobility caused by arthritis and seeing only the family who did not

want my wise words...but they did feed me well! There were consolations: I had a wonderful armchair that I could lounge in. I had my laptop and started editing the meeting's newsletter which meant not only did I contribute something but still felt part of the meeting. I caught up on my reading and travelled the world with Michael Palin and Simon Reeve et al. on i-player, and had loads of time for meditation and contemplation on the mysteries of life.

Then came lockdown which was nothing to me as I was already used to the way of life it would bring, although shielding did mean no visitors.

When Zoom came I was ready for it and my life blossomed. I could attend Meeting for Worship and got to know Friends that I didn't know and know better those that I did. I could attend meetings anywhere even went to one in the US. I attended annual meetings that previously, because of my disability, I was unable to travel to, and evening meetings too... from a Palestinian solidarity group to U3A Art appreciation. In fact it turned out quite well and I felt it was meant to happen so that I could develop areas of myself that I'd neglected and was far removed from the life style of the hermits of old.

So what next? Must I really be careful what I wish for?

However we manage to survive practically in relation to climate change and covid etc, I hope that humanity will learn to live harmoniously with the natural world, re-engage with its spirituality and operate from the heart mind rather than from the ego led head mind: 'How can I help' rather than 'What's in it for me'.

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A friend of mine who was given to excessive smoking said, "You know, there are all kinds of jokes about smoking. They tell us that tobacco kills people, but look at the ancient Egyptians; they're all dead and none of them smoked."

Anthony De Mello - Awareness

THE POWER OF AMBER

Pat Gundrey

I'm not really a jewellery type, apart from the silver earrings that are a permanent fixture. I do however have a necklace that I'm rather attached to but hardly ever wear. It was a gift from my husband after he had visited our daughter in Bulgaria where she was on an archaeological dig and is made of black amber which was prevalent in the area.

For some years now I have suffered from arthritis, mainly in my hips and shoulders which has recently worsened and for the last three months I have had tingling, numbness and often excruciating pain in my right hand fingers and arm. I put this down to too much handling of the computer mouse and the controller of my electric armchair whilst having my arm in an awkward position on the arm of the chair. I mentioned this at the healing circle that I belong to and one of the members who is reckoned to be an expert on the qualities and powers of gemstones said I should try wearing amber, and black amber is particularly good if I can manage to find some.

I decided to swallow my scepticism and wear the necklace day and night next to my skin for a month and see if anything happened. So imagine my delight when after two days the pains disappeared. Just as confirmation, one night, inadvertently, the necklace came off as I undressed. That night the pain returned. So from hardly wearing it at all, the necklace is now with me constantly, in the hope that one day her magic power will reach the parts that other orthodox and unorthodox remedies cannot.

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Take our hands and help us
To escape from our own hands.

Rumi

TESTIMONY OF HEALING

Joolz Saunders

My first experience of healing came when I was very ill for many weeks with lung and respiratory problems and in an extremely physically weak condition. Whilst fighting for each very painful breath I began to think I might not recover and lay in a twilight world of sleep, pain and exhaustion but yet knowing 'Thy will be done'.

It would have been so easy to let life slip at this point, but it was exactly then that I felt a surge of energy go through my body and I knew that it was right for me to be given more time on earth and that I would recover. It felt as if I was being 'ticked off' for lacking faith.

As that energy passed through me I remembered clearly and strongly a very dear member of my meeting and wondered if she was praying for my recovery. I continued to hold on to her image in my mind and began to feel the strength returning to my body. She later told me she had indeed prayed for me daily and had sometimes been joined by other Friends for intercession. I knew experientially I had been upheld in God's healing light and power and it is this experience which has made me so convinced of the healing ministry. I know there may be more mundane, matter-of-fact explanations for my recovery but *in extremis* and in great need I was reaching for far more than the mundane.

Joolz Saunders, 1994

%%%%%%%%%

Thoughts are confusing.
I enjoy thinking myself,
but when I want to escape,
I soar upward like a bird.
Thoughts are like gnats,
I fly down and eat them up.

Rumi

THE WELL

Elizabeth Mills

The Well is deep
and there is constant supply
for us

The Well is beautiful
providing refreshment
for us

The Well is goodness
bringing replenishment
for us

The Well is healing
offering nurture
for us

The Well is eternal
and forever springing up
for us

The Well is within
and always available
for us

This day and every day
Amen

When I regained consciousness, I found myself sitting on the floor, legs outstretched, with my back against the bathroom door jamb. The ladder was lying on the floor, where it had fallen, the loft hatch still open.

I'd been standing on the ladder, looking into the loft, when I over-reached and made the ladder shift. I hadn't thought to raise the ladder into the loft hatch after opening it, thereby securing it. My mind was elsewhere, and had been since my husband died 4 months earlier.

Too late, I felt the ladder shift.

I felt no pain or discomfort, but knew instinctively I'd done something to my feet, so mustn't stand on them. But I needed to get to the 'phone to ring my neighbours, then ring for an ambulance.

It was a sprawling bungalow, I was in the middle of it, and had to get to the study at the far end. I knew I mustn't walk, so slid along the wooden floorboards, on my chest, propelling myself with my arms, legs raised back at right angles. The 'phone, and list of neighbours' 'phone numbers, was about 40 feet away, along the corridor and into the study. It was hard work.

I rang Paul, the neighbouring farmer, whose wife Judy was a nurse. "It's Gill, I've fallen" was all I said.

Then I slid back along the corridor, past the bathroom, and another 25 feet to the door.

I rang for an ambulance, and spoke in a broken, breathy voice. "Do you have an injury to your chest?" she asked, "No just my feet", "Do you understand me, do you have an injury to your chest?" "No, just my feet", "But your breathing is funny" she said. I knew my chest was fine, but understood I wasn't breathing properly, shock and exertion along the corridor I suppose.

Paul and Judy arrived within minutes, then the first responders, then the ambulance. Paul gathered things I might need for an overnight stay in hospital, while Judy made me more comfortable on the floor, legs propped up on cushions, feet dangling over the edge.

I'd fractured both heels. I was a bit of a novelty: heel bones are so strong it's unusual to break them. And how had I managed to do that anyway? I'd fallen on a wooden floor, and the dxa scan showed no sign of osteoporosis.

So, my overnight stay extended to 6 weeks, during which time I didn't know if I'd walk again, and if I did manage to, whether I'd be in pain for the rest of my life.

I've never been keen on allopathic medicine, preferring holistic treatments, but here I was in this strange environment, seemingly for some time to come. How would I manage? I decided to make the best of it, after all I needed a rest didn't I? I'd run myself ragged after my husband died, and now here I was.

I had to wait a while until my heels had repaired enough for me to walk on them, excruciatingly painful, but necessary to facilitate healing. So I spent my days watching the fascinating toing and froing on the ward, delighting in the many visits from neighbours and Quakers from local meetings, then texted my sister in the evening, who then rang my brother with a progress report.

My wonderful neighbours washed and ironed my clothes, and brought them to me when visiting. My lovely cleaner watered my newly planted garden, and many pot plants, I didn't lose any, in spite of the hot summer weather.

I felt blessed.

I asked the nurses why they chose to do their job, "because we love people" they said. This was a revelation to me: I'd chosen my work for the work, not the people.

When I finally arrived home, still unable to walk, so using a wheelchair, Judy called round to check on me and have tea. I'd become accustomed to having a broad smile on my face, but Judy hadn't. "How come you look so happy when you've been through so much?" she asked. I just smiled and shrugged.

I couldn't put it into words then, but I can now, I was UPHELD BY LOVE.

PS It took a couple of years for me to walk and stand for any time without pain. All I have now is a little discomfort if I have my legs outstretched, resting on my heels for too long, and slightly swollen ankles, amazing!

I feel blessed.

%%%%%%%%%

If the eye is unobstructed, it results in sight,
If the ear is unobstructed, the result is hearing,
If the nose is unobstructed, the result is a sense of smell,
If the mouth is unobstructed, the result is a sense of taste,
If the mind is unobstructed, the result is wisdom. *Anon, Oriental*
If the heart is unobstructed, the result is love. *Anthony De Mello*

THE MULTIPLE FACETS OF HEALING

Brigitte Matthews

Over the last 45 years or so I have become aware that healing comes in a variety of forms, each one appropriate to the person and the circumstances at the time when invoked.

The first time I experienced healing was in the mid 70s. I was then in my mid 20s, suffering from severe rheumatism in my left knee, to the point that I could only negotiate my 3 flights of stairs sat on my bottom. The medication I was prescribed just didn't work.

One evening, when attending my weekly bible study class, the following passage had been selected: *And so I say to you: Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you. For everyone one who asks will receive, and he who seeks will find, and the door will be opened to everyone who knocks.* (Luke 11. 9-10).

While everyone was discussing the passage I retreated in my own world, thinking how wonderful it would be if this did apply to me too. And so I prayed that when I got up at the end of the class, my knee would be healed..... and it was. The pain had completely gone and my movements were back as they should be. To this day, my left knee has never caused me any more problem.

Some thirty years or so later, I suffered a major breakdown which obliged me to retire in my early 50s. On that occasion, it was a kinesiologist friend of mine who helped me. By gentle pressure on various points of the body, she helped me release emotions that had been stored there for many years, for everything we live through has an impact on our physical body. I remember vividly sobbing my heart out for long minutes, not knowing the precise reason why but responding to a question she had asked at the same time as putting pressure on a specific point. It took many sessions and months of peeling away enough layers, one after the other, for me to start recovering, which I eventually did. This time it wasn't a sudden return to health, but it was healing never the less, enabling me to move forward with the help of my friend who had acted as a conduit to the Light.

My latest experience of healing came as a result of tinnitus following a bad cold. The tinnitus was loud and intrusive and just wouldn't go away. When the kinesiology therapy I had returned to failed to have a lasting effect, my friend suggested another therapist she knew of through a neighbour who had also suffered from tinnitus.

I attended the recommended clinic and started working with specific sounds that had been channelled through to the therapist specifically

for me (I had given my date and place of birth). Attached to each sound was a statement for me to meditate on. I had to utter the sounds several times a day, just like taking medicine, and in addition I had to use the Emerald Alignment several times a day. During this meditation, (for want of a better word), the focus is on the Emerald Ray which connects us directly to our Higher Self and which is the interface between spirit and body. In this way, we literally recharge our batteries through the magnetic field of this particular ray of light.

I did this over several weeks amounting to about 3 months and what happened was fascinating. A number of memories came back to the surface, sometimes spontaneously, sometimes in dreams, memories of events which I hadn't thought about for years and which I was able to just let go. Unresolved issues with various people came to the forefront of my mind and caused me such acute unease that I just had to contact these persons and ask to meet up with them to try and resolve the issue. I am very grateful to each one of them for agreeing to meet up: all the issues were indeed resolved and once again, I was able to move forward. And the tinnitus finally disappeared.

For me, healing has been and continues to be a process. I now know, through training as an energy therapist, that every emotion we feel leaves an imprint on our cells and that we have to gradually release these cellular memories if we wish to improve our health. However, it is not easy to identify what it is that is causing a problem at any given point as these memories are buried very deeply within the body.

Furthermore, the process of healing is primarily spiritual, one involving love and forgiveness, living at peace with oneself as well as with others. This is then reflected on the physical body (if it is meant to be). I know that I still have many layers to peel off and that the process will only end when my body breathes its last breath though a different kind of healing may take place thereafter.

March 2021

[For information on the Emerald Alignment go to
<http://www.livingmemoryresearch.net>
and choose “Energy Field Alignment” – Ed]

%%%%%%%%%

NOT PUSHING IT

Anthony De Mello

Meditating on and imitating externally the behaviour of Jesus is no help. It's not a question of imitating Christ, it's a question of becoming what Jesus was. It's a question of becoming Christ, becoming aware, understanding what's going on within you. All the other methods we use for self change could be compared to pushing a car. Let's suppose you have to travel to a distant city. The car breaks down along the way. Well, too bad; the car's broken down. So we roll up our sleeves and begin to push the car. And we push and push and push and push, till we get to the distant city. “Well,” we say, “we made it.” And then we push the car all the way to another city! You say, “We got there, didn't we?” But do you call this life? You know what you need? You need an expert, you need a mechanic to lift the hood and change the spark plug. Turn the ignition key and the car moves. You need the expert – you need understanding, insight, awareness – you don't need pushing. You don't need effort. That's why people are so tired, so weary. You and I were trained to be dissatisfied with ourselves. That's where the evil comes from psychologically. We're always dissatisfied, we're always discontented, we're always pushing. Go on, put out more effort, more and more effort. But there's always that conflict inside; there's very little understanding.

From “Awareness”

Covid has had a significant impact on the Healing Services that can be offered, however there is still a demand for the services, and if anything this has increased. So we need to adjust to new ways of working. One of those ways is to offer clients the choice of being treated online.

Healing is a treatment which adapts well to the online world. This has benefits for both Healers and clients. Healers can keep working, even though we may not be able to see clients in person. Clients can be seen even if they have a potentially contagious condition, or any other reasons they may wish to remain at home.

Online Healing has certain differences from both Contact and Distant healing, both in the way the sessions are managed and in the delivery of the Healing.

In person, you'd have physical contact, working online you keep visual contact throughout, and are able to monitor your client. Clients can choose to lay back in a comfy chair or may even lie down if they wish, so long as they position their device so that you're able to see them.

It's different from Distant Healing, because you're there with the person – they're only on the other side of the screen, and you can maintain visual contact with them.

Preparation for the Healing Session

Fill in a record card for the client before the session. Ensure that you will not be disturbed during the healing session. Ask if the client has had healing before in order to clarify expectations. Explain procedure making no promises. Agree on an audible signal agreed before you start to let them know the Healing is complete, you may speak to them or use a gentle sound like the ding of tingsha bells. Check that they will not be disturbed and are comfortable, suggest that they try to relax.

Set your intention to be a channel for Healing and that the client receives exactly what they need for their highest good. Ground

yourself, tune into Spirit (God, the Universal Life Force, the Source or whatever name you use), ask and expect protection for yourself and your client, then ask permission. Create an energetic protective field enveloping yourself and your client. This field goes through the screen and surrounds you both, as if they were just at the other side of the screen.

Transmitting Healing Online

Let the Healing flow by placing your hands with palms directed towards your client or with one hand on your heart. Either simply focus on maintaining a flow of energy for the duration of the session or focus on a specific area of the client's body. Healing energy will flow not only from your hands, but from your heart.

Closing Down and Completing the Session

Disconnect yourself from the client, give thanks to Source for being a channel for the Healing energy. Reset the protection so that you and the client are no longer in the same protective bubble. Give the client the audible signal agreed before you started, to let them know the Healing is complete.

Invite them to have a drink of water. Complete the record card with their remarks and any comments. Make a further appointment if the client wishes, and end the session as you would normally do.

Preparing to Work Online

There's a free version of Zoom which has unlimited use for one-to-one work up to 40 minutes for one session. You can schedule password protected meetings, and it has a waiting room so no one can gate crash your session. You simply send clients a unique session link which, if they're new to Zoom, will take them to the website where they will be guided to download some software. After that they click the session link again and arrive at your meeting. Find help on the Zoom website and on You Tube. <https://zoom.us>

And in this, he shewed a little thing the size of a hazelnut, lying in the palm of my hand as it seemed to me, and it was as round as any ball. I looked on it with the eye of my understanding, and thought: "What may this be?" And it was answered generally thus: "It is all that is made." I marvelled how it might last, for I thought it might suddenly have fallen to nothing for littleness. And I was answered in my understanding: "It lasts, and ever shall, for God loves it." And so all things have existence by the love of God.

In this little thing I saw three properties: the first is that God made it, the second is that God loves it, the third is that God maintains it. But what is that to me? That is, the maker, the keeper, the lover? For till I am united to him in substance I may never have full rest nor true bliss: that is to say, that I am so fastened to him that there is absolutely nothing that is made between my God and me.

This little thing that is made, I thought it might have fallen to nothing for littleness. Concerning this, we need to know that it pleases us to set at nought everything that is made, in order to love and have God that is unmade. For this is the reason why we are not in ease of heart and of soul: for we seek rest in this thing that is so little, where no rest is in, and we know not our God, that is almighty, all wise, and all good. For he is true rest. God will be known, and he likes us to rest in him. For all that is beneath him is not sufficient for us. And this is the reason why no soul is at rest till all things that are made are nothing to it. When he by choice is nothing for love to have him that is all, then he is able to receive spiritual rest.

A Revelation of Love, Chapter 5.

LETTERS

Dear Pauline

I am writing to you to discontinue my two annual fees as FFH member and QSH full healer.

I qualified in 2003 and my client base finally ended in 2010.

I have been a supervisor for probationers in the past. My oldest client died at the age of 103. She was a resident of Ifield Park care home in Crawley, West Sussex and started by Quakers. Another who I visited fortnightly over a period of 8 years reached 96. Perhaps I helped to prolong their lives?!

My father, a Quaker was a healer and ran a weekly clinic from his home in Suffolk many years ago. Something in the genes passed on maybe?!

In 1989 Ifield Quaker Meeting in Crawley started a monthly absent healing group. Having retired early I started attending in 1991. I became the convenor/leader from 2003 – 09 when it was finally laid down.

I enclose a cheque as a donation to the FFH.

May you and your colleagues continue your good works.

In Friendship

Patricia

Aged 82 next February.

I found this note of faithful healing activity over generations very moving - Ed

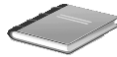
We have recently moved and need to give you our new address:

[Supplied – Ed]

Although I have not attended meeting for some time I still find good things to read and inspire, particularly in this last edition where the article by Eric Bertholds was so meaningful to us both (aged 83 and 79). If only! We would like to do what we can to promote it when we have recovered from the moving process - very exhausting in our case with lots of complications. My husband is a retired GP and wholeheartedly agrees with Eric Bertholds' vision of good elder care. Please thank him for his article from us both.

Keren and Simon Barley

BOOK REVIEWS



Innovative Approaches to Chronic Pain: Understanding the Experience of Pain and Suffering and the Role of Healing, edited by Peter Wemyss Gorman. Jessica Kingsley Publishers 2021. ISBN 978-1-78775-187-3. 235 pp £16.89.

Review by Janet Shimmin

The British Pain Society usually ponders the neurobiology of pain, or technical and pharmacological interventions, but in 2001 some doctors, nurses, psychologists, physiotherapists etc. took time out to consider their inability to relieve chronic pain. They became the society's 'Special Interest Group for Philosophy and Ethics' and this book is the second collection from their speakers. I found it exciting that main-stream practitioners could be so wide ranging and open-minded. Editor Peter Wemyss Gorman is a long-term Quaker attender, and was a consultant anaesthetist until retirement. He set up a pain

management clinic at my local hospital and has been instrumental in taking forward a patient-centred concern.

There is sparse mention of the sort of healing FFH cherishes despite the 'Role of Healing' in the title. Nevertheless I found it encouraging to read such deep solicitude amongst medical professionals. As you'd expect from a group interested in 'philosophy and ethics', some contributors consider what we mean by pain. One essayist contrasts 'healing an illness' with 'curing a disease' and looks at the placebo effect. Are medicine's core goals the WHO's total 'physical, mental and social well-being', when doctors can't treat chronic pain of unknown cause? Is a wiser aim to "cure sometimes, alleviate often, console always"?

There are chapters on the opioid epidemic. Might strategies for 'improving function whilst living with pain' sometimes be more appropriate? A GP discusses hypnotherapy. A chronically-ill Professor of Philosophy calls the healthy body 'transparent' in that we don't notice it until it gets ill.

Pain is necessarily subjective, only known fully to the experiencer, so Bryan Vernon's 'The Real Experience of Pain' uses extensive quotation. I celebrate the upbeat titles of two books he mentions: 'Living with Chronic Pain without Turning into One' (Karen Duffy) and 'Hurting like Hell, Living with Gusto' (Victoria Stopp). Jonathan Koffman, on pain assessment and different cultures, advises listening to people's 'illness narratives', asking open-ended questions and generally working with the person on their terms. Given the face-to-face opportunity, I suspect that we healers do this rather well.

Peter Wemyss Gorman recaps one of the group's annual meetings on 'Suffering and the World's Religions: The Search for Meaning in Pain'. It seems the Abrahamic religions founder on the paradox between things people find difficult (such as pain) and the image of an

omnipotent, compassionate God. Buddhism has certainly helped me during my 35 years journey with fibromyalgia and arthritis. As Cindy Cooper says, Buddhists see pain as inevitable but suffering is optional. Snippets from Hindu Jay Lakhani that might resonate with Quakers: “The way out is to recognise ourselves as spirit – the spark of the divine – and to pull the spirit out of the body/mind realm”, “The redeeming feature of suffering is that it continues to prod us to . . . dig deeper to find our essential nature.” and “Hinduism claims that we are spiritual beings caught on a material journey”. Just so.

My favourite chapter is ‘Suffering as a Guiding Call to Change’ by David Reilly, of Wellness Enhancement Learning. Some contributors seem to consider pain synonymous with suffering, but Reilly understands that pain is physical whilst suffering is mental. “Suffering is the spot-on signpost towards our transformation . . . In a storm, sailors do not get far arguing with the wind; they adjust their relationship to it.” He echoes a Quaker concern: “The way out of suffering is not war, it is the way of nurturing peace. This is not easy. It’s almost as hard as not doing it.” He quotes St Augustine “A miracle does not occur contrary to nature, but contrary to what is known about nature”.

I also enjoyed ‘Healing the Pain of a Wounded Soul’ by Jeremy Swayne (priest, GP and complementary practitioner). He says “if medicine is concerned with healing, then whole-making is part of its responsibility.” He looks at what is meant by ‘spiritual’ and ‘psychic’, saying that faith/spiritual healers (misnomers, according to him) work on the psychic dimension. He gives instances of the soul wounds that can underlie physical and mental illness (cause or effect?) and case histories. Although I may not agree with everything, this is a thought-provoking and deeply compassionate essay.

I liked the two bubbly, inspiring essays from ex-physiotherapist Betsan Corkhill, one on using more positive language about pain, and the other on therapeutic knitting, with her successful Stitchlinks knitting

groups. “Knitting’s image is soft, woolly, a seemingly frivolous activity enjoyed by elder women and as such a complete antithesis of science’s hard, factual, male-dominated world... so I called it a ‘bilateral, rhythmic, psychosocial intervention’”!

Overall, a wide-ranging and interesting book. I regretted that sometimes chronic pain patients like me are depicted as suffering, depressed, isolated, diminished – not my self-image! I would hope that Quaker healing might offer a route to wholeness and a full life, even when pain is continually present.

The Beauty of Stillness: Elizabeth Mills 48pp Available from the author on e.m.mills@btinternet.com £5.00 to include postage and packing.

This book is born of stillness, and cannot usefully be read quickly. It consists of reflections on stillness, three to a page, and occasional quotes from other sources, which fit perfectly into the context. Only someone who is used to stillness of the highest quality could have written this. The physical layout is full of air and space, and is a metaphor for the uncluttered rest of deep stillness. The beautiful cover photograph is by the author’s daughter Louise Mills.

A poem “The Well” by the same author appears elsewhere in this issue and two more poems in TW 157.

Gervais Frykman

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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."



ISSN 1745-0845

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Printed by Healeys Print Group, Ipswich