



Thank you for your interest in our  
**White Eagle Family Camp 2012**  
with the theme  
**Eureka! – Inspirations from the  
Ancient Greeks**

Our White Eagle Family camps offer the opportunity for families to come together in the beautiful surroundings of the Temple at Liss and experience a week of spiritual nourishment, friendship and enjoyment for all ages. Campers are able to participate in the activities of their choice, which range from active pursuits such as dance, games, water slides and yoga, to creative ones such as arts, crafts and music and including, of course, at the heart of it all, the more contemplative activities such as meditation, spiritually focused talks, discussions and healing.

Our next White Eagle Family Camp will take place from

**11<sup>th</sup> – 18<sup>th</sup> August 2012**

Whether this is your first opportunity to experience a taste of communal life, different activities, White Eagle's philosophy, meditation, spiritual values or even camping itself, we can guarantee that this week will offer you the opportunity to experience something different! We hope that you will find the following practical information about our Family camp useful, but if there is any additional information you require please do not hesitate to get in touch with me, Kathryn Bingham, at

*The White Eagle Lodge, New Lands, Brewells Lane, Liss, Hampshire GU33 7HY  
Tel: 01730 893 300*

*Email [shiningstars@whiteagle.org](mailto:shiningstars@whiteagle.org)*

*or phone me on 02392 454657 evenings and weekends*

### **WHAT'S IT ALL ABOUT?!**

The White Eagle Family Camp offers a unique opportunity for adults, teenagers and children to come together to have a stimulating, relaxed and happy week in the beautiful spiritual surroundings of the Temple and grounds at New Lands.

It is truly a community experience, where everyone takes a share in making the week an enriching and happy time. Everyone takes responsibility for the smooth running of the week, sharing the activities, the chores and the fun! Special friendships are made and deepened every year on camp.

Our White Eagle Camp provides the opportunity for a variety of activities, some spiritual, some artistic, some sporty, and some just plain fun! All activities are voluntary, and there is plenty of opportunity for quiet times to simply recharge the batteries in a peaceful environment. We hope there is something for everyone.

## WHERE IS IT HELD?

For those of you who are not familiar with the Lodge, New Lands is a beautiful English country home surrounded by gardens and is the administrative centre for the White Eagle work. Just across the garden, on the adjacent hillside, is the White Temple, itself surrounded by gardens and landscaped meadowland. We camp on the field immediately behind the Temple.

The nearest villages are Rake and Liss, both a few miles north of the small town of Petersfield which lies immediately north of the South Downs. The scenery around the whole area is very beautiful, with gentle hills and forests. There are many facilities within easy reach - shops in Liss or larger supermarkets and shops in Petersfield and Liphook. There is also a very handy shop within walking distance of the camp.

## CAMP THEME

We generally have a chosen theme for the camp and loosely base a number of our activities around the theme. To connect with the special occasion of the UK's hosting of the Olympics we thought we would consider other inspirations from the Ancient Greeks. We can take this in its broadest sense so don't worry if you know very little about the Greeks! Just think generally in terms of drama, music, art, storytelling, myths, sports, astronomy and maybe, if it's of interest to you, even philosophy, decision making and mathematics too! Wikipedia defines *Inspiration* as an unconscious burst of creativity in a literary, musical, or other artistic endeavour – well that'll do us fine! We hope that it will also offer scope for a wide variety of activities both at an inner and outer level and we may even think of our very own unusual Olympic sports too.....

## WHAT EXACTLY HAPPENS?

While there is definitely no such thing as a typical day on Camp, the days usually fall into a pattern as shown below. Activities are all optional though we particularly appreciate everyone coming along to the morning get-togethers:

### Typical Daily Timetable

8am Yoga ,Chi Qong or other energy exercises

9.10 – 9.40am Meditation in the Temple

10.15am Morning get together of all campers to confirm the plans for the day (followed by cooks meeting!)

11 - 1.00pm Morning activities (usually there's a choice )

Lunch

2.30 - 4.30pm Afternoon workshops / activities

6.00pm Communal Meal

7.30pm Story time in the tipi

8.00pm Evening activities

9.00-10.30pm Songs, music and stories around the campfire, followed by a quiet time after 10.30

All this is interspersed with other activities and games which may be on-going. For example, if the weather is good the waterslide provides great entertainment. A

badminton/volley ball area is usually set up and there is space for a football/hockey/outdoor games area. Craft materials are on hand for all to use as they wish. And of course the beautiful grounds and gardens are there for you and your family to enjoy at any time.

Whilst none of the activities are compulsory, it is generally expected that families bring their energies and commitment to the camp and participate in some of the activities on offer or enjoy simply being in the beautiful grounds rather than leave the site to do other things. Obviously some trips out to get provisions will be required!

### **SO WHAT KIND OF ACTIVITIES ARE USUALLY ON OFFER?**

Well this depends on the skills and interests of whoever comes! There are usually quite a variety of organised craft activities such as painting, model making, sculpture, dream catchers etc. There is also a selection of craft activities always available so that anyone can paint, draw, and be creative at any time. There is often Yoga, meditations, drumming and dance, singing and chanting. Outdoor games, parachute games and tie dyeing usually take place sometime during the week. We hope to have an on going art project throughout the week which all will be welcome to contribute to, as well as some special activities for the youngest campers.

How the camp is set up is that any campers who feel inspired to do so offer to run or organise some activity to contribute to the week. This may be setting up some craft activity and guiding others as to how to do it – maybe playing some games with a group, or running a dance, music or drama activity, juggling, yoga or martial arts. Maybe something like aromatherapy is your thing and you'd like to talk or demonstrate it, or simply offer a treatment to someone, or maybe you could offer to do story time for the children one evening. It doesn't have to be anything big or complicated! Just little contributions from many campers make the week varied, interesting and relaxing for everyone.

Parents stay with younger children while they are doing any activity so no one has to feel that when they are running an activity they are also running a crèche!

So if you are interested in coming on camp, It would be great if you could think about any arts, crafts, activities, stories, songs, dances, music etc you may be able to bring along. If they are linked in some way with our theme, so much the better but we welcome all offers of activities. On the attached booking form, do put down any ideas and from those suggestions we will put together an outline programme for the week, based on what has been offered and what we think will work well. The details will then be sent to you nearer the time.

However, **please note that there is no compulsion to organise an activity!** There are always plenty of ways to contribute to the Camp if you do not feel that taking the lead in an activity is for you! Additionally, if you feel inspired to offer something once you are on camp and feeling settled, this too may be arranged and fitted in if at all possible.

Obviously all activities need to be in keeping with the overall ethos of the Lodge, and in the field of spiritual healing specifically, we have found from experience that it is best if only White Eagle healing treatments are offered.

We hope that some of our Lodge leaders will be with us again this year assisting with

various activities on Camp, leading meditations as well as giving short talks and discussions about White Eagle's teachings. We also aim to have a special Healing Service as we have done for the last few years for any campers who would like to receive healing or just observe a White Eagle Healing Service.

A popular high spot of the camp is always the End of Camp Show, and I'm sure we'll have another final night of camp to remember this year! Everyone is welcome to take part and we always have the most amazing evening of dance, music, drama, poetry and comedy! So you may like to give this some thought and maybe start looking around for white sheets to make your draped and flowing Greek costumes! If possible do bring along any instruments you play – there are safe areas where they can be stored inside.

We often have an optional trip out half way through the week. In the past we have been swimming at a local pool and boating on Petersfield Lake. (The cost of this is not included in the camp fees).

### **WHO CAN COME ON CAMP?**

The majority of the people attending Camp are Members of the White Eagle Lodge and this year priority booking will again be given to Lodge Members. However the Camp is open to any families who are in sympathy with the teachings of the Lodge and interested in its work, and a few places will be reserved for non-members camping with us for the first time. If you are not yet familiar with White Eagle's beautiful teachings and would like to find out more, do let us know and we will arrange for some information to be sent through to you. You may like to look through the Lodge's website [www.whiteeagle.org](http://www.whiteeagle.org).

**We regret that we cannot take applications from campers only wanting to attend for part of the week,** nor can we allow unaccompanied children under the age of 18.

### **WHAT FACILITIES ARE THERE?**

Campers have the freedom of the Temple grounds, including the woodland space immediately behind the Temple and New Lands garden. Weather permitting, a good number of the activities can take place outside, in the shade of the trees if the weather is hot. We are fortunate in also being able to use the Meeting room by the Temple and a marquee for craft and other activities. This is especially useful if the weather is not too good.

The Temple and Chapels are used for White Eagle Meditations, Services and Teachings. They may also be used for those wishing to sit silently during the day for meditation and prayer. We also have the use of our Tipi which can be especially cosy on wet evenings with its own central fire.

We will also have a mini 'Field Kitchen' – a communal tent/mini marquee with a camping cooker, trestle tables for food preparation and a fridge and fridge freezer.

There are ladies and gents toilets by the Meeting room with wash hand basins. We also have the use of 3 showers and a bathroom at New Land's house, just a short walk from the Temple Hill.

There will be some play equipment available for younger children including a sandpit and paddling pool. We have a basic climbing frame on the main Camping field, and a

badminton/volley ball net, and area for football, group games of hockey or rounders etc. Please note that all equipment is used at your own risk.

You are welcome to recharge your mobile phones in the Meeting room area. We regret that no pets are allowed on camp.

### **MEAL TIMES**

The evening meals are the only truly communal meals - breakfasts and lunches being prepared by individual families or small groups getting together informally.

#### **A prepared evening meal for all campers will be provided :**

On the first evening, Saturday, on Wednesday evening and on the final evening Friday just before our end of Camp Show.

The cost of these is included in the cost of the camp. For the remaining 4 evening meals the families on camp will be divided into 2 equal sized groups - each group then cooks for the whole group on specified evenings. So you will only be cooking for the evening meal twice during the week. Generally it works well if you prepare a dish or two of food for approximately twice the size of your family group.

Please note that the whole of New Lands and the grounds are kept as a meat and fish free area so, in keeping with the ethos of the Lodge, **all food that you bring for the week needs to be vegetarian.**

Please let us know on the form if you have any very specific dietary requirements, though we cannot guarantee that we will be able to provide for all special diets.

Most campers bring along their own camping- gaz stoves but if this is difficult for you it may be possible to share the use of someone else's or use those we hope to have in the 'Field Kitchen'. The Camp fire is usually lit by the middle of the afternoon and can be used for cooking on if you wish, though of course we can't guarantee good weather and a really healthy fire!

We aim to set up a communal washing up area this year too so it would be advisable to clearly mark your own cooking and eating utensils.

Please do ask if you have any concerns over the cooking arrangements – it may sound a little complicated but it usually works out very well! More details will be sent nearer the time, including the nights in which your group will be cooking. Wouldn't it be great to have some lovely Greek food during the week too?

### **CHILD PROTECTION POLICY**

The White Eagle Lodge has implemented a Child Protection Policy and our Camp helpers have received training in this area. If you are not the parent of any of the children that you are bringing to camp, please ask for a consent form to be sent to you which must be completed by the child's legal guardian before camp.

### **ORGANISATION OF CAMP**

Camp is a communal experience, with everyone bringing their skills and talents, energy and commitment to make it all flow well. It is coordinated by a team of volunteers who all pay the same camping fees as other campers. They help to coordinate the setting

up of camp as well as packing away at the end and have agreed to generally help with the smooth running of the camp.

We welcome additional help in setting up the camp and even more so clearing away at the end! It may be possible for helpers to stay an extra night at the end to help with the clearing away - we would encourage everyone to allow some time on the Saturday for helping in this way if at all possible.

Our morning Get-togethers bring us together daily and it is important for everyone to attend if possible. They give us the opportunity to talk over any matters that are of concern to the group. Although we will have a proposed timetable for the week there may be some additions or alterations that need to be made.

We also ask everyone to help in some way with the practical running of the camp through a job rota system – and this includes the children and teens too!

### **ARRIVING ON CAMP**

**The Camp officially starts on the Saturday, and we ask all Campers to arrive by 2.00pm if possible. We will have our welcoming ceremony at 4.00pm before the evening meal at 6.00pm.**

If you are delayed please let the Office at New Lands know. We do feel it is important for campers to arrive by the Saturday afternoon and be able to attend the welcome ceremony and begin to get to know each other and settle in together. We also ask that campers stay for the whole week.

On the first Sunday of the camp we generally have our Family Service at 11.30 and we hope that everyone will be happy to attend.

If you would like to help with the setting up of camp you are welcome to arrive anytime from the afternoon of Thursday 9<sup>th</sup> August. **Please arrange with us in advance** if you would like to help in this way.

### **NEED MORE DETAILS OR WANT TO BOOK?**

The cost of the camp is £130 per family grouping or £85 for families consisting of one parent/one child. This price includes the 3 catered meals but not the food for the other meals or the trip out.

As the Camp is popular, it often gets oversubscribed. We aim to have a maximum of around 80 campers. **We would therefore advise you to reserve and book your place early.** Provided places are available, your **non-returnable** deposit will secure your family's place on camp. **Only when your deposit has been received will your place be reserved**

Only in very exceptional circumstances can families attend camp activities and stay off site (apart from the Sunday Family Day) – in the past this has been for medical reasons only. We ask all campers to commit to staying for the whole week unless exceptional circumstances arise.

**PLEASE NOTE** This year priority booking will be given to Members of the White Eagle Lodge up until the end of February 2012.

Non-members may apply before this date and their applications will be considered on a first come first served basis from the beginning of March; there will however be a limited reserved allocation of spaces for first time campers who are not members. If you would like to consider taking out Family Membership please contact us at New

Lands and we will send you further information. (Family membership costs **£36 p.a** or **£27 concessions**. This can be paid monthly in instalments by direct debit.)

**Please note:** Due to the restriction in the numbers attending Camp, it is important for you to let us know as soon as possible if the number in your family/group alters in any way. This may enable families on our waiting list to attend.

To help with the smooth running of the camp for all concerned, and by general consensus over the years, a few camp rules have been drawn up which we would like each family to look through before coming on camp. These can be found at the end of this document.

**Booking procedure:**

If you would like to book a place

- If you are booking later than February 2012, please either email or ring me (Kathryn) to check on the availability of places.
- Then complete the attached Booking Form as soon as possible, enclosing 2 cheques, made payable to The White Eagle Lodge, as follows:

A cheque for **£35 (£25 reduced fee)** which constitutes a *non-refundable* deposit and which, provided we still have places available, guarantees your place.

PLUS another cheque for **£95, (or £60 reduced fee)** which can be post-dated to 1<sup>st</sup> July if you wish. This will not be cashed until July and is refundable up until that date should you have to cancel for any reason.

Please send these through to  
Kathryn Bingham,  
The White Eagle Lodge  
New Lands,  
Brewells Lane,  
Liss,  
Hampshire GU33 7HY Tel: 01730 893 300

*Please enclose a stamped addressed envelope or your e-mail address if you would like confirmation of your booking.*

**It is also possible of course to pay by debit or credit card – just fill in your details on the Booking Form or ring Peter Gallagher Tel: 01730 893 300 to arrange payment over the phone.**

We will contact you again nearer the time with more details about the practical organisation of the camp, including our outline timetable for the week. But if you would like further information before then, please do ring Kathryn on 023 92 454 657 or e-mail: [shiningstars@whiteagle.org](mailto:shiningstars@whiteagle.org)

We look forward to hearing from you and welcoming you to Camp!



## White Eagle Camp Guidelines

In order that we may honour and respect the teachings of White Eagle, the following rules have been drawn up over the years by general consensus so that everyone who comes can feel informed and comfortable about the arrangements

- We aim to create a lovely atmosphere for the children but parents/carers are expected to look after and be responsible for their own children at all times unless another adult has agreed to supervise them
- We ask that Campers arrive no later than **2pm** on the Saturday and stay for the whole week.
- We ask that all campers help out in some way with the jobs laid out in the rotas sometime during the week (at least one helper from each family group each day)
- For everyone's enjoyment and in order to sustain the creative and spiritual atmosphere of the camp in line with White Eagle's teachings, please do not bring alcohol or of course any illegal substances to camp.
- If radios or iPods etc are brought to listen to music etc, please use sensitively to avoid any disturbance to others, using head phones where possible.
- We ask that for this one week of camp all digital and electronic games on mobile phones and ipads etc are put to one side and that social networking updates are kept to an absolute minimum. This is to give everyone the chance to get involved and focus on the activities of camp, the people and the surroundings, away from the distractions and pressures of the outside world. This makes it easier to create and share a special time and space together.
- New Lands and all the grounds of the Lodge are a meat and fish free area. Therefore all food on site must be vegetarian.
- Sadly, no pets are allowed.
- For the sake of the sleep of campers who go to bed early and the younger children, as well as that of others living on the Estate, we aim to wind the more energetic games down from 9 o'clock approximately and stop playing musical instruments by 9.45.
- New Lands Garden is kept as a quiet area – and New Lands house itself is for the use of the bathroom facilities only.
- As the kitchen in the Meeting Room is quite small, we ask that use of the Meeting Room kitchen is kept to a minimum and washing up done at your own tent or in the field kitchen

- The Temple, Chapels and Library of Brotherhood are for use only for White Eagle Services or for those wishing to sit quietly
- All activities are to be in keeping with the ethos of the Lodge.
- We ask that campers who smoke do so discretely well away from the children and other campers
- We ask that all campers attend the morning Get-together (which we try to keep as concise and also as enjoyable as possible!) – or at least one representative from each family
- We all try to keep the site as safe, clean and tidy as possible, including all the bathroom and toilet facilities.
- Cars are to be kept on the car park rather than by the tents
- Campers are very welcome to experience sleeping in the tipi but an adult family member must accompany their child/ren.
- We ask that everyone reads through and abides by the fire safety notices and that children do not play or run near or around the fire at any time or remove any logs or sticks from the fire We would also request that campers read through with their children the safety rules for the waterslide when on camp
- Children are welcome to use crayons, pencils and paper laid out in Meeting room or marquee at any time. However if they wish to use the glue, paints, sequins, wool etc an adult or responsible teenager needs to get the materials from the quiet area and supervise their use. It is expected that all craft materials are cleared away after use.
- Campers are reminded that activities offered by other campers are undertaken at the campers own risk and discretion. The Lodge will try to ensure that all activities are safe and appropriate but cannot vouchsafe for all that is offered.