

The Wind Call

The Christian Community
in and around Cape Town

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39 Timour Hall Road, Plumstead 7800

Tel/fax (021)762-0450

e-mail: christianco@telkomsa.net



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The Freedom to Bless

AS WINTER BEGINS TO OPEN UP toward spring and the bitter cold begins to soften, allowing coats and caps and scarves to be shed again during the day at least, it can be striking how important an experience we go through every year at this time. It seems not only to be an uncomfortable period where we have to put on extra layers of clothing to protect us and ward off outer adverse conditions. At the same time it renews an awareness of an inner resource that we all carry within us. As we establish a clear boundary between outer and inner 'climate', and shift our attention inward as well, it is striking to notice how every human being has a reliable, sustainable and continual source of warmth within. It has always been there, never leaves us and is completely independent of outer circumstances. Winter only serves to heighten our awareness for this fact, and also that when it is noticed, it can be strengthened.

If we pause and think of our heart - notice how it enlivens us, warms us, gives us a sense of wholeness- we are tapping into a physical-spiritual core of our being. At the same time, in this knowing we realize how this source is also one of light. There is no need of it being ignited. It just needs to be discovered that this source is there.

What power we carry within us: self-producing, self-renewing, of giving without diminishing! What a significant discovery it can be when the realization of this rises into awareness; a force that manifests in and through the body, but is not of the body any more than the sun is of the earth but belongs to another order altogether.

The sun that rises every day has this power. It streams out its own light, creates its own warmth and lets it flow in abundance. It has no need of receiving light from another source. It simply creates continuously.

Might this also be a 'word of flame' to carry in our heart from the festival of St. John's Tide toward Michaelmas? Remembering that -no matter in what situation, under what conditions, at what time or circumstance- *nothing* can take away our power to produce inner warmth and light of soul. This is a power that depends on nothing else but ourselves and cannot be given or taken from us. It needs only to be noticed by oneself that it is there and available. The same quality the sun has is also in each of us! No one can rob us of the ability to bring light and warmth toward what we choose. The sun rises in perfect brilliance every day, even if clouds or storms might cover it. The decision to create goodness ever anew is ours alone, how it is received is not in our hands.

As we prepare to receive the blessings of spring and summer, we can know that human beings too are able to bring blessing to the world around us as more and more hearts spread inner warmth and inner light around them, in free decision and fully aware.
Rev. Reingard Knausenberger.

Feedback on the Wellspring Conference held from 30th April – 3rd May 2015 in Cape Town.

WE HEREWITH PUBLISH COMMENTS, feedback and photos of our Conference where we not only celebrated 50 Years of The Christian Community in South Africa, but also together looked at the way forward. Thanks to all for their contributions in text and picture.

Marilize.

LOOKING BACK AT the Wellspring Uncapped Conference I am filled with deep gratitude for the small group of people who put so much into this celebration coming about and running so smoothly. It really was a landmark experience in the history of our movement which made evident to all participants signs of the potential that each one of us individually, and all of us collectively, have for an exciting future. The success or lack of success of this conference will not show itself for some time to come. It still needs to be seen whether we all will take hold of what we experienced and make it our own in the daily life of our communities. Recognising the potential of the future is only the first step towards realising that potential. My deepest wish is that we manage to keep alive the energy and enthusiasm that we witnessed together and then continue to build on it. It is a matter of willful decision.

Richard Goodall.

From Malcolm Allsop, one of our priests in Johannesburg.

SIX WEEKS ON I REMEMBER a very festive and stimulating Cape Town Conference. From the word 'go' there was a palpable feeling of joyful "wiedersehen" after the long break since the last Regional Conference (2009), as well as a mood of expectancy that this would (have to) be a conference with a difference if the region is to continue keeping young in its thinking and attitudes, in its openness to the surroundings in which we find ourselves and to be clear about what our contribution can be – What is asked of us? What can we offer?

Although we didn't tackle concrete issues (of finances, age demographics, working together of priests and congregations etc.), there certainly was not a mood of "What the fudge was that all about?" (to quote a line from the Saturday evening's very memorable theatre performance). But not even the question at the end of the weekend was voiced: Where do we go from here? Yet everyone was challenged during the three days to recognize their own part in The Christian Community, and that it will depend on each of us and our working together as to how The Christian Community appears in the coming decades.

A vote of thanks to the hosts, to those who came from overseas and, most importantly, very best wishes to the four communities: to take the conference further, each in their own way, out of the same source, is the challenge ... Perhaps we should meet again in a year and exchange notes?

Malcolm Allsop.



Above are our 10 priests from left to right: Reingard Knausenberger (Lenker - Johannesburg), Vicke von Behr (Erzoberlenke Stuttgart, Germany), Peter van Breda (Temple Lodge, U.K.), Malcolm Allsop (Johannesburg), Aaron Mirkin (Stroud, U.K.), Richard Goodall (Cape Town.), Reglind Kuehlcke (Wiesbaden, Germany) and Kine Voigts (Namibia). Behind Richard are Neville Adams (Germany, ex Johannesburg & Cape Town) and Peter Holmann (Hillcrest, Kwa-Zulu Natal). Photo by Hanna von Maltitz.

Dear Friends,

The Conference was a week away when reality seriously set in that there are going to be 110 hungry people looking at Anette and myself for sustenance. The planning had been done and it was time for the shopping to commence. Christina and I set off for 'Fruit and Veg' and returned with a car load full – bags of onions, baby marrows, beans, boxes of tomatoes and fruit, a mountain of lettuce and cucumbers and eight enormous orange pumpkins. Christina had the brilliant idea of organizing a chop and peel work party on the Monday (public holiday). This turned out to be a very sociable, community occasion and from a catering point of view, very productive.

As both Anette and I have cooked for the Children's Camp, the logistics of the tent kitchen were quickly sorted and in no time systems were in place and our focus could turn to the food. The meals were simple but wholesome and tasty. Somehow the pots seemed to be bottomless as there was always enough for seconds.

A huge thank you to everyone who provided soups, biscuits and cakes, salads and quiches; also to all those who helped chop and peel and set tables. And of course not to forget Veronica and Thandeka who ably washed piles of crockery and cutlery – thank you.

I had anticipated being exhausted after the weekend, but on the contrary. I felt energized and enlivened through all the quick encounters I had with the conference delegates as I was dishing up the food. It was a real pleasure cooking and serving the food at this important occasion.

Kind regards, Anne-Marié Winkelman and Anette Bestwick.



Part of the food preparation team:
Anette Bestwick on the left in the church foyer and on the right:
Christina Goodall in the court yard, both wishing to remain well grounded, or so it seems!

Photos by Anne-Marie Winkelman.



From Antoinette Antoine.

THERE WERE MANY HIGHLIGHTS FOR ME at the Wellspring Conference. The one that returns to me most, time and time again, is a discussion led by Reingard where she stopped immediate responses and urged us, repeatedly, to wait a while before responding to the comments and suggestions of another. I was struck by the degree to which we found it difficult to do that and not respond immediately or even before another had finished speaking. She encouraged us time and time again to stop and really 'receive' the words of another and 'hear' and think on what the other had said; to give ourselves time to digest them, before responding. It was an exercise, I felt, in raising our awareness *and* sharing a skill to 'be present'.

This meant we could not be busy thinking about our response or the fact that the speaker might be someone we find a challenge, while the other was speaking. It was also an exercise in practicing receiving, listening and serious consideration of the idea and therefore the other. This is not an easy thing to do but essential if we are to know ourselves, each other, build community and a movement that can be seen, felt and available to all. My understanding is that by pausing, we also create a space, like a chalice, which then gives each the opportunity to become aware of a third element, separate from ourselves, that is present, waiting to be received - experienced and heard or felt - during the interaction. In each conversation we are actively engaging with each other and the spiritual world, and with the correct intent and consciousness, working for the good of humanity.

Photo by John-Peter Gernaat of Johannesburg. This is the left half of the group of 110 participants. Please see the right half on the next page.

Second from left: Our Erzoberlenker, Vicke von Behr.

Thanks, John-Peter, also for your other photos, some of which can be seen on the following pages.

Marilize.



Glimpse of the Wellspring Conference.

THE ROAD TO INSIGHT may be paved with good intentions but making suitable bricks before the future arrives takes a great deal of courage. Where does a community exist but in the individuals present within the community, and how can one possibly build a whole out of so many unique parts? If one brick is round and another square, how can we build our New Jerusalem?

The idea of the Wellspring Conference was born many months before and the image of a spring came repeatedly into our awareness as a symbol of our striving for the next 50 years. A spring is in perpetual movement, in unending renewal and always fresh and nourishing. How could we now become inspired and nourish this impulse?

The possible solution slowly dawned in the many interactions and layers of insight between us in our small and large groups. In small groups our listening skills were challenged by having to remember what the other said, and what revealed itself as a gift coming from the other person. In a silent circle, then a spiral, we sat, each with a lump of plasticine, free to create or to be still. We searched for doorways in our lives and confronted our individual crossroads by revealing to our listeners just where we might have found a tool in our lives to deal with crossroads. How did we experience the new form of the service and how would we build the road towards an ever deepening understanding of the sacraments?

In striving to develop listening skills we asked ourselves what we could give at that instant that was new, and then again what or who did we invite into our spiritual space. How or when do we experience ourselves as a spiritual being amongst spiritual beings?

How could we accept change – allow something to die for it to be resurrected? A man who goes overboard on a ship and hangs on to his life-ring often refuses to reach for the rope hanging from the helicopter above – for he believes if this life-ring has saved him the past, it will do so in the future. We have to let go to grasp or initiate the new.

From Neville Adams and Peter van Breda we heard stories of the earliest history of The Christian Community in SA, amidst much laughter and insights into the personalities who contributed in their unique ways to these building blocks. Through it all ran the thread of the need for each one of us to find a unique relationship to the Christ in our daily lives.

For me one of the greatest gifts of the Conference was being in the presence of 10 priests of the Christian Community. They swathed the weekend in the gold of a sunset, in the abundance of an everlasting gushing spring, in the glow of sincerity, truth and love for every human being attending the conference. A great blessing indeed to have them in our midst.

Hanna von Maltitz.



And here is the right half of the group photo taken against the background of our growing trees in the church garden.

Standing on the right our Lenker, Reingard Knausenberger (Jhbg) and next to her Peter van Breda (U.K. – ex Jhbg).

HAVING HEARD PETER VAN BREDAS super-glowing report on the 50th Celebrations delivered to the congregation in Temple Lodge this past Sunday, Cape Town and all of you shine out like beacons of hope and joy to the rest of The Christian Community world-wide. Peru has had its report from me and so you see the beacons are shining. In Peter's report nothing was left out: music in-put, organisation, food, warmth of welcome, even Table Mountain got a mention! I'm sure I am repeating what many have said and I say it again: CONGRATULATIONS all of you! I miss you all.

Deepest love, Pauline, U.K.



THANK YOU MOST SINCERELY to all who organised and planned, prepared and facilitated, peeled, cooked and cleaned so that our 50th was a most wonderful event. To all who journeyed from far away to give their memories, their support and their involvement that ensured that our 50th was an experience on a trusting, heart level.

So this is what The Christian Community could become – in which we are each carried, where we feel weak and can all give whatever we feel able to offer, where we feel strong – and leave the rest up to the Spirit to respond. Thank you, dear Spirit.

Leigh Sax.

Beverly Hart: The questions put to us were moving and thought provoking - we had to put our feelings, not only our thinking, into them. Our own questions were received lovingly as if in a chalice (may it be the Holy Grail!).

Heike Prinz: I started off feeling rather hesitant and found the process intense. However, I soon realized that one has to allow oneself to be open to the process and accept whatever happens. At the end everything just felt right.

Left: This was Vicke von Behr's feedback: a picture taken by himself of his hosts, John & Carole Penfold. He reported that he had so much space and comfort in their home that he could relax and start each day completely refreshed.

Marilize.



A Greeting from Windhoek.

AN ENTHUSIASTIC GROUP from the Windhoek Community set out for Plumstead to become part of the community building a "Wellspring Uncapped Conference". Our group of eight became a happy little Kombi-travelling Family who then moved in around the corner from the church at the Timour Hall Villas. This was a tremendous bonding experience and preparation for our wonderful "Small Group Exercises" during the conference.

Immense thanks and our sincere appreciation to all Capetonians for your exceptional organisation in preparing the delicious meals and for all the hard work you put into the preparations of covering all other tasks and logistics. What a tremendous effort you all put into this very special Conference in order that the participants had very little else to do BUT

"Put our Thoughts into Place and Make the Future Now".

Everyone was so warmly welcomed into this beautifully spiritually and physically prepared meeting place. What a special atmosphere we experienced in the additional space of the "Meals and More Marquee"!

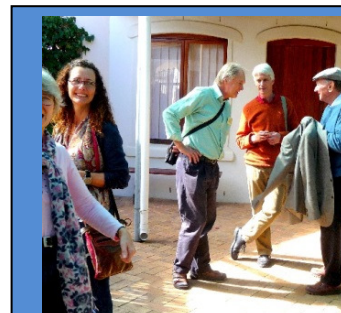
Our Conference and Meeting to Honour the Past, to acknowledge moments and points of Crossroads and to courageously step into the Future, reaching for and consciously bringing new Light into our daily living, was a wonderful and worthy experience.

May we all carry new Inspiration into the future.

Warm regards,
Elna Kuehhirt.

Thanks also to Elna for her report and photos.

Marilize.





Many hands make light work - From left to right: Barbara Herbert, Leigh Sax, Andre Roothman and Jacquie Frylinck do their stint at chopping veggies.

SOMETIMES THE MOST SURPRISING PLACE to find newness is in your own artists. The fabulous artists who journeyed into the unknown with me at the Conference were brave and so enthusiastic to meet their inner creativity. What a special time we had and what beautiful artworks you made! Thank you all who came to the art sessions. Below is a picture of the photographers amongst the participants taking a picture of all attending the conference!

Love, Mirjam McLeod.



Praying with our Angel

Our devoted companion
Our heavenly friend
Our Angel

You, who have guided us
Through all ages past
And knows all that has been

You, who will work with us
Through all times to come
And knows all that needs to be

Our spiritual guide
Our inner light
Bright shinning

May we find
Within the Eternal silence
Of our being

Your warming Love
And Light filled guidance

So that we may gain
The strength
And insight

To find the Christ in us

Each on our own
And together as one
Now and always

Keith Struthers



*On the left is a poem by **Keith Struthers** (picture above left).*

*The photo below of the beautiful flower encapsulated it for **Malcolm Attfield**. He reported as follows: "On the last day of the conference I found, growing in our garden, this sprig of flowers which seemed to express the mood of the three days' blossoming of a spiritual newness."*



WELLSPRING UNCAPPED – and the whole operation burst forward in a continuous well-defined flow. The months of planning came to fruition like a well constructed and executed military exercise. Everything stayed within its time-frame. Wherever in the Southern Hemisphere has the Act of Consecration of Man been celebrated with 10 priests in attendance, one of whom is a Lenker and one, an Erzoerlenker? What a privilege indeed!

The feeling of community and camaraderie was very strong and stayed with us throughout the entire weekend. Everyone cooperated to the full and the various workshops and small sessions were all well planned and carried out. We have all become conscious of the need to face the next 50 years. Although we may not be able to predict the future, we can create a major goal, then work towards it by having small goals along the way, thus developing year by year.

It was a real pleasure to meet up with all the visiting priests who have had connections with Southern Africa in the past: Neville (Johannesburg & Cape Town), Peter and Aaron (Johannesburg) and Reglind (West Coast Camphill). The presence of Vicke was a very special privilege.

Richard and his fellow priests in Southern Africa are to be congratulated for having imagined the 50 Year Celebration and executed it in such an outstanding fashion. Marilize is an absolute star putting in a huge effort. The trustees really produced the goods and the visitors were fed and watered with clockwork precision. Altogether a wonderful 50 year celebration!

John Penfold.

Helen Baker's comments.

***TO PULL OFF AN OCCASION** like the 50th Celebration of The Christian Community was absolutely incredible. I could only appreciate it afterwards when I realized that it couldn't have happened without a lot of thought, work and passion. Every little thing, down to the placement of the chairs and the make-up of the groups were carefully planned and precisely thought through.*

It was an occasion where not only Richard Goodall was running it, but others as well. In particular Keith Struthers stood out for his thought in the planning of the process. His ability was really fantastic. A good example was the rose quartz and bookmarks on all chairs for everyone. I appreciated every day more and more how it was done.

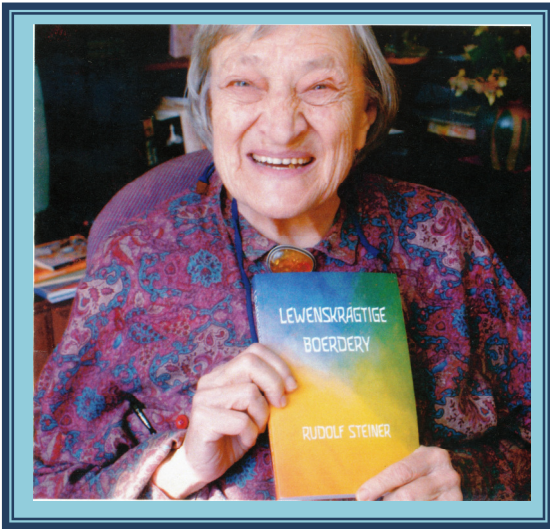
As for the food – it just kept on coming - delicious, nutritious and warm. The cleaning and tidying up happened as if by magic; the organization of everything was very good. Also, the choice of activities was wonderful. In retrospect the whole conference had a lot of content and everybody did their best. An incredible celebration!



Neville Adams (from Germany but formerly from Johannesburg & Cape Town) and Waltraut Schlettwein from Namibia enjoying a tea break.



Photos by John-Peter Gernaat from Johannesburg. **Above:** The Youth of the Africa Seminary who attended the Conference under the leadership of Michael Merle and Reingard Knausenberger. The youth met at the Centre for Creative Education for their own workshops but joined the rest of us for the main sessions.



In Memoriam

**Dr. Johanna Helena de Villiers,
nèe Oosthuysen**

***30.8.1921 (Brakpan) †4.6.2015 (Stellenbosch).**

HELENE WAS WELL-KNOWN for her artistry with words. She had an insatiable interest in their origins, proper meanings and the endless vistas they unfold. Words for her were living beings and had to be treated with respect and awareness to ensure that they go forth into the world for the purpose which they were intended for: to uplift, to build, to bring great joy, to express love, to share grief.

For her, words danced like sunbeams on water, always moving and reaching out to people and into the ethers. Words are the foundation of our culture, of who we are, helping us to establish ourselves and survive in the world. They connect us to Spirit .

She had a particular interest in the first chapter of the Gospel of St. John, meditating on the Logos until the end of her life. One can say that she went to the beginning to discover the true Word. For her the word was a medium of sharing feelings as well as the common denominator of understanding between people of different cultures. Through other peoples' poetry and stories she raised awareness of our interconnectedness.

As Professor Mouton, who led the Memorial Service in the Moederkerk, Stellenbosch, said: Helene's life task was to bring the spiritual and earthly together and she chose to do it through the word.

Helene was part of a constellation of vital people right in the beginning of The Christian Community in Cape Town when she helped with the Afrikaans translations of the sacraments.

My gratitude and appreciation to her and her late husband for many happy visits to their home in Cluver Road and later at Azaleahof.

Marilize.

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EK HET HELENE DE VILLIERS op Stellenbosch ontmoet toe ek 'n negentienjarige drama student was. Sy het na 'n gedigte program kom luister wat ek in die kelder van die Drama Departement aangebied het. Sy het my na haar huis genooi en daar het ons ontdek dat ons albei 'n grootliefde vir Sheila Cussons se gedigte het. So het ons vriendskap begin. Helene het later haar Doktorsgraad behaal oor die digkuns van Sheila Cussons.

Helene het ook uitgevind dat ek so 'n bietjie van Rudolf Steiner weet en ons het begin gesels oor Antroposofie. Toe ek Helene ontmoet het, was sy al amper sestig en ek 'n jong negentienjarige. Tog het sy soveel belangstelling in my getoon en my as haar gelyke behandel. Dit het my altyd geraak. Ons het diep gesprekke gehad oor Antroposofie en die esoteriese Christelike pad. Sy het ook haar esoteriese interpretasie van Sheila Cussons se gedigte met my gedeel. Ek het nie altyd alles verstaan nie, maar het graag na haar geluister.

Lank voor ek Helene ontmoet het, was een van my gunsteling Afrikaanse boeke *Momo* deur Michael Ende. Eers 'n hele paar jaar nadat ek Helene leer ken het, het ek besef dat sy hierdie boek oor die tyddiewe uit Duits vertaal het. Dit is 'n ware skat vir Afrikaans wat sy nagelaat het, soos ook so baie van haar ander vertalings. Haar laaste vertaling wat ek die voorreg gehad het om te help proeflees, was *Lewenskrachtige Boerderij*. Helene het dit reggekry om Rudolf Steiner sommer lekker Afrikaans met die boere te laat praat!

Deur die jare wanneer ek by Helene gekuier het, was ek altyd verstom oor hoe op hoogte sy was met die nuutste Afrikaanse digbundels en jongste digters. Sy het altyd so baie gehad om te deel. Die laaste keer toe ek haar gesien het, het ons tee gedrink in die Botaniese Tuin oorkant haar blyplek. Sy was stiller en diep waardeerend oor die natuurskoon om haar. Ons het stadig deur die tuin gestap en alles om ons bekyk en bewonder. Saam met haar was ek omvou met die hier en die nou, die skitterende nou. Dit was al wat belangrik was. En wanneer ek nou haar vertalings lees, is sy steeds by my, in die hier en die nou.

Keriesa Botha

ONCE UPON A TIME, a friendship was sparked by the love of language, especially Afrikaans. It was while I was teaching at the Stellenbosch Waldorf School that I met Helene and she would come and tell the Grimms-Sprokie in the Kindergarten in Afrikaans. After all, the language of the Boland is Afrikaans! Helene had also translated many of these stories into a series of six books and she particularly loved the illustrations.

Helene was an exceptional woman, being both a mother and an academic. I found one of her childhood memories striking. While she was growing up on a Mission Station in the Transkei, one day she and her dog came upon carpets of clivia flowering on the forest floor. No wonder she was a free spirit!

Helene was inclusive in her outlook. She took delight in describing her 'three-fold' outlook of the languages in the Western Cape. English, she said, was the language of the head with its airy, intellectual sounds. Afrikaans she experienced as the language of the heart, so warm and heart-filled. Xhosa, she maintained, with all its lively clicks is the language of the will. Head, heart and limbs, each language has its place.

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When I left the Boland, our friendship continued with the Class lessons. We had a small, faithful core group. I would describe Helene as a brave heart as she silently bore much sorrow in her life. I have been blessed with this extraordinary friendship and know that at the grand age of ninety-four, she is ready for heavenly pastures.

Rowena Bell.



Entente Cordialy.

THIS PIC WAS TAKEN in a small Inn deep down in the Basque country near the borders of France and Spain. The group (except my niece and I) had just completed one part of a hike in the foothills of the Pyrenees. Most of the walk takes place on ancient Roman roads, narrow by today's standards and some goes along wild and overgrown paths. A good walk which gives the hikers a good appetite which is why they ended up in the Inn!

The Inn is famous for its steaks which were quickly devoured by the hikers! The group, all friends of my niece (on my left in the pink jersey) are a mixed bunch, one from Switzerland, a couple from France, one Peruvian, a Spaniard and a Basquaise. We spoke to each other in a mixture of Spanish, French and English and got on very well. After their fantastic meal off they went on the other half of the hike. The sad thing is no-one ever asks about South Africa. However I was there to keep the flag flying!!

Life in Oxford now that summer is here is different: lots of pasty white flesh and short shorts! Nature is splendid on all levels: daisies, buttercups, clover and dandelions at ground level. The hedgerows are bursting with May blossom, hawthorn and wild rose. Above everything are the Chestnut trees with their candle-like flowers, and Silver Birch stand proud as arrows with their elegant silver trunks pointing up into the sky. And hurrah, it is warmer! I've taken off a jersey (only one)!

All for now. Miss you all.

Pauline Scott.

Thanks to:

- **Estelle Bryer** for the beautiful potted anthurium in the foyer. With its heart-shaped, exotic flowers this plant has come to symbolize hospitality. It gets its name from Greek, meaning "tail flower" and it is also known as the flamingo flower. May it be happy in our foyer!
- **Barbara Herbert** for donating a very useful shredder for the garden which Monde, our gardener, has put to good use.
- **Helen Baker** for her donation of a sturdy ladder.
- **Anne-Mariè Winkelman** for a beautiful mahogany cabinet, which is in the vestry for the moment.

Marilize.

The Family Fair 2015.

The next **Fair Meeting** will take place this **Sunday, 26th July**, after the services and tea.

A mail will soon be sent out to all specifically about Fair matters. Information about the different areas and contact persons are on the doors in the foyer.

In the meantime could you all please think about a raffle with an attractive prize(s)? Also, who will take this on? You can share any ideas about this at Sunday's meeting.

The Coordinating Group.

Last but not the least!

A VERY WARM THANK YOU to Reingard Knausenberger, standing in for Richard Goodall while he is away on a well-deserved sabbatical. She will be leaving early in August and her caring of our community is highly appreciated.

We also look forward to welcoming Rev. Marcel Frank and his wife from Heidenheim, Richard's previous community, on **Sun 26th July**. Marcel will cover the last part of Richard's absence until early in September - therefore being around for our Fair on 5th September. They will be living in the Goodall's home.

Marilize.

Marilize will be on leave from 14th – 25th September during which time the Church Office will be closed.