

in His *Healing* steps

Winter **2011**



'God is our refuge
and strength,
an ever present
help in trouble.'

Psalms 46:1

Crowhurst[†] Christian Healing Centre
a place of Christ's healing

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Editorial



As I write this editorial in early October, we are just coming out of a very welcome and unexpected 'Indian Summer'.

After a somewhat unpredictable and below average summer, it has been lovely basking in the sun in temperatures soaring to the eighties a few days ago, with the last day of September and first day of October apparently breaking all the weather records! Today, as I write, it is definitely changing and becoming more autumnal. Winds are increasing, the nights are drawing in and, according to the weather forecasters, in a few days time we can expect frost and fog!

It's only October but the shops are already reminding us that Christmas isn't that far away and by the time you receive your magazine, it will literally be just a few weeks away!

IN THIS ISSUE

There are a good selection of articles/stories/testimonies. Thank you to everyone who took the time to write them. Personal accounts of guests' experiences at The Old Rectory really convey just what the Centre can offer to those in need of God's love, peace and healing touch.

As you will see, the winter magazine has been given a makeover by our new publishers! We do hope you will like its refreshed look; please let us have your comments and I will share them with everyone in the next issue.

Our magazine is one way of spreading the word to people who have never been to The Old Rectory before, and it also encourages its regular readers when they read of the experiences of others. David Batte updates us on building matters, with 'Keeping up Appearances'.

The programme for 2012 is enclosed with your magazine and it can also be accessed via our website.



NEW TRUSTEES

Martin Granger and Lillian Mumme (pictured) have recently joined the Board of Trustees. Lillian introduced herself in the autumn issue and Martin writes his introduction on page 20.

We welcome them both to the Board and wish them every blessing.

Due to some health problems, there were moments with this issue when I thought I wouldn't be able to get it done, but by the Grace of God...!

Sometimes, when things overwhelm us, and we find it difficult to cope, God can seem very far away. But even when we can't actually feel His presence, we can often see Him at work in the kindness of others, be it from a phone call, a visit or some practical help, and most importantly by the prayers of others on our behalf.

God tells us to ***"Carry each other's burdens, and in this way you will fulfil the law of Christ," (Galatians 6:2)*** and in Matthew 25:40, ***'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'***

These words of scripture tell us that when we help others, we are God at work, His love ministered through our hands.

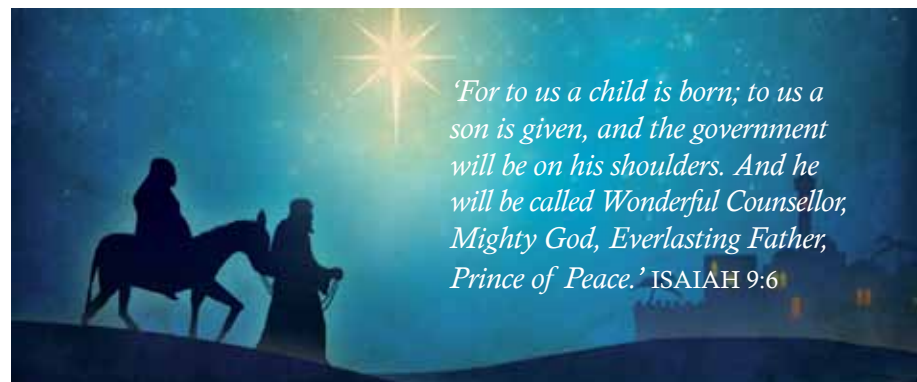
This is what you will find if you come to the the Crowhurst Christian Healing Centre. God in action through His people. You will receive the healing touch of Christ through the love of ALL the people who work there.

The nourishing food, the warmth and care of the staff, the ministry team; the beautiful music in the services, the preaching of God's word; the peace of the chapels; the beauty of the grounds - all of this is what makes the Centre the place that it is, a place of healing and hope, friendship and fellowship. A place to be recharged and renewed.

No one ever leaves the Centre unchanged in some way. You will leave rested, renewed and encouraged. If you have never been before, do give it a try. You will be truly blessed.

I wish you all a happy, holy and peaceful Christmas, and a good new year.

Every blessing,
Mary Slater



Our Senior Chaplain Writes...



Dear friends

As we move towards the end of this year it is a good time to look back in gratitude for what has been and to look forward with expectancy to what is yet to come.

Remembering what God has done in the past increases the level of our expectancy for the future. This is true for this place and I trust you will find it true for your own lives.

2011 has been a good year for the Centre, as more new people have experienced the healing, renewing touch of our Lord Jesus Christ on their lives and situations, and have encouraged others to come to experience this for themselves. An important part of our discipleship is sharing the 'Good News' and it is excellent when we experience this happening through those who stay here.

Also we have been heartened, in these days of recession, by the numbers of people who have attended the events we have provided: Quiet Days, Reflective Days, Teaching Days, Prayer and Painting weeks, retreat weekends and mid-week activities. This encourages us in our plans for the coming year.

As you look at the new programme you have received, you will see that it is very varied and touches on important aspects of the healing ministry. We long for more people to benefit from the Lord's ministry in this place and each one of you has a part to play in making it known, so do contact the office for programmes and literature to give to your friends.

We are also encouraged by the number of people who have come to stay here simply to be with Jesus and to find rest and refreshment. Although we have a fairly full programme, there is always space for people to come and enjoy the peace and quiet that the house and surrounding gardens provide, and the spiritual uplift the worship gives.

As we look back over the year we see how our gracious God has provided for us. We have gone through difficult times with low staff levels in the house and the ongoing difficulty of having only one full time chaplain in residency. We have puzzled over why this should be so, but recognise our God has provided – in His way, not ours! He has sustained and strengthened us through those difficult periods and gifted us with what we need in order to continue His work here. I am not saying it has been easy, but then Jesus never said our discipleship would be easy. However, as we have seen Him at work, it has been a time to give glory to God for His faithfulness and to trust Him for the future.

Financially He has provided for us through the guests who stay, (the income from this is vital to our well-being) and through gifts and legacies. We expect this provision to continue as we live in obedience to the Lord's will for this Centre, and as we continue to be good stewards of all He has entrusted to us.

Looking back with gratitude and forward with expectancy is what we focus on in our New Year retreat. If you are interested in taking part in this retreat there are still a few places available at the time of writing this letter. During the few days before and after the 1st January, we have a mixture of reflection and celebration and it is a wonderful way to fulfil these words in the hymn -

Lord for the years
- 'Past put behind
us, for the future
take us'.

The future of this place and our own futures are held securely in our Lord's hands. Jesus tells us, "**Do not worry about tomorrow, for tomorrow will worry about itself**" (Matthew 6:34). Let us act on these words and walk confidently into the New Year.

May God bless you as you look back with gratitude and forward with expectation.

Kath

During the month of January, the Centre is offering paying guests an opportunity to bring along a friend **FOR FREE!** There are still some dates available so do take advantage of this very special offer.



The Diary of Lucy Yates

This interesting and enlightening diary was written by Lucy Yates during her stay at The Old Rectory back in the 1930's. Written in her own words, it is a fascinating account of her time spent at the Centre. Here are some snippets.

FRIDAY JULY 24TH

Arrived at 5 pm after a rather dreadful journey, feeling more dead than alive. I nearly took panic and went on to Hastings at the last moment.

SUNDAY AUGUST 2ND

Came to Chapel at 8 am I am very tired still, but it is a much happier sort of thing. There is too so much help and comfort in the Home.

SATURDAY AUGUST 8TH – THIS IS THE DAY

When I was anointed, I felt strength go into me, but it seemed a perfectly natural thing. When I was in bed, I cried a little for joy that so much distress is gone from me and that I shall not have to suffer so much again.

FRIDAY AUGUST 21ST (LAST DAY)

Warden gave me a blessing at 12 and prayed for me to have a safe journey ...My name will be on the Intercession paper for some time.

The diary is on sale at the centre at the price of £1.50. Or you can telephone the office and they will post you out a copy (postage extra).

Margaret Bennett

(22:3:1915 – 10:9:2011)



Longstanding supporters of 'the Crowhurst Christian Healing Centre' who remember Margaret Bennett, will be sad to learn that she died on Saturday the 10th September.

I went along to the service of thanksgiving for her life which was held in the chapel at Manorstead Nursing Home, a home for clergy and their wives where Margaret spent the last years of her life.

It was good to meet her children and learn something more about her life. Those who have read 'Miracle at Crowhurst,' written by her husband Rev. George Bennett when he was the Warden at The Old Rectory, will know how much Margaret helped and supported him in his ministry there. She took on the role of housekeeper, but with such kindness and compassion that some of the guests would call her 'mother'.

My husband, Fred Kingston, was one of the many guests on whom the Bennett's friendship had a lifelong effect, and caused him to give unstinting service as a volunteer helper in those early days, and a trustee of Crowhurst for over thirty years.

Her children Liz, Noel and Judy remembered the early days when they lived in rooms in the main house and had virtually no privacy, but apparently Saturday was family day and they often spent it on the beach at Cooden, sometimes including a visit to the Cinema!

During their time at Crowhurst George Bennett made huge improvements to the house and organised the building of both the wing and the Chapel of Christ's Glory. He also acquired Godfrey's cottage and in all this Margaret supported him and helped in whatever ways she could. How God blessed their faithfulness.

Her son Noel said that although his Mum lived over thirty years as a widow, she never really got over his Dad's death. At 96, blind and rather deaf she was still fondly remembered by many of the Manorstead residents at the service and over tea afterwards, so she had obviously continued in her gentle caring way to be a blessing to others until her last illness.

Her daughter Liz read the epilogue from the book 'Watership Down', where it describes the elderly rabbit, Hazel, casting off his body as an old coat and leaving it on the edge of the field as he followed the 'Rabbit with a shining light in his ears' on to his new life. She said her mother loved this analogy of heaven and as I sat in the chapel looking out on the autumn leaves of the trees in the garden outside, I reflected at the joyous party in heaven that our Lord would have with Margaret and all her friends from Crowhurst who were there already.

So I give thanks for the life of Margaret Bennett. May she with all the faithful departed rest in peace and rise in glory.

Rev. Barbara Kingston



Keep on glowing!

You are the light of the world. (Matthew 5: 14)

This lovely story was sent in by one of our guests.

Have you ever seen a glow worm? I have!

I recently spent some quiet time at the Crowhurst Christian Healing Centre in East Sussex. Four of us

went out one evening as it got dark specifically to hunt down these remarkable little creatures, which aren't worms at all, but beetles. The females glow but don't fly and the males can fly but don't glow! We eventually located only two over a large area of grass. Apparently, like so many of our wild creatures, they are in decline.

I found this a very inspiring encounter; my first glimpse of these amazing little beetles and the only way to describe them is ... they are just like diamonds lying in the grass, lighting up the dark of night with a clear white light.

It reminded me that Jesus himself has given us this command. "And you, like the lamp, must shed light among your fellows, so that, when they see the good you do, they may give praise to your Father in heaven." (*Matthew 5: 16 - New English Bible*). This means, light up the darkness with the white light of God's amazing love, a sacrificial love that abides in us as a gift that we are urged to share with others, whether they deserve it or not; it's unconditional. The Apostle John records in his gospel that, "*In Him, (Jesus) appeared life and this life was the light of*



mankind. The light still shines in the darkness and the darkness has never put it out." (John 1: 4-5 - Phillips).

This amazing light still shines today; it is the life of Jesus within us; the darkness has never, and can never, put it out!

The arrival of Messiah marks the second time God said "Let the Light shine!" This time, not to divide the night from the day but to unite all things in heaven and on earth and to usher in a new creation. All who come to this Light that never stops shining become the children of light. (*2 Corinthians 5:17 & Ephesians 1: 9-10 & Ephesians 5:8 NKN*).

One tiny glow worm really does light up the night but add a hundred or a thousand and they'd produce a great beacon of white light that would defeat the darkness.

Once again I have come to realise that even tiny things in this awesome creation have a lot to teach us here and now if we but have eyes to see and ears to hear.

PRAYER

Awesome Creator of the universe, you who brought this tiny light producing beetle into existence, a little creature that stuns us with its brilliance; help us also to be aware each day of our own responsibility to glow and to shine brightly with your love and goodness, to your glory. Amen.

More than just keeping up appearances!



It has always been important that, whenever guests come to the Crowhurst Christian Healing Centre, they feel comfortable and at ease in their surroundings. Much of the sense of peace and relaxation is due to the people who

live and work here, and to the many people who pray for God's blessing on all that happens here. It also depends on the buildings and grounds that provide the setting and ambience within which we can all appreciate God's directive and creative touch.

Over the years many changes have been made, both to the buildings and to the surrounding grounds. Change has been almost continual for 80 years, sometimes obvious and sometimes in the background. If you haven't already done so, read George Bennett's book 'Miracle at Crowhurst' (on sale at the Centre) to discover how much has been done to provide the facilities to sustain the healing ministry in this place.

Those changes are still continuing, when needs dictate and finances allow. In the last few years there have not been any major changes to the buildings, but we have not been still. Redecoration and refurbishment continue; roofs, floors and windows have been repaired; electrical wiring has been upgraded; trees have been cut back and new growth encouraged. And the Housekeeping Team has worked tirelessly to make sure everything is clean and tidy at all times.

All this would not be possible without funds. Two thirds of our income comes from guests who stay overnight or attend for the day. A quarter comes from people who generously make regular or one-off donations. The rest comes from occasional bequests, although we try to keep such revenue for special projects like the upgrades to en-suite rooms and the entrance for wheelchair users. We do not receive any support from religious or other charitable institutions. So far as expenditure is concerned, more than half goes to pay our staff wages.

Other major bills are for food and energy, as well as for the continuing refurbishment programme I mentioned earlier. So all of it goes towards looking after our guests in one way or another!

Unfortunately costs continue to rise for us all, particularly food and energy costs, so we have reluctantly decided to increase our charges from the beginning of 2012. The increase amounts to around 7%, or £5 a day for full-board accommodation, and it is the first increase for two years. We trust that people will understand our dilemma, and that God will continue to bring many people here to meet with Him.

We will continue to ensure that the Centre remains 'a place apart'; a place where people can come and meet with the risen Lord Jesus and feel His presence close to them. This is a place that means much more to us than merely keeping up appearances; it is God's home and we are His stewards. We hope our guests get the same feeling as they wander around the buildings and the grounds.

David Batte
Centre Manager



I live in Croydon and was shocked at the recent riots that hit several areas. On Monday 8th August the riots spread to Croydon. I could hear Sirens and Police Helicopters circling overhead. I could see the smoke and smell the fire as Reeves Corner and other properties were burning.

My husband is a train driver and was on duty that night working till 2 am. He witnessed the fires in Peckham and was advised not to stop at stations where rioting was taking place. My son and daughter work in the Croydon area and thankfully got home safely. On Tuesday all shops were advised to close after lunch and offices sent staff home in anticipation of it starting again. The whole area was eerily quiet apart from the sirens and police helicopters.

Wednesday was quiet and I plucked up courage to venture out. I could see some of the damage to my local shops and people were in shock. I felt very anxious and had little sleep. I needed to get out of Croydon and to feel safe again.

I remembered that the Crowhurst Christian Healing Centre had a healing service on Thursday mornings and I rang to book lunch so I could stay for the day.

I boarded the train early on Thursday morning; the thought of going to Crowhurst started to have an effect and I could feel the tension slipping away.

The service was just what I needed. The music was so uplifting and the whole service was a great comfort. I had a really good lunch and met some lovely guests who were staying for the creative week.

August Riots

I walked in the grounds and sat in the small chapel to rest in God's presence before I ventured home.

I loved the peace of the place and to hear normal everyday sounds. I left feeling very much restored and refreshed. My anxiety had gone and even having to go back through London felt ok.

I booked in for the quiet day on 3rd September, which was led by Helen Warwick, who I had the pleasure of meeting that Thursday, and I stayed for the whole weekend.

I would like to thank everyone at the Centre for all the hard work that goes in to make this such a special place.

Marion Young



My name is Fred.

I have been coming to The Old Rectory at Crowhurst for a number of years.

Most people imagine that places like the Crowhurst Christian Healing Centre attract people with 'po-faces'. My opinion of the

Centre is that it is a place of beauty. It is like a four star hotel without a bar, but with two Chapels instead!

To sum it up, I do not need my spirit in a bottle, but I find it at the foot of the cross, especially at the Crowhurst Christian Healing Centre.

Amen.



Thank you to the Rt Revd Nicholas Read, the President of the CCHC, who sent in this article from one of his parishioners.

World Mental Health Day was on 10th October, and celebrated on 18th October was Saint Luke's Day.

Recent figures show that 25% of the population has suffered from some kind of mental health illness. I believe that to be a very conservative figure. I also believe that there are many out there who suffer in silence, keeping secret a much maligned state of health. You can hardly blame them keeping it a secret with the stigma that surrounds mental health.

Depression and its associated illness take many forms. There are many side effects to a depressive illness. One can feel continually stressed out, with your shoulders feeling as though they are up around your ears! So much so that a condition called leaden paralysis sets in. In this, the arms, leg muscles and joints ache, just like flu, but without the temperature. I first lost some sleep from eight hours a night down to two-three hours. Also feeling in the depth of depression that was out of control; a very frightening experience.

There are many causes of mental illnesses, some without apparent reason, but some due to stress of an unprecedented nature. There are some people who can only think disastrous thoughts and everything is perceived negatively. Vulnerability is also present in workaholics, working long hours with more than 100% effort; it will only be a matter of time before something gives.

Bereavement is another factor that can have a negative impact on your mental health and there are other aspects that cannot be ignored. Confidence can desert you. Going out becomes unbearable, to an extent that a trip to the

supermarket can bring on panic attacks. This is called agoraphobia.

The real heroes amongst all this are one's own family. They have to put up with an awful lot on a daily basis. Their continual support, without recognition, takes something away from their lives. Most people have no ideal about mental health and make comments like 'well you look okay' and 'we all have down days'. It is a question of degree.

Modern medicines over the last decade have greatly improved medication that targets specific facets of mental illness; this along with a better care system that is second to none. So the first step is to find a doctor that is empathetic. Your local GP must be the first contact for referral.

Fifteen years ago, I would never have gone to church, nor given God a second thought. Sure we had a very good lifestyle, even hedonistic, but there was always something missing. I looked in all the wrong places, and not within myself. Slowly the inevitable occurred, to the point where now I feel I have a daily relationship with God. I feel very fortunate and although I wake in the mornings feeling tired and depressed, I can, by the afternoon, have a little bit of life to sustain progress. This is a true illness that can devastate lives for those who are unaware of it. I wish you well and only to say, 'there but for the Grace of God go I.'

Frank Denham

I am sure that Frank's words will resonate with many people who have experienced the debilitating symptoms of depression and anxiety. The CCHC is an ideal place to stay if you have been through, or are going through such difficulties. The love of God is present in all the staff and ministry team. The care, good food and surrounding beauty of the place is very healing to troubled minds and bodies.

Prayer Requests for Winter 2011

Please pull out and keep for the coming months



Prayer Requests for Winter 2011

PRAYER FOCUS

Because your love is better than life, my lips will glorify you." I will praise you as long as I live, and in your name I will lift up my hands." Psalm 63: 3 & 4

PRAYER AND THANKSGIVING

"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. Psalm 100:4

PRAYER

- Give thanks for all the blessings we have received during the past year. Give thanks for all those who faithfully support us in prayer. Our Prayer Partners undergird every part of the house and grounds, every member of staff, guests and visitors in their daily prayers.
- Please continue to pray earnestly for the right person to assist Kath, our Senior Chaplain. She has a very heavy workload and we need a resident assistant chaplain so that she can have a real day of rest.
- The house staff is very stretched at the moment due to illness. Pray for the right person to join our hard working band. Heidi works wonders in adapting the rotas to cover all the various tasks that need doing each day. Give thanks that Chrissy has joined us again, but we still need a relief cook.
- Give thanks for the programme for 2012. May we continue to walk in obedience to the Lord's leading. We give thanks for all the people who have come to the Centre for the first time, have been truly blessed and then returned bringing others to experience the healing touch of Jesus.

We look forward to a blessed and fruitful New Year.

From everlasting to everlasting, you are God."
Psalm 90:2

December Prayer Focus

"For unto us a child is born, to us a Son is given. And He will be called Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace." Isaiah 9:6

DECEMBER

- 3 Guided Quiet Day: *Make Way, Make Way*, led by Mike Playdon
- 6 - 9 Advent Retreat
- 14 Creative day of Music and Art
- 15 **Last Healing Service of 2011**
- 18 - 30 House closed to guests
- 30 - 3 Jan New Year Retreat

"The Word became flesh and made His dwelling among us." John 1:14

January Prayer Focus

"He will teach us His ways so that we may walk in His paths." Isaiah 2:3

JANUARY

- 5 **First Healing Service of 2012**
- 4 Editorial Board Meeting
- 13-15 Healing in the Psalms weekend
- 18 Guided Quiet Day: *"Consider the lilies of the field"*. A Reflective Day on God's Creation, led by Jane Thomas
- 27-29 Healing Retreat Weekend:

"The Lord delights in those who fear Him, who put their hope in His unfailing love." Psalm 147:11

February Prayer Focus

"Search me, O God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24

FEBRUARY

- 4 Teaching Day: Increasing our listening and communication skills
- 11 Teaching Day: *Finding Jesus, finding healing*
- 15 Guided Quiet Day: Strength for the Days, led by Pamela Vale-Taylor
- 17-19 Prayer Partners Retreat
- 24-26 Healing Retreat Weekend

"The Lord will fulfil His purpose for me; your love, O Lord, endures for ever." Psalm 138:8



Prayer for The Centre

PRAYER FOCUS:

"Come and see what God has done, how awesome His works on man's behalf." Psalm 66:5

PRAYER FOR THE TRUSTEES

Colin Crook (Chair), Jim Beveridge, Shirley Dawson, Martin Granger, Lillian Mumme, Jane Thomas and Mavis Williams.

- As we begin a new year, we give thanks for our two new members on the Board, Martin Granger and Lillian Mumme. We give them a warm welcome and pray that they will soon feel part of the Crowhurst family, and we look forward to their input.
- John Lyttle has tended his resignation from the Board. We thank him for his faithful service. May the Lord bless him and watch over him in the days ahead and use him to His glory. Please pray for the right person to replace John.
- Give thanks for the Lord's provision for all our needs. We have received a legacy which exactly matches the overall deficit in the published accounts for 2010/11. Another Miracle at Crowhurst! There are other legacies which we will be receiving in the near future. Hallelujah; Praise the Lord!
- Continue to pray for Jane Thomas as she reorganises the Crowhurst Reps. Pray that others will be led to become part of this special ministry in publicising the Centre, encouraging people to come aside and rest awhile, and experience the healing love of Jesus.
- Continue to pray for Charles Hooper and his wife, Prim. May the Lord continue to uphold and strengthen them day by day and surround them with His love that passes all understanding."

Give thanks to the Lord, for He is good; His love endures for ever. Psalm 118:29

Prayer for staff at The Centre

"Blessed are those who dwell in your house; they are ever praising you." Psalm 84:4

SENIOR CHAPLAIN: Kath

ASSOCIATE CHAPLAINS: Penny and Mike

MINISTRY TEAM: Andy, Carole, Gwen, Hazel, Hildegard, June, Lorna, Maggie, Margaret, Nigel, Pippa, Stephen, Vivien and Yvonne

CENTRE MANAGER: David Batte

BOOK KEEPER: David Podevin

OFFICE ADMINISTRATOR: Jayne

HOUSE MANAGER: Heidi

MAINTENANCE MANAGER: Geof

OFFICE STAFF: Esther, Gillian and Juliette

HOUSE STAFF: Clare, Justine, Steve, Sue, Zanetta, Sharon, Chrissy and Katie

COOKS: Diane and Sophia

GARDENER: Desmond

PIANISTS: Pippa and Stephen

FLAUTIST: Vivien

VOLUNTEERS: Christine, Evelyn, Jenny, Rosemary, Shirley, Yvonne, Mavis and Cliff

MAGAZINE EDITOR: Mary

"The Lord has done great things for us, and we are filled with joy." Psalm 126:3

Crowhurst Christian Healing Centre

The Old Rectory, Crowhurst, Battle,
East Sussex TN33 9AD

Telephone: 01424 830204

Bookings: 01424 830033 **Fax:** 01424 830053

E-mail: crowhurstrectory@btconnect.com

Web: www.crowhursthealing.org.uk

Don't keep it to yourself!

I write this in early September, having just returned from a much needed stay at The Old Rectory.

Sometimes when I stay at the Centre, it is to cover various events for the magazine, take photos etc, but this time it was purely for me! So I am writing this article not as editor, but from someone who benefited from the rest, respite and care that The Centre offers.

It was a short stay, but nevertheless a very blessed one. Many of you who have been before will know what I mean when I say that God's presence is almost tangible at the Centre. It seems to pervade every part of the house and grounds (not surprising because of all the daily prayer that takes place by the invaluable Crowhurst reps).

As I meandered around the beautiful grounds and house, the word *amble* came to my mind. The unhurried atmosphere and slow pace of the Centre leads you to just *amble*!

Time seems almost to stand still from the moment you enter the grounds, either by car or from the station. Your gentle day begins with the delicious buffet breakfast, which is later followed by the first service of the day.

There is no noise, no phones, no television, and most importantly, no pressure; just complete peace and tranquillity. There is no need ever to hurry. It is wonderful!

You will find that your stay will be peaceful, prayerful and reflective because everything is set at a pace which is slow, unhurried and uncomplicated. The relaxing lounge, where tea and coffee is served, has a wide variety of gifts, cards and a well stocked bookstall.

Bird life is in abundance (a bird's eye view can be had from the lounge, where binoculars are on hand)



and the bird song is beautiful to listen to. It is almost as if they are singing the praises of the Centre!

You can fellowship with other guests, or you can be quiet if you prefer – there is even a quiet table for those who would like to have their meals in silence, and who do not feel like engaging in conversation. Some folk just need complete quiet and a time to reflect without necessarily talking to others.

There is usually a jigsaw on the go, or you can sit and relax in the well stocked library, the silence broken only by the ticking clock.

That is what is so good about the Centre; your stay is for YOU. It has often been said that no one comes to the CCHC by chance but because God has arranged it at His appointed time. That has certainly been true for me over the years, and it was also true for my recent stay. God's timing is always perfect!

While chatting to fellow guests it usually becomes known that I am the magazine editor and because the conversation is so often about how wonderful TOR is, I gently ask folk whether they would like to share their stories with the magazine. So beware, if you sit at the same table as me, I might ask you for an article! So spread the word and don't keep it to yourself!

Mary

Refreshed, Restored & Renewed

In September I spent five days at the Crowhurst Christian Healing Centre. This was a time of real refreshment for me and a much needed break away.

During my stay, I attended the Creative day of Music and Art, 'Treasures in Heaven'. Reading from Luke 12, verses 22-34, Jesus warns us not to worry! We sang Praise the Lord, all you nations (from Psalm 117). Then Psalm 34 was read aloud by us all. Later we sang a Taize chant... 'Nothing can trouble, nothing can frighten.' Singing a Stuart Townend song, 'There is a Hope' was very meaningful. It was an amazing worship time as we ended by singing, 'Your love shining like the sun'. We could then go off to paint, use pastels or do a collage, using various paper and materials.

I attempted to draw and paint various leaves. The whole day was really relaxing; a time to worship praise, draw and paint. Time to be still to enjoy some of God's beautiful creation. Walking in the grounds of the Centre is always enjoyable and peaceful.

During the service in the afternoon we were asked to take three leaves each. During the playing of a Taize chant... O Lord hear my prayer - we could place our leaves (representing people we wanted to pray for) around or at the foot of a wooden cross laid on the floor. We then shared communion together around the Lord's table.

I would encourage you to go on one of these Music and Art days. I found it very meaningful. My thanks to Maggie, Stephen and Penny who led the day so well.

On the Thursday morning it was good to be a part of the Healing Service. After lunch I once again spent some time over in the art room. Maggie is so enthusiastic and very encouraging - thank you for your prayers too. In the evening

Stephen showed some of his photography on the big screen in the chapel. This was really relaxing. You've taken some great photos Stephen and have a real gift and a good eye as you've taken such a wide range of photos. A great hobby for you Stephen, thank you so much for sharing them and setting them to music for us to watch on the screen that evening.

Eleven of us were to be on the weekend Healing Retreat. These three days were very valuable, quality time to be able to be still and know that God is alive and very much working within our lives by the power of the Holy Spirit.

During the weekend we heard talks, worshipped together, had time to be quiet and still to meditate and be very aware of our Lord's presence with us. My own prayer ministry time was very helpful, deep and meaningful. Not all easy but God spoke to me during the weekend. I would like to thank Kath especially, all of the leaders and ministry team who were part of the weekend. If you're never been on a weekend Healing Retreat, please consider prayerfully about going on one.

After my stay at the Crowhurst Christian Healing Centre, I came away refreshed, peaceful and renewed in various ways. I am so thankful for those days away - amazing - a real oasis in the busyness of our normal routine of daily life. God met my deepest need and healed me. I came away so peaceful. Lord you are an amazing God.

I am looking forward to coming down again soon to the CCHC for future teaching days or maybe another Quiet Day.

The Crowhurst Christian Healing Centre is there for all of us; you certainly meet some interesting people and have a variety of conversations.

Helen Smith



HEALING SERVICES AT THE CROWHURST CHRISTIAN HEALING CENTRE

Our twice weekly healing services, which provide the opportunity to receive prayer with the laying on of hands, are held on Tuesday evenings at 7.30pm and Thursday mornings at 10.15am, with Holy Communion.

If you have never been to the Centre before, why not come to our Thursday morning service and stay for lunch? It is always advisable to pre-book. Just give the office a ring.

Or you could stay overnight and have a small taster of what the Centre has to offer.



The Knots Prayer

Helen has also sent in this lovely 'Knots Prayer', which she came across in a church magazine. She says, 'It certainly spoke to me; I hope it speaks to your heart too and is helpful to you.'

Dear God

Please untie the knots that are in my mind, my heart and my life. Remove the have nots, the can nots and the do nots that I have in my mind.

Erase the will nots, may nots, and might nots that may find a home in my heart.

Release me from the could nots, would nots and should nots that obstruct my life.

And most of all Dear God, I ask that you remove from my mind, my heart and my life all of the 'am nots' that I have allowed to hold me back, especially the thought that I am not good enough.

Amen
Author known to God

“His Banner over me is Love”

Creative movement in worship,
Saturday 13th October

The combination of a lovely day, the beautiful chapel at the CCHC, plus a group of 13 ladies (and one brave man) all contributed to what was a happy and blessed occasion. We had come together to worship the Lord and to learn how to use ribbons, scarves, banners, i.e. flags, etc.

We were encouraged to enter into the experience, a new one for some of us, of moving and dancing to worship songs. The inspired playing of the music by Stephen, helped by Maggie singing the words, combined to fill the chapel with a lovely sense of the Lord's presence, to which we were able to respond with our own voices and movement. Even those who had little or no experience were soon joining in enthusiastically!

Creative worship was led by Mavis and Yvonne, who encouraged us to try banners and ribbons. Mavis taught some circle dances, using banners or shimmering material. One was based on the song “*I am a new creation*” (2 Cor. 5:17) The actions which we performed as we danced brought home to us the truth of the scripture “No more in condemnation, here in the Grace of God I stand.” As we raised our arms in worship and sang praises, our faces reflected our joy at the truth of what we were singing.

A later session was led by Denise Staplehurst, who is the Christian Dance Fellowship Coordinator for the SE of England. She asked us to form small groups and each one was encouraged to prepare a mime for a verse of a poem about Christ our Light being in, around and beside us. After a time each group beautifully performed its own interpretation of the words, using whatever materials were felt appropriate, as the poem was slowly read aloud.

The theme for the afternoon was ‘The love of the Father for us His children.’ Each person was wrapped in a ‘robe of righteousness’ and we listened to a reading of song number 950 in Songs of Fellowship, ‘I love the way You father me,’ while quiet music played. We responded by singing ‘Abba Father’ and then all joined in a circle dance and mime of ‘The Prodigal Son.’

By this time we were all quite relaxed and ready to repeat some items from the day at the beginning of the Communion Service, which included our presentation of ‘Christ our Light.’ The service, which closed the day, was led by Revd Kath Batte. We concluded with the Celebration Dance of ‘The Prodigal's Return.’

Throughout the day we were treated to the usual Crowhurst hospitality in the form of coffee and

biscuits, and a delicious lunch, ending of course with tea and cake before we left.

Driving home through the leafy lanes, we were probably all feeling that we had expressed our love for the Lord not only with our voices, our spirits and emotions, but also with our physical selves, and we hope to meet and do it again soon!!

Sylvia Kirkpatrick



If you would like to worship God using ribbons, flags and banners, there will be another Creative Movement in Worship day on 26th May 2012. Why not give it a try?

Memories of the Crowhurst Christian Healing Centre

In the 1970's I was a social worker in an Essex hospital and I was trying to find a convalescent home for a middle aged lady who was lonely and very frail. Moreover, she had a severe speech defect which made conversing with her very difficult. Where could I find an establishment which would give her the necessary ‘tender loving care?’

Looking through a Directory of Recommended Homes and Hospitals*, the words ‘Crowhurst, Home of Healing’, seemed to jump out at me. Was this the answer?

The necessary application and medical forms were completed and Peggy spent a wonderful two weeks at the Crowhurst Home of Healing, as it was known then. She returned much stronger and very happy.

Some years later I decided to try the Centre at Crowhurst for myself and went with a friend for a short stay. On Wednesday October 19th 1983, we arrived for what was to be the first of many visits. We shared Room 26, which at that time led to the fire escape. We were warned that if there should be a fire alarm during the night, everyone would use our room as a thoroughfare. Fortunately that never happened!

The Warden was away at that time (I think it may have been David Payne?). David Howell, the Chaplain, was in charge, with his delightful wife, Madeline. We greatly appreciated David's scholarly and inspiring teaching. Before we left, we had booked ourselves in for a ‘Foundation Course on Healing’ in December 1984, to be run by David Howell, with the help of a lady called Mary Evans.

Nora Copleston

(*See Miracle at Crowhurst by George Bennett, p77.)

Welcome to Martin Granger, new Trustee



Over the years my wife, Ann, and I have been involved in the healing ministry, mainly through being members of church prayer ministry teams, but also by coming into contact with different healing ministries. Much of this

contact has been through the Fellowship of Christ the Healer.

A good learning place for us in the eighties was the healing conferences led by John Wimber in Brighton. John was very open and his teaching was helpful and reassuring. It was good to be with so many people who were waiting on God and expecting the Holy Spirit to come and meet with them.

For most of my working life I have been employed by Christian organisations in the field of residential social care. Firstly with children and young people and then for many years up to my retirement with adults who experience continuing mental health problems.

Working with vulnerable people and those whom society often rejected was a tremendous challenge. How could such people who had been ill for so long be healed? Praise God they could, but often it was a gradual process. Over the years I have learnt that God's healing is different for each of us. And, whatever healing we receive it is not the end but a part (a wonderful part) of our continuing salvation story.

Following my retirement I became a volunteer Chaplain at Burrswood where I minister two days each week.

At the present time Ann and I worship at St Mark's, Tunbridge Wells, where we are both involved in the prayer ministry and I am co-leader of the team.

We have four children and six grandchildren. Life is busy but most enjoyable!

It is a great privilege to be a trustee of the CCHC. I know that over the years God has touched the lives of countless guests and visitors. It is an ongoing work and it will be exciting to see how God builds on the wonderful foundation that is already in place.

Martin

HEALING CONFERENCE

Following the success of the Windows onto Healing and Wholeness Conference held in April this year, there will be another Healing Conference next year which will take place from Monday 14th to Thursday 17th May. The programme will comprise of teaching and discussion on aspects of the healing ministry and will be arranged jointly by the Crowhurst and Burrswood Teams.

Well over 75 people attended last year's Conference. The residential accommodation at the Centre was quickly filled, and many others stayed at local B&B's or attended as day visitors. Comments below are from those who attended this year's Conference.

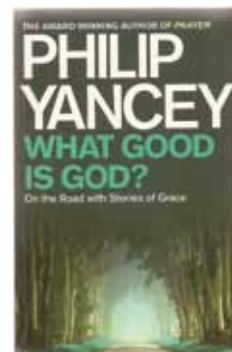
Book early if you would like to take part in next year's Conference as we anticipate large numbers once again.

The love and peace of the Lord, which is always so evident and tangible at Crowhurst, was important in enabling us to hear and receive what was spoken.

Thank you all. May God richly bless what you all gave; it was costly, but such a blessing to us all

I would definitely recommend a future conference to my friends and colleagues. It has been really brilliant – thank you.

Book Review



What good is God?

Philip Yancey
Hodder & Stoughton 2010
ISBN9780340996140
On the bookshelves at the CCHC, price £9.99

This is a collection of ten journeys that Philip Yancey made around the world, often visiting trouble spots. Each journey consists of two sections. Firstly, there is an account of his experiences, and secondly the contents of a speech that he made there.

Philip Yancey skilfully combines his early training as a journalist with that of a profound Christian thinker. The book is very readable and with his journalist's eye for a good story, we are treated to some very remarkable insights into the human condition.

There are accounts of tragedy – Mumbai and the Virginia Tech massacre. He meets people at the bottom of the pile – sex workers in the States and Central America, Dalits in India and addicts in Chicago.

On a very different note he talks about visiting Cambridge to deliver a talk on C S Lewis. His speeches to these groups are full of compassion and grace, wisdom and insight. The one called, "Why I wish I was an alcoholic", profoundly moved me.

If you have read any of Philip Yancey's books before then you can be sure that this one is up to his usual standard. If you have not experienced any of his books then I can confidently recommend this one. You will not be disappointed.

Colin Crook

Music Review



If you enjoy reflective, meditative music and chants, then this CD is definitely for you.

It is perfect for background music as an aid to

prayer, or just to relax to. Joyce Huggett writes: **'Born of prayer and deep-down stillness, Margaret Rizza's hauntingly beautiful music transports the listener into the presence of God.'**

The prayerful words of the track 'Calm me Lord' encourage us to trust in Jesus when we are really up against it. When the disciples got caught up in the storm at sea, Jesus ordered the wind and waves to be still; the disciples were afraid that they would be swept to their death, but Jesus was able to calm the raging sea and wild wind. (Mark 34:9)

When we experience storms in our lives, and are feeling overwhelmed and afraid, the gentle, yet powerful, words of Calm me Lord can help to bring peace and reassurance.

Calm me Lord as you calmed the storm,
Still me Lord, keep me from harm.
Let all the tumult within me cease,
Enfold me Lord in your peace.

A highly recommended CD!





AND FROM CLIFF

It was a case of 'look out below' when the acorns started bouncing off the car roofs in October! It was also a reminder of what Desmond and I will be doing over the coming weeks. Leaf clearing!

One of our 'glamour of the job' tasks.

Worse than dead heading, but very necessary and ultimately useful as the resulting mulch will enable new growth in the New Year.

I was thinking whilst raking up the leaves, what a pleasure it is to work here and three hymns came to my mind about the work of The Centre.

On entry to the Chapel, O Lord hear my Prayer. Be still for the Presence of the Lord, within the chapel, and All My Days as thanks for what the Lord has done for one.

Blessings, Cliff



Another busy year in the Centre draws to a close.

Over the coming weeks Desmond will be busy strimming, planting up Pansies into pots and preparing beds for the planting of beautiful spring bulbs, which will brighten up the grounds next year.

There will be leaf cutting to do, hedge trimming, the chopping back of brambles in the area near to railway, removal of dead branches from trees and the cutting down of thistles and bracken in the sheep field.

Dead heading never stops and during November Desmond plans to take the garden furniture to the polytunnel to await renovation.

What a lot of work there is to do to keep the grounds looking lovely. It is so appreciated by visitors and guests and the office receives many comments on how beautiful they look.

The flowers and grounds are very relaxing and therapeutic for tired minds and bodies, whether just sitting in them, or looking out of the window from the house or wing. Green Woodpeckers (pictured right) are often seen feeding on the ground and in spring various species of birds can be spotted going in and out of nesting boxes.



December

- 3 Guided Quiet Day
- 6 - 9 Advent Retreat
- 14 Creative day of music and art
- 15 [Last Healing Service of 2011](#)
- 18 - 30 House closed to guests
- 30 - 3 Jan New Year Retreat

January

- 5 [First Healing Service of 2012](#)
- 13 - 15 Healing in the Psalms
- 18 Guided Quiet Day
- 27 - 29 Healing Retreat Weekend

February

- 4 Teaching Day: *Increasing our listening and communication skills*
- 11 Teaching Day: *Finding Jesus, Finding Healing*
- 15 Guided Quiet Day
- 17 - 19 Prayer Partners Retreat
- 24 - 26 Healing Retreat Weekend

ADVENT RETREAT

Tuesday 6th to Friday 9th December



A time before Christmas to come away and relax while reflecting on the Christmas story and its healing power for today.

There are still a few places left, so do give the office a ring if you would like to prepare for Christmas in the peace and quiet of the Centre. (£210)

NEW YEAR RETREAT

Friday 30th to Monday 3rd January

While going to press, there are still some places left on the New Year Retreat.

Come and join us in a time of personal reflection and joyful celebration as we move from the past to the future in worship, prayer and rejoicing together. (£310)

ADVANCE NOTICE

EASTER RETREAT

Thursday 5th to Sunday 8th April 2012

This is always a very popular retreat so don't miss out, and book soon! It is an ideal time to come away and relax while reflecting on the events leading up to Good Friday, and then celebrating the glorious resurrection of our Lord (£230)



How to contact us

Crowhurst Christian Healing Centre
The Old Rectory, Crowhurst,
Battle, East Sussex TN33 9AD

Telephone: 01424 830204

Bookings: 01424 830033

Fax: 01424 830053

E-mail: crowhurstrectory@btconnect.com

Web: www.crowhursthealing.org.uk

The office is open from 9am - 6pm
Monday to Friday and 9am - 5pm Saturday
For a brochure, programme or further
information please contact the Secretary

Who's who

PRESIDENT

Rt Revd Nicholas Reade BISHOP OF BLACKBURN

CHAIRMAN OF TRUSTEES

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Revd Kath Batte

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Jane Thomas

MAGAZINE EDITOR

Mary Slater

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in His
Healingsteps