

WHITE EAGLE LODGE WALES NEWSLETTER

BARA NEFI – Bread of Heaven

July 2023

Dear friends and members of the White Eagle Lodge in Wales, welcome to our summer newsletter. As I am writing, it is raining properly for the first time in Wales for over two months. Many of you will have been experiencing this dry spell and are grateful for the rain for countryside and gardens, as no doubt the birds and animals are.

This may awaken us to the areas of the world suffering from long term drought, and the preciousness of our Earth. We have recently had an attunement for the Earth and some of you may be familiar with the White Eagle Earth Healing service. The words 'nature' and 'nurture' often appear together. White Eagle reminds us 'Never doubt the secret of life, which is the power of love, the wisdom of love...' The verb 'nurture' means to foster care or to nourish. White Eagle is our guide in this beautiful prayer for the Earth -

'Let us pray for the wisdom that reveals the true life of the spirit in bird and beast and flower and tree, in the stars and planets and in the great cosmic life; the wisdom that teaches that there is a purpose behind every act, behind every experience; that teaches us to serve life and all creatures, to serve humanity and to leave the earth plane richer for our incarnation'.

(Earth Healer, page 86)



The Quiet Mind

Jane Trevelyan has translated the Quiet Mind into Welsh. Here is a short passage in both Welsh and English.

'Pe baet yn gallu meddwl am dy hun fel sydd y gwyddost y dylet: yn gadarn, yn fwyn, yn garadlon, ac yn len i bob dyn, dynes a phlentyn ac i bob amgylchiad dy fwydd; yn garedig ac yn ofeddgar yn d'agwedd tuag at bob sefyllfa ar y ddaear; yn bennaf oll, pe baet yn gallu gweld dy hun yn un sydd yn fod yn hollol llonydd ym mhob sefyllfa a phob amgylchiad, yn dawel ond hefyd yn gryf – yn gryf i gymorthwyo dy frawd gwanach, dy chwaer gwanach, yn gryf i ddeud rhyw air priodol, i wethredu'n briodol, a felly'n mynd yn dwr cadarn a llawn goleuni; pe baet yn gweld dy hun yn wynebu anhyflawnder ac angharedigaeth efo ysbryd llonydd, dan wybod ei fod popeth yn dod yn dda mewn pryd, ac fydd wastad yn ennill cyflawner o'r diwedd; pe baet yn cael amynedd i ddidisgwyl tan ei fod wedi cwblhau'r ewyllws Duw:

a pe baet yn dychmygu dy hun yn dod fe hynny, ymwybyddet ychydig am fod yn feistr...'

'If you can think of yourself as being all that you know you should be: constant, gentle, loving and kind to every man, woman and child, and to every circumstance in life; kind and tolerant in your attitude towards all conditions on earth; above all, you can conceive yourself as being completely calm in all conditions and circumstances, quiet and yet strong - strong to aid your weaker brethren, strong to speak the right word, to take the right action, and so become a tower of strength and light; if you can see yourself facing injustice and unkindness with a serene spirit, knowing that all things work out in time for good, and that justice is always eventually triumphant; if you have the patience to await the process of the ouworking of the will of God: if you can picture becoming like this, you will know something of mastership...'

from the Quiet Mind, page 8.

Feeding Body and Soul

Our thanks to Kathy Bullen for this tempting cake recipe.

Vegan Chocolate Cake

I was given this recipe whilst on retreat at a Buddhist centre and find it a nice moist chocolate cake which is very easy to make!

300g/10 oz self-raising flour

50g/2 oz cocoa

3 tablespoons icing sugar

250g/9 oz caster sugar

9 tablespoons sunflower or other light oil

350ml/12 fl oz water

1½ teaspoons vanilla essence (optional)

Preheat oven to 170°C, gas mark 3

Grease sandwich tin(s) (I currently use a square tin and cut the cake into squares). Line the base with greaseproof paper

- Sieve flour, cocoa and icing sugar into a bowl
- Add caster sugar (and vanilla essence if used), oil and water
- Mix well to a batter-like consistency and pour into tin
- Bake for about 40 minutes until the cake springs back to a light touch to the centre
- Turn out onto a wire rack, peel off paper, leave to cool

Fudge Icing

50g/2 oz vegan margarine

3 tablespoons water

250g/9 oz icing sugar

Heaped tablespoon cocoa

- Heat margarine and water in a saucepan until melted
- Remove from heat stir in sieved icing sugar and cocoa and beat well – the icing will thicken as it cools.
- Pour over cake and smooth with a palette knife.

With this icing the cake works well as a dessert heated up and served with (vegan) ice-cream!



Keeping in Touch:

The White Eagle Lodge, New Lands, Liss Hampshire GU33 7HY

www.white-eagle.org.uk for activities and information on how to join and find other groups in your area.

White Eagle in Wales

Elizabeth Stone, co-ordinator: wales@white-eagle.org.uk

We hold a monthly zoom service on the first Wednesday of the month – please email for the link.

Weekly prayer meeting held near Presteigne on Fridays. Please email for details – visitors welcome.

(We will be taking a summer break from our on line service in August)

We welcome contributions to the quarterly newsletter – an article, poem you have written, photograph, favourite vegetarian recipe?