

The Wind Call

The Christian Community in and around
Cape Town: August – October 2018.

39 Timour Hall Road, Plumstead 7800

Tel/Fax 021 762 0450 e-mail: christianco@telkomsa.net

www.thechristiancommunity.org.za

*Above: A painting by a
Waldorf teacher, U.K.
(Google).*

Contents.

Leading thought by Richard Goodall	1&2
Article by Rev. Michael Kienzler	3
Message from the Elemental Beings by Karston Massei	4
Farewell to Marion Penfold	5
Hand in Glove: the tale of a master puppeteer	6 - 8
Baptism	8
Fair 2018 Preparations	9 - 10

Love as a home?

A GROWING PHENOMENON in the world is the prevalence of homelessness, hunger and hopelessness in the sense of meaninglessness. For many this is an outer every day physical reality and for vastly many more it is an unhappy disposition of soul. Why is it that so many people, particularly younger people, feel lonely and depressed in a time which offers more possibilities of mobility, communication, and abundance than ever before? How is it that so many people, whether they are rich or poor, feel themselves to be disadvantaged?

There is an interesting book by Malcolm Gladwell called “David and Goliath” in which he points out that there is a great advantage in being disadvantaged in the conventional sense. All that is needed to transform disadvantage into an advantage is a new perspective on the situation. The adoption of a new perspective transforms you into a game changer who decides to live life by different rules and according to different values. Such a decision is an active deed of courage which may make you appear as being rather exotic. At the same time you could ask yourself, “So who wants to be ‘normal’ when normal appears to be so far removed from what is healthy and fulfilling?” Such an inner change of tack is what can

transform hopelessness into a burning enthusiasm for something quite new and of the future.

It is just such a change that St John calls upon us to make. If anyone was ever disadvantaged, it was the earliest followers of Christ. They were both ridiculed and persecuted, but despite all this, their inner change of tack made the impossible possible - although not necessarily comfortable. The end of the St John’s epistle is an appeal that we receive the creator and bestower of light in our souls. For the outer physical world the creator and bestower of light is the sun. For the human soul it is the Christ. It is for this reason that the very first ‘sign’ of Christ is an inner spiritual deed of soul that brings about in the outer world what normally would be brought about by the outer sun – namely the changing of water into wine at the marriage in Cana. St John’s call upon us to take this inner sun working into our souls.

The ten weeks between St John’s and Michaelmas is a period of time during which we can practice making this appeal into a personal reality just a little bit more. The whole of St John’s Gospel revolves around the question of Christ’s home. It is the first question that is put to him, “where do you live?” Later on he

(Cont. next page) ...

(Cont. from previous page) ...

answers this by saying that if you live in my love then I will live in you. This is the great mystery and open secret of Christianity: that if we work at making in our own soul – that is in our thinking and our feeling and our willing – a fitting place in which Christ can live and work, then we, in turn, find a new home in him.

This is the reason why there is so much outer and inner homelessness in our time. It forces us to eventually ask, “So where is the rightful home for the human soul in the world?” If we do not come to this out of our own volition then, in time, our destiny path will force this question upon us. Leading us to an openness for this question is the task of the archangel Michael. He leaves us totally free but at the same time he creates a worldly situation which becomes so uncomfortable for us that sooner or later we start asking meaningful questions about more sensible alternatives to what is the norm.

A very useful possibility to find one’s way into this new home is to dwell on the “I am” words of Christ as found in St John’s Gospel. We can take any one of these sayings of Christ and carry them around in our mind for a few weeks. Try to mindfully repeat the words as often as possible and to associate as much as you can with them so as to give them ‘body’. Soon you will begin to experience that the chosen words not only come to life in you, but that they also begin to form a kind of sheath around you. They become like a safe space or room into which you can retreat. The interesting experience is that this room is not empty but rather filled with vibrancy. It begins to speak to you in as much as you are prepared to listen. You suddenly realise that you are not alone in the room and that the one whose words they are has joined you and that he begins to inspire you and feed your thinking and your imagination. After a while you can move on to another “I am” saying and repeat the process.

Such an experience can become a daily reality if we devote ourselves to the exercise of creating the room and learning to listen in it.

Our experiences in our word rooms become a new source of nourishment and enthusiasm – an inexhaustible spring of renewed strength. This strength resolves our feeling of homelessness in that we feel held and are no longer alone. It stills our sense of soul hunger in that we are inwardly nourished. It fills us with meaningful purpose in that we are given new insights into reality from which arise new tasks and pursuits.

This is the “free power” referred to in the Michaelmas epistle to which Michael leads us and which is needed if we are to participate in the healing and transformation of the earth and humanity. We can truly come to an experience of Christ’s light in our day light and also know beyond any shadow of a doubt that Christ’s love is the true home of the human soul.

Richard Goodall.

Richard’s times away.

*For the remainder of this year Richard Goodall will have to be away often and we wish him fruitful work and interesting adventures. Starting off immediately with his visit to Windhoek to attend the regional meeting and synod, he will depart from there directly to Nairobi, Kenya, on invitation of the “All Africa Anthroposophical Conference in Kenya”. He should be back on 10th August. Following his usual visits to our Camphill Communities and with our Fair in between, he and Christina depart for Israel on 22nd September with return date 6th October. They have been invited to visit Harduf. After Richard’s annual retreat during the 3rd week of November there is only one month left before he goes on the Children’s Camp. And then it is ... Advent and the Holy Nights! We will report back on his different journeys in the next Wind Call. **Please note: Marilize will be on leave from 17th – 28th September which means that she and Richard will be away at the same time from 22nd – 29th September when the Church Office will be closed.***

When you all will be scattered, each one into his own loneliness.

A bird raised by human beings will eventually learn to fly. Perhaps a little later than usual, but he will learn it. Under the same circumstances a squirrel will learn to climb trees, a mountain goat to browse and climb steep cliffs etc. All of them will be able to communicate with their own species.

A human child adopted by animals (wolves, monkeys) never exposed to other human beings will never stand and walk upright, speak or think. And in a few cases where young people were taken into human custody after having lived with animals they never reached a fully human behavior and



learnt to speak. To become fully human is not in our genes – it depends on experiencing other human beings and being exposed to uprightness and speech.

All of this reveals that the human being is the most social being on earth. And yet ... We fight each other in competition, we kill others who are different from us, we have wars and civil wars and so on, and so forth.

But we do experience community and togetherness and warmth in family, extended family in tribe and nation, perhaps in some societies in decreasing order, and this is also vanishing.

In many Western societies 30%, almost a third of the population, lives in single households with a dog as the closest companion. This being scattered into loneliness

seems to be the signature of our time. It could also become the 'wake-up call' and 'turning point' into a new kind of community.

We can realize that not only according to the Bible, but also according to insights of modern human genetics, all human beings stem from two or very few ancestors - which means that we are all brothers and sisters.

As Christians we can think of another ancestry. That all Christians have an ancestor in the future called the Christ. This is why St Paul calls him the second Adam. Aware of the fact that we are like the branches in relationship to the vine in our connectedness with Christ, a new kind of community can arise not depending on blood bonds any more, and independent of gender, race, nationality or language.

South Africa has a special possibility to work on this because a seed was planted by Nelson Mandela which could grow into 'Ubuntu' out of the knowledge that we owe most of what we are to other human beings and we can give back by behaving like true human beings to other human beings. This would water this seed and turn loneliness into the prerequisite for the new kind of community, the Christian community.

Rev. Michael Kientzler.

From Karsten Massei's book: "Messages from the Elemental Beings."

The following excerpt from Karsten Massei's book has been submitted by Rachele Napier, who in turn received it from Alfred Leibacher who now lives in Tasmania. Alfred was a student at The Novalis College in 1990. He also did a four year degree in Australia in Disability Care and then lectured to students after many years of working as a carer in the field of disability. Those who attended Michael Kientzler's talk on bees on his last visit to Cape Town will be reminded of the fascinating insights he brought to the subject. On the right is a close-up image of a Carpenter bee found around the world, with about 36 species in South Africa.

Marilize.

Karsten Massei, born in Berlin in 1963, has lived in Switzerland since 1986 where he offers courses on perceiving nature with a focus on the elementary world, bees, trees, flowers, and landscapes. Karsten is fond of working with beekeepers and therapists. He is the author of five books including his latest release, which was published this year by the Futurum-Verlag. Karsten is married to a cranial-sacral therapist and has three children.



"An Image of the future human soul."

Finally I wish to give an account of the words of a 'Bienerich' (a very high being in the hierarchy of the bees) which moved me deeply. One must become aware that the 'Bienerich' looks differently at the earthly existence than the human being does. This is so because he stands between the earthly and the spiritual world. He shares this with many higher elemental beings. The consequence of this is that the reality which we see as the true one, namely the sensory world, the 'Bienerich' experiences differently. He speaks:

A bee colony is a living image for the future powers which rest within each human soul. Each soul is so far a bee colony, as she has a future. The care of the soul, her development happens, to enable her to bring her future potential into appearance. In the completeness of a bee colony one can see the powers of the human soul, which will be fully penetrated in the future. In the bees they appear already today. The way each human being is called to care for his soul, so the beekeeper cares for the bees. The beekeeper takes the same attitude to the bee colony as he does to his own soul, when he tries hard to develop his future and higher power. Beekeeping leads into a world which is similar to the soul-world of man. When the soul becomes active to receive higher knowledge, spirituality, she does what the bees are doing to produce the honey. The honey is like the fruit which the soul develops, when she completes herself. In the soul of the human being (beehive) ripens a spirit spark (nectar) to spiritual substance and food (honey). In the bees the human being can anticipate the state of the soul of the human being and what she may become. One's own soul's future appears already in the bee colony."

Children's Camp.

This year the Camp will take place from **Wednesday 12th – Wednesday, 19th December.** Parents of camp children can e-mail us and we will put your names on a waiting list in date order of application. Application forms will only be sent out during the week of **8th – 12th October.** **Picture on right:** Girls at play on Camp 2015.

Marilize.



A *u revoir to Marion Penfold.*

On 24th June we said farewell to Marion Penfold who was leaving Cape Town after several decades for Prince Albert in the Karoo. There can be hardly a person who doesn't know Marion after her long career of being a teacher at Michael Oak Waldorf School, her teacher training, Anthroposophical interests and being a member of The Christian Community. Much has been spoken and written about her life in the school community.

Here at Church she will be sorely missed, not the least at the Bread Stall at our Fairs which she regularly manned. She had a ready interest in, and support for all our activities.

Her adventure in country living started at the beginning of July and we look forward to hearing from her sooner rather than later. Her new home is called *Marigold Cottage* which is hopefully a description of things that already exist, or about to manifest, when spring arrives. Prince Albert is well-known for its clean air and snow-capped mountains in winter.

Marion has had a long connection to the Cape Town Community, since its inauguration at Whitsun 1965. She was introduced by Lia Gabler (now living in Germany) who also had an equally long stint in Cape Town as a Waldorf teacher at Michael Oak School. Marion attended her first Christian Community service on invitation of Lia and out of that she became a regular visitor and member. She found the priest at the time, Heinz Maurer, a kind and genuine person and said she felt totally free in practicing her new religious life. Thanks to having grown up in a religious home she already had a rhythm of religious life and was grateful to be able to enter into this new experience in faith.

Soon she felt the need for proper Waldorf training and went to Emerson College in U.K. There she was a boarder at the Priest Training Centre "Shalesbrook" which borders on the "Winnie the Pooh" grounds called Ashdown Forest, for those with a literal interest and who are familiar with these classical children's stories. That year no priests were being trained there. One of the students at Emerson College was Peter van Breda, who then decided to train for the priesthood. Rev. Adam Bittlestone was the resident priest providing the training at Shalesbrook and his wife Gisela, was a puppeteer. Adam held three services per week which Marion used to attend. There she heard the beauty of the language of the service and through this connection with the language she found a deeper connection to The Christian Community.

A hugely important aspect of The Christian Community services is for Marion the quietness which she feels can help people, especially in modern life, to create a balance in their lives and find a true sense through the gift of the services of what it is to be human.

We wish Marion an enriching new life in the Karoo and we look forward to seeing her during her visits to Cape Town in the future. Marilize.



Left: Marion at the Bread Stall at one of our Fairs.

Right: Appreciating the beautiful crafts at a more recent Fair.



Hand in Glove – Puppetry as Bridge-BUILDER in South Africa.

(We bring you an edited version of an article under the same title written by Estelle Bryer and published during 1997 in Steiner Education Vol 31 no. 2. Her written - or spoken - words are in quotes.)

Over a cup of tea in Estelle Bryer's beautiful home at Timour Hall Cottages the story of her love of puppetry flows easily, explaining the fascination these puppets have for human beings whatever their place in life, their culture or their language. Whatever the nature of the puppets, whether worked by strings, worn on hands or moved by rods they create an atmosphere of mystery and magic around them. Soon I am hanging onto Estelle's lips like a five-year old.



How is it that both children and grown-ups can fall under the spell of these imaginative creatures made of wood or other materials? Experienced puppeteers like Estelle can tell you that all the world over audiences see only what they want to see, so strings and rod are not perceived at all. They only see the laughing and weeping, indeed the whole gamut of emotions in the puppets' faces. The puppet is the voice, feeling and movement of the puppeteer and so it also gives the puppeteer life.

According to Estelle, Goethe, Schiller and Wagner were known for playing with puppets. The story of Faust came from the puppet performance of Dr Faustus that he saw as a child. In recent years countless amateur groups have performed in growing fields like children's hospitals, therapy for speech defects etc and even in traffic education to name but a few. Estelle quoted Rudolf Steiner, who had said to Hedwig Hauck (the puppeteer in Berlin whom he guided in the art): 'Puppetry is a remedy against the ravages of civilization – it must unfold and develop the fantasy of the child.'

How did you arrive in this world of fantasy?

"While teaching in 1962 in the Waldorf Kindergarten (then in Rondebosch) a most creative person, Felicitas Fuchs, arrived from the Camphill Movement as Class 1 teacher. She was a eurythmist, musician and a master puppeteer. Her beautiful glove-puppets were made of molded felt and silk. I was then captured and with her portable theatre we performed fairy tales at schools and hospitals etc to raise funds to buy musical instruments for her class orchestra." After Felicitas had left, the school moved to its present site in Constantia where Estelle and her colleague Janine Hurner built a small but permanent glove-puppet theatre in the Kindergarten. Together with the parents they created three beautiful Grimms' Fairy Tales



and performed regularly for the general public and their Kindergartens. Those were pioneering days. The stage was set for further growth and branching out to all layers of society.

You were a well-known face at children's birthday parties. How did that get off the ground?

"I built a small solo theatre, created fairy tale plays and performed at the birthday parties of our Kindergarten children. This soon grew to include children all over Cape Town's different ethnic and religious communities where the shows were received readily and with many positive comments.

(Cont. next page) ...

(Cont. from previous page) ...

From there it was a short step to shopping centers, the Waterfront etc where children were being damaged by other puppet shows with distorted amplifiers on full blast. These shows were so rewarding to me that I continued with them for more than 20 years, averaging 70 per year. It went a long way to bridging the cultural, racial, economic and religious divides."

Another project was the Health Hydro.

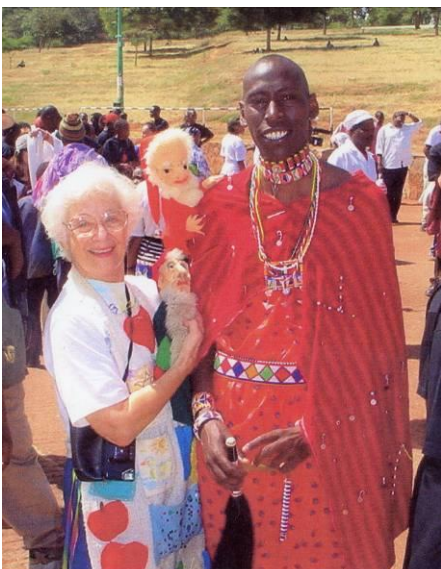
"I found myself invited to perform at an exclusive Health Hydro which was patronized by politicians, industrialists and general 'high society'. Management discovered that in addition to my regular bi-monthly talks on the 4-fold human being, eurythmy therapy plus a regular eurythmy class I was also a puppeteer, so I was invited to do a puppet show. These combined talks (now also the three-fold human being) plus puppet show, fairy tales (usually Mother Holle) continued for about 2 years."

From there you branched out to main stream schools in deprived, sub-economic areas. How did you get this financed?

"In 1964 I had made up a story to help a particular child in my kindergarten who was afraid of a 'grey witch who lived inside him and was making him naughty'. My story was then titled '*Andreas and the Grey Witch*' and it was a moral-remedial-educational story. As the crime-rate suddenly soared in Mitchell's Plain I adapted this (Michaelic) story as a counterbalance to hooliganism, shoplifting etc, eventually with brown puppets in Afrikaans and black ones in Xhosa (taped!). It was so successful that it was requested year after year by the schools. By this time I was a eurythmy therapist at the Constantia Waldorf School on a part time basis and I chose to have free time to pursue the strengthening effects of the story of *Andreas and the Grey Witch*. It had developed into a nice little business sponsored by Commerce and Industry to supplement my part-time salary. In time The Department of Education and Culture also increased their sponsorship to 40 schools per year."

Teachers and social workers then asked for more – a play for the children in the Township schools with their own peculiar problems. Did you have to make any adjustments to what you were already offering?

"It did present many challenges. Stories could not be performed out of the Xhosa-speaking children's rich cultural background because they were mostly third generation township children for whose families tribal culture had broken down – they required something new to replace it. I consulted extensively with the Xhosa teachers and social workers and it was decided that *Andreas and the Grey Witch* had the ideal symbolisms which could also apply to the Black culture. The play then had to be transformed into their beautiful, descriptively rich Xhosa with black puppets and in that way it reached many children and adults and brought them much joy." I had to perform this using my Xhosa tape plus a talk at a Puppet Tagung in Dornach where they had made me a special theatre. (Picture left: two puppeteers sharing their skills.)



How was the Rainbow Puppet Theatre on the grounds of Constantia Waldorf School established?

Estelle conceived the idea of this theatre based on what she had seen in the Sonnenhof, Arlesheim, a home
(Cont. next page) ...

(Cont. from page 5) ...

for handicapped children started by Ita Wegman. Tony Pritchard designed it based on Estelle's ideas and it was built in 1992 by the visiting Swedish woodwork teacher, Sigurd Norgas. It is the only permanent one in the country and can seat 110 small and larger people. Every Saturday two performances open to the public take place with a change of theme every month. Altogether she created 12 more plays for this theatre.

Estelle is well-known in our wider circles. Born in Bloemfontein – known as the City of Roses because of the thousands of roses lining the streets – she studied art after finishing school at the Johannesburg Technical College but changed it to obtain a Kindergarten Diploma. She has taught at the Constantia Waldorf School since its founding in 1960 as a kindergarten teacher, eurythmy teacher and also as eurythmy therapist. Since pioneering puppetry in 1963 she has played to many more than half-a-million children over the years. In addition Estelle has had four books published and had also lectured internationally on this subject which has been burning brightly like a flame across her life since her late teens. There is much more to say about her life, but this would have to suffice for today.



Estelle still performs but by invitation only and continues to reach a cross section of society: children, parents and elderly persons in retirement centers. She is also an onstage Comedienne!

Marilize.

Baptism on 13th May 2018.

Congratulations to Tanja Karakashian and Andreas van Breda on the baptism of their third child, a girl called Nava Valentina. She is a baby sister to Ara (6) and Sahar (4). Nava was born on 7th December - the same day as her great grandfather who would have turned 100 years old!



Above left: The Van Breda family on this happy occasion: from left to right: Andreas, Tanya holding Nava, godmothers Beatrice Blankers and Melissa Goodall, and in front Sahar and Ara. **Right:** Parents and Nava.

Family Fair 2018

Our annual Fair is only six weeks away. Every year it is a lovely community event, thanks to your contributions, attendance and help before and on the day itself. Let's look forward to another enjoyable event!

We need your help/donations with the following stalls, please:

2nd Hand Books. Please bring your second-hand books which are still in a good condition and which you are willing to part with. This is a popular stall so we need to stock up. *(Picture right.)*



Sheilagh Dobson and helper(s) are looking after our ever-green plant stall. Contributions of potted plants, shrubs and cuttings, seedlings, especially of herbs, and gardening equipment such as plant pots, seed trays and tools will be greatly appreciated. *(Picture on right: Our attractive display at the Fair 2017).*

Nearly New Stall.

Thanks to Jeanette Kane and helpers who are once more willing to man this stall, which always gets a good share of interest from our visitors.

(Picture left.) Please let us have **your nearly new items** which you no longer need or use so we have a good variety to offer visitors. No White Elephant stuff will be accepted. You are also encouraged to put your price on the item(s) to help Jeanette & Co.

Plants. Howard &



Cakes, Breads & Tea Garden.

It would be lovely to receive donations of cakes for the cake stall and tea garden this year. Small is beautiful and exotic is just fantastic! People are always looking for something out of the ordinary – meringues, always a hit – and also quiches – large and small (2 persons), any savoury items; as well as : fudge; small cup cakes , crunchies , cheese straws; ginger cakes,



biscuits, lemon cakes, lemon meringue pies; AND OF COURSE CHOCOLATE CAKES.

Apple tarts/crumbles; pear and almond flan (work that one out - if you can!), croissants, scones – gluten free or with flour – breads and buns, fruit cakes, phyllo pastry flan filled with apple –rhubarb, apricot jam. Anything I have left out? Then please use your ever imaginative ideas and BAKE, BAKE, BAKE. We love your offerings. Sincerely and with warmest good wishes – enjoy your baking frenzy! Carole Penfold. *(Cont. next page) ...*

(From previous page) ...

Deli.

Lovely people, please keep the **Deli Stall** in your mind for the fair. We are always looking for lovingly made jams, preserves, marmalades, chutneys, pesto, sauces, pickles - anything that can fit into a jar we will sell! Please don't limit your creativity, we had other items that sold very well, things like fruit rolls, date balls, popcorn, readily packaged biscuits or crackers, nuts, dried fruit, honey. Release your imagination, even if you can make a couple of jars, they will be much appreciated! Thank you!!!

Paola Mondati-Muirhead.



Puddings.

Dear Friends,

I hope you are all well! I would like to ask you to contribute to the **Pudding table** at the fair this year. In years past your contributions have made the table both popular and a feast of sweet delights! Popular puddings include:

- Chocolate mousse; ■ Apple tart (in fact, tarts in general are great;
- Fruit salad/strawberries; ■ Tiramisu; ■ Anything that you can give a good scoop of! (at only R8 a scoop!!)

As always, a pudding or two that caters to people with allergies is very welcome!

I would also appreciate someone to **help me for an hour or two** on the day – the pudding table is extremely popular so we cannot afford to leave it unattended for a second!

Thank you in advance! Warm regards, Kosma von Maltitz.

Lunches. Dear Friends,

Having lunch at our Fair is a highlight for many Fair visitors. The reason is simply due to the wonderful variety of delicious homemade quiches and fresh, appetising salads. Priced at R50 per plate, it is great value for money. Therefore, we once again appeal to you, to support the lunch stall with your extraordinary selection of quiches and salads. Please remember to jot down the main ingredients on a little piece of paper and place it on top of the quiche before dropping it off. This makes it easier when serving customers with particular dietary requirements. Thanking you. Regards, Anne-Marié Winkelman. Tel.: (021) 762-6756 / 082-885 0624 e-mail: annemarie@sa.sifutures.com.

From the Travelogue of our inveterate traveller, Rhoda Rutherford – Tulips from Canada.

I had the great fortune of visiting Vancouver just as spring arrived! The most bright and beautiful tulips lined the streets and filled the beds of Stanley Park under a warm Canadian sun. The air was fresh and cold with snow capped mountains in the distance. Vancouver is a very active city with bicycle and walking lanes on all main roads; public busses have place for your snowboard or skis on the front.

Over a long weekend Chris and I did a tour into the Canadian Rockies. The scale and beauty of the snow covered mountains surrounded by tall pine trees was breathtaking. The glaciers melt into perfect blue lakes, which still had clumps of ice on top, not yet melted by the spring sun.

It's lovely to be home again with all these new, beautiful memories. Rhoda.

