



PEACE | JOY | BEAUTY | THOUGHT | TRUST | HEALTH

A series of themed activities, month by month

The White Eagle teaching offers remarkable glimpses into worlds beyond the present one, simply by quiet reflection. White Eagle Lodge London is presenting a series of themes over the next six months which will enable us to experience something universal and yet remarkably close to home, such as the uplifting effect of beauty.

The themes planned are:

Peace, from 22 October to 23 November

Joy, from 23 November to Christmas

Beauty, from New Year 2025 through to early February

Thought, from mid-February to mid-March

Trust, from mid-March to Easter (April 20)

Health, from Easter to the end of May

Each theme will include a wonderful selection of activities to explore, both online and in person at 8 Hop Gardens, London, WC2N 4EH.

How do I take part? To attend in person activities, just bring yourself and anyone you know who might be interested. To attend online activities, simply drop an email to london@white-eagle.org.uk.

Our activities will take different forms. There will be meditations, discussions and times when we get together to project the light of spirit into the world.

Here's what we are offering from the beginning:

Monday Peace Activities – physical activities at Hop Gardens
11.30 A start-the-week talk with Sally Abbott, on our theme (10 mins.) 12.00 Our regular noon service, projecting light wherever in the world it's needed (10-15 mins.) 14.30 A reading from White Eagle's teaching, by Richard Wolfe (10 mins.) 16.45 A longer meditation (let us know you are coming, as this event will be by demand) (45 mins.)
Tuesday Peace Activities – online only
09.00 Meditation on peace led by Colum Hayward (sometimes pre-recorded) (20 mins.)
Wednesday Peace Activities – online only
12.00 Our regular noon service, projecting light wherever in the world it's needed (10 mins.) 13.45 Meditation on peace led by Colum Hayward (30 mins.) 15.00 A reading on peace from White Eagle's teaching, by Richard Wolfe (15-20 mins.)
Thursday Peace Activities – online only
09.00 Meditation on peace led by Colum Hayward (sometimes pre-recorded) (20 mins.)
Friday Peace Activities – physical activities at Hop Gardens
12.00 Our regular noon service, projecting light wherever in the world it's needed (10-15 mins.) 12.15 Meditation on peace, led by Colum Hayward (30 mins.) 13.30 Reading from White Eagle's teaching on the peace theme (10 mins.) 14.45 Discussion on peace (45 mins.)
Saturday Peace Activities – at Hop Gardens. Note one day only
23 November, 11.00-16.00 A RETREAT DAY ON PEACE Please let us know you are coming, if you can. Donations welcome.
Sunday Peace Activities – online, two events
11.15 3 November and 17 November (room opens 11.00) Our regular fortnightly 'Little Service of Peace', a sequence of readings and music, with sending out the light in healing. You will need to write for a Zoom link to this service (london@white-eagle.org.uk)

Please note: All the times given are GMT/BST. The programme may develop further over time and could be subject to change.