



Harmony Stones – Healing Through Energy

By Daphne Chamberlain

On the table lay a selection of painted ceramic stones. "Choose whichever one you want", said their creators. "Pick them up. Let your intuition guide you."

They were round, about 4.5 cm in diameter, each with its own design. I selected four, holding each one in turn. Each time my hand tingled. Then I spotted another one, with a design which brought back memories. This must be the one for me, said my mind. But my hand disagreed. When I picked that one up, I felt nothing, but my tingling hand led me to one I would never have chosen by sight. Why?

The answer was written on the back of each stone. Each one was harmonised with a certain quality or condition – e.g. peace, playfulness or commitment. Simon Parr and Francesca Cassini of Sedgemere Avenue, the creators of the stones, explain, "By having a stone which has been created to harmonise you with the qualities you want to bring into your life, you are saying, 'yes please, I'll have some of that!'" If you don't need that quality, the stone is not for you.

Quality control

Not everyone feels the physical tingling, but that was my response to the energy in the stones. I finally selected mine by touch alone, with my eyes closed and the stones shuffled around, and the quality I chose seems absolutely right.

When Michael Brooking at Essential Energies, Leicester Mews, tested these stones, he reported an "exceptional energetic quality". So where does



Francesca Cassini and Simon Parr in harmony. Photo by Toni Morgan

it come from? Simon, who works at the Healing Centre in Covent Garden, is a member of the National Federation of Spiritual Healers. "All healing", he says, "is love and energy coming through from the same source. While the clay is wet and being shaped, we

are charging the atoms and molecules with that loving energy. These stones help us recognise what we need, and reconnect us with the source of our strength within."

To find out more about the Simonangelo Healing Stones, please contact Simon or Francesca on 020 8365 2134.

A Pound a Pee

Since early December, customers at the *Old White Lion* public house next to East Finchley tube station have been having a bit of fun in aid of a serious cause. They have been taking part in a nationwide event, aimed at raising money for research into prostate cancer. Assistant manager, Rachael, told *THE ARCHER* that there has been a good response to the activity, which is called Peeball.

What is Peeball?

Peeball is a groundbreaking and risqué alternative to the usual badges, pins and key rings sold to raise money for charity. It is a small, biodegradable ball

that works a little like a fizzy bath ball. For men (all of whom have played the game before, unofficially, using cigarette butts and disinfectant cubes as urinal targets), the challenge is

to pop the Peeball into a urinal, take aim, pee and dissolve it as fast as possible. Girls can buy them too - Peeballs make the perfect gift for any man.

It's fun, it's cheeky and, because it's so different, Peeball could actually help make a difference. Prostate cancer is the UK's fastest growing cancer disease, being the most common cancer affecting men and killing around 11,000 in Britain every year. Research and support is, however, severely under funded. Your help is needed to raise £1 million for The Prostate Cancer Charity

Win a Holiday

As a thank you, the outlet that sells the most Peeballs nationwide, will win a week's holiday for four people to Hong Kong, with great runners-up prizes too. The holiday includes a stay at the Peninsula Hotel; the gentlemen on the trip may wish to visit the Felix rooftop restaurant, which has one of the most amazing urinals in the world, with breathtaking views of Victoria Harbour and Hong Kong Island.

For full competition details visit www.peeball.com/sales (password: weebit). For more information about Peeball, to play on-line and to learn about the game's star players, visit www.peeball.com.

Hope you can Help

By Diana Cormack

"Hope House North London exists to provide facilities and services to children and young people in the Borough of Barnet with the intention to cater for their social, educational, physical, spiritual, emotional and general welfare needs."

This mission statement for a venture started by St Barnabas Church in North Finchley covers a wide area of needs. The catchment area from which youngsters who attend Hope House come is wide too, with some living as far away as Hackney, but East Finchley is obviously a nearer neighbour.

As well as an after-school club, there is a drop in café for 11-18 year olds, with Dreamcast, pool and other free facilities and games. On Friday nights there is a youth club providing 11-14 year olds with art, drama, dance, music and sport.

Giving them hope

These activities, which help children to build relationships with others and to promote self-esteem, also serve to give them something to do and so keep them off the streets.

But a greater personal challenge is offered in the form of the Duke of Edinburgh's Award. Hope House runs an open award centre as well as

liaising with local schools and it continually seeks to extend provision in this internationally recognised scheme.

Future projects include an adventurous activities programme working with children who are at risk of exclusion. Hopefully the creative arts programme will be extended and a Sports Leadership Course will be available. Funding comes from the London Borough of Barnet and from various charities, but this is short term and both money and volunteers are needed to expand the scheme. To this end Hope House is looking to other churches of all denominations, as well as to the community as a whole for help.

If you are interested in participating or assisting in any way, you can contact Hope House North London Ltd at 45-51 Woodhouse Road, North Finchley, London N12 9ET

Tel. 8492 0006, E-mail hopehouse@globalnet.co.uk.

Home-Start Success

Home-Start Barnet, an East Finchley-based charity that helps families with young children, held its fifth AGM in St. John's Parish Centre, Friern Barnet. Staff, volunteers and Management Committee members were joined by visitors including Barnet's Deputy Mayor, Councillor Andreas Tambourides, and his wife Joanna.

Avril Shattock stepped down as chair after six years' involvement in the scheme. The new chairman is Peter Evans, a former head teacher, who was previously Treasurer.

Councillor Tambourides said that Barnet Council was indebted to the scheme. Christmas was a time for families and Home-Start had enabled many families to put their troubles behind them. He added that, if it were not for voluntary organisations like Home-Start Barnet "our borough would come to a halt".

Avril Shattock described the ongoing struggle to secure funding. They had been unlucky not to obtain Lottery money, but there was some promised money in the pipeline. The Drop-In Centre on the Grahame Park Estate had proved amazingly successful. Home-Start had been invited to take a lead role in the implementation of SureStart which is a government initiative to improve services for young children and families.

Coordinators Julie Phillips and Ruth Sonntag reported on an award from the Middlesex University Business School to set up a library for volunteers, a grant from Help a London Child to buy "Fun Bags" filled with toys for Home-Start families, and money from the Rotary Club for 10,000 volun-

teer recruitment leaflets.

Debbie Beckford, the Project Worker who helped set up and run the Drop-In last June, elaborated on their success.

A significant influence

Treasurer Peter Evans referred everyone to the accounts in the Annual Report and thanked the two coordinators, who had had to spend a great deal of time fundraising on top of their work recruiting volunteers and supporting families. He expressed the committee's thanks to Avril Shattock, who was presented with a gift.

Dr Burnett gave a fascinating talk, comparing the health of Barnet residents with that of other boroughs, and showing the correlation between levels of health and various socio-economic factors in the different wards of Barnet. He spotlighted local health priorities and explained the importance of services such as Home-Start which, by offering friendship and support, have a significant influence on the health and well being of families with very young children.

The next seven-week course of preparation for Home-Start volunteers begins on Tuesday, 25 February. If interested, call Julie, Ruth or Linda on 8371 0674.

HELP is HERE 4U

Finchley Christian Fellowship

The Place to be - Every Sunday 11:00am

Your local Multi-National Community Church

A great welcome and time awaits you

The Finchley Youth Theatre, 142 High Road East Finchley
Enquiries - 020 8805 2867

East Finchley Baptist Church

just off the High Road in Creighton Avenue N2

Sundays at 11.00 am and 6.30 pm

for more information contact 8446 3571

Visitors always welcome