

News & Views



*Registered Charity
No. 275081*



*Summer-
2017*

Issue No:-72

**THE JEWISH ASSOCIATION OF SPIRITUAL
HEALERS** (non denominational)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

**FOUNDER MEMBER OF THE BRITISH ALLIANCE OF
HEALING ASSOCIATIONS**

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Committee for 2016/2017

**Francine Benjamin, Harry Luck,
Margot Garcia, Yetta Powell, Rita and Martin
Vangelder, Latha Kathirkamathamby, Pat
Greenberg, Teresa Smith and Steve Sharpe.**

Chairman's Report

Welcome to the summer edition of News and Views. We acknowledged the Healing Awareness Week at the beginning of May by putting out extra leaflets explaining Spiritual Healing and having someone available to answer any questions from the passing public. The promotion was quite successful overall and we managed to raise £23 -19p (rounded up to £25) after expenses which was sent to the awareness group to be forwarded to the two charities (Helping Hands and the Sam Buxton Fund) due to benefit this year. Hopefully we will have more time to arrange things next year.

A big thank you to Yetta Powell, co-editor of News and Views for the last twenty years, who has decided to stand down from our committee as she has now reached the magical young age of ninety but will continue to take as active a part of the Jewish Association of Spiritual Healers as her health allows. Thanks Yetta for all that you and your late husband, Maurice, have done for us over the years and we wish you a happy and healthy semi-retirement. I'm sure Yetta will be only too pleased to hear from any of our members who wish to have a chat with a young 'un.

Our Annual General meeting will take place 25th June 2017, or by the time you read this, it may have already been held. I will report on the AGM in our next issue of News and Views. This current issue is the fourth that I have attempted, any feed-back, articles, ideas or whatever you would like to see in the magazine would be most welcome and I hope to maintain the standard set by my predecessors. My thanks as always to your hard working Committee, keep up your good work. Steve Sharpe.

My Ten Commandments

Thou shalt not worry, for worry is the most unproductive of all human activities.

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.

Thou shalt face each problem as it comes. You can handle only one at a time anyway.

Thou shalt not take problems to bed with you for they make very poor bedfellows.

Thou shalt not borrow other people's problems. They can take better care of them than you can.

Thou shalt not try to relive yesterday for good or ill, it is gone. Concentrate on what is happening in your life today.

Thou shalt count thy blessings, never overlooking the small ones, for several small blessings add up to a big one.

Thou shalt be a good listener, for only when you listen, do you hear ideas different from your own. It's very hard to learn something new when talking.

Thou shalt not become bogged down by frustration, for 90 per cent of it is rooted in self-pity and it will only interfere with positive action.

From the internet

ISRAELI TITBITS

Israel's port city of Ashdod is setting up a joint venture with Mobileye, a Jerusalem-based developer of advanced vision and driver assistance systems to make the city an international transportation lab for developing and testing advanced transportation systems. The Massachusetts Institute of Technology and technical firms including Microsoft are taking part in the venture, which they call the Living Lab. Ashdod has already started a smart city program called REWAY as part of which it has set up digital bus stops, put sensors and smart cameras on new buses and at street crossings, and installed a digitised control system for buses that are connected to the city's emergency services. "we are placing Israel and its cities at the forefront of global smart transportation"

The Israeli start-up company Storedot has unveiled a battery that can be fully charged in just 5 minutes. The company made waves at the Berlin CUBE Tech Fair when it demonstrated the ultrafast charging capabilities of its FlashBattery technology on stage. A car such as the Nisan Leaf or Chevy Volt would require about 800 of the battery cells it demonstrated and potentially would provide a range of about 320 kilometres, but would require a charging station of 350 kilowatts capacity, which is not yet available, to charge the 800 battery cells together. However to charge an electric car in 5 minutes, WOW. It is early days but Storedot is working with two leading manufacturers in Japan and China to enable mass production of the materials necessary for commercialisation

BiomX Ltd, a developer of therapies based on human bacteria, has raised \$24 million to help it advance its pipeline of drugs toward clinical trial stages. The company seeks to develop new therapies for unmet medical needs using its understanding of the human microbiome, the bacteria that reside in and on the human body. Its pipeline of drugs consists of products for

acne, inflammatory bowel disease, cancer, and therapeutics for improved performance of immune-oncology drugs.

Israeli researchers and a cosmetician say they have made a breakthrough in fighting wrinkles and sagging skin by finding a way to insert a water-absorbing acid into deep layers of skin without injections. A Bar-Ilan University research team from the departments of Chemistry and Physics, and the Institute for Nanotechnology and Advanced Materials have been involved in the last few years in a development that allows hyaluronic acid to penetrate into deeper skin layers by means of cream application. The look of young skin can be measured by the amount of hyaluronic acid between the cells. As we age the body gradually loses its ability to produce hyaluronic acid that results in wrinkles, lines, and sagging skin. Our skin is impenetrable and until now, efforts to introduce hyaluronic acid into the skin have been unsuccessful.

Researchers at Ben Gurion University of the Negev and the Sheba Medical Centre said they have developed a way to treat atherosclerosis and prevent heart failure with a new biomedical polymer that reduces arterial plaque and inflammation of the cardiovascular system. “Our polymer reduces existing plaque and prevents its progression and inflammation, prevents arterial thrombosis, ischemia, myocardial infarction, and stroke”. It also reverses arterial damage and improves the heart muscle, it does not harm healthy tissue and has no side effects.

Israel’s Mobileye has unveiled plans for its new Jerusalem office campus in the Har Hotzvim High-Tech Park. Intel said it would acquire Mobileye for \$15.3 billion that would become the US giant’s hub for developing autonomous vehicle technologies. When the deal was announced in March the Israeli company employed 660 staff. When their new campus is built it expects to increase staff levels to 4000.

President Reuven Rivlin and Justice Minister Ayelet Shaked installed the first ever female judge to Israel’s Sharia Court

system, along with three other regional judges. Her appointment was controversial both in hard line Jewish and Muslim circles. Some Muslim clerics 'slammed' Shaked' and warned her 'not to interfere in matters of Islam'. Shaked noted that there are already female judges for Sharia Courts in Indonesia, Malaysia, Jordan and Egypt. She said "We are shattering another glass ceiling "We are sending a message to girls everywhere: go, invest, study, and excel, the sky is the limit."

Israel will showcase its water technologies in a first-of-its-kind event in Austin, Texas, to senior officials of the Texas water industry. The event will be dedicated to the 'promotion of innovative and ground breaking Israeli water technologies' designed to improve and optimise water consumption on municipal and state levels.

Israeli compact MRI systems developer **Aspect Imaging** has announced the closing of a \$30 million financing round, which will be used to complete development of Aspect's 'Embrace Neonatal MRI System' and its new Stroke-dedicated MRI System. The relatively small size of Aspect's enables systems to be placed at the Point of Care. The Embrace Neonatal MRI system is designed for Neonatal Intensive Care Units, enabling preparation and scanning of new-borns without having to leave the unit. The Stroke-dedicated MRI system is designed for Emergency Rooms in close proximity to other ER equipment. Patients arriving to ER will not need to be sent away from the unit to receive an immediate MRI scan. Aspect Imaging successfully launched its point-of-care hand and wrist (Wristview) MRI system, approved by the FDA. This facilitates a shorter wrist examination but also allows injuries to be more easily diagnosed.

The Tel Aviv-based MedyMatch Technology has reached a five-year licencing agreement with IBM Watson Health that will enable the AI health arm of the US giant to market their technology. MedyMatch has developed an artificial intelligence (AI) software that aims to be more accurate than the human eye and help physicians to more quickly assess patients suspected of head trauma or stroke, ruling out the presence of a brain bleed.

Israel Aerospace Industries (IAI) the largest aerospace and defence company in Israel, announced a \$630 million contract to supply long-range surface-to-air missile defence systems for the Indian government company Bharat Electronics Ltd. The system provides protection against a variety of aerial, naval, and airborne threats. In April IAI said it had signed its largest ever deal to supply India with advanced air defence missile systems worth almost \$42 billion. *Harry Luck*

GRIEVING

Do please try to understand this, death is not a tragedy to those who die, it is only a tragedy to those who are left behind. To go from darkness to light is not something over which you should grieve. If you grieve, you are in reality grieving over your loss and not for one who has in truth become enfranchised. He is better off. He will no longer suffer all the ills of the human body. He will not be subjected to the ravages of wasting diseases. He will unfold all the gifts with which he has been endowed, and will express them free from any thwartings and will be able to give a larger service to those who require it.

Do not mourn because the caterpillar has become a beautiful butterfly. Do not weep because the cage has been opened and the bird has been set free. Rejoice and know that the enfranchised soul has found liberty and that, if you would but unfold the powers that the Great Spirit has given you, you could share some of the new beauty and joy which is theirs. You could understand the plan of death and realise that death is but a stepping-stone, a door through which you enter into the larger freedom of the realms of the spirit.

Silver Birch

Doctor Healer Network talk by Dr. Pietro Emanuele Garbelli.

Dr. Garbelli is a general physician specialising in Acute Medicine at King's College Hospital NHS Foundation Trust, London. He has previously been employed at Eastbourne District General Hospital, Kingston Hospital NHS Trust and King's College Hospital. He was a speciality Registrar in Acute Internal Medicine in Florence.

He began his talk by telling us about his early life in Italy and his strong Catholic beliefs. He studied medicine in Milan before coming to England to continue his studies.

With conventional medicine under his belt he then looked into Complementary Medicine and did courses in Bio Energy Healing, Meditation, Yoga and Tantric Healing. He has also studied human behaviour and cognition.

He promotes the integration of western and traditional and complementary medicine supported by scientific evidence. Inspired to look at ways the two can be integrated.

After his inspiring talk discussion took place on how to promote and develop his ideas. Most doctors present thought that if he had the patient sign permission slips to allow complementary healing it would be a good way to move forward. However, most healers thought he may shoot himself in the foot as conventional medicine is not always open to healing. Overall an exceedingly interesting afternoon. A good talk followed by an interesting debate.

Report from Francine Benjamin

I'M FINE THANK YOU

There is nothing the matter with me
I'm as healthy as can be
I have arthritis in both my knees
And when I speak I talk with a wheeze
My pulse is weak and my blood is thin
But I'm awfully well for the shape I'm in.

Sleep is denied me night after night
But every morning I find I'm alright
My memory is failing my head's in a spin
But I'm awfully well for the shape I'm in.

The moral is this as my tale I unfold –
That for you and me who are growing old
It's better to say "I'm fine" with a grin
Than to let folks know the shape we're in.

How do I know that my youth is all spent?
Cos my get up and go has got up and went
But I really don't mind when I think with a grin
Of all the grand places my get up has bin.

Old age is golden – or so it is said
But sometimes I wonder as I climb into bed
With my ears in a drawer, my teeth in a cup,
My eyes on the table until I wake up
Ere sleep overtakes me I say to myself
"is there anything else I could lay on the shelf".

I get up each morning and dust off my wits
Then pick up the paper to read the “obits”
If my name is still missing I know I’m not dead
So I have a good breakfast – then go back to bed.

ANON

**When you link with love to the light that is
everywhere – healing must follow. *Jack Angelo***

ODD NOTICES

In an office:

AFTER TEA BREAK STAFF SHOULD EMPTY THE
TEAPOT AND STAND UPSIDE DOWN ON THE
DRAINING BOARD.

Outside a second-hand shop:

WE EXCHANGE ANYTHING - BICYCLES, WASHING
MACHINES, ETC. WHY NOT BRING YOUR WIFE
ALONG AND GET A WONDERFUL BARGAIN?

Remember this lady?

IRENA SENDLER

Died: May 12, 2008 (aged 98)

Warsaw, Poland

During WWII, Irena, got permission to work in the Warsaw ghetto, as a Plumbing/Sewer specialist.

She had an ulterior motive.

Irena smuggled Jewish infants out in the bottom of the tool box she carried. She also carried a burlap sack in the back of her truck, for larger kids.

Irena kept a dog in the back that she trained to bark when the Nazi soldiers let her in and out of the ghetto. The soldiers, of course, wanted nothing to do with the dog and the barking covered the kids /infants noises.

During her time of doing this, she managed to smuggle out and save 2500 kids/infants. Ultimately, she was caught, however, and the Nazi's broke both of her legs and arms and beat her severely.

Irena kept a record of the names of all the kids she had smuggled out, in a glass jar that she buried under a tree in her back yard.

After the war, she tried to locate any parents that may have survived and tried to reunite the family. Most had been gassed. Those kids she helped got placed into foster family homes or adopted.

In 2007 Irena was up for the Nobel Peace Prize. She was not selected. Al Gore won, for a slide show on Global Warming. Later another politician, BarackObama, won for his work as a community organizer for ACORN.

In MEMORIAM - 65 YEARS LATER

I'm doing my small part by forwarding this message. I hope you'll consider doing the same. It is now more than 65 years since the Second World War in Europe ended.

This e-mail is being sent as a memorial chain, In memory of the six million Jews, 20 million Russians, 10 million Christians and 1,900 Catholic priests who were murdered, massacred, raped, burned, starved and humiliated!

Now, more than ever, with Iran, and others, claiming the HOLOCAUST to be 'a myth', It's imperative to make sure the world never forgets, Because there are others who would like to do it again.

Join us and be a link in the memorial chain and help us distribute it around the world. Please send this e-mail to people you know and ask them to continue the memorial chain. From the internet

Nothing in life is to be feared, it is only to be understood **Marie Curie**

It is hard to fail but worse never to have tried to succeed. **Theodore Roosevelt**

ABOUT JEWISH HEALERS IN HISTORY

When we discuss spiritual healing with other people it can be useful to refer to healers of the past. But who were they? Where can one find the information?

This is an attempt to provide a partial answer. It cannot be complete as too many people, whatever their religion or society, lived and worked unsung, as the poet says, and are now quite forgotten even though they did marvellous work in their day. I have consulted experts, rabbis, scholars, kabbalists, the Jewish Library (the old Mocatta Library) at University College, London, consulted many books of folklore where I hoped to find 'unofficial' references; even the internet, all without success. Not that anyone I consulted was anything but helpful; rabbis, librarians, etc.

We have to accept that there is little on the record, however well known particular healers were in their day, although we do have a strong tradition of healing.

There is another difficulty. I am reliably informed from my rabbinic sources that for most of our history doctors were often spiritual healers too, no serious distinction was made between the two. The distinction started when, in the course of the Enlightenment, the *haskalah*, Science became an important separate category, not to be confused with anything else.

So until recently this was a subject rarely mentioned, more likely to be brushed under the carpet. Hence little evidence survives, since even the most well-known healers were unlikely to be formally mentioned, as it would be embarrassing. True, we now consider successful doctors, nurses and paramedics to be healers

whether they know it or not. But, that aspect not being recognised, they do not count for our purpose. Although Jewish doctors and midwives were always in demand as they were so well thought of.

This, however, did not protect them from pogroms and other dangers. It is possible, but highly unlikely, that grateful patients hid them; naturally there is no record of this, even if they did. Though, in some times and places, such as 1360s Rome, Jewish doctors and midwives were excused wearing the Jewish badge; as were some favoured Court Jews and favourite artists like the musician and composer Solomone Rosso Ebreo of Mantua. It was a very special dispensation.

But this does not help us. Indeed, the more respected and organised the medical profession became, the more spiritual healers in our sense were brushed under the carpet. The medical profession wanted no formal competitors. That is why we had many midwives.

In Christendom there was an interesting division. If healers were good, practising Christians their healing, especially after death, was counted as proof of their sanctity, even saintliness. If not Christian, however, their healing would be held as official proof that they dealt with Dark Powers – and there was already more than enough danger for Jews. Even today I have heard some Christians say indignantly of a good Jewish healer, “She does not heal through the Church, so where does she think her healing comes from?” (They meant the Devil of course, but I have never discovered why their Devil would wish to heal). So no healer would be heard of except by contemporary word of mouth. Which makes it hard for us to find them.

Yet Jewish healers have a proud pedigree. The first was Moses *rabbenu* himself.

He was not most famous for healing but we do actually begin with Moses. Not with the metal serpent with which he cured people bitten by the plague of serpents in the wilderness (was that faith healing?). But because of the way he cured his sister Miriam of leprosy. According to the Bible (Numbers 12-13) he prayed, asking for her

to be cured, and his prayer was granted. A Rabbi even told me the prayer he used. What better example? We can, therefore, call Moses our first known Jewish spiritual healer.

The Prophet Elisha is a far better 'foundation figure', though. We have the whole story of his famous healing of Na'aman the Assyrian general (II Kings 5: 1-27) which only happened because he was already a famous healer. For those who do not know the story, Na'aman became a leper. His king could not do without him but nothing – and they tried everything – neither the medicine of the day, nor the magic of the day did any good. Then a young girl, a Hebrew servant in his house, said "The prophet in my country would recover him". And he did. Elisha was plainly a well-known healer. It is a fascinating story and I recommend the chapter in the book of Kings as good reading. (Please note that Na'aman expected a healer to behave in much the same way as most of us do today). The tale of Elisha resuscitating a boy is something different; more than we expect of healers.

What about female Biblical healers? Well, the Bible does mention two female prophetesses – Deborah and Huldah – but few other women unless, like Miriam and Abigail, they had a great impact on the men in the story. That was normal behaviour at the time, women did not count very much and we must not hold it against the writers of the Bible who were men of their time. Remember that absence of evidence is not evidence of absence.

In Roman times we have a famous healer in Jesus of Nazareth, that good Jew. (He was not responsible for what has been done in his name). Nor was he the only one healing in those days. Because of the harsh conditions of the period it was a time conducive to false Messiahs; and, like

Jesus, they were often excellent healers. I will only name Thaddeus, false Messiah and also a well-known healer. It seems the power of healing went with the 'position'.

For some reason people who were renowned as rabbis, scholars, mystics and such-like often seem to have been good healers, almost as a side-line – or side-effect – of their main work. In the days when the Talmud was being written there were plenty of them; for one, Rabbi Jochanaan who, apart from his "day job", was famous for the laying on of hands.

Similarly, in the thirteenth century C.E. (to pick on one person) there was the famous Abraham Abulafia, a Kabbalist and a famous poet, also a famous healer. And in the sixteenth century C.E. we can name Moses Cordavero of Safed. Since education then was for men (educated women were rare) we do not find mention of the female healers we know existed.

In the same way the wonder working rabbis of the Chassidim always seemed to heal as part of their work. The chief and foremost of these being the founder of the movement, the Baal Shem Tov. But Chassidism grew up in the stetls of eastern Europe.

For many centuries before then, in Christian times, we had a problem as we have seen. The prevailing climate ensured that any Jewish healer would be kept quiet, as it were. Certainly there were Jewish healers of both sexes, healing is and was a strong part of our tradition; but care was taken to keep them from official notice and so evidence is very hard to find.

We know that throughout history, until modern times, there were cunning men and wise women, at first publicly accepted, later almost kept secret, who included healing in their remit. Presumably these existed among Jewry but

again, by its very nature, we do not hear of individuals and in later centuries jealous medical science had them ignored. (They occasionally appear in novels but these are pure fiction, yet implying some sort of tradition).

In the nineteenth and most of the twentieth centuries spiritual healers of any sort, of any religion, were held unscientific and swept under the carpet. Old country remedies, or Gypsy ones like using dandelion sap to cure warts (Gypsies did that for my grandmother, out of friendship – but that is another story) were grudgingly acknowledged. But that is not spiritual healing. However, I can explain this silence about our kind of healing.

My great-grandmother, Sarah Jewell - I was told as a piece of family lore - could wipe headaches away. She was plainly a healer; but she did no more, never developed it. Indeed, it was almost never mentioned and most firmly swept under the carpet. It was not the sort of thing a mid-Victorian lady did! She was typical of many others who carefully never mentioned it, often only used it to kiss baby better. Lower class women may have used their healing power and doubtless did, but naturally, in that social climate, they were never mentioned either. What a waste!

In the mid-twentieth century things started to change. Harry Edwards, a professional engineer who was also an excellent healer, decided to make spiritual healing recognised by the public. He held great public demonstrations to prove we are not charlatans, and put spiritual healing on the map. Although he was, I believe, a Christian Spiritualist himself he did not limit the idea of healing to any one religion. Many Jewish healers knew him and worked with him, but the general public naturally connected it to his background.

In 1966 Diana Martin founded the Jewish Association of Spiritual Healers (JASH), so that those who wanted could find a Jewish healer. It is still needed for this purpose, besides showing the outside world that Jews heal too. For now we belong to the formal organisations of healing groups (such as the British Alliance of Healing Associations and UK Healers). We have a voice in the current politics of healing.

By now there were far too many acknowledged healers to name them all. In 1972 Ivan and Sylvia Kayes with Tricia Claridge started the first clinic under JASH auspices (Around this time we added "non-denominational" to our name because there were healers from different religious backgrounds working with us and we did not want any formal differences between us) they were soon joined by other healers such as Ray Liebert.). The reputation thus earned was often confined to the local neighbourhood but none the less real and important.

Gradually some of us healers found we were allowed to work in hospitals and with doctors. So, by the last quarter of the twentieth century we had become more or less respectable. Yet in 1989 when I started a healing centre in a synagogue it was amazing how many people commented with relief that it must be safe in a synagogue! (They all perceived it as a Christian thing, such is the power of propaganda). Indeed, with modern sensibilities we healers were at last socially acceptable or we would not have been allowed to be there.

A shining example is one of our members, Mrs Ruth Kaye, a Leeds lady. She being modest we were delighted to see a big article about her in the North Leeds Weekly Post. It told us that, besides her 'private' work, she was a well-known and highly respected member of the wider Leeds

community, working regularly as a healer in the Cookridge Hospital and St James's Hospital. If you want to know more our secretary will find the relevant copy of our newsletter in the files where, at the request of our then Chairman, I wrote about Mrs Kaye so we could all be proud of her.

Our international membership is now approximately three hundred healers. There are, we know, many more Jewish healers in the world. Some do not know about us. Others, it seems, do not want to define themselves publicly as Jews. (Old fears die hard). All our members, like those of any reputable healing organisation, require proof of efficacy before being accepted as a full member to prove they are not charlatans. Past and present, we are part of an old, proud, tradition.

Written about 12 years ago by the late Ruth M. Green.

OBSERVATIONS ON GROWING OLDER

Your kids are becoming you ... and you don't like them ... but your grandchildren are perfect!

Going out is good. Coming home is better! When people say you look "Great"...they add "for your age!"

When you needed the discount you paid full price. Now you get discounts on everything... movies, hotels, flights, but you're too tired to use them.

You forget names... but it's OK because other people forgot they even knew you!!!

The 5 pounds you wanted to lose is now 15 and you have a better chance of losing your keys than the 15 pounds.

You realise you're never going to be really good at anything ... especially golf.

Your husband is counting on you to remember

things you don't remember... Everybody whispers.

The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

Your husband sleeps better on a lounge chair with the TV blaring than he does in bed. It's called his 'pre-sleep'.

Remember when your mother said "Wear clean underwear in case you GET in an accident"? Now you bring clean underwear in case you HAVE an accident!

You used to say, "I hope my kids GET married
Now, "I hope they STAY married! "You miss the days when everything worked with just an "ON" and "OFF" switch..

When GOOGLE, ipod, e-mail, modem...were unheard of, and a mouse was something that made you climb on a table.

You used to use more 4 letter words...

"What?"... "when?"

Now that you can afford expensive jewellery, it's not safe To wear it anywhere.

Your husband has a night out with the guys but he returns home by 9:00 p.m.--next week it will be 8:30 p.m.

You read 100 pages into a book before you realise you've read it.

Notice everything they sell in stores is "sleeveless"? !!!

What used to be freckles are now liver spots.

Now that your husband has retired... you'd give anything If he'd find a job!

You have 3 sizes of clothes in your closet ... 2 of which you will never wear.

But old is good in some things, old songs old movies. And

BEST OF ALL OLD FRIENDS!

Husband to wife: "Today is a fine day."
Next day he says: "Today is a fine day."
Again, the next day, he says the same thing –
Today is a fine day.
Finally, after a week, the wife can't take it and
asks her husband:
"Since last week, you are saying "Today is a fine
day'. I am fed up ... What's the matter?"
Husband: Last week when we had an argument,
you said, "I will leave you one fine day."
"I was just trying to remind you"

Social and Personal

Mazeltov to Stephanie Stock on the birth of her
granddaughter Summer Eve.
Our condolences to Bernard Misell and family at
the passing to the higher realms of life of Adele.
Please tell us of your events at
jashhealing@hotmail.com.

A JOURNEY MEANT TO BE

Fear not whatever lies ahead of you,
Everywhere you are, is meant to be,
Everything you do is what you are there to do,
And all you ever see, you are meant to see.
Fear not, the journey you are meant to make,
Be happy with each step along the way,
Smile at everybody you are meant to meet,
Enjoy with everyone, a special day.
Everywhere you go, you are meant to go,
Each step along the road, you should be there,
And all good deeds you do along your journeys
path,
Show all those you love how much you care.
Sheila Goldsmith

ONE BOWL CHEESE CAKE

(Very quick and easy)

One and a quarter pounds of curd cheese (570 grams)

One quarter of a pound of cream cheese (116 grams)

Two ounces of melted butter (58 grams)

Six or seven ounces of castor sugar (app175 grams)

Three eggs

One dessert spoon of cornflour dissolved in a little milk

Crushed biscuits (shortcake or digestive etc.)

Method

Place all ingredients in a large mixing bowl and blend until creamy.

Line a square loose bottomed tin with foil. Place crushed biscuits in the bottom of the tin and pour the mixture on top.

Bake in the oven for approximately thirty minutes until a light biscuit brown colour and a knife goes through cleanly.

Oven temperature should be moderate, i.e. about 170 Centigrade gas mark 5/6.

If you wish to add a little fruit or some currants, maybe even chocolate (not too much) at the blend stage, this should also be acceptable and once cold can be frozen.

Sent in by Yetta Powell

DRESS SHOP

“Oh Madam you look lovely!”

When you know you look a mess

What purgatory we go through,

When we decide to buy a dress.

I just want something simple,
A lovely colour too
Please don't show me puce or purple,
Beads or bangles or frou frou.

You look at your reflection
With a shudder and some sighs,
Those scraggy, scrawny shoulders
Those bulging hips and thighs!
Then mesmerised by flattery,
You settle for the red.
Then you shut it in the wardrobe,
And fall exhausted into bed!

Yetta Powell

VENUES WHERE J.A.S.H. HEALERS CAN BE FOUND

**BUCKHURST HILL
CONTACT RITA 0208 257 9325**

**BUSHEY
BUSHEY YOUTH AND COMMUNITY CENTRE,
FALCONER ROAD, BUSHEY, HERTS. WD23 3AD.
THURSDAY 7PM TO 9PM
CONTACT KAREN 07866 048086 OR JUNE 07796 914830**

**NORTHWOOD
RAINBOW HEALING CENTRE,
ST. JOHN'S CHURCH, HALLOWELL ROAD,
NORTHWOOD, HA6 1DN.
WEDNESDAY 2PM TO 4-15 PM
CONTACT PAT 07905 221640**

**PINNER
PINNERS VILLAGE HEALING CENTRE
PINNERS VILLAGE HALL, CHAPEL LANE,
PINNERS, HA5 1BA (REAR OF CAR PARK)
THURSDAY 2PM TO 4-45PM**

CONTACT STEVE 0208 866 9332

SOUTHGATE

CONTACT FRANCINE 07956 261738

**STANMORE
STANMORE HEALING CENTRE, GLEBE HALL,
GLEBE ROAD, STANMORE HA7 4EL
WEDNESDAY 7PM TO 9PM
CONTACT STEVE 0208 866 9332**

SOME QUOTES FOR STUDENTS

Be kind, everyone you meet is fighting a hard battle.

John Watson

When indeed shall we learn that we are all related one to the other, that we are all members of one body.

Helen Keller

Healing is the restoring of harmony to the living whole.

Sir George Trevelyan

We can do no great things – only small things with great love.

We shall never know all the good a simple smile can do.

Mother Teresa

Kindness gives birth to kindness.

Sophocles

There is a power above and behind us and we are the channel of its communication.

The things that are really for thee, gravitate to thee.

Waldo Emerson

Trust yourself, you know more than you think you do.

Benjamin Stock

It is said that the greatest gift you can give anybody is your time, but to be able to give your time to give healing has to be the greatest gift of all.

Mike Sheppard