# White Eagle Eastern England Star Centre Nevendon Group

Programme Jan-Jun 2025

### "FEELING STRESSED"?

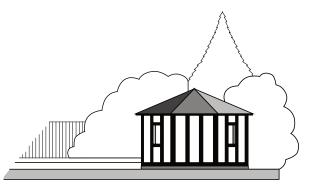
or just need to chill out then join us. You are welcome to just spend a quiet time at Egremont Sanctuary/Garden (by prior arrangement) Tea and Coffee provided.

You can always write to Jean at "Egremont" Arterial Road, Nevendon Essex SS14 3JN

or Email:-

#### EasternEngland@White-Eagle.org.uk

to agree a suitable time if you are interested in any of the events listed. or visit main White Eagle web site www.White-Eagle.org.uk



We all live fairly stressful lives so to take an hour or two out during the month could be your chance to recharge the batteries. If you just want to come along and see if there is something you would enjoy then please do.You are most welcome there are no hard and fast rules.

In each group we Study the Ancient Inner Wisdom. Based on giving out the Light and Love of God to all people without judging

These are lovely relaxed groups of committed and enthusiastic folk looking at the basic Ancient Teaching of the White Brotherhood

## Study Meditation Group

We are now moving onto another wonderful uplifting book called "White Eagle on Reincarnation"

## (1st Tuesday each month) at 10.00 am

7th January 2025 4th February 4th March 1st April 6th May 3rd June Study Meditation Group This group is currently studying another lovely book called "Light Bringer"

## (3rd Thursday each month) 10.00 am

16th January 2025 20th February 20th March 17th April 15th May 19th June

Study Group

We are now enjoying an inspiring book called "Beautiful Road Home"

## (4th Tuesday each month) 10.00 am

28th January 2025 25th February 25th March 22rd April 27th May 24th June