**THE LAST BATTLE**

If it should be that I grow frail and weak

And pain should keep me from sleep

Then you must do what must be done

For this- the last battle- can’t be won

You will be sad I understand

Don’t let grief then stay your hand

For on this day, more than the rest,

Your love and friendship must stand the test.

We have had so many happy years,

What is to come can hold no fears.

You’d not want me to suffer so,

When the time comes, please let me go.

Take me to where my needs they’ll tend,

Only stay with me till the end.

And hold me firm and speak to me,

Until my eyes no longer see.

I know in time you will agree,

It is a kindness you do to me.

Although my tail it’s last has waved,

From pain and suffering I have been saved.

Don’t grieve that it must be you,

Who has to decide this thing to do;

We’ve been so close-we two- these years,

Don’t let your heart hold any tears.

Author Unknown

**WELCOME NEW MEMBERS**

Jean Hunt 163A(Bourne)

Miss Debbie Read 164A(Peterborough)

Nigel Clegg 165A(Hull)

Koren Ellis-Martin 166A(Hull)

Sandra Cobley 167A(Grimsby)

Lisa Chapman 61A(Hull)

Paul Sykes 168A (Deeping St Nicholas)

Welcome and enjoy your training

over the coming months

~~~~~

CONGRATULATIONS TO THOSE WHO

HAVE UPGRADED FROM STUDENT

TO FULL HEALER STATUS

Kathryn Royston-Fenwick 126A(Louth)

Julie Pickering [130A](x-apple-data-detectors://0) (Spalding

Irene Seymour131A(Spalding)

Richard Griffiths [135A](x-apple-data-detectors://1) (Kings Lynn)

~~~~~~

Welcome also to Alan Player 162A

(has joined us from another organisation)

~~~~~~

**Michael Strawson 65 (Friskerton**)

One of our Honorary Members passed away

on the 10th October 2017, he was one of

our original members



Vanessa Johnson - **Catvan13@Outlook.com**

Rita Lawrie **–** [**Rita.Lawrie@Hotmail.co.uk**](mailto:Rita.Lawrie@Hotmail.co.uk)

**LINCOLNSHIRE ASSOCIATION OF HEALERS**



**FEBRUARY 2018**

Welcome to our first newsletter of 2018.

We are well into February and as the daylight hours are steadily getting longer, it makes us evermore aware that Spring isn’t far away.

Seasons are completely out of sync as many bulbs have sprouted through the earthy ground prematurely.

Premature or not, their bright colourful petals are a welcome sight. Uplifting against any cold February day.

**L.A.H AGM**

Soon enough this year’s A.G.M will be upon us.

It is to be held **on Saturday 16th June at 1.30pm, in the Scouts Hall, Love Lane, PE11 2PG, Spalding**.

We personally managed to attend the last two AGM’s. We found the experience informative along with the pleasure of meeting up with other Members and hearing about their Healing Groups.

If you are yet to attend an AGM make it a date in your diary this year.

Aside from the pleasantries it’s your opportunity to ask and receive answers to any healing queries from the committee.

We look forward to meeting up with new and familiar faces on the day.

**HEALING AWARENESS WEEK**

Healing Awareness week this year runs from **Monday 30th April** through to **Sunday 6th May**.

The objective of the Healing Awareness Week is to raise funds for healing charities through public donations, to raise awareness of the benefits that Healing can bring and make Healing more accessible to the wider public promoting Healing Centres in all localities. Sam Buxton Sunflower Healing Trust is being supported by The Confederation of Healing Organisations .

Posters shall be available on the BAHA website to promote your events.sp

ace

Please let us know of your Healing Group’s time and place of Awareness Day or Workshop and it can be put on to the LAH Website.

If you do have an open day, please remember that there is an **LAH Banner** available to use, upon using the banner any donations received would go to the LAH.

**HEALING CHANT**

**May the light that shines from deep inside,**

**Flow ever out, and never hide.**

**May the shining light within my soul,**

**Heal me now, and make me whole.**

**May the light that shines so very bright,**

**Help heal my pain, on this night.**

**May the shining light within my core,**

**Bring peace and love for evermore.**

****

**HOT CROSS BUNS**

The origins of hot cross buns may go back as far as the 12th century. According to the story, an Anglican monk baked the buns and marked them with a cross in honor of Good Friday, symbolically the crucifixion of Jesus. Over time they gained popularity, and eventually became a symbol of Easter weekend.

This year Good Friday is March 30th marks the start of Easter weekend. Where some will be rejoicing in the meaning of Easter, whilst others it’s a feast of Chocolate Eggs.

However you celebrate Easter, why not have a go at this recipe for Hot Cross buns-:

**Recipe Tips**

These buns will keep for up to one month in the freezer.

**Ingredients**

500g/1lb 2oz Strong White Flour, plus extra for dusting

75g/2¾oz Castor Sugar

2 tsp Mixed Spice powder

1 tsp ground Cinnamon

1 Lemon, finely grated zest only

10g/¼oz Salt

10g/¼oz fast-action dried Yeast

40g/1½oz Butter

300ml/10fl oz Milk

1 free-range Egg, beaten

200g/7oz Sultanas

50g/1¾oz finely chopped mixed Peel

Oil, for greasing

**For the topping**

75g/2¾oz Plain flour

2 tbsp Golden Syrup, for glazing

**Method**

1 Put the flour, sugar, spices and lemon zest into a large bowl and mix together. Then add the salt and yeast, placing them on opposite sides of the bowl.

2 Melt the butter in a pan and warm the milk in a separate pan. Add the butter and half the tepid milk to the dry ingredients. Add the egg and use your hands to bring the mixture together, incorporating the flour from the edges of the bowl as you go. Gradually add the remaining milk, to form a soft pliable dough (you may not need all of the milk).

3 Tip the dough out on to a lightly floured work surface. Knead by hand incorporating the sultanas and mixed peel into the dough. Lightly knead for 10 minutes until silky and elastic and forming a smooth ball. The kneading can also be done in a food mixer with a dough hook.

4 Oil a bowl and place the dough in a bowl, cover with cling film and leave to rest in a warm place for about 1½ hours or until doubled in size.

5 Turn the dough out on to a floured surface and divide into 12 balls. Line 1-2 baking trays with paper and place the balls on the tray, placing them fairly close together and flattening them slightly.

6 Slip each baking tray into a large clean polythene bag, making sure the bag doesn’t touch the buns. Leave for 40-60 minutes until the buns have doubled in size.

7 Preheat the oven to 220C/200C Fan/Gas 7.

8 For the topping, add the flour to a bowl with 100ml/3½fl oz water. Mix together to make a paste and spoon into the icing bag.

9 When the buns have risen remove the polythene bags and pipe a cross on each bun. Bake for 15-20 minutes until pale golden-brown, turning the baking trays round halfway through if necessary.

10 Melt the golden syrup in a pan and while the buns are still warm, brush the buns with a little syrup to give a nice shine, before setting aside to cool on a wire rack.