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Rosalind Smith	Meditations, Visualisations and Exercises	
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Available from Anne Mason, annemason1958@gmail.com, 01425626112,
2 Fir Avenue, New Milton, Hants, BH256EX.

Please email or write to Anne with your order, She will post the books to you with an invoice which will include postage.

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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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david.mason1948@gmail.com

Donations for the work of the Fellowship are most welcome.

Cover picture: Peace Plaque, Cedric Taylor

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

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Urgent Prayer Group: Anne Brennan, 3 Annandale, South Street, Castle Cary, Som. BA7 7EB. anni.b@live.co.uk 07969 689406.

Prayer Group for the Mother and her Unborn Child: Mina Tilt, 185 Robin Hood Lane, Hall Green, B28 0JE. theminatree@btinternet.com 0121 778 6778.
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The Manager. welcome@claridgehousequaker.org.uk 01342 832150.
web site: www.claridgehousequaker.org.uk

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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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

THE FRIENDS FELLOWSHIP OF HEALING

Registered Charity 284459

**Receipts and Payment Account for the Year Ended 31st December
2020**

	2020	2019
RECEIPTS	£	£
Subscriptions	6757.00	8496.00
Donations	452.00	460.00
Gift Aid Refund	282.86	935.05
Books	168.76	271.11
Sale of magazines	31.50	59.50
Courses	0.00	0.00
Conferences	50.00	1074.35
Legacy	0.00	0.00
Bank Interest	0.00	0.00
Miscellaneous	0.00	0.00
Total Received	<u>7742.12</u>	<u>11296.01</u>

	£	£
PAYMENTS		
Stationery	77.01	71.87
Advertising	1054.44	1478.05
Room Hire	0.00	2300.00
Courses/training	2968.32	3758.28
Conferences	1350.00	6118.70
Equipment	0.00	82.80
Paypal charges	17.80	18.59
Printing/Photocopying	1830.07	122.07
Postage	319.56	127.92
Travel		
Trustees	927.10	1303.80
Other	0.00	647.77

Insurance	999.84	1359.82
Website Cost	0.00	0.00
TW Magazine	3593.28	3897.67
Bank Charge	0.00	0.00
Grants/donations	0.00	0.00
Independent Examination	900.00	0.00
Total Paid	<u>14037.42</u>	<u>21287.34</u>

Surplus/deficit to accumulated fund

-6295.30	-9991.33
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Accumulated fund

	£	£
Fund at 1 January	47711.64	57702.97
surplus (deficit) for the year	-6295.30	-9991.33
Funds at 31 December	<u>41416.34</u>	<u>47711.64</u>

Represented by

	£	£
Bank 65033106	34288.19	41243.03
Bank 65102367	5788.98	5493.98
Paypal	1339.17	959.63
Cash in hand	0.00	15.00
Total Assets	<u>41416.34</u>	<u>47711.64</u>

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.

- Dec The control of populations so there is housing and facilities for all.
- Jan The development of a fairer, more equal world.
- Feb An understanding of justice and compassion by all, so crime is no more.
- Mar The prevention of conflict and unrest in the world.

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

THANK YOU

Friends, thank you for all the kind donations you have sent for FFH over the last year.

In Friendship
Pauline

NATIONAL QUAKER DAY OF HEALING

This will be held on Saturday 5th March 2022. Reports of previous National Days were published in Towards Wholeness 154, 157 and 160. There is information about it, including advice on holding a day of healing and a downloadable flyer, on the FFH website www.friends-healing.org.uk. We would welcome reports of your National Quaker Days of Healing for publication in Towards Wholeness.

SUBSCRIPTIONS FOR 2022

These are due as from 1 January 2022, unless you are paying by standing order which renews at another date.

The rates are shown on the inside front cover of this issue.

If you are paying by standing order please ensure that the amount is the current subscription rate.

If you would like a standing order form, please contact the membership secretary, Pauline Frykman, whose details are on the inside back cover of TW.

Cheques can be sent to the membership secretary.

You can also make payment via the FFH Website www.quaker-healing.org.uk, and choose "Payment" from the menu at the top of the home page.

This year we chased outstanding subscriptions. Thanks to all who paid their subscriptions. The chasing took a lot of time and effort, and cost the FFH nearly £100 in postage. Prompt payment would be appreciated.

E-MAIL ADDRESSES

Several members have no e-mail addresses recorded. Some e-mail addresses which we do hold are no longer current. Would all members who are willing for us to hold their e-mail addresses please e-mail them to the Membership Secretary on gervais153@talktalk.net.

QSH TRAINING COURSE

The next training course will take place 11th to 15th April 2022 at Claridge House. Please book direct with Claridge House. Please contact Cherry Simpkin regarding bursaries.

FFH Monthly Gathering, 2:30 pm fourth Saturday

We have now held two of these, and they were successful. The format is flexible, but normally includes a short talk, a meditation, a distant healing session, and time for meeting together and sharing experiences. If you would like to give a short talk, not longer than 15 minutes, please let Gervais Frykman know. The zoom link is given below. If you want a live link, please e-mail David Mason.

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

Meeting ID: 846 5333 0655

Passcode: 545707

ANNUAL GENERAL MEETING

You are invited to the Annual General Meeting of the Friends Fellowship of Healing to be held on zoom at 2:30 pm on Saturday 4 December. The zoom link is given below. If you want a live link, please e-mail David Mason.

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

Meeting ID: 846 5333 0655

Passcode: 545707

Relax etc...close eyes...deep breaths... breathing into the lower abdomen. Observe how it expands and contracts slightly with each in and out breath.

Now, become aware of the entire inner energy field of your body. Don't think about it too hard - just FEEL it.

When you can feel the inner body clearly as a single field of energy, let go, if possible, of any visual image and focus only on the feeling.

Try to drop any mental image you may have of your physical body and just –FEEL – just experience.

There is an all-encompassing sense of presence or 'beingness' ...
(You feel you have no boundary)

Take your attention even more deeply into that feeling.
Become one with it.

Merge with that Beingness.

You are now in a state of pure Being – and you can rest here for a while. You are safe and warm and free.

You may have become aware of other energy fields around you – other presences.
Gently, let yourself register these.

Now, gradually become aware of your physical body again ...observe your breathing...and, when you're ready, open your eyes. Wriggle your fingers and toes, have a little stretch.

QUAKER SPIRITUAL HEALERS TRAINING COURSE

August 2021

Christine Downes-Grainger

Eight seekers and three trainers assembled at Claridge House. The staff's welcome of tea, cake and fruit launched our fellowship. We had deep and varied conversations throughout the week - during the course sessions, over meals, in the breaks and free time, and on walks, both in the garden and around the area. We shared life paths, traumas, experiences, challenges and adventures.

We listened to new ideas, pondered different concepts and reflected on alternative ways.

The Handbook gave us much straightforward guidance. Some of us noted where it needed updating and offered to help.

We are going to link together and access mentoring in new ways, using Zoom and a What's App group.

WHO HEALS THE HEALER?

Maxine Harris

I was so excited when I saw the Quaker Spiritual Healer training course advertised in 'The Friend' because despite having undertaken some reiki training and the first two parts of the National Federation of Spiritual Healers training – The Healing Trust, I just hadn't seemed to be in the right place to ADI – actually do it! Everything fell into place to be accepted on the course and I duly set off to Claridge House in Surrey. I don't know Surrey very well but as I was travelling from Lancashire 'Down South' I called in to see a friend of mine in Essex, who has been diagnosed terminally ill. You may think that I did that the wrong way round but she is very receptive to healing and I used

what I had already been taught with her enroute. But I forgot, until I got to Claridge House, how much one receives when one openheartedly asks to be used as a channel by God, The Divine, The Beloved, ocean of cosmic consciousness, call it what you will. I was incredibly enriched through that stay at Claridge House with a variety of people on the course who came from some very interesting professional backgrounds. We were blessed to have a retired cardiologist amongst us, a social worker, a community activist, a statistician, a retired Anglican priest, someone involved with working with the autistic and trainers with backgrounds from various healing modes. We were as the many facets of a diamond, shining the light together through the stimulation and challenges of coming together. Then seated in the quiet room, in silence, I experienced something precious. So beautiful. Just a feeling. I was very grateful that we were sending light to my lovely friend as we sat with a candle in quiet time. It was great to know, that those prayers silently said at the end, when the candle was extinguished, were carried directly to heaven on the spiralling smoke. A butterfly has just fluttered into my room, as I type this and it reminds me of that lovely quote 'Where the caterpillar sees the end of life, the master sees the butterfly.' I am hoping that the transition of my friend will be as light and easy as taking wings and flying to something better. But ultimately it will be Gods' will, Insh'Allah. She's been a doctor all her life, an ophthalmologist and now it is her turn to receive. I knew I was in the right place when I saw Jim Pym's booklet 'What kind of GOD, What kind of HEALING?' because on the front of it are several different religious symbols. I was really touched to see the AUM which has been so meaningful for me, being brought to a spiritual life through the ancient practice of yoga. Whatever happens, I shall be dedicated to sending distant healing and hope to offer people at our Quaker meeting healing.



Musings on the FFH/QFAS Joint Conference 2021

Colour, Art and Spirit

Saturday 18th -19th September

Maureen White

Having been unexpectedly asked for a report for the coming issue of Wholeness, I find in all honesty I am unable to write a report on this enthralling event. I may have missed things that others resonated with more than I, so I offer these musings.

First advertisement alert, David Mason has recordings!

On Saturday, Rhonda opened and chaired the first session, although so many are longing to meet in person, the advantages of Zoom allow

age, health and distance to be overcome for many, numbers able to attend proved this. Indeed, we had people who had joined from distant time zones making this an international event.

We missed the presence of Fee, we sent love at this saddest of times. Rhonda shared a photo of Tom and the name he was known by 'Rainbow'. It was easy to see why.

The morning was spent hearing Professor Jason Whitaker share his passion and knowledge of William Blake,

Second advertisement, Jason has a new book, Divine Images: The Life and Work of William Blake.

Jason spoke about the wide range of Blake's abilities, his sense of humour, the poems so enjoyed by children, such as Tyger, Tyger Burning Bright, his long and happy marriage to Catherine, how his books were engraved but he hand coloured making each slightly different and unique.

We had break out rooms, I joined three people and the same group met again later that day. This was useful as we had introduced ourselves in the first session.

We had time to ask Jason questions, have a short break before Jason came back for his second session, this time chaired by Cherry.

In this one he spoke about the immense influence Blake had on other artists, like so many visionaries his work was not truly recognised except by fellow artists and some patrons.

His life with his wife Catherine, lacked wealth but his homes had open doors that welcomed many visitors, he was said to have a grace that belied his financial circumstances.

He was a humanitarian, radical in thinking and a social critic.

He was deeply religious, but critical of institutions, I imagined we may say spiritual these days as he was a visionary so unorthodox in many ways. He was a friend of Swedenborg another visionary, sharing some

ideals but not always in agreement but they were friends,
nevertheless.

His saw a unity in nature, everything in life had a deep meaning.

.....

William Blake's influence continues, there is a paper on how the
musical group Doors, was named after the doors of perception.

He was a man before his time, he was anti-war, and had to move home
when he had a brawl because he told a ex-soldier that he was a slave!

He lived through times of turmoil, not unlike those of today.

Some may be interested that he saw his brother's spirit leave his body,
I feel he is worth studying more and I could understand Jason's
consuming passion.

After a welcome break we returned to Rhonda chairing session three
An Artist's Life After Death.

This was a recorded interview with Ann Ford Evans introducing the
paintings of her late husband Kenneth Ford Evans.

His death was completely unexpected, they had two daughters and she
was still breastfeeding the baby. Kenneth's work had changed in the
time before his death, he said little about the thought behind each
painting.

Once he passed, he started to regularly commune with Ann at 4.00 am,
which she said was not ideal while still feeding a child when sleep is so
precious.

Ann was compelled to write what he said and later published these
scripts with their daughter Jessie, whose skill hand copied the scripts
and helped to design the book of prints.

Ann is a former nun, and also an artist.

Each print of Kenneth is inspired and would be good to meditate on. All are so beautiful. No words of mine are sufficient, were I able I would send you all a copy.

So, yet another advert. You can view these at www.kenevansprints.co.uk

[In my own search I came across a small second-hand book, *The Light Within*, by Kenneth Evans and Ann Ford. Now out of print, my copy has a sticker,

This book belonged to SYLVIA BUTTON in Memory of her to Oxford Friends Fellowship of Healing, has any one any memories to share with me? This makes the book extra precious].

Sunday,

I missed Anne gathering people back together and Meeting for Worship but arrived back from a flu jab just in time to be greeted by the most brilliant white crystal that filled my screen.

Steve's Crystals, Colour and Healing presentation, chaired by Gervais, was just as brilliant and is worth a second viewing. I hear this may be so at one of the future meetings.

Steve's knowledge run deep as he took us through the impact that colour has on us all and how it is embedded in our language when we explain how we are feeling, seeing red, feeling green or blue.

He spoke about the Chakras giving clear illustrations, he told something about how crystals are used for healing but also how a silver of crystal is used for the charge of energy it produces in this modern age of technology.

After lunch Kay chaired the plenary session.

Ros Smith led a Mediation on Colour; this was followed by a chance to form small groups in breakout rooms. We talked together summing up how we found the conference.

Tina chaired the Conclusion, thanks and announcements.

We were all grateful to David for conducting the conference negotiating four screens so see us all.

The rest of us with one screen saw the speaker highlighted, so quite simple. I would like to add my thanks for this wonderful opportunity, like many I no longer travel.

Zoom

For those unused to zoom, it is worth a try, since lock downs and since living alone it has been a lifesaver, well perhaps sanity saver. A Friend and I refer to our 'zoomsticks', they have flown us to past Meetings, I was invited to a Jewish celebration and some multifaith events as well. No, not the same as meeting people with a hug, but getting to know people at a deeper level as they relax in their own safe space is possible. Some of us have become good friends.

Of course, those who can plan to meet will but for those who cannot travel by zoom is an alternative.

SPIRITUALITY AND DEMENTIA

Peter Wilson (Poole Meeting)

While working as a Quaker chaplain in Poole Hospital, I often encountered patients who were either in the early stages of dementia, or sadly had progressed to a more severe form of this tragic disease. Dementia is all around us, in our families, and amongst our neighbours and friends. Sadly, it's the biggest killer in this country today, as 1 in 3 die from a condition related to dementia.

This article is based partly on notes prepared for a talk given to the ecumenical chaplaincy team at Poole Hospital.

So, to start at the beginning, who do we think we are? What is undeniable is that we are all unique, precious, and a child of God from the moment of our birth. What is it that binds us together in informing who we are? It is our memories, our stories, our feelings, our shared experiences, our beliefs, and our common humanity. When we lose these, we lose the sense of who we are. However, it seems that those living with dementia often cling to their religious practices or spiritual beliefs as a way to find peace, even when their world is changing from the inside out. Believing that there is something greater than them and their disease, can help them find perspective and stay positive throughout their struggles in the early stages of dementia.

In those early stages of dementia, Spirituality is expressed and experienced differently for each person. Recent studies found that those actively seeking spiritual relief to cope with their dementia often live with several common benefits, including: staying connected to family, friends and the community, easier acceptance of their disease and an increase in the overall quality of life through happiness and positivity.

But as the dementia takes hold, the ability of the individual to stay connected, weakens, and interacting with those around becomes more difficult. How can we help those affected to stay in touch with loved ones and the love of God?

What underpins the Spiritual Care that we can give?

Spirituality can be defined in terms of our inner belief system. It helps individuals to search for the meaning and purpose of life, and helps them to experience hope, love, inner peace, comfort and support. Spirituality can also be described as that divine essence within which gives meaning to our life. It refers to the universal human need for love, hope, a sense of belonging, value, and dignity. It may or may not involve religious beliefs and practices. The words religion and

spirituality are often used interchangeably, but they can be very different.

Religion refers to a belief system that you follow. Religion involves rituals - the externals of our belief system. Not everyone is religious, nor is religion a requirement for spirituality. It is important to remember that a person may not practise a religion, but will still have spiritual needs that need to be met. They will have belief systems that give meaning and purpose to life. This might be expressed in terms of their relationships, family, creativity, their culture or interest in nature. In addition the search for meaning and a need for emotional connections become more significant as we age and are faced with increasing cognitive and physical frailty. This is when we turn to our values and beliefs to help us make sense of what is happening, to find hope and prepare for what is ahead.

Our essential human requirements may include a need to:

- Be supported in dealing with losses of relatives, friends, independence, good health, memory, etc.
- Maintain a sense of self and personal identity
- Be respected, valued and appreciated as a person
- Feel recognised, known and understood
- Belong to and to be involved in the community
- Forgive and be forgiven
- Receive unconditional love
- Retain personal dignity
- Find meaning, purpose and hope
- but also to express anger and doubt

In practice, religion and spirituality often exist side by side, with one nurturing the other. But how can we as Quakers, think of our caring roles in terms of our own Spirituality? - in many cases, our Christian values.

How we see ourselves and how we see others determines how we should care. The key is being able to see others as through the eyes of God. By that I mean that there is That of God in all of us - the divine spark, that divine essence of God's Love within. However, it's a potential reality, not always realised or nurtured by us. So why is this so important?

That of God within, is the divine force that actually and spiritually binds us to each other. We are all connected - we are all a part of the ongoing act of Creation. This realisation alters how we see the person with dementia. To the question, who is my neighbour, the answer is that everyone is my neighbour. Every person we meet becomes a part of me in the now moment. Therefore we cannot ignore any neighbour before us.

Can we develop a pattern of caring for dementia based on this belief system and outlook? What would a Spirituality Care pattern be founded on? What are the essential elements underpinning all our approaches? Often in the absence of immediate memory and recall, these elements have to apply in the here and now moment.

However you try to communicate, whether through sharing memories, stories, poetry, music and art, our Spirituality Care approach must be based on the 5 most important words in our language. To quote the Beatles: All you Need is Love. And all healing is Love and kindness in action. Kindness is often the thing that is remembered most by the person with dementia.

Divine Love at the very least has the following elements:- unconditional love, empathy, compassion and kindness, respect and dignity. We need to look beyond the mask and the shell in front of us and focus on seeing God's creation within the person we're with.

These elements enable us to see the person within and not the dementia. The Spirit within the individual is still there despite the outward symptoms of the dementia. And let's not forget, the Spirit within us changes how we see the person. We learn to see our neighbours as though through the eyes of God, not just relying on our human eyesight, human perceptions and human judgements.

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."

2 Corinthians 4, v 16

If we are fully aware of the Presence of God within and working through us, we can more successfully apply spiritual care indicators to our care approach.

Some of these spiritual care indicators include

1. Sensing the Presence of God (e.g. use the Breathe in... blessing - see Postscript.) Bless the home/house you are visiting.
2. Make it your intention to care for the whole person – mind, body and spirit. Remember, feelings are remembered more than incidents.
3. Keep the smile. Let your eyes sparkle. Maintain eye contact
4. Make use of laughter and humour as much as you can.
5. Practise the Ministry of Presence, even if conversation is lacking. If all you get is meaningless word scrabble, stay with it and give folk that opportunity to reach out to you in their own way.
6. Use that of God in you to reach out to that of God in the person you're visiting. In your imagination, make that spiritual connection.
7. Use the Healing power of touch whenever it seems appropriate.
8. Bring God's Creation to the individual through the medium of colour, nature, music and movement. Make them gifts of the Spirit.

9. Know the person's story as best you can and search for those hidden islands of connection within the individual.
10. Make use of familiar objects and photos from the past. Use their faith story if known.
11. Give a blessing before you leave so that love and kindness, peace and Divine Presence surround this person.
12. We can't always get it right so be kind to yourself. Accept your fallibility and mistakes with the grace of God that is given to you.

"Thou tellest my wanderings: put thou my tears into thy bottle: are they not in thy book? God sees and knows all our sorrows and tears and thoughts. He stores all our tears away and He comforts."

Psalms 56:8

When you look at a dementia sufferer as though through the eyes of God, you see beyond the layers of dementia - you see only a child of God before you. The Spirit within you has made the connection.

"Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting -
over and over announcing your place
in the family of things."

(Extract from the poem Wild Geese by Mary Oliver)

Whatever our circumstances are, whether we have a faith or profess no faith, we will always remain, unique, precious and a child of God. So shine and let your light shine on all you meet this day and everyday. A postscript blessing for all:-

Breathe in the Breath of God, and let the Breath of God breathe in you,
Breathe in the Spirit of God, and let the Spirit of God work through you,

Breathe in God's Love and Healing Energy,
And let his Light shine through you, Reaching out to all those in need.

What Dementia Teaches Us About Love, is a book by Nicci Gerrard, a valuable resource about love, life and care. It helps to shine a light on what it is to be human and holy.

WHY LIGHT?

Hazel Barker

Quakers speak a lot about Light. Holding a person 'in the Light' is something we do. We see that person in our minds' eyes, surrounded and infused with Light, sending love and asking for Divine love and Light for that person.

But why Light?

We only see a small part of the total range of electromagnetic radiation. The spectrum extends way beyond the wavelengths of visible light into the infrared and ultraviolet.

We can only see light because it is reflected from surfaces and we have eyes with receptors which send messages to our brains according to the wavelengths and intensity of the light they detect. Our brains process these signals and somehow we have a light and colour experience in our consciousness. We remember these experiences and are able to recreate that experience in our 'mind's eye'. Is this memory, this re-creation of light, real?

Our eyes do not send out light beams like torches. So what is the nature of the light recreated in our minds?

Why do we think that these memories of light are so special and consider that the light has the potential to heal, to actually influence the physical, chemical and biological processes of our minds and bodies?

Light is mysterious. The speed of light (and the whole electromagnetic spectrum) is the speed limit of the Universe. At the speed of light, there is no time and no space. In a physical sense, science suggests that the light that we see may emanate from the ocean of energy in multi-dimensional space - what we think of as empty space or the vacuum. The movement and activity of light may be the foundation of all physical matter, of which every thing, including us, is made. Matter may actually be a form of 'frozen light.' Light rays go back and forth, freezing them into a pattern which contains information. The inner, visualised light is not just a metaphor, but also a reality in consciousness. Through a visualisation of light we join with the ground of all existence, where space and time do not exist, all is an unbroken whole. **

So when we visualise light in our consciousness, even though it is just a small part of the spectrum, the light patterns in our consciousness find a connection with the Light of that unbroken whole - they find a 'match' - they are made of the same 'stuff'. By visualising light and colours we can feel peace, joy and connection and tap into the healing power of the Whole - the Universal Consciousness - the Divine.

** Reference - The Essential David Bohm 2003 edited by Lee Nichol.
"One of my scientific gurus" The Dalai Lama
Wholeness and the Implicate Order 1980 David Bohm.
Also films on YouTube.

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Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

Collect for Purity

The trumpet has sounded and the souls have risen from their graves. God is seated on his throne as judge, and St Michael, as clerk of the court, says "Put up the first defendant."

God sees the defendant and perceives that he has a difficulty. Addressing St Michael he says "I have to acknowledge a family relationship. This is my son, so I must decline jurisdiction." St Michael, being of quick intelligence, realizes instantly that this applies to every defendant on the court list. He says to God "We will have to find another judge." God says to St Michael in a loud voice "Who in heaven or earth is fit to judge my sons and daughters? This court is not sitting, never sat and never will sit. I will not even have them judge themselves, for although they have the status, they often judge themselves very harshly." Then seeing a care-bent soul creeping by 'with painful steps and slow' he says

Hello Adolf, where are you going?

To hell.

Why are you going there? It's much more pleasant up here.

I thought I was a big shot, now I find I am an insignificant pimple, like a dirty fly. I am not worthy to be here.

Oh, flesh and blood have not revealed it to you, but your Father in heaven, who is me. This is a tremendous insight, very precious. Would that more of your contemporaries had come by it. Perhaps being such a big shot has enabled you to see this truth so completely. You will find it a low door to unimaginable glory.

I find no savour in this. I am so heavy with the weight of six million Jews that I killed.

Adolf, you are out in your calculation by six million. I received every single one of those six million, men, women and children. I healed them, restored them, and sent some of them out again on other

missions. You never killed anybody, not a single one. I permit all things, but killing souls is impossible. It cannot be done.

This is too much to digest. I am heavy too with the lives of the soldiers of the Fatherland and those of the other countries that I fought, and the damage I caused, and the economies that I ruined, and the relationships that I cracked through death. My name is a synonym for evil, rightly so.

I was saying to St Michael here that humans tend to judge themselves too harshly. You mentioned 'Fatherland.' You probably told your soldiers that they were fighting for the Fatherland, when really it was to make you a big shot. But the others were no better. They said you were the epitome of evil and that their soldiers had to fight the evil, which meant killing large numbers of your young men who had no more idea what they were fighting for than they did. They were told it was for God, King and Country. For me? Really of course, those who mobilized the soldiers thought they were big shots, having imposed themselves on a large empire, and had no intention of letting you be a big shot too. For it is in the nature of big shots that they cannot stand each other. That shows that being a big shot is a lie. 'Sword and crown betray his trust.'¹ The truth is love. So please don't take on so. You have no idea how many pimples have come and gone in the history of this world. I forgive you.

No, you can't. It's too much.

Adolf, my son, if you won't accept forgiveness from me, perhaps Dietrich Bonhoeffer can give it.

Adolf, I tried to kill you. Please forgive me.

It's a pity you didn't succeed.

¹ Hymn: All my hope on God is founded: Robert Bridges after J Neander.

Yes, that's what I thought. But each person has to make their own way. I didn't have the right to make that choice for you.

But I did kill you, and deprived our country of your much needed gifts.

Look Adolf, there is nothing dead about me. I forgive you. There is no trade in forgiveness. I ask you for yours, for I need it.

Dietrich, you need nothing from me. Look how you shine.

Adolf, you are as I am. There is only one category of human. It is only your thinking that conceals it from you. Come my brother, let us embrace.

Here comes the nun who, seeing a child frightened by the gas chamber went in with her. Adolf says to her
I suppose you forgive me too.

There is no unforgiveness here. It cannot exist. Here is the girl I followed into the gas chamber. She is presenting herself as a fully grown young woman.

Adolf, seeing her splendour says

What have I done? I killed you and I didn't even know you.

Yes, your killing machine, so very efficient, took no account of individuality. As you see, I am more myself than ever.

Then he says to God

I am even less of a pimple than I thought. It seems to me that I was not able to do any real damage however hard I tried.

Do you take me for a bungler, that I should let any human egos loose on my heaven to do with it whatever they chose? Isaiah spoke well for me: 'They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the LORD, as the waters cover the sea.' I do indeed give a free hand on earth, so that people say 'If there was a God He would not allow all this suffering.' It is like a play, except that everybody is the leading actor and they are learning their

lines and their roles as they go along. Setting it up took some doing but by this means I was able to give them free will, and a means of growing in stature. They are encouraged to take on many different roles, to gain the greatest possible experience of being human. A tyrant in one play may be a saint in another. I am proud of it. It is my greatest work.

No, this young lady is a greater work.

She is her own work.

So what did you pick up from this life just gone?

It was a rubbish life. I wanted power over people, that is, I wanted them to fear me for their lives, so I was over them. I wanted power over more and more people. And I saw people collectively, not as individuals. So I learned nothing.

Nothing? You learned that the dream of ages is utterly vacuous. Because of this, you are now able to be a wise and well loved ruler in one of your plays. Perhaps you would like to be a Jew in another. Well now Adolf, how many people did Macbeth kill?

Is this true about it being a play?

Oh you're so funny. I am the truth.

Well, I don't see that I need to go to hell for playing a tyrant.

My thoughts exactly.

Well all right then, I accept your forgiveness and that of all these glorious people. Now I am as bright shining as them, but I don't deserve it.

The nun says

Oh Adolf, none of us do. That is what forgiveness is. I wonder, would you like a new name, like Abram and Saul? You can be Adelphos, brother.

Adelphos says, despite the tears standing in his eyes,
I consider that there is something missing, for they, er, we pray 'Thy
will be done on earth as it is in heaven.' This seems to be getting
further and further from realization.

Yes, it happens every time. Myriads of souls have graduated from my
theatre-school. Some that are left are the ones who have consistently
used their free will to turn away from the light, which they are
perfectly entitled to do. This makes it more and more intolerable for
students of good will. It becomes a black comedy that isn't funny.
Some of my special friends on Earth have begged me to make a
separation. What do you think I should do?

I suppose you can't grind them to dust. It would be against their free
will. I suggest you make another theatre, and take these remedial
students out of this and put them in the other theatre. That would
open the way for heaven on earth.

Yes, and I will heal the earth from the miasma left by those souls, and
restore her pristine beauty. I shall take all need away, and with it the
ability to oppress. All hearts will be open and all desires known, and
there can be no lying or deceit. I will not need to tell the remedials to
leave! Some of your poets have caught a glimpse of this:

For lo! The days are hastening on
By prophet bards foretold,
When with the ever-circling years
Comes round the age of gold,
When peace shall over all the earth
Its ancient splendours fling,
And the whole world give back the song
Which now the Angels sing.²

² Carol: It came upon the midnight clear: Edmund Sears.



Quaker Advice & Query #7.

Be aware of the spirit of God at work in the ordinary activities and experience of your daily life. Spiritual learning continues throughout life, and often in unexpected ways. There is inspiration to be found all around us, in the natural world, in the sciences and arts, in our work and friendships, in our sorrows as well as in our joys. Are you open to new light; from whatever source it may come? Do you approach new ideas with discernment?



If one stands 60 yards or so in front of the Angel of the North, far enough away to frame it all within the span of one's vision one could notice the hedge to one's left and would see some objects there. They are an assortment of little wooden and plastic angels, love hearts, crucifixes, crosses, snowflakes, ribbons, and prayers.

What are these objects and what is their purpose? If you are there, as I

was, the answer to the question would be obvious, they are remembrances. In all but name this little corner of woodland greenery has become a modern day-shrine, a place to centre down and be still, a place to remember, to perhaps pray and nurture feelings of sadness, regret, or thanks. Whatever one's thoughts at this place the overall ethos created could be described in one word, a word possibly rejected by some of those who visit the Angel of the North but nonetheless, others may agree that an air of *spirituality* now exists in this place.

It is most unlikely that this hedge would have attracted these remembrances had it not been for Sir Anthony Gormley's massive sculpture. But has the nature and the name of the great artwork imbued this place with an air of something not of this earth, nearing the divine? An angel is not something of the everyday and the mundane. It is special, it has unique qualities powers and gifts, and none would deny an angel's links to healing and the restoration of an individual's well-being.

What a wonderful happenchance it is that a monument to civic pride and declaration of the heritage and substance of this Northeast corner of England should, as well as being a big artistic shout for the region, have provided the opportunity for folk to experience and express their own spirituality. One could view the little artefacts in the hedgerow as so much litter and detritus and with the natural decay of things that is what they may become, but the love and hopes and emotions surrounding them when initially affixed to the hedge were real, genuine, and sincerely felt.

People seem to need an outdoor place to express their emotions, hopes and spirituality. There are many around the world, not associated with religion but nevertheless, provide a spiritual vehicle for folk:



- The 'lock bridge' is a sort of tradition or ritual that is practiced on the bridges of the Seine River in Paris. Couples inscribe their names on padlocks, lock it on the bridge and throw the keys into the river. The ritual symbolizes love locked forever. Now, isn't that romance at its best? Interestingly, the tradition of love locks started not in Paris but in Hungary. The legend goes that a woman who had lost her lover during World War I started fixing padlocks on bridges where they used to meet. It was her way of expressing that her love was unbreakable.

- A visit to St Augustin's Well in Cerne Abbas will reveal that in the tranquil space (which has hosted Bournemouth Local Quaker Meeting for healing), ribbons and prayer flags are tied to the surrounding trees by the many visitors to this place.
- The prehistoric rings surrounding the Saxon church at Knowlton near Cranborne have in their outer edges a grove of yew trees (Often to be found in churchyards and some say of pagan origin and significance but even so, spiritual). But there, tied to their branches are ribbons and prayers similarly to be found at Cerne Abbas.

These are just three examples, and I am sure you will be aware of many others. Some places have a special ability to radiate an invitation to respect their proximity and accord it a spiritual essence. It can be man-made, like the Angel of the North, or natural but man-modified like St. Augustine's well or totally natural like a yew tree but whatever it is, it is an angel.

What is an angel? An angel is a being or substance who is a pure spirit. Angels are said to have intellect and willpower and so exercise knowledge and love. Each angel is essentially a centre of consciousness, sometimes without a body.

However, the simplest perception of an angel is that it is a messenger from God. Could it therefore be said that each angel, as a totally unique being specially created by God and endowed with powers for knowing, loving, acting, and rejoicing in a manner far beyond our way of doing things, is able to bring us a special understanding or realisation of a mystery and 'something' beyond the hurly burly of our everyday lives? Angels have the capability to stimulate and bring forth within us not just the mere attaching of symbols like ribbons to hedges or locks to bridges but a deeper sense of love, emotion, and

enlightenment which when experienced, are unique, healing and life influencing.

Angels, therefore, are essential for each of us; we need them for ourselves and for those around us. We may call angels by other names such as statues, gardens, churches, woodland glades, forest streams and hedgerows but even so, they are messengers, angels, and do we not need them? And if so, what is your angel?

9 October 2021

LETTERS

Dear Gervais Frykman

I'm always really interested to read "Towards Wholeness" as soon as it arrives, but an article on p 6 of issue no. 160 Summer 2021 stopped me abruptly.

Harry Edwards prays for relief from pain and sickness and all ills in the second paragraph. I found this really difficult. My understanding of God is that he does not directly heal people, but his power, his love, is available for us to use. We can be channels of that love. So when I pray for anyone I use the first three lines of a Celtic prayer and visualise it happening as I say the words – which are:

May the light of God surround you
May the love of God enfold you
May the power of God flow through you

When I use it for myself I alter it slightly to

May I be aware of the light ... and the love ... and the power
and I usually start with this before praying for others.

I'm interested in the reactions of others who pray regularly.

Mary Stone

PEACE PLAQUE

Cedric Taylor

The idea of the Peace Plaque came to me one night about four years ago. I have found the attitude of a considerable number of the inhabitants of our World a source of concern for some time and this looks as if it surfaced in the design and content of the plaque. This is possibly more relevant now than then, with the general state of relationships between nations as it is at present.

The centre of the plaque depicts a burst of light, encompassing the World at the top, Mankind at the bottom and the major religions around the sides. Underneath is a prayer echoing my thoughts and feelings as a way forward for Mankind.

The prayer says -

May Mankind learn to live with Mankind, family with family, tribe with tribe, race with race, country with country nation with nation, religion with religion. May Mankind come to realize that the only way forward is through love and service to each other, being able to stop, listen, trying to understand each other, but above all being able to compromise in order that a lasting and meaningful Peace may develop.

A photograph of the Peace Plaque appears on the cover [Ed]