



OHANA THE WHITE EAGLE FAMILY NEWSLETTER

Summer 2010 Issue no 11



White Eagle Family Camp 2010

The unique nature of our Family Camps is always hard to put into words! Once again our 70+ campers all brought their incredible energy and talents to create a wonderfully varied week together. With the theme of this years camp being Colour and Light, we explored the magic of colour in so many ways, through our art and creativity, through feeling and healing, through play and even through tasting the beautiful variety of coloured food in the world. As ever, our time together brought about a special feeling of

harmony and unity amongst the group and in so many ways each person, whether young or not so young, left camp looking at the world in a slightly different light. Here are some quotes from our campers:

"The sense of sharing and great love is a treasure to take home with me." Lorraine

"Thank you for letting us come and stay here—wonderful place, wonderful people."

"Make camp longer!!!" Pandora

"Thank you all at the Lodge for making the camp possible. The benefits of being on this sacred ground will last for years in ways which will unfold in the passage of time." Kevan

"I have had an amazing week. I can't imagine a better holiday. The children (and myself) have had so many wonderful opportunities to learn and grow and feel the love of a great community of people. The teenagers were so well behaved and such a good example to the little ones, so nice that the older ones looked after the younger ones." Hannah

"Thank you for your hard work making the camp possible and fun—greatly appreciated." Bryony

"Please give the Lodge cook Verity a very warm hug from me." Steve (We have three catered meals from Verity on camp.)

"Thank you so much for an extraordinary experience." Liz and Miriam.



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Family Summer Camp or Summer-Camp Family?

Two years ago, I wrote a piece for Ohana about the feeling of community that had struck me during our second family camp. This year we, along with several other family units, came to camp for our fourth year running. (To those concerned, perhaps we should do something small to mark our fifth anniversary next year?!) To some families, four years is nothing. Tina, Emma and Steff have been coming for “about 14 years”! Kathryn, Rachel and Richard have probably stopped counting. And a feeling of something even closer and more loving than a sense of community began to strike me during this year’s camp—more like a family. Not a tightly-bonded blood clan, not a traditional family with sometimes oppressive rules, but more of a loosely-connected tribe, where people are free to come and go with no sense of obligation. Coming year after year, it is a great pleasure to see familiar faces again, and camp begins to have the feel of an annual family reunion. Just like in the films of a large, extended family’s Thanksgiving dinner, or a multi-generational Mediterranean family party, the adults gaze at the children open-mouthed, and out spill those words that we always swore we’d never say—“My, haven’t you grown!” Sorry, children and teenagers, you’ll have to bear with us. It’s amazing how you reinvent yourselves, year after year. How do you do that, again?

Being reunited with camp-family members each year provides a sense of continuity. Things change in 12 months, kids grow taller and look different (stop growing up so fast!) But once a year, at summer camp, Tina will be offering tie-dyeing, Chris will play his didgeridoo, Teresa will be massaging aching hands and arms, and most comforting sight of all for me, Peter will be snoozing behind his newspaper with a half-empty coffee pot and a vase of flowers on the table beside him, before he sets off with a wheelbarrow in search of firewood.

Deborah pointed out how the children just take up their friendships immediately, almost as if the intervening year hadn’t taken place. They don’t seem to feel the need to fill each other in on the events of the past 12 months, they just get on with playing monkey-ball.

Unlike many conventional families, new members are always welcomed. Sometimes lasting bonds are formed pretty instantly between people who are on their first camp and those who have been several times. Both Suzy’s partner Chris and Charlie’s partner John were on camp for the first time, and said they’d felt unsure at first if it would be quite their cup of tea. I think they were won over!

Personally, I love to see the way the teenagers bond with the younger children during the course of the week. The little ones adore the attentions of the teenagers and young adults, and they, in turn, get a chance to be responsible and nurturing. Bilal virtually adopted Amethyst (or was it the other way around?) Tadeus looked up to Gabriel and Katie was a very cool surrogate mum to virtually all the kids at some point during the week.

Of course, it’s not all sweetness and light (if only!) And all families, however loose the term, experience conflict. Does anyone know of any large clan where there isn’t at least one serious quarrel between members? Perhaps this challenging area of coping with each other’s differences is the one in which we have the most to learn. Everyone at camp wants to create a safe and nourishing environment, and to have a week’s respite from the tension of trying to live spiritual ideals in a materialistic, at times hostile, outer world, and it can take a day or two to relax into the ‘camp-mode reality’. It’s an ideal well worth pursuing.

In *The White Eagle Lodge Story*, Jenny Dent speaks of the feeling of ‘tribe’ created by the family camps (p.142) and writes, “Many of the children have now come to the camp five years running, developing ongoing friendships. Children have become teenagers. The strength of this is to bring into our wide family a very special feeling of a tribe of children growing up together under the Star.”

To everyone in the summer-camp family, newcomers and old-timers—have a good year till the next reunion! As Emma sings, from the Traditional Irish Blessing, in the closing ceremony:

*May the road rise to meet you,
May the wind be always at your back,
And until we meet again,
May God hold you in the palm of his hand.*



RAINBOW WARRIORS



By Suzy Hutchinson—Stoyle

Slight breeze rustling through the leaves
Reminds me of gentle rain making a melody on the
tent top

Dressed Tipi...wonderful coloured ribbons
The smoke filled air around the camp fire
A splendid array of 'homes' in every colour, shape
and size

The throng of people coming together—
To share this special week in our lives
And how we already look forward to the next

The shared meals, the laughter, the joy
Special moments of awakening
And new experiences on Life's Journey

Thank you WHITE EAGLE...

We may have to leave this sacred space—
But we will not be forgetting...

Our hearts will take the essence of you forward...
We will keep on keeping on,
And we will share the many wonderful Blessings

NAMASTE

Dear Kathryn, I like the more
colours and light because
there are no really colours
in the the world to see. And
a colour of a thing makes the colour
look 3D. I am here to thank you about
Kathryn your choice that the colour
and light is from Tadeus.

P.S. I liked tie-dying because
that had a lot of colours in.



Thank you Tadeus for this picture of the waterslide and for Milena's lovely picture which she coloured in on the ferry to camp from Spain





Have you had a lovely summer? Did you enjoy the sunshine? Here's a story we heard in the Family Service earlier this summer all about the wondrous golden sunshine—that's sunshine with a difference—read on to find out more!

Wondrous Golden Sunshine

Isn't this time of summer wonderful? The long, long days full of sunlight, the beauty of the flowers, the butterflies and bird song, and the warmth of the golden sun?

Danielle had always loved the long summer days too. Everyone seemed so much more relaxed in the sunshine, lying on the grass or on the beach soaking up the warmth and the light...planning picnics and outings...summer camps! Yes, the world seemed full of possibilities.

In years gone by when Danielle had gone to the park with her family, she'd loved to turn cartwheels on the grass for the sheer joy of it, to run and play and laugh...but this year she felt a little different. As she lay on the grass with her cheerful baby brother, making daisy chain crowns for them both, she didn't feel as happy as she normally did. Yes, the sun was shining and the sky larks were singing, but somehow it felt as if there was a bit of a cloud hovering over her head.

She had begun to feel different earlier in the year. She'd felt sad when her auntie and uncle had quarreled and decided that they didn't want to live with each other anymore—she so loved them both that she couldn't understand it. Then some of her friends had fallen out with each other and been quite unkind, calling each other names and telling tales about each other. She hadn't wanted to be part of it but somehow had got caught up in all the drama. And then there was all the homework from school—there seemed to be more and more of it and it didn't give her time to think.

So here she was, on what should have been a wonderfully happy day, feeling a bit down in the dumps. She sighed deeply and found herself wondering what she could do about it and whether life would always feel like this? As she sighed again, she found herself drifting off into a 'sleepy deep' daydream.

All of a sudden, she heard the sound of a little pipe playing a very merry tune. "That's funny," she thought, "I wonder who could be playing such beautiful music?"

And then she saw them...and she could hardly believe her eyes, for there in the grass, amongst the daisies and buttercups were the most delightful little people she could ever have imagined, little fairies and pixies were there all around her...and singing such a merry song:

Joyful nature spirits bright

Dancing in the morning light

Tip a toe point a toe, pipes are playing

Joyful nature spirits bright

Dancing in the morning light

Tip a toe point a toe, pipes are playing...

To Danielle's great surprise, one of the fairies danced over to where she was lying, gave her such a sweet, happy smile and said hello. "We heard your big sigh," said the fairy, "And thought we had better come to see if we can help to cheer you up. We don't usually come and show ourselves during the day, but with your beautiful daisy crown we thought you looked like a fairy too!"

Somehow the fairy sensed exactly what Danielle was thinking and feeling.

"Oh dear," the fairy said, "We think you have forgotten to feel the **real** warmth of the wonderful sun. Take my hand and come with me."

Suddenly Danielle found herself flying high up into the sky, going right up next to the singing sky lark who looked rather surprised to see her there with the fairy! And yet when she looked down, she was even more surprised to see herself still lying down on the grass next to her brother. The fairy winked at her, "Magical isn't it?!" she said "Now look carefully down at everyone in the park."

First she saw her happy little brother, still playing with his toys amongst the daisies, but then as she looked at herself, it seemed as if there was a little dark cloud over her head (just like she had imagined). Then as she looked at her mother and her friends, and all the other people in the park, she saw that they all seemed to have those dark clouds around them too! Some of them were very thick and gloomy looking, and the sunlight was finding it very hard to get through to them at all.



"I don't understand," said Danielle, "Why do so many of us have those dark clouds around us. It doesn't look very nice!"

"No," replied the fairy, "It's sad isn't it? Those clouds are all the worries that people carry around with them and they stop everyone from really enjoying the wonder and beauty of life."

"Oh dear. What can we do about it?" asked Danielle. Her cloud was only a thin little one—she didn't want it to get any bigger!

"Don't you worry," said the fairy who could tell exactly what she was thinking. There IS a magical way you can get rid of your cloud and then everything will look golden and bright again for you. Now listen carefully...

"What you need to do is remember that behind the wonderful, warm physical sun, who's light we all love to sunbathe in, there is an even greater and stronger power – and this is the power of LOVE from our Father Mother God. When we remember that great, huge, enormous power, and breathe in the Love and warmth of God's Light, then those dark clouds will begin to disappear.

"What you need to remember (and I know deep in your heart that you do know this already but somehow you humans always seem to forget!) is that God loves you all so very, very much. When you remember that Love, and have a sunbathe in God's love, you will find yourself filled with that wondrous golden Light...and this makes the dark clouds disappear."

Danielle was beginning to feel happier already and when she looked down she could see her own dark cloud gently fading as she remembered God's LOVE for her.

But there's one more thing I want to tell you," said the fairy, "and this is very important and special too .You can also help other peoples dark clouds to go away too!"

"Well how can I do that?" asked Danielle, very puzzled.

"Easy!" Said the Fairy "By seeing them bathed in that lovely Sunlight of God too. So next time you see people cross or unhappy, imagine them having a sun bathe in God's Light and Love."

And with that, the fairy gently flew back down to earth and Danielle found herself back on the grass sleepily looking at her brother playing happily beside her. She rubbed her eyes and looked around to talk to the fairy again, but could see no sign of her or her fairy and pixie friends...though she did hear the sweet sound of the pipes fading away into the distance.

Danielle sat up and felt the warm sun on her skin. Then her heart glowed with happiness as she remembered the power of the sunlight of God that shines forever beyond our physical sun. She felt that love and that light deep in her heart. She just knew that her own dark cloud had now disappeared...And she also felt very excited to think that she could help others feel that real sunlight of God in their life by seeing them bathed in that Wondrous Golden Sunshine too.



Wondrous Gold Sunshine

This is a song we have sung at our summer services as the light is brought down from the altar to the centre of our circle. Let us know if you'd like the music.

Wondrous gold sunshine,
Shine in this heart of mine;
Shine in our hearts shrine,
Golden sunlight shine.



May to August in Pictures

Repairing the Tipi back in May—Pauline, Ayesha and Kathryn



What an active few months we have had!

In May we had our “Finding Balance and Harmony” residential weekend with a great drumming session on the Family Day. We repaired our tipi and got things ready for the summer activities.

In June we had our first open afternoon, welcoming new families and enjoying a lovely Family Day focussing on the Sun.

In July we had our Family residential weekend and “Celebrating Life in Rhythm” days well as our second open day.

And in August we had our weeklong Family Camp with the theme “Colour and Light”.

In addition to this our Shiningstars Playgroup met each Friday, enjoying the opportunity to play outside and have songs and stories in the tipi.

Drumming with Richard Parker—May 2010



Parachute Games on our Family Weekend July 2010



Celebrating Life in Rhythm Day July 2010



Creating homes for our fairies and pixies—June 2010



A LITTLE BIT OF MAGIC by Jenny Bateman



Do you know what clover is? It's a small plant usually found growing in fields with a white or pink flower which looks just like a little ball. However, it's the leaves which are very interesting. There are normally three joined together on one stem but sometimes, if you're very lucky, you can find one with four leaves!

This is the true story of a little girl who believed that if you could find a four-leaved clover, you could make a special magic wish. So, every time this little girl went to places where clovers grew, she tried to find one with four leaves. For months and months she kept looking but all the clovers only had three leaves. She began to wonder if it wasn't true about the magic four-leaved clover and thought that perhaps someone had made it all up! But suddenly one day—there it was! A clover plant with FOUR leaves attached to the stem! She was so excited and could hardly believe that, at last, she had found one after so much searching. Carefully she picked the plant with its four leaves and then went to a secret place she knew so that she could make her magic wish. She sat down on the grass, carefully holding the clover. This was the moment she had waited for so, after such a long time, the wish had to be for something very magic and special. Now, this little girl believed in fairies, although she had never actually seen one. She knew that they looked after the flowers and had seen pictures of them in storybooks with their beautiful wings. She thought it would be wonderful to become a fairy and to live amongst all the flowers. So she shut her eyes tightly and sat very, very still.

"I wish I could be a fairy!" she said.

For a minute, she didn't dare open her eyes. What would it be like to look at everything from the tiny size of a fairy? She wondered if wings grew all at once or whether it would take some time, like new teeth. She felt her back—no, there wasn't anything there yet. At last, she opened her eyes but, oh dear! She was still exactly the same size, wearing the same dress and definitely had no wings! She was so disappointed. The magic just hadn't worked and she didn't know why. She thought that perhaps you had to make the wish in a special way which she didn't know about. She looked again at the stem in her hand. No, she hadn't made a mistake, there were definitely four leaves. She wanted to cry but big girls of seven didn't cry so she carefully took the clover home and put it between two sheets of blotting paper in a large book. She knew that this made flowers stay the way they were for ages and she wanted to keep the little clover safe, even if the magic hadn't worked.

About two weeks later, her mother asked her if she would like to join the Brownies. She had seen many of her friends in their brown uniforms going to Brownie meetings and she had heard that they had a lovely time making things, learning about flowers and trees and going into the countryside to explore. It sounded really exciting so the next day her mother took her to a meeting. The lady looking after the Brownies was called Brown Owl and she explained that the children were divided into groups each with a Brownie leader. There were five groups in all and they were called Elves, Pixies, Sylphs, Sprites and...Fairies.

"Now," said Brown Owl "We have just had a little girl leave and so there is a place for you in the Fairy group."

The little girl thanked Brown Owl and then she suddenly remembered the magic clover! She was really amazed. The magic HAD worked but in a different way. She WAS going to become a fairy after all!

How do I know this is a true story? It happened a long time ago but the little girl who found the four-leaved clover and became a fairy was me.

Now that I know about angels, I realise that they must have been listening when I made my wish all those years ago and somehow they managed to make it come true!



We made our own fairies and pixies as can be seen in the picture—why don't you create some for you to play with too? You can use wooden pegs, some felt or old material, and some wool for their hair.



What do you think our fairy and pixie friends are called?

Josh, Jess and Joe came up with some good ideas:

Skyline Green Pixie, Treetop Long Beard, Queen Petunia, Liquorice the Gnome and Princess Rainbow.

Have you some good suggestions too?





An Attunement for our Families and Young People Work

This is just to share what we did in one of the morning meditations on our July 2010 Families Weekend. It arose quite spontaneously and the energy and feeling of it seemed so real.

We began by doing the tree of light breathing in a small circle out on the lawn, in the morning sunshine. I had previously felt that the theme for this short morning attunement should be the nurturing of White Eagle's work for Families and Young People, and we used the following words with the in- and out-breath:

(With the movement of the arms spreading on the in-breath)

Breathing in, we open ourselves to the inner worlds

Breathing out, we receive their blessing in our heart

(With the movement of raising the hands together in front of the body on the in-breath)

Breathing in, we are like the poles of the tipi, strong and protective

Breathing out, many shelter within our circle



We did each breath/movement three times with the words, and then once in silence, to allow the inner meaning to grow. It really felt as if our simple circle was building at the inner level a protective structure—the tipi—like the enfolding protection of Divine Mother. When we had finished, we joined hands in the circle and mentally brought within its tenderness and inspiration all families connected with White Eagle's work. Our circle felt one within the bounds of which others could find their own strong connection with their inner self.

We then silently walked back to New Lands Chapel for a few minutes of quiet sitting. As we let our breath and our bodies quieten, we became aware of a loving blessing from those at the higher level and this blessing seemed to have so much human family feeling with it, and a sense of the joy of those at the higher level in this rich aspect of human experience. It seemed that they were validating all those in our little community who had taken on the role of parenthood with all its challenges as well as its fulfilment. We seemed to be given the encouragement that this was one of the most important roles we could fulfil in physical incarnation.

We again pictured ourselves as being within a tipi, but now of unlimited size—yet we knew its protection. At the top of the tipi we did not so much picture, as become aware of the great Shining Star. How strong and full of love it was! We knew how we could, in our hearts, bring the children of all cultures around the world within its protection and blessing, and within the love of Divine Mother.

We gently brought our focus outwards again, feeling how Mother Earth supports us all, and went through the normal process of sealing our centres.

This short meditative process can, we believe, helpfully used by any group working with children, or indeed by individual families. It feels good to share.

Jeremy Hayward



Are we getting through to you!?

We would love to be able to contact every one of our Family Contacts by email and send you these newsletters over the airways—but we aren't sure that we are always getting through to you!



We have recently altered the way that our emails are sent out to you all and can now tell that quite a few of them are not being opened—this may well be because they are going into your spam folders or you are not sure who it is from so maybe you are not opening them.

Please do look out for emails from Shining Stars which would look like this in the From box:

From: Shining Stars [[White Eagle Lodge@mail.vresp.com](mailto:White_Eagle_Lodge@mail.vresp.com)]

▪ If these are going into your spam box or junk mail maybe you could reassign it ?

▪ If we haven't yet got you on our email list and you would like to have regular reminders of forthcoming activities for

▪ Families and Young People, do send me a welcome hello email on:

shiningstars@whiteagle.org

Forthcoming Family events at New Lands:

10th September 10.00 —12.15 Our Shiningstars Playgroup resumes after the summer break and every Friday morning after this, except half term week.



19th September 2.00—5.00pm Families are most welcome to join us for our Peace day

3rd October 10.00 (for a 10.30 start) —3.30 Family Workshop Day—The whole family is welcome to the Temple for this relaxed and enjoyable day when our theme will be Working and Creating together. Please bring a contribution toward a vegetarian potluck lunch. Its helpful if you can let me know if you plan to be there.

7th November 11.30—3.30 Family Day Our Family Service will begin our activities at 11.30 and there will also be a family Healing Service in the afternoon. We will be making lanterns as our craft activity and, weather permitting, will have a lantern procession and bonfire later in the afternoon for those who can stay on till it's dark! Don't forget your warm coats and wellies!



3rd - 5th December we are offering families the chance to stay over at New Lands for this weekend—on Friday and Saturday evenings. Cost £30 per adult, £15 per child over 5 or teenager; 5s and under free—contact Kathryn for more details.



4th December 4.30—6.00 ish Join us for a magical walking of the Advent Spiral in the Temple - please let us know if you plan to attend.

5th December 11.30—3.30 Family Advent Service - always a special one - hope that you can be there, with craft activities in the afternoon.

19th December 4.00—6.30 Carol Service & Children's Christmas celebrations. Children join the very first part of the main Carol Service in the Temple before going over to New Lands House for games and a party tea.



Connect with us by becoming a friend on Face book :

White Eagle Lodge UK



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 to: shiningstars@whiteagle.org