

Helping hand from group motivated by prayer

EVERY week, well over 5,000 sick and unhappy people all over the world are, it is claimed, significantly helped by the activities of a highly motivated community living at Addington Park, near Maidstone in Kent.

The claim is that of The Seekers Trust, a registered charity that has managed to exist on voluntary donations for over 50 years.

It is all done by what is called 'distant healing'.

In some hundred half-hour sessions each week, groups of from two to six dedicated members of The Seekers meet in small chapels at Addington Park to 'link' by concentrated prayer and meditation with the people who have asked for help and healing.

A carefully organised schedule ensures that the Harmony Prayer Circles, as they are called, synchronise exactly so that the distant petitioner and The Seekers' group are concentrating on healing at the same time — once or twice a week, or more often if the need is there.

Balance

The 'patient' may be anywhere, from 10 to 10,000 miles away. Distance is no barrier, claim The Seekers.

The chapel groups usually consist of a number of the 28 permanent residents making up the community at Addington Park. During the set programmes of the Har-

mony Prayer Circles the names of petitioners are read out and Christian prayers and short meditations are offered for their spiritual upliftment, for the restoration of their emotional and mental balance and for the improvement of their general physical well-being.

Suffering

Help may also be requested in the area of what The Seekers would describe as 'material' needs, including such things as having to cope with bad living conditions, general economic lack, unemployment, social injustice, career and educational frustrations.

The Seekers feel very strongly that such material deprivation is a root cause of much unhappiness, anxiety and tension.

Every three months or so The Seekers Trust publishes reports which include written testimonies from people suffering from a wide range of illnesses and conditions who say they have been helped by the Harmony Prayer Circles.

Addington Park is an estate extending over some 37 acres. It is owned and occupied solely by The Seekers Trust. The Close at Addington is a quadrangle of well-appointed, self-contained flats for permanent residents, and occasional guests, offering rest, retreat and recuperation.

The peaceful surroundings make the 180-seat purpose-built conference hall in the grounds a popular venue for seminars and meetings run by like-minded organisations.