

# ***Towards Healing***

## ***Your need only***

*[The kingdom's] a long way off, but to get there takes no time and admission is free, if you will purge yourself of desire, and present yourself with your need only and the simple offering of your faith, green as a leaf.*

R.S.Thomas

*Our personal insufficiency does not make us unacceptable in God's eyes. Far from it; our incompleteness is the empty side of our longing for God and God's love. It is what draws us toward God and one another....[Our incompleteness is] a kind of spaciousness into which we can welcome the flow of grace.*

Gerald May

**Take time and be with your "neediness" –  
rather than fight it, accept it as part of who you are,  
"the empty side of our longing for God".  
God does not shame,  
nor does God make us feel bad in order to be good.  
God is good and wants our good –  
so rest in this, bask in it, let it soak into your being, your attitude –  
so that it becomes God's first word to you - touching you into life.**

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Philip Carter is a retired Anglican Priest. He was the inaugural president of the Australian Ecumenical Council for Spiritual Direction (AECSD). He ran the Julian Centre in Adelaide, an independent and ecumenical centre for spirituality, from 1997-2009.

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Jesus said “Blessed are the poor in spirit”, or in other words: **“You are in the right place when you are poor in spirit”**.

*“Being in the ‘right place’ implies being poor, gentle, mourning, merciful, peaceable and persecuted- in other words, powerless, weak and vulnerable. How can that possibly be the ‘right place’? It is the right place because it makes no claims on anyone, not even on God. And it is then that God’s offer of love and wholeness, for the individual and the community, can be accepted. As it is accepted so the richness of the offer is revealed”.*

Charles Elliott

***The best prayer  
Is to  
rest in the  
goodness of God  
and to know that that goodness  
can reach right down to  
our lowest depth of need.***

Julian of Norwich

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