



Ohana The White Eagle Family Newsletter

Autumn

Autumn 2011 Issue no 15

Happy Memories of Ylana

As many of you already know, our dear Lodge Grandmother, Ylana passed over peacefully on 7th September, soon after the celebration of her 95th Birthday with family and friends. The time had come for her to rejoin her family and friends who had gone before her to the Summerland to carry on her work there. We always felt especially privileged when Ylana came to join in with our Family Services and activities, and feel particularly happy that she was able to be with us at various times during our Family Camp this summer. We will treasure the memory of her entering the 'Enchanted Forest' through the archway of trees at our Welcoming Ceremony and of joining us for the end of camp Talent Show, requesting a second portion of ice cream in the interval!



**Ylana at the Camp
Talent show August 2011
(and overleaf)**

It's hard for today's younger White Eagle followers, who only saw Ylana as a very elderly lady, to fully appreciate the strong, steady and vital role Ylana played in the growth and development of the whole White Eagle Lodge— hard for us to imagine her growing up in a world so different from ours today, with no TV, no computers, hardly any ordinary telephones, let alone mobile phones !

Born in 1916, during the First World War, to her parents Grace and Ivan Cooke, Ylana's childhood would have been so different from children's today- but it was also made even more extraordinary by the channelling of the teachings of White Eagle through her mother, Grace, also known as Minesta. Ylana, together with her sister Joan and the early pioneers of the work of the Lodge, must have been so excited and inspired to listen to those early messages from White Eagle!

The teachings were too important and special to be kept for themselves and the family and friends were guided to begin sharing the teachings with more and more people. The Lodge was founded in 1936 when Ylana was 20 years old. She had already dedicated herself to the work from the age of



Ylana and Tadeus - 2010



Talent show 2010



**Joining in with our May
celebrations 2011**



Ylana in 1934

18. All this was happening against the backdrop of growing tension in the world as the Second World War approached and it must have been a really difficult time, especially when their London Centre was bombed in the war. Yet Ylana never doubted her role in helping to spread the teachings, and trained in secretarial skills to help type up and publish all the wonderful messages that were coming through. It was Ylana, by the way, who selected the teachings that were brought together in the most popular White Eagle book of all, The Quiet Mind.

Throughout Ylana's long life she saw so many changes both in the world and in the development of what became the White Eagle Lodge. How amazing it must have been to see the organisation grow in the years after she and her family moved to New Lands after the Second World War, where she gave birth to her twins, Jeremy and Colum, who now in their turn continue the important work, supporting Jenny our Lodge Mother.

Ylana's life was one of hard work and incredible commitment to the teachings that meant so much to her. She never doubted what her role in life was to be, and she never stopped focussing on that role till she passed over in September to continue it in another form.

Always so interested in all that was going on, and happy to see it develop in ways that she and her parents could hardly have imagined back in the early days, Ylana was always there as the bedrock of the Lodge. There are so many people today who's lives have been greatly enriched by Ylana and all that she taught and did. Thank you Ylana - and although we will miss your noble and supportive presence at our future Family Gatherings, we know that you will continue to be with us in spirit. There will be a special Service of Remembrance and Celebration of Ylana's Life on Sunday November 13th at 4.30 in the Temple at New Lands to which all are welcome.



Do come and join us for our **November Family Day, on Sunday 6th November**

11.15—late afternoon with the theme

Bonfires and Lanterns.



Following the Family Service/Celebration in the morning we will be making lanterns for our Lantern walk and hopefully lighting a bonfire. Maybe bring some parkin, chestnuts or other seasonal snacks to share around the fire?

Torches, warm clothes and waterproof footwear would be helpful too There will also be a Healing Service in the afternoon for anyone of any age to receive healing.

A Lantern song we like to sing at this time of the year!

Through the dark-ness we may go, lan-terns guide us with your glow.

Shine so bright! Like stars that twin-kle in the night.
Shine so bright! Like hearts wha filled with love's clear light

Through the darkness we may go

Through the darkness we may go, lanterns guide us with your glow (x2)

Shine so bright! Like stars that twinkle in the night

Shine so bright! Like hearts when filled with love's clear light



Busy with tree based crafts



The dance of the tree spirits

White Eagle Family Camp

The inspiring theme of our annual Family camp was

Trees and the Inner Life of Nature

allowing the 85 campers the opportunity to connect in a deep and inner way with the beautiful New Lands trees as well as connecting in special heartfelt ways with each other.

A highlight of each day was the planting a different tree in the grounds at New Lands to the accompaniment of our Tree Planting Song! Our special thanks to Pauline and Chris Rose for the donation of the wonderful trees. As usual there was an amazing variety of activities for all ages on offer—*Look out for more photos in the centre pages of Stella Polaris.*



The daily tree planting ceremony



Waiting in the wings!



A frighteningly good role reversal act of the parents acting as teenagers and vice versa—it all came so easily to the parents—I wonder how it felt for the teens!!



Parenting from the Heart with Anna Hayward



Perhaps one of the most comforting White Eagle sayings of all is the reminder that 'underneath are the everlasting arms'. But sometimes being in parent in contemporary secular society can be a lonely and confusing experience, so that we long to feel a pair of 'everlasting arms' around us too.

Well, that sensation of an embrace is exactly what you come away with after attending one of Anna Hayward's *Parenting from the Heart* family workshop days. Who left the discussion group not feeling uplifted, encouraged and reassured that all is well, (even if it doesn't outwardly appear to be so)?

The workshop days work well on two levels. Firstly, because they offer parents with children a chance of a couple of hours of restful respite. The children are lovingly cared for, with activities laid on for them. Secondly, because Anna is a highly skilled and experienced counsellor, who incorporates White Eagle teachings within her counselling. So to sit in the restful Brotherhood library with her and other like-minded individuals, exchanging ideas, receiving support, listening to others and being listened to, is a wonderful opportunity for growth.

Of course, you don't have to be a parent to attend. One of the best aspects of the White Eagle family camp is the wide age range, which builds a real sense of community. And so too on family days, it is wonderful to have the presence of grandparents, who have been through parenthood and lived to tell the tale, and can share the wisdom of hindsight. So it is wonderful to have the presence of grandparents, who have been through parenthood and lived to tell the tale, and can share the wisdom of hindsight. But the themes discussed would be of interest to anyone who works with children, or in the field of counselling or conflict resolution.

Anna's session on Sunday was on the theme of family conflict. Quite a rich subject matter there, then! In addition to the isolation we may feel as spiritually conscious parents in a materialistic world, who may lack familial support, there may also be stressful external circumstances and conditions within the family unit itself may be inharmonious.

Parenting from the Heart days are a chance to talk and be listened to, or just to listen, and to come away feeling supported by those everlasting arms. It's not that they ever went away, but it's so difficult to remember about them; so easy to forget what is true for us in our daily lives.

But the day wasn't all serious. The session began with fun games for everyone, to do with trust and communication. The weather was glorious, so the pot-luck lunch became a picnic under the trees. It's very restorative just to be in the New Lands grounds in the sunshine. Sunday's hot summery temperatures did feel like an added blessing.

Thanks to Anna, Kathryn and Liz for organising a fun and supportive day.

Caroline Harrison.

"Dear All

What a fabulous day today - both Marlow and I enjoyed it from start to finish. It was very...well 'nourishing' is the best word I can think of - mentally, socially and spiritually. Many thanks for all your hard work. Zoe x"

One of the White Eagle quotes from the handouts from the day

Achievement in failure...

"Have courage, for every effort that you put forth is a spark of light. It does not matter if you think you have failed, because you cannot judge. Failure in your eyes is often achievement from the spiritual standard.

Let us all aspire to lose criticism, and to love. We fail, of course we all must fail at times; all souls, according to their level of development, have their failures. We should not be in this form, manifesting as we are, if we were above failure. Let us remember that though the brother/sister by our side fails, we fail too-and because of this, we know how he or she feels. Let us remember also that through failure, we may mount the hill of vision. Failure is good; many a great and glorious temple is built upon a strong foundation which was built through the lessons learnt by failure."



STAR JEWELLERY FOR

CHILDREN, TEENS AND ADULTS TOO!

Following the request for Star jewellery for children, , I'm thrilled to report that Hannah Hill has designed some beautiful jewellery, largely made out of wood, which I'm sure will appeal to all ages. And what makes them even more special is that the wood she has used has all come from the trees at New Lands. Profits from the sale of the jewellery will all go towards the White Eagle Family Work. So don't delay—put your order in today! Order form available on request from Shiningstars@whiteagle.org or ring Hannah direct on tel: 01273 476077 mobile 07546 58289



STAR NECKLACE £ 7.20



STAR NECKLACE £ 7.20

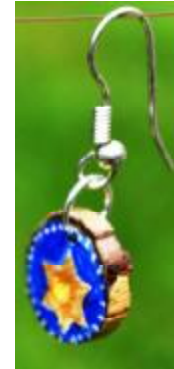


STAR BEADED PENDANT £12.80

STAR EARRINGS £ 10.00



STAR NECKLACE £ 7.20



WOOD STAR EARRINGS £ 9.60



STAR NECKLACE £ 4.00



FIMO STAR NECKLACE £ 6.40

BEAD STAR £ 7.20



More to choose from on the order form!

THANK YOU HANNAH

Are you creative too?

We are planning to have a mini Christmas market on the afternoon of our Advent Spiral 3rd December 2011 2.30—4.00 where anyone is welcome to come and sell their home made arts crafts or produce, with a percentage going towards our Family work at the Lodge.

If you are interested in selling some of your crafts—do get in touch.

Hannah will be selling her star jewellery on this occasion too. So come on ... get creative!

And come and sort out your Christmas shopping too!



Advent Spiral 3rd December 2011 4.30 in the Temple

You are warmly invited to join us for our Advent Spiral - come and start the Christmas season in a most gentle and peaceful way. This picture shows the Temple after the ceremony last year. All are welcome—whatever age, but please let us know in advance if you plan to come.



Putting on your Cloak of Light

Although the days are now getting ever shorter, we don't need to feel gloomy ~
we can put on our Cloaks of Light!

These are wonderful cloaks that we can wear every day and they have very magical powers. They help us to feel strong, happy and ready for anything.

They are particularly helpful to wear when you have to face something difficult in life—maybe when you have to be with someone who is a bit of a bully, or when you have to do something new for the first time, or just when things are not going quite as you'd like them to.

Wearing your cloak will make you feel quite different.

So how do we wear it?

First of all, be very still and quiet just for a few moments—you could do this lying in bed before you get up in the morning. Imagine a very special friend, your own guide or guardian angel, by your side. They are wearing a soft robe of light themselves.

They place a beautiful cloak of light around your shoulders. It feels so soft and so velvety that straightaway you feel snug and safe and protected.



You can imagine your cloak in different ways. Someday it may have a zipper of light up the front. Other days it may have lots of shining buttons that you carefully fasten, one at a time. At the throat it has a silver clasp in the form of a silver cross within a circle.

Sometimes you may like to imagine your cloak covered in sparkling stars.

Your cloak also has a hood, that you can gently bring over your head. How loved and loveable you feel in your cloak! You are now ready to face anything!

And if during the day, life gets a bit tough again. Just quickly imagine slipping your cloak on once again.

If someone you know is having a difficult time—try closing your eyes for a moment and imagine them in a beautiful cloak of Light too. It only takes a second to do but can make such a big difference.

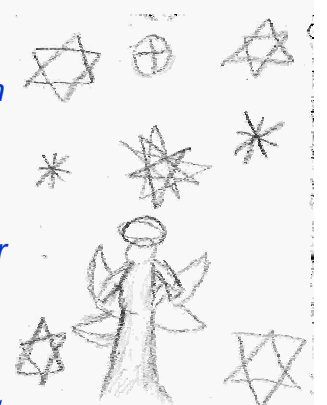
And remember to thank your special guide or angel for their help too!

Humankind has always walked the earth with angels. The human race, whether it knows it or not, is still under the guardianship of Gods angels. It may strengthen and comfort you to know that not one of you treads the path alone; for from the moment of birth until physical death the soul is guarded by an angel appointed for that task."

"As we look into your loving hearts, we see all the little weaknesses falling away, and only see that flame, that Divine Light, which is in the heart of your soul.

(And) This is what the angels, the heavenly angels see."

"You are surrounded by angels. You may not be able to see them, but you may be able to feel them. They are with you, in the quiet of your innermost being"





Rosa's Lantern – a story for the dark nights of autumn

It was the time of the annual lantern festival and all the children and adults were busy creating wonderful lanterns for the procession that evening. Some were very simple - jam jars decorated with coloured tissue paper to allow the pretty light of the candle to shine through. Some were made from paper or card with lovely patterns and shapes cut out for the light to shine through. And some were amazingly constructed out of carefully bent strips of willow stuck together and covered in delicate tissue paper.



Yes, everyone was busy - everyone that isexcept Rosa. Somehow she was never quite happy with how her lantern turned out and it now made her a bit reluctant to even try to make one. Instead she went outside to where the bonfire was already lit and sat and gazed into its glowing heart.

She was mesmerised by the ever changing light and glow from the embers and the flames. Time seemed to stand still as her thoughts quietened, focussed only on the light and colours of the fire. Rather by surprise, Rosa became aware of someone sitting beside her.

She hadn't heard anyone approaching and when she looked round to see who it was, she was surprised to see that it wasn't anyone she recognisedand yet..... it was as if it was someone she knew well. The stranger smiled at Rosa, and such a feeling of warmth and love and happiness radiated from her companion that Rosa's heart gave a little leap! To her surprise she felt she just wanted to snuggle closer to the stranger and relax into that warmth and love.

"My dear little Rosa," the stranger said, "You may not recognise me, but I am your guardian angel. I'm always near you, you know, but most times you can't see me. When you are still and peaceful and quiet, as you are now by the fire, I am able to come very close. And I'm SO happy that you can actually see me today!"

Little Rosa's heart now did a double leap - could this really be true?! Here was her own guardian angel! And yet it felt so right - so natural! The angel now put an arm around Rosa and she felt so enfolded in peace and happiness that she thought her heart would burst!

"Dear Rosa," said the angel again, "The light in that heart of yours shines *very* bright you know, and gets brighter and brighter every time you think kind and loving thoughts, which I know you often do!"

"We in the world of angels and spirit can see your light - and the light in everyone's heart - so clearly. It's what draws us to you. And our dearest wish is to see the light in everyone's heart shining so brightly that the world will just be full, so full, of love.

"Now I want to tell you something - did you know that you have a special job to do on earth? - to let your light shine so brightly that it will touch the hearts of all those people around you whose light is now rather dim. Your loving light in the darkness of the world will give others a beacon to follow."

All of a sudden, the thought flashed into Rosa's mind of the light in the lanterns. She realised that - of course! - *That* was the purpose of the lantern procession - It was to show in a very practical way how we take our little lights out into the darkness - the light of our love into the world. As she looked around she saw that her angel was very gradually fading out of sight, but leaving her with such a warm and glowing smile.

"Now go and make your lantern, Rosa, and remember the important work of taking your light out into the world". And then the angel was gone.

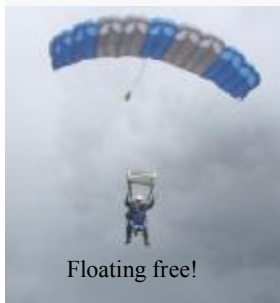
Rosa's heart was full of love and excitement and happiness as she ran back to the room where all the lanterns were being made. In no time at all Rosa had made the most beautiful lantern she had ever created, decorated with a picture of her very own guardian angel.

And as they prepared to walk around the field outside, each holding their lovingly prepared lanterns, everyone noticed the special love and light and happiness that was shining from Rosa's heart. And as they went out into the darkness, it was almost as if she didn't need her paper lantern at all - so bright was the light shining from her heart!



Peace Day 2011

An action packed day for all ages was enjoyed on our White Eagle Peace Day. The children enjoyed a special Treasure hunt around the grounds—luckily avoiding the heavy downpours - and all enjoyed writing their peace messages to create a Peace Wall in the Meeting Room. The day ended in a memorable way with Anna Fadlt playing her didgeridoo as we burned the old Prayer flags in Tibetan tradition on the flames of a brazier. (see picture)
May our prayers for peace rise and be heard.



Floating free!

Wow ~ Jeremy Did It!

Well done Jeremy for your courageous sky dive to raise money for the Solar Panels for New Lands— and thanks so much for donating £850 of that for new play equipment for the Family work - we are looking forward to choosing our new equipment!



A moment to savour!
Jeremy with his instructor.

Pssst!

Spread the word.....

Our friendly and supportive

Shiningstars Parent and Child Playgroup

meets every Friday during term time in the Meeting Room at New Lands . All are welcome—grandparents too! While the group is designed with pre-school children in mind, older siblings are welcome too . Each session includes a seasonal craft activity, songs, and a special story time. We often walk or play in the grounds looking at what's happening in nature and always enjoy a healthy vegetarian snack time together.

Come and join us—you'll be most welcome!

Fridays 9.45—12.15

Do come prepared for outdoor play!



That's it for now everyone, so much love and light to you all.

Do you have you a story, picture news item or opinion to share? We would love to hear from you. Please send any contributions for the next Newsletter to Kathryn Bingham c/o White Eagle Lodge or via shiningstars@whiteagle.org by 31st December 2011

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