



WHITE EAGLE LODGE

Reading and Thames Valley Newsletter

Summer 2024



***'Many beautiful qualities in human nature are going to be brought forth in the new age. Life will become longer, because as each person evolves, he or she will touch divine wisdom.'* White Eagle**

A Warm Welcome at the Retreat Day

It was a lovely warm sunny day in May when we met together in Checkendon Village Hall, South Oxfordshire for a regional retreat day led by Deputy Lodge Mother Rozita Hansen and Healing Facilitator Frank Hansen. It was a wonderful opportunity to get to know them both and to spend time with friends old and new. In the morning Rozita spoke about the ways the Lodge is moving forward into the Aquarian Age along with some of the challenges the new age is likely to bring. There were questions and informative discussions followed by a 12 noon sending out the Light, with Rozita using the new wording of the prayer for humanity. After lunch there was free time for a stroll, chat or quiet reflection in the beautiful village surroundings. We gathered again for Frank's talk and discussion about the ongoing plans for the Lodge's healing work and he led a peaceful healing meditation to close the day. It was a happy time and one which we hope will have fostered many fruitful connections!



To the centre and left of the front row are Rozita and Frank Hansen, surrounded by Retreat Day attendees.

Healers' Refresher Day

I would like to organise a Healers' Refresher Day in the autumn which would be open to all White Eagle Healers – lone, Earth, animal, distant and contact. I'm considering holding it in our Reading sanctuary and Healing Facilitator Frank Hansen has indicated he would be prepared to lead it. Part of our commitment as healers is to keep up to date with our techniques and knowledge and attend such CPD events where possible. I will be in touch with healers when I have more information.

Open Day at New Lands



Altar in the Temple of Light

A good number visited New Lands to participate in the Open Day on Sunday 1st June. For those who were less familiar with the Lodge, it was a gentle and relaxed introduction to its activities and what it has to offer. There were a number of sessions you could choose from throughout the day focusing on healing, relaxation and meditation and it began with an attunement in the Temple at 12 noon.

Jason Wilson (Chair of the Trustees) took us on a gentle excursion along the chakra walk which is laid out in front of the Temple, through the Temple gardens and along to the lawns behind the Retreat House. We returned to the Temple for an introductory yoga session concentrating on body awareness, the art of relaxation and becoming aware of the stillness within. There were other relaxation and meditation sessions including a healing meditation led by Jeremy

Hayward, and a final relaxation session at the close of the day. In all, I found it inspiring and was able to feel relaxed and centred - despite the chilly northerly wind blowing!

Contributor: Stella Cairns

Activities in Our Region

Listed below are the regular activities taking place in our region. Please contact me if you would like more information.

- Reading - monthly Sunday Meetings (contact healing available), Distant Healing Group.
- Oxford - Distant Healing Group
- Grove (near Wantage) - Meditation and discussion group

Several registered healers in the region offer contact healing by arrangement.

Future Plans and Contributions

What would you like to see happening regarding future events in the region? Please let me know any ideas you may have for the types of events you would like to attend or the subjects/speakers you would be interested in.

Any contributions you may have for the next Newsletter would be most welcome!



***'Keep calm, simple and humble, and give from your hearts the truest brotherhood you understand, and you will assist not in revolution, but in steady, progressive evolution.'* White Eagle**

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