



OHANA THE FAMILY

Spring

WHITE EAGLE NEWSLETTER

Spring 2012 Issue no 16

Winter fun!

Our first Family Day of the year had an extra special feel with our first snow fall of the year transforming New Lands during the previous night. Great fun was had by all the children building snow men, sledging, and having snow ball fights! A little time was spared to make some welcome bird feeders, much needed by our feathered friends in these arctic conditions—it also gave us a chance to thaw out!



The theme for our Family Service in the morning had been Snowdrops, Birds and Quiet Miracles. Sadly most of New Lands snowdrops lay hidden under the snow, but we shall enjoy them all the more once the snow melts! Below is our Central table illustrating all the magical



Milena and Liz enjoying the snow

happenings underground as the Spring approaches, and inside you can read our story from the day and the lovely new song that Jenny Bateman wrote .



Thank you so much for organising such a wonderful weekend. Perhaps it was the snow, being together with old friends from camp, the February table in the Temple and Anna's session, but it was a very moving experience for many people there -at least four other people commented on this. I found the entire weekend very healing.
Caroline



Can you spot the gnomes?

Thank you also for another excellent weekend, I do appreciate all your work involved in the planning and organisation. I thought that the Family service/celebration was an absolute joy. (I also thought that Mother Natures gift of snow was absolutely magical.)
Christine

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Family Work Training day

Despite the icy weather and the threat of snow, 16 valiant family work helpers gathered together at New Lands for a very varied day of training and discussion. A few amendments and additions were made to our Child Protection Policy which will now be re printed and issued to all helpers. Jan de Vulder gave an insightful presentation about Step/Blended Families and we shared ideas on activities for teenagers.

Perhaps the highlight of the day was right at the end when we all got the opportunity to play! Professor Anna Clarke from the Play Team Association came to tell us about her work with children with emotional or behavioural difficulties and the innovative Special Listening Times for children that she organises. Bringing along her sand trays, we were able to experience first hand the joy of playing with a supportive and attentive observer, as well as being able to play the part of the non-interventionist supportive observer ourselves (not as easy as you would think).



The basic idea of special listening times for children is that children need regular periods of total attention from a caring adult. The adult supports and follows what the child is doing rather

than making suggestions or giving ideas of their own. The adult uses neither praise nor blame. The hourly sessions are a structured way of giving this attention. All children, whatever their circumstances benefit from having a time and space in which to play out their thoughts and feelings with an attentive adult who receives all that is said and done without passing judgment.

The Play Team continues the work of Dr. Rachel Pinney, Virginia Axline and others using a child-centred and Self Directed approach and uses a wide variety of play materials and play experiences.



If you would like to read more about the incredibly valuable work of the Play Team association, please get in touch and I will gladly send you further details., or have a look at their website

www.ukplayteam.org

Sand play at our Family Work training weekend



Coming up soon.....!



4th March Family Day—with an exciting musical afternoon for all ages led by Chris Sangster and Jackie Winsor. Create a sound experience linked to a specially written story, *The Sound Adventures of Lukka the Wolf*, with an amazing range of instruments to try out. Bring along your own instruments too if you would like to do so!



31st March/1st April—An opportunity to stay at New Lands overnight and enjoy a candlelit Tibetan Bowl concert with Andrew Lyddon, joining in with the world wide Earth Hour, encouraging everyone to turn their lights out for one hour to highlight the need for caring for our planet. Then you can join us for our Family Day on Sunday

Costs for staying over will be £25 per adult, or £12.50 child / teenager, and under 5's free, If the whole family are happy to stay in one room the cost would be £50. This price includes supper on Saturday evening at 6.30pm, breakfast and a light buffet lunch on Sunday during our Family Day.

4th -6th May Musical May weekend -a real musical CELEBRATION of the Spring! Our optimistic aim is to produce a CD of our musical endeavours during course of the week-end- with our songs and music and improvisations. It will be a happy reminder of our week-end together, and some of the tracks may be used on a more polished CD of White Eagle Family songs and stories for the Spring which we are currently working on. Please don't feel that you have to be musical to come along - all that is needed is enthusiasm and enjoyment of singing and music. No one will be asked to do anything they would feel uncomfortable about doing! We want the weekend to feel nurturing and fun!

There is the option to either stay in New Lands house, or camping on the Temple field. Please contact us for more details.

And on June 2nd

Not to be Missed! Our very own, fun for all the family,



Midsummer Mystery Meal

Guaranteed to be an unforgettable Fundraising evening with an intriguing mystery to be solved during the courses of an elegant and delicious vegetarian meal served in the marquee . Set in elegant Edwardian England an intriguing event will unfold around you; and you, as guests will be encouraged to solve the mystery of *The Great Flame Robbery*

Tickets £12.50- (young people £8) Family ticket £30- Tickets must be pre-booked ~ you are warmly invited to stay overnight to join us for our Family Day on the Sunday too, either camping or staying in New Lands House. Please ask for more details.



QUIET MIRACLES

It had all happened so quickly. One moment Danny had been cycling to school looking forward to performing in the Christmas concert when his front tyre caught on black ice and he found himself flying over the handlebars and lying on the pavement.

It was all very dramatic, though he couldn't remember all the details: ambulances, sirens, hospital... and then the slow realisation that he had broken his leg, now encased in hard white plaster, and that he would have to lie still for quite some time.



For Danny this was VERY hard. Always out playing with his friends, just picked for the local football team, always on the go, and now he was forced to lie still for weeks. How was he going to cope?

Once home from hospital his mum moved his bed downstairs so he wouldn't feel so cut off from everyone, but even sowhat was there to do just lying still all day? The days suddenly seemed very long. His aunty often popped by to keep him company and one day brought him an early Christmas present to cheer him up - A bird feeder to hang outside the window.

To be honest Danny wasn't too impressed by the gift. He'd never really noticed birds much before, but as he began to watch the little birds flying eagerly to peck at the nuts and seeds his interest began to grow.

He started to get to know the birds - which ones came at certain times of the day - which were the shy ones, which were the greedy ones. His mum gave him a bird book to find out what the names of the different kinds of birds were, and soon he became quite an expert at telling the difference between a chaffinch and a gold crest, a sparrow and robin.

On the long cold days when the wind blew hard and sleet fell he even thought how lucky he was to be in his warm bed watching them and not having to battle against the winter weather to find his food - he began to admire their quiet strength and determination.

Christmas came and went, and still he had to lie still. The winters chill really took hold now and he was so glad that they were helping the birds find some welcome food. He also

watched the blackbirds as they pecked around on the soil looking for anything else to eat. The ground was so hard now that he thought it impossible that they could find any worms and insects there.



It was then he noticed all the little shoots beginning to peep up out of the ground. 'How could they do that' he wondered? The ground



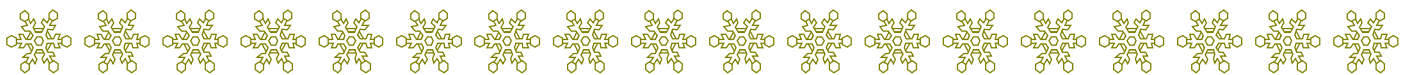
was rock hard and yet they were able to force their way through- he'd never really thought about that before. And then one day when he looked out he spotted some delicate little white flowers that seemed to have appeared from nowhere! His aunt told him that they were snowdrops, come to tell us that spring is near.

She was happy to see Danny noticing all the bulbs and birds for the first time! 'When you find the time to look,' she said, 'there really are so many amazing things quietly happening! Each one of them a little miracle.' And just as beneath the ground the snowdrops and crocuses and other bulbs were quietly coming to life, so beneath Danny's plaster another little miracle was happening - his bones were slowly healing.

His mum said it was a miracle that he had been able to stay still for so long and felt so proud of his gentle determination to make the best of it. Somehow Danny had learned from the birds who kept on going even when it was so cold, and from the quiet strength of the bulbs that were able to break through that hard, hard ground. Even things that seemed impossible could be done!

As the days began to lengthen, Danny was finally able to get up and carefully begin to walk again. He could now go out and fill the bird feeder up himself and explore more of the garden and see the beautiful spring flowers.

Deep in his heart he understood that even when life seems really tough, beautiful amazing things still happen, and that sometimes we just need to remember to be still for a moment... and look!



Good morning little snowdrop,
so full of hope and grace.

How wonderful to welcome your gentle smiling
face

You stretch to reach the sunlight

With a gracious, sylphlike yawn.

Your confidence is growing;

Hope of spring begins to dawn.

Good afternoon young snowdrop,
so full of peace and love

How wonderful to welcome you to the world
above.

The snow has disappeared,

And winter turns and leaves.

Your wave farewell reveals

Your long and slender sleeves.

Good day my little snowdrop,
so delicate and fine

How wonderful to welcome you into this heart
of mine.

You sway in celebration,

On tiptoes in the breeze.

The weather has a delicate

And sudden tiny sneeze.

Good evening humble snowdrop:

I'm so pleased that you're here.

You bring a breath of life to the beginning of
the year.

Poem by Angela Yardy

www.angelaspoems.webeden.co.uk





Snowdrops— picture a magical moment of peace....



Close your eyes for a moment and imagine a hillside covered in delicate snowdrops. The warmth of the early spring sun gently encourages the flowers to lift their heads to the Light. Imagine yourself lying on the grass amongst them, feeling the warmth of the light touching your heart too.

Beneath the earth you are aware of the great mystery of life working to bring forth its beauty and magic out of the rich, dark earth. Perhaps you can imagine the gnomes busy underground encouraging all the bulbs to grow, and the fairies sprinkling their magic on the delicate flowers.

And as you turn to look carefully at one of the blooms, you look inside the pure white petals, and see a touch of green- the promise of the fresh green days of spring to come..... and deeper still ... there in its heart.... lies the tiniest golden star .



Daisy with her felt hearts made at Playgroup

Don't forget to feed the birds!

On our last Family Day, we mixed up a mixture of melted vegetable fat and bird seed and put it into empty coconut halves to take home to feed the birds. They really need food at the moment when their natural sources of food are in short supply.



So why don't you have a go at making one at home or go to the RSPB website to find out how to make a bird feeder out of recycled bottles.

<http://www.rspb.org.uk/youth/makeanddo/activities/birdfeeder.aspx>

The birds will be very grateful!

Summer Family Camp

There are only a few spaces left for this year's summer camp so do book soon if you would like to come. Could everyone who has told me that they are definitely coming but who haven't yet



completed the booking form and sent in their deposit please do so as soon as possible.



Christmas seems a long time ago now but this was a picture from our Christmas party when we were busy making Christmas trees



THE SNOWDROP SONG

Little bulb, little bulb
 Small and brown and round
 In complete darkness
 Buried in the ground.
 Little bulb, little bulb
 Strives with all its might
 Knows that to flower
 It must reach the light!

Tiny shoot, tiny shoot
 Doesn't make a sound
 Growing up strongly
 Through the frozen ground.
 Tiny shoot, tiny shoot
 Pushing up so fast
 Out into daylight
 Up it pops at last!

Quiet strength, quiet strength
 When things don't go right
 Keeping on trying
 Brings us back to light.
 Quiet strength, quiet strength
 Of that little flower
 Demonstrates to us
 God's almighty power!

Little flower, little flower
 Like the snow, so white
 Basking in sunshine
 Giving such delight!
 Little flower, little flower
 When you reappear
 This is God's promise
 Spring will soon be here!

A Lovely song about snow drops written
 by Jenny Bateman for our Family Service



© THE WHITE EAGLE LEADER WYOM. 2012 THE SNOWDROP SONG BY J. BATEMAN

VERS 1, 2 & 3

* VERSE 4

Words
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 Go
 To
 2

They have pushed up through earth iron hard with frost— these most tender and delicate and exquisite blooms. Neither winter's mud nor the battering of the hail had sullied their purity. They stand perfect in their humility, sustained by their steadfastness, as a pledge of brighter days to dawn for all the earth.
 Ivan Cooke

The new year comes to us all on a keynote of hope. Walk in your city parks or, if you are more fortunate, along the country lanes. Be still in the spirit; be observant, and feel within the dark earth the faint stirrings of new life, the promise of spring.
 White Eagle

Whatever may be your circumstances at the present time, be thankful; for they are the soil about your roots, from which the blossoms will spring forth in due season.
 White Eagle



Lindsay Ullmann with her new book *Teen Spirit*

TEEN SPIRIT a new book by Lindsay Ullmann Inspiration and Information for young People

Lodge member Lindsay Ullmann from Grayshott, has written a unique book for teenagers, full of insight into the concerns of teens. Written in an engaging and easy to read format, it includes interesting and helpful case studies from both teens and others.

I particularly liked Lindsay's wisdom which arises from her own life experiences. She was bullied at school, leaving with hardly any qualifications. However, thanks to her self-belief and determination, she got a degree in journalism at Farnham University and is now a successful writer and singer.

Lindsay explains: 'I researched and wrote 'Teen Spirit' to give teenagers the confidence to be themselves and find their passion and purpose in life. I believe that within all of us lies a unique, creative human being.'

'Teen Spirit' chapter topics include: finding yourself, relaxing, gaining confidence, heart-break, not being fooled by the media, tuning in to nature, releasing your creativity, being spiritual and finding your passion.

I feel parents will also gain by reading this book as it helps remind us of the worries and challenges of the teen years.

'Teen Spirit' can be bought online from www.spiritualengland.org.uk or just ring the editor Anna Lubelska on 01428 717 090 Cost: £7.99/copy. Paperback. 164 pages, with illustrations.



Shiningstars Parent & Child Playgroup

We

gently celebrate the changes of the seasons through activities, songs and stories. Each morning follows a gentle rhythm allowing time for the children to play with simple toys, share a healthy snack and enjoy outdoor exploring in the beautiful grounds. All welcome **Fridays in term time 9.45 - 12.15** Meeting Room, White Eagle Lodge Brewells Lane, Rake GU33 7HY

'Peaceful Primary Schools' Conference, in London, on Friday 18 May 2012.

A unique and timely conference about how to make primary schools into peaceful and peace-radiating communities where all children are valued, listened to and helped to develop into well-rounded human beings. Organised by Spiritual England in partnership with Quaker Life and Winchester University. £45 for people from schools & local authorities. £38 for charities & individuals. Please email: anna@spiritualengland.org.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 via shiningstars@whiteeagle.org by 30th April 2012