



Above: Waldorf Paper Art for Epiphany.

The Wind Call

The Christian Community in and around
Cape Town. Epiphany – Easter 2022

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Contents. Pgs.

<i>Leading Thought by Richard Goodall</i>	1 & 2
<i>Christmas & the Holy Nights</i>	2
<i>Children's Camp by Helen Hoekstra</i>	3 & 4
<i>In Memoriam: Guy Wertheim-Aymes ..</i>	5
<i>Carole Penfold's departure</i>	6 & 7
<i>In Memoriam: Dr Nick Lee</i>	8
<i>Church Maintenance</i>	9
<i>Circle Dancing</i>	10

The Right Way – what might that be?

WHY IS IT THAT SO MANY PEOPLE love to go hiking in the mountains or in nature however it presents itself? It is evidently not about having to reach a particular destination because more often than not you land up back where you started. It serves no outer practical purpose and yet hordes of people engage in this activity all over the world. It is one of those things that you can't understand until you engage in it yourself. It is hard work in which you really have to exert yourself and to a skeptic it appears to be a totally futile expenditure of time and energy.

However for those who do hike, it is a hugely enriching and revitalizing activity. They leave the humdrum everyday life behind them for a short period of time and actively immerse themselves in a completely different environment. Their sense of body awakens and they enliven their sense of movement in climbing that mountain. This produces a feeling of bodily well-being which allows them to immerse their senses in their natural environment unencumbered as all rushed hastiness is expunged from their activity and from their sense of life. The process of hiking itself becomes a

healing tonic for the whole human being. It is all about the journey and not at all about the final destination.

Perhaps it is so attractive to people because it is an outer expression of a far more essential journey that we yearn to engage upon in our lives. Over the Christmas period something new was born into the world which could be imagined and even sensed as an abiding presence. With Epiphany we are called upon to follow the example of the wise men from the East and set out on a journey of following that abiding presence wherever it leads us. However, our journey is an inner one to find the guiding World-

Star of Grace within our own souls. This is referred to in the Epistle as 'The right way of salvation'. It must be made clear that it is not the right way **to** salvation but rather that, as for the hiker in the mountains, the process of engaging with this journey is in and of itself healing. It is not about the reaching of a particular destination. It is all about striving to stay on track with our inner quest to be in the presence of this guiding star – to be in the presence of our higher being and of the Christ. This striving is healing.

The place where we sense this presence is in our hearts. For this to be possible our hearts need to be attuned to what it is that we wish to experience there. Our hearts need to be warmed through with a radiating love for all that we encounter in the world. Only then can we begin to think about the faculty of heart vision being awakened. Like perceives like and without inducing in ourselves this sense of heart's love for the world, our heart remains blind to spiritual light and spiritual beings.

The opening of our hearts is a matter of practice but quite soon, like the hiker, we can enter into a different environment - an inner space where we leave the humdrum of everyday life in the horizontal plane of time and space – and for moments at least enter into a sense of the vertical plane of existence. In this subtle but very alive space we experience a totally different environment where spiritual laws apply and not gravitationally bound earthly laws.

Once we begin to sense this space within, we need only to dwell in it for as long as we can manage and to listen into it. We simply soak up this otherworldly environment and experience how it rejuvenates and guides us with insights, pictures and ideas.

It is this very subtle inner place of experience that lets us know that we are on our own rightful path in life. Our own right way of salvation.

Richard Goodall.

Christmas and the Holy Nights.

A very warm thank you to Richard Goodall from all the community members and friends who were able to attend the contemplations on 'The Reappearance of Christ in the Etheric Realm' during the Holy Nights. It took the listeners and participants to a deep level of inner journeying where the mysteries could be probed a bit further. All this could happen in spite of Richard having been away on the Children's Camp until 21st December!

Thanks to Christina Goodall and the choir members who continue in excelling themselves each time their sublime singing rises up to the heavens. One is reminded each time of the angelic world which is especially close to us during this time of year. The beautiful flowers and crisply ironed vestments, the tall Christmas tree in the foyer, the servers in ready attendance, the silent expectancy created by the burning candles, all these contributed to a deeply meaningful experience for all who could participate.

Marilize.



'Angels among Us' by Alma Yamazaki.

The Children's Camp 2021 Feedback.

My daughter and I were very blessed at the end of last year to take part in the yearly church camp in December. It was a first for both of us and something that will forever live warmly in our memories.

I went as one of the cooks and really had no idea of what to expect. I was suitably impressed at the unbelievably well executed set up and overall structure of the camp. I found the helpers to be a collection of truly beautiful souls with immensely big hearts and a wonderful capacity to entertain, nurture, support and encourage the children. They warmed

my heart and that of my daughter. My daughter had such a great time and made some wonderful new friends. She loved all the story telling, games and singing.

It was tough but really rewarding to be a cook for 40 people. The responses and feedback of gratitude and enjoyment was really heartwarming and definitely inspired me to continue. The hours were very long and I think that perhaps a 3rd cook could have given us a little more time to take an hour or 2 every second day, or so, to recharge. Personally time spent constantly around a lot of people can be quite draining and I really longed to explore the farm and mountainside a little - to recharge.

The children gave daily thanks to us and said that they really enjoyed the food. Cooking to the sound of laughter, singing and all round happiness is definitely the kind of work environment I would be more than happy to take part in again. Last, but definitely not least, I am really in awe of this wonderful , practical, caring and super knowledgeable Soul, known to you all as Richard; a true delight of a person and definitely the cornerstone of a healthy and happy community.

Thank you all for this beautiful experience and opportunity. I would gladly do it all again!

Helen Hoekstra.



Top: Richard Goodall, camp leader, and a camper intrigued by what they are hearing. **Middle:** Thumbs up for the cooks' efforts. **Bottom:** The VIPs on camp: cooks Helen Hoekstra and Paola Muirhead.

Camp Pictures (cont.) ...



From Top left clockwise: (1) Another VIP, the camp nurse Melissa Goodall, enjoying a nap against a tree trunk. (2) Rapt attention from the campers in their outdoor classroom. (3) Colourful crafts. (4) Camp lead helper, Gabi Antoine and a helper, Alex Fortuin, reading to the rest of the group.

Marilize.

A VERY BIG THANK YOU to all of our wonderful camp helpers and cooks who worked so hard and with such enthusiasm to bring about a very rich camp experience for the children despite the far from ideal weather conditions. We all look forward to doing it all over again at the end of this year.

Also a big thank you to the WACO electrical supplies company who once again, in support of our camp impulse, transported all of our equipment to and from the camp with their delivery truck. Richard G.

Reminders.

- The **Confirmation Classes** will start again on **Sunday, 6th February**.
- There will be **no services** during the week of **7th – 11th March** as Richard Goodall will be away in Johannesburg for the Synod.

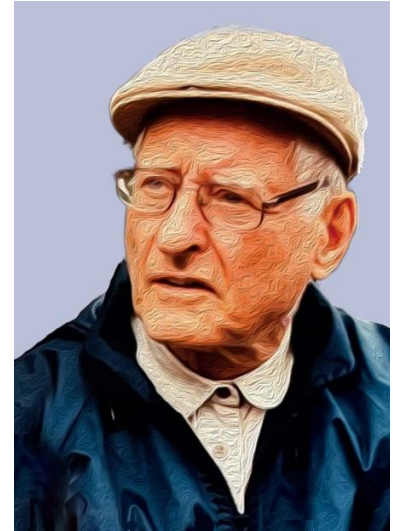
In Memoriam.

Guy Marcel Clément Wertheim Aymes

17 August 1927 – 14 January 2022

Anthroposophist, Founder and Philanthropist.

GUY MARCEL CLÉMENT WERTHEIM-AYMES was born on 17 August 1927 in Hilversum, the Netherlands, into a noble family; a life of abundance. During the uprising his mother, a serious Anthroposophist, was taken away from their home, while Guy and his brother escaped to outlying farms according to instructions. Guy didn't get the usual education of a teenager. He came by boat to SA with a stock of (cure-all) garlic and parsley tablets to start his business. He married South African biodynamic farmer Elizabeth, and David, William and Gisela were born.



In 1959 *Pharma Natura* was established. In Switzerland he negotiated the distribution of Wala and Weleda products. The first Weleda Pharmacy opened in 1964 (Rosebank, Johannesburg) making Guy the first distributor of the Weleda brand in SA. The *Natural Remedies Centre* opened in Claremont in 1970, where he visited Dr Evelyn regularly with his eagle eye.

Being legally hamstrung to advertise natural products and Anthroposophical medicines, he created a little advertising arm with me in the form of NAHASA (Natural Health Association) and I edited a booklet called the *A-Z in Natural Healthcare* – which “members” of Nahasa could buy for R3.50. Membership and monthly newsletters were free – newsletters further promoting his products, while I organised it from home. This booklet innocently found ways into his pharmacies. This was just one of the ingenious ways where he showed daring, incentive and innovation not just in business but also in personal encounters and sponsoring many Anthroposophic initiatives. If it wasn't for Guy introducing a young pharmacist Neville Adams to Anthroposophy, Neville wouldn't have become a Christian Community priest in Johannesburg. If Julia O'Leary wasn't sponsored by him, we wouldn't have her curative practices blessing us in Cape Town. Many stories can be added here.

Pharma Natura, from being a distributor soon became a manufacturer of herbal and homeopathic medicine, tissue salts, and nutritional supplements, through its leading consumer brands Vitaforce, Junglevites, Bettaway, Herbaforce and Homeoforce. Pharma Natura became a subsidiary of Ascendis Health Ltd 2014.

Now Guy could retire to Pletternberg Bay but wasn't done. At the official opening of the Bahia Formosa public independent school in Pletternberg Bay in 2017, he announced it was the 7th school he had started. Surrounded by William's family, Avice Hindmarch, 2 priests and others, he slipped away peacefully at the age of 95. May your astounding energy lead you to new heights in the afterlife, Guy!

Hanna von Maltitz.

Carole Penfold 's departure from Cape Town.



"Min dae" for Carole Penfold before her move to Plettenberg Bay.

***Left:** (from left to right): daughter Emma, who was just leaving with her husband to return home to Panama, Carole and daughter Claire on the right. Claire is married to Julia O'Leary's son, Francis and they have two children.*

***Right:** A delightful summery picture of healthy-looking smoothies.*



Carole's Farewell Letter.

COMING AS I DID FROM ENGLAND, on my own in 1968 with two suitcases and a trunk, I never expected it to grow as it has done!

I remember so well after John and I had been married for a few years how we needed a slightly bigger house. Perhaps a farmer at heart John loved tinkering and we soon grew in love and understanding for the land, and its need of us - as custodians. Our lives were filled with childrens' parties and we lived with a fairly strong rhythm and routine. Then the time came for the children's confirmation and John decided to explore. It happened to be at the time of Ascension Day when it was still a public holiday. The Christian Community group was going on a day outing to a cheese farm in Stellenbosch. We had met Rachael Shepherd (then Clayfield) and we asked if we could join for the day. Of course she welcomed us and we all had a most enjoyable time.

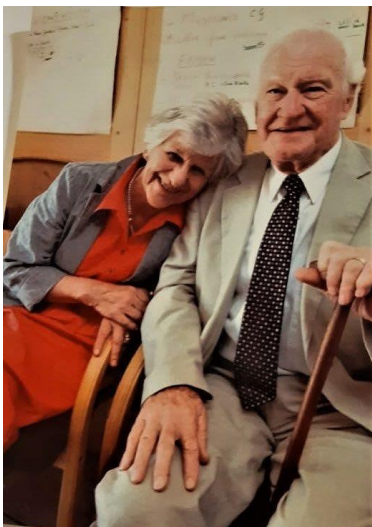
Shortly afterwards we went to our first Act of Consecration of Man at Ottery Church. As we left Gera Bienewitz was at the door with a collection plate. "This is the finest church service you will ever find!" she said.

And that was that. We started our weekly attendance. It has been, and still is, a most joy-filled feast.

And after so many event-filled years I am offered the opportunity of moving to a farm to be with my family in Harkerville and to be joined by Emma and Richi as well. A community of all ages – that was always what my Mother wanted as well. Please come and visit – I have a spare room for visitors.

So I leave with so much gratitude and love to everyone here for all they have been and done for me and John, as well as Emma and Claire. And I hope to be inspired by a new landscape offering opportunities for new growth, new experiences and hopefully becoming self sufficient, growing veggies and whatever else the land may ask of us.

(cont. page 7) ...



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John of course, has been my guiding light, and still is – the house was sold in eight days and selling and moving things has been very rhythmical. So, with a sad heart on the one hand and exuberant on the other hand I look forward to yet another stage in my life. The sacraments, the music, the care work, the rhythmical massage and colleagues, the singing and being a part of this growing community will live in my soul for the rest of my life and further.

I will be back for visits - sooner than we may expect! So hold this thought.

With love and gratitude,
Carole Penfold.

Farewell to Carole.

As you probably all know, Carole Penfold is in the process of packing up house and home and preparing for her big move up to join her daughter and family outside of Plettenberg Bay.

Carole has been a carrying member and supporter of The Christian Community in Cape Town for decades. For years she carried the impulse of the annual Fair and as our community nurse, together with Jessica Abramson, nursed countless sick people in and around the community. Her great strength has been the very sensitive way in which she was able to prepare people for their death and accompany them and their families throughout the whole process of their dying. Her unique approach to this aspect of community life will be greatly missed.

Carole has also been a faithful choir member and a greatly valued musician for the services for many, many years.

So dear Carole, we all wish you well on your exciting new venture and at the same time know that you will be hugely missed here in Cape Town.

Richard Goodall.

Church Maintenance. Another big thank you goes to Richard Cox for taking on the whole maintenance mandate of the church building and property. In the last months he has overseen the painting of the church roof, completed the side panels of the screen around the container, painted the youth room, started working his way around all the window frames of the church and most recently effected a long term solution to resolve the problem of the tower's very tatty box gutters and painted the tower walls. So much for retirement!

Many thanks, Richard.

Maintenance Program (cont.)

This picture of the church tower taken from Timour Hall Cottages brought me a nostalgic moment when I first saw it a few days ago. There was my old office window where, for 20 years, I enjoyed a perfect view from both sides. Over the decades I got to know the different footsteps venturing up the steep stair case fairly well and could often pick up the energy levels of the visitors huffing and puffing, or sprinting up the stairs.



Each springtime families of starlings would noisily raise their chicks in the ceiling of the office until bits of feathers and other detritus started sifting down over computer and desk. Then Patrick Enthoven stepped in like an old-fashioned rider on a white steed to seal off the small hole in the ceiling to restore good office hygiene again.

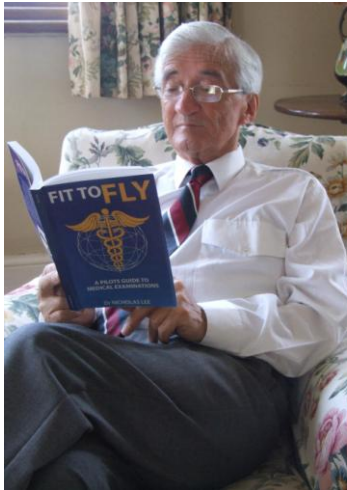


Now the fascia boards of the tower's roof are being upgraded and painted, together with the tower itself, by Richard Cox who is experienced in finicky work like fascias. During the Children's Camp Richard Cox and helpers also painted the Youth Room, giving it a much needed face-lift. See pictures below. With grateful thanks. Marilize.

Richard Cox and his team were captured painting the Youth Room on a public holiday during December with the helpers being Barbara Kelly (above), Barbara Herbert and Christina Goodall below, together with Richard. The photos were taken by John Coates who also assisted where possible. All the happy faces show that they are enjoying a good community building stint.



*The general upgrade of the church roof has been possible because of donations.
With grateful thanks.*



In Memoriam.

Dr Nick Lee. 11 June 1933 - 27 December 2021

NICK LEE PASSED OVER THE THRESHOLD after a long illness on 27th December 2021. He was 88 years old and had had a very active life. His funeral took place at the Catholic Church in Simon's Town on the 19th January 2022 Here follow some brief points about this multi-facetted person whom we knew, amongst many other qualities, for his quick mind and gift of repartee.

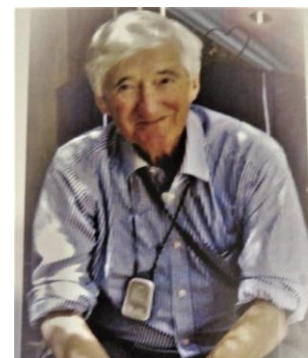
Nick was born in Plymouth, U.K. After school he trained as a pilot in the RAF and spent three years flying De Havilland Venoms (*picture on right*) before becoming a flying instructor at Oxford University Air Squadron. After eight years when his Service Commission came to an end, he studied medicine at The Royal London Hospital, then joined the RAF as medical officer and obtained his Diploma in Aviation Medicine.



There followed a career spanning the continents of U.K. and South Africa in Medical Aviation Services, in addition to being a Medical Practitioner. He was also the Editor of the South African Medical Journal. He finally settled in Cape Town continuing his work as an Aero-medical Doctor, a career which he regarded as a privilege and a pleasure. He is also the author of "Fit to Fly", a book which explains the medical aspects of flying and he was a regular contributor to "African Pilot".

In addition he was a lover of Thespian stage and drama. He met his wife, Carol, through amateur dramatics, while she was a nurse in London. Later in her life, after meeting Anthroposophy, Carol studied Eurythmy with the late Sigrid Quednau in Cape Town. Carol and Nick had three children, a number of grandchildren and currently there are several great-grandchildren as well. We offer our sympathy to his wife, Carol, and the rest of the family.

Marilize.



Circle Dancing.



A MOST ENJOYABLE EVENT was held on 30th January where young and old could weave their way in joyous circle dancing in our hall. There was live music of the highest quality, a dance leader par excellence and a refreshment table to replenish the dancers in between their rounds.

So, in honour of Christina Goodall's talents, her qualities and how she expanded into the musical realm with dance and the joy of life, we all wish to thank her, as well as her co-musicians

and helpers, for organizing this splendid event. The mid summer weather was kind to us, a lovely breeze from False Bay kept us cool and lots of catching up amongst friends could take place. Thank you, Christina and helpers! Marilize.



Top left: The musicians in their element.

Above Left: A colourful weaving of dancers.

Centre: Anne-Marie Winkelman urging people to come and help themselves before it's all gone.

Right: May Munroe, the church secretary, participating in the fun.



COME DANCE!!

If you enjoyed the Circle Dancing on Sunday afternoon, come dance some more with one of the weekly groups.

**Wednesday evenings at Claremont Scout Hall
17 Bowwood Road, Claremont, 7:00 – 8:30 PM**

**Saturday afternoons at
Bergvliet Congregational Church Hall,
Hiddingh Ave, Bergvliet, 4:00 – 6:00 PM**

**Contact Phil on 082 558 0031 or
Caroline 076 979 9388**