



The Wind Call

The Christian Community in and around
Cape Town: February – April 2018.

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Above: An image of an Epiphany -
painting done by a Waldorf School
learner in U.K. -www.pinterest.com.

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Christmas in No Man's Land.

51 YEARS AGO THIS CHRISTMAS SEASON I had been studying at the Hebrew University in Jerusalem for about six months already. Jerusalem was still a divided city. My Hebrew was good enough to get along on a day to day basis, but still far from adequate for studying at the university. December had rolled around. We had celebrated a lively Chanukah that year and soon we would be having a few days off for the end of term and exams. The weather had turned a bit colder although still no snow. Now before continuing with the story, you must know that the three most important "secular" holidays in the United States were then and still are Independence Day in July, Thanksgiving in November and Christmas day. Everyone is in the Christmas "spirit" well before December comes around.

Everywhere there was canned "Musak" and "Musak" was already pretty much everywhere back then, not just in stores themselves, but in elevators, malls, most public buildings, even in some outdoor venues. Christmas carols could be heard non-stop. Growing up in a Jewish family in Dallas, Texas, it was difficult not to get enthusiastic about the coming holiday season - all the decorations, the Santa Clauses, the gift buying, the rushing around, and the announcing of winter's approach. There were enough fond memories of the season to become nostalgic about so that by December 24, 1966 several of us went in search of some place to hear and sing along with carols. So a group of friends ended up at the "Yimka", that was the YMCA in Hebrew, for an evening song fest that ended about 10 pm.

As we left the Yimka someone had the bright idea of going on to a midnight mass at a near-by Catholic Church. There we were up in a balcony, looking

down on the, for us, strange proceedings far below at a Christian altar attended only by monks and priests. At one point in a sermon, probably delivered in English, the priest said in a joking manner, how fortunate it was that Jews in Jerusalem entered into a house of worship at least twice a year, once for Yom Kippur, the Day of Atonement, and once for Christmas Eve midnight mass! And, indeed, the balconies were full of curious on-lookers. At the end of the mass, we were all instructed to "Go in peace," which we wholeheartedly wanted to do. So we left the church and instead of returning directly to our dorm rooms at the university, we walked to the nearby border which stretched through Jerusalem and between Israel and Jordan at that point. There was an enormous sign warning us in Hebrew, in Arabic and as if that weren't enough, also in English: "G'vul, Assur L'avor". "Border, Forbidden to Cross". Then for good measure, I suppose, there was a note below the warning that read "No Man's Land".

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We stood there a while in the cool night air, looking up at the clear sky with its cloudless and glorious star display. Off in the distant valley below, we could see a few lights of a then small city-village. When we realized that we were looking down on Bethlehem, we disobediently crossed over the imaginary line and passed the warning sign and sat down on the ground.

There we were: four American Jews, studying in Israel, sitting in No Man's Land, looking down at an Arab village to the very place where so many years before the Christian miracle of the birth of Jesus had taken place. I can still remember the strange mixed feelings of that special night and the sense that something was being sown in my soul. It would take quite a few years, but those seeds were hearty and finally sprouted and have begun to bear fruit, so it seems.

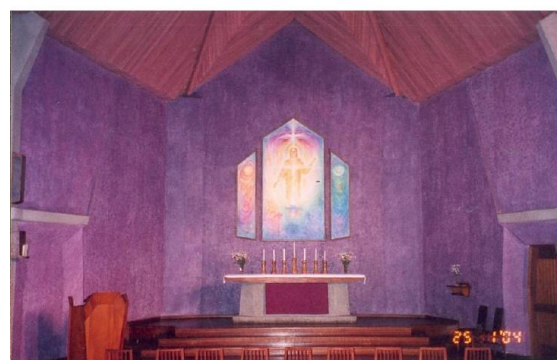
But I don't mean just the fact that I met so many years later Anthroposophy and The Christian Community and then was ordained as a priest in the Community, but also the fact that lives as a reality in my soul still today, having had the privilege to visit many different Communities in many different countries and languages, that in spite of the current political situation I know that the Earth, all of it, every speck of it, sea, field, desert, mountain, valley, river, village and city are really in No Man's Land. For the Earth, no part of it, no matter what laws may say to the contrary or what ownership papers we may possess, the Earth, all of it, belongs to no human being.

The Earth has always and will always belong to the Gods. It has only been entrusted to us humans for a time, to be responsible for, to nurture and to care for as stewards of a godly work. It has become increasingly incumbent upon us to contemplate and grasp what it is that the Gods themselves have in mind for the Earth's course in time and then to try as best we can, better really than we can, to help them move the Earth along toward its manifest divine destiny.

Paul Corman.



Left: Paul & community members preparing for the Three Kings' Play. **Right:** Bird's eye view of church garden. **Below right:** Inside church. **Below left:** Bethlehem viewed from the border between Jerusalem and Jordan.



Epiphany and John's Tide are alive and well in Cape Town.

Dear Cape Town Community,

THERE ARE TWO MOTIFS IN CHRISTIANITY which are intertwined and supportive of one another. They actually need one another to function properly. One is "Grace". The other is "Thanks". The one, grace, is mentioned in the Act of Consecration of Man a total of 13 times, as if it were an echo of the disciples with Christ in their midst, but six of those mentions are heard only in the Epiphany epistle and three others only in the John's Tide epistle. It is as if the Act of Consecration wants to remind us constantly, but especially during Epiphany and John's Tide, of the constant flow of Grace from the Divine to the Earth that we live in thanks to this constant streaming of divine grace. The other, thanks, is heard in the Act of Consecration only three times, twice during the transubstantiation as Christ through thanking the Father unites His being with that of the bread and of the wine. Only once, at John's Tide, however, do we hear of our own heart-warm thanks. It is as if this trinity of thanks wishes to let us in on the mystery of the necessity of human thanks as an imitation of Christ's thanks for becoming man.

We can also find hints of the relationship between the two concepts in various languages. In English we could see it in the words "grateful" and "graceful" but it is not so obvious as in other languages. In Spanish the connection cannot be overlooked. "Gracias", in plural, means thanks, but "gracia", in singular, means grace. In German the two concepts can be seen as mirror images of each other. Thanks is "Danke" and grace is "Gnade". If we take away the final "e" which is just a way to indicate that they are both nouns, one has Dank and Gnad. Now K and G are from the same family of consonants, so DANK-GNAD mirror each other, giving the relationship between thanks and grace in German a different, but striking aspect.

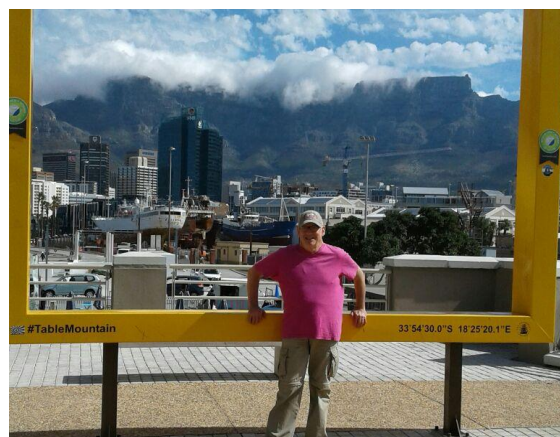
All this becomes more revealing when we think about Epiphany on the 6th of January as the appearance of the guiding Star of Grace above the place where the Jesus child in Matthew's Gospel has come to earth and the journey of the three Magi-Kings following the star to express their thanks to heavens for the gift that the Father has sent to mankind; and that the 6th of January is also the traditional date in Christianity for the baptism of Jesus in the Jordan, when the Christ begins his incarnation into the physical matter of Earth in a human body to live and work, to die and be reborn and live anew among us. The 6th of January presents us with the possibility to be in awe of what can be considered the grandest gesture of grace and thanks working together that we have had in Earth existence.

In the three weeks I was in Cape Town, I experienced yet another living reality to the Epiphany and John's Tide epistles. The community in Cape Town seems to exude thanks in recognition for the grace of having a church, a priest and the celebration of the renewed sacraments. These thanks expressed itself in a warm kindness, a joyful pride in the city itself, a stoic taking-on of the world warming crisis and the present resulting drought, a hospitality and generosity toward the stranger that is itself a modern reflection of the Old Testament commandments. Being on the receiving end of all this warmth, it seemed to make manifest the stream of grace. So now I feel I must express my thanks to the community itself for the opportunity to experience you and as mentioned above to experience a new reality to the relationship between grace and thanks.

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Above left: Paul preferred to be the photographer and not the one being photographed. On an outing with the Goodalls & friends on the Atlantic Coast. **Right:** At the Zeits Museum.



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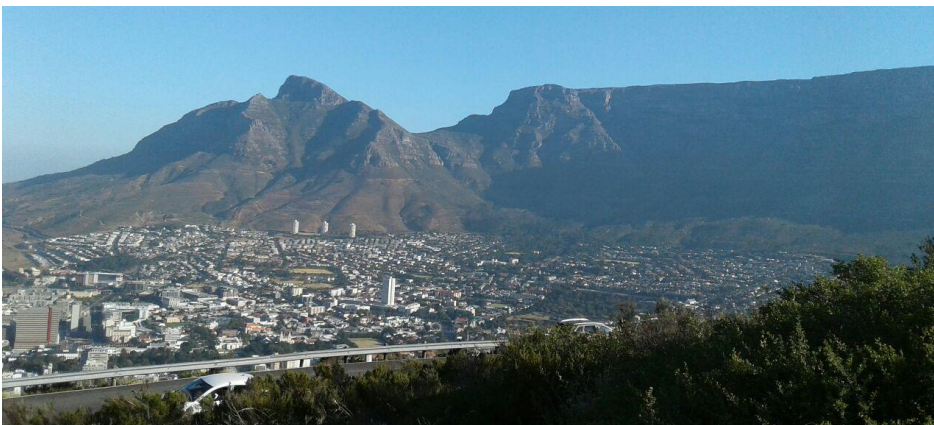
But I cannot end this note without expressing specific thanks to certain individuals among you all: to John Coates, for receiving me at the airport and giving me a first glimpse of the city with lunch included; to Julia O'Leary for the experience of the Silver Mine Mountain Reserve, a drive along Chapman's Peak to Hout Bay and some of the best ice cream I have ever eaten (and I am somewhat of an ice cream freak); to Anne-Marie, for the view of Table Mountain from Bloubergstrand, a long beach walk and a lunch which concluded with overwhelmingly sweet koeksisters! To Sue and Johann Nepgen for the luxurious time in Kirstenbosch Gardens and the visit to the Zeist Museum at the Waterfront; to Christina Goodall for a glimpse of the school's closing candle-star presentation, two glorious concerts and the ever present harmonious, in-tune and heartfelt choral offerings in the services, but also for the early morning and quite cold, invigorating swims in the St. James tidal pool, the afternoon spent at Kommetjie Beach on Christmas day and the fantasy trips through pictures of houses for sale in the Kalk Bay area (such dreaming is never lost and in fact often becomes the basis for future reality).

Further to Gonzalo Aguilar for the early morning drive to and around Cape Point, the walk to the Lighthouse and subsequently being enveloped in a cloud of rain on the way down; to Antoinette Antoine for the arrangement of the church's guest room with flowers and food, for taking me here and there and finally back to the airport for my departure from Cape Town, and especially to Marilize King for her kind and caring accompaniment, printing out all sorts of things, advising well about living in Cape Town, being attentive to one's daily needs and then for the two outings, one to an early seaside breakfast and visit to the Boulders and the penguin colony, as well as one to Signal Hill and the unforgettable panoramic view. To Richard Goodall, of course, for entrusting the Community to a stranger during his absence, but also for just letting a colleague do his/her thing (not always the case among us priests).

And a note of thanks to all those in the Community who sing in the choir, wash, iron and repair vestments, arrange the flowers for the altar, take care of the candles, serve for the Act of Consecration, put out the refreshments and clean up after the Sunday service, and to all the others who support the Christian Community financially and in other ways, so that the renewed sacraments and community life can be alive in Cape Town.

There are many things that I would like to revisit and there is still the visit to Table Mountain pending, so my hope is that there will be another opportunity to be among you in the not too distant future. And just by way of a closing remark, I kept sending photos back home to Lima of all that I was seeing and doing in Cape Town. When I last spoke to Fredy, my spouse, he said, "My suitcase is already packed so that I can come along the next time you go to Cape Town." Now all I have to do when I get back to Lima is pack my suitcase for that return visit. Until then I will think of you all most fondly and especially at Epiphany and at John's Tide.

Fondly, Paul.



OUR WARMEST THANKS TO PAUL

for his visit to our Cape Town Community to stand in while Richard Goodall was on the Children's Camp. Paul was most appreciative of his accommodation at the church and, like all first-time visitors, much impressed by the natural beauty of our city. On 30th December, his last afternoon, it was stop/go for us up Kloofnek Road in



bumper-to-bumper holiday traffic to get to Signal Hill. The view was worth the effort. A short tour to the colourful Bo-Kaap rounded it off – a bonus, as the Cape Minstrels were rehearsing in their festive costumes for their 2nd of New Year celebrations. Paul was reminded of the festivals and carnivals celebrated throughout the year in Lima, where arts, crafts, religion, even horses and the wine harvest are some of the themes.

Marilize.

Children's Camp 2017 - Feedback from one of our two cooks, Mascha du Plessis, a V.I.P. on camp.

I WAS BLESSED AGAIN this year to help Leza Sieckmann with the wonderful task of cooking for the Church Camp. We had loads of fun in the kitchen with its grass floor and gas stoves. Breakfast is always simple, either mielie pap or oats which allows lunch and dinner to be more exotic! We had Lamb Stew, Chicken a la King, Pasta surprise and the famous Dahl, to name a few dinners, and the children scraped their plates clean! We did accommodate for all eating requirements so that the vegetarians', vegans', gluten intolerant and dairy free dietary requirements were met.

What a wonderful bunch of children we had to feed with meal times, being the place for sharing stories and much laughter under the enormous oak tree! We saw children crawl out of their shells, make friends and have fun with the kind-hearted love and care from the helpers.

Our amazing nurse, Melissa Goodall, treated every injury with skill, love and care and when she wasn't busy she was a great help in the kitchen! Thank you, Melissa.

Looking forward to it all again next year!

Love, Mascha du Plessis.

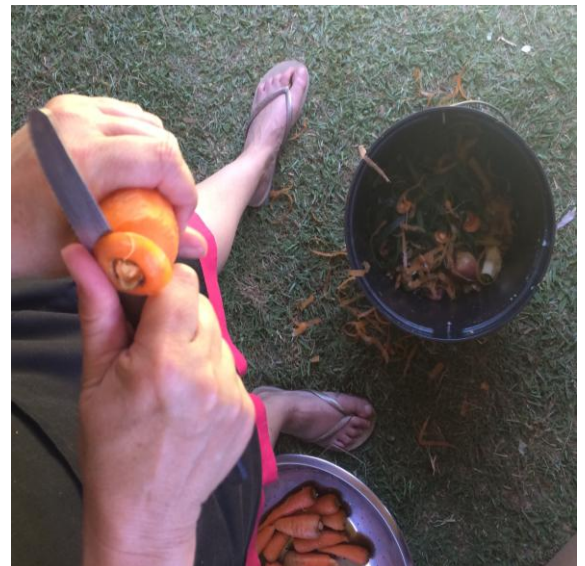
THIS WAS MY SECOND YEAR at the camp and I really enjoyed it. My favourite part was playing 'Hide and Seek' which we did all over the farm, and 'Capture the Flag'. I was looking forward to the camp the whole year and enjoyed it more than I thought I would. Our helpers, Kerstin, Kenau and Jordan, were funny and caring, making us feel comfortable and at home. The evening story and singing is one of my favourite times of the day, as well as meal times. I am looking forward to going again next year!

Love. Milla du Plessis.



Left: Haelan keeping an eye on the rainbow cups with two campers and Richard Goodall giving a helping hand with washing and rinsing.

Below: The camp paparazzi peeping over Léza Sieckmann's shoulder to show us how one peels carrots for 60 people.



From the Camp Leader.

A very big thank you to all who participated in the Children's Camp. Special thanks to all the helpers, to Léza and Mascha for their kitchen magic, to Daniel Kamber for his marimba workshop and to Jason and Gabriella for taking a leading role in the camp.

Richard Goodall.

I WAS NOT LOOKING FORWARD to the camp as much as usual but I really enjoyed it and I am glad I went. One really cool thing was that the Big Boys Tent made history by winning the Tent Inspection for the first time in 20 years! We had a theme for every day and really impressed the judge, Claus, enough to win. We felt really proud of ourselves and also had fun doing it.

I enjoyed playing Hide and Seek and Capture the Flag, throwing the frisbee in between activities and swimming in the dam. Luckily the weather was not as hot as last year and it even rained a bit. The food was really good again and I had a great time at camp.

Mateo du Plessis.

THANK YOU FOR all the organization for the Children's Camp. Kai and Rogan had a superb time; when I asked Rogan if he missed me he said 'no, but I did think about you'.

Gitta Cox.



To Richard and all the other amazing people on Camp,

Thank you all so much for having Gia and Indi on The Christian Community camp last year. It was their first time away without any contact from home and initially quite daunting for me as I had no way of knowing if they were ok. I had to really trust and that trust paid off as they returned home happy and safe AND eager to go again next year.

They also came home with such beautifully made crafts, which we have put up around the house like little treasures. So both soul-enriched and craft-enriched! Thank you so very much for this camp – it feels like a beautiful gift to the community.

Love and appreciation, Ian and Pippa Solomon (and Gia and Indi).

Above left: The little and the big carrying the water bowl – helper Claus and camper, Rogan. **Right:** Courtney and Grace “bathing” in paper mache.

WHAT A GREAT EXPERIENCE it was to cook on the church camp again this year! It was wonderful time spent with wonderful people and always learning so much from each other. The helpers were so helpful and kind to the children and to us, the cooks. The children all had so much fun. I could watch them for hours.

I think the “Thank You” song written for the cooks by the helpers definitely sums up our experience too:

“We thank the cooks for filling our bellies with nourishment every morn
Salad for lunch, we’re a grateful bunch and always ask for more
Come back next year we plead with you
We wouldn’t know what to do
And so we all sing that you’re amazing a very big thank you!” Léza Sieckmann.

Ruby Oliver: Everything on camp was simply great and much fun. Above all I loved swimming in the dam.
Freya Oliver: The whole camp was very nice. I very much loved the craft making.

Dear Richard, Thanks again for such an enriching experience for the children. I am so grateful that they have this chance to ground themselves and to really connect with others in such a meaningful way. They always mention how amazing the helpers are and I love the fact that the whole group seems to be so well held across the ages. They really are transformed by this deep level of connection. Warm regards,
Sue Paterson-Jones.

Camp this year was amazing. Really, really amazing! I enjoyed the activities very much - they varied from building forts to making God’s eyes. I can’t explain how much fun I had playing complex Hide and Seek and Capture the Shoe games. The food was delicious; I don’t know how they did it. I made so many new friends and strengthened the bonds with the people I knew. I’m really going to miss camp and I can’t wait for next year. Isabella Paterson-Jones.



The camp this year was really great. I so enjoyed meeting new people as well as seeing old friends. I definitely can’t wait to come back next year!

Leah Paterson-Jones.

THE ADVENT GARDEN FESTIVAL, celebrated on 2nd December 2017, never seems to lose its appeal for young ones nor much older ones. Not only is the physical space transformed into a forest with a path leading into its heart where the Angel is waiting, but the darkness is transformed into light as the children's candles are lit one by one and placed on the path. Some of the little ones initially peep at the Angel a bit cautiously, before they trustingly place a small hand in the Angel's hand to be led into the centre – keeping a watchful eye on Mom or Dad around the circle. Our special thanks go to Heike Prinz who organized the event with her usual skill, and also to Simon Oliver - with the help of Howard Dobson and Rob Small - for building the forest. Barbara Herbert and Helen Baker did the decorations and arranged dozens of fragrant roses. The crafts were made mostly by Heike and Barbara, helped by Johanna Oltmanns while she was available. Lastly, thanks to Patrick Enthoven for transporting a bakkie-load of pine branches from their farm at Klapmuts, augmented by loads of greenery from Heike's own garden. It was a work of art and appreciation for their efforts was expressed from various sides. Marilize.



From left clock-wise: At the end the Angel waited until everybody had left; refreshments after the crafting of the candle holders; beautiful Advent crafts were for sale in the foyer; some of the children waiting for the story to start; parents socializing.

From one of our raffle winners.

I was the fortunate and very surprised winner of the Dr Hauschka raffle which was offered by Rachelle Napier in 2017. I was blessed with a 4 hour Dr Hauschka treatment and rhythmical massage... it was a wonderfully relaxing and restorative experience. Thank you, Rachelle, for your generosity and touch of healing!

Delphine Oliver.

NOBODY WOULD CALL SIMON OLIVER “Simple Simon” like in the Nursery Rhyme of the simple young man who believes everything he is told. Indeed, they have nothing in common at all except that Simon Oliver perhaps also deserves a nursery rhyme about himself as the playful father of three young children leading them into magical places with games and stories.

Now you see him, now you don’t ... with a twinkle in his eyes he captures his fellow people’s attention. Easily entering into the enchantment of childhood he nevertheless has notched up some substantial qualifications to help provide home and hearth to his family.

Simon grew up in Johannesburg where he was apprenticed to tool-making in an Air Craft factory as part of his service to his country. He needed to go far and wide to experience the wonders of the world. After completing a Diploma in Geology at a Technical College he went to work in a Kibbutz while traveling the world. In Alaska he was an au pair to young children and went fishing for salmon in the icy waters there. He wanted to live near the sea and on his return to South Africa in the early 1990s he settled in Cape Town where he met Delphine. They got married in 1998.

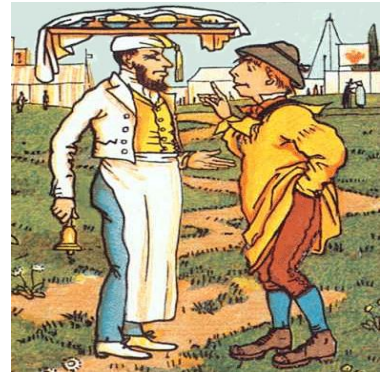
At the time he was working as a technical geologist at a research laboratory but soon he felt a new calling: he started a four year study in Occupational Therapy at U.W.C. Since then he has been working mostly with the elderly at Old Age homes. Being self-employed he had to build up his connections to Senior Citizens’ and Rehabilitation Centres where clients are referred to him by medical professionals. He also does handyman work in between.

What does Simon enjoy doing when he’s not at work? He loves minerals, nature and playing his favourite game of building rockets with his children. These he creates out of discarded bits and pieces he collects along the way. Perhaps the rockets’ trajectories do not always conform to high technical specifications – however, it’s the game itself which he and his young son, Fynn, especially enjoy.

Add Delphine’s world to his and what you get is a very busy family and household. Just as well for Delphine that Simon is a home bird and is not averse to preparing a meal in the kitchen and feeding the family. Indeed, he is happiest around his creature comforts and nearest and dearest.

Delphine arrived in South Africa from her native Switzerland in 1992 and started working as a physiotherapist in rural KZN. From there she moved to Cape Town to continue her work in Tembalethu School in Gugulethu. This included visits to people’s homes on referrals from medical doctors. After her marriage to Simon she returned to academia to study for a clinical master’s degree in Sports Physiotherapy, as well as a Research Master’s in Exercise Science. In between all this their three children were born: Ruby (11), Freya (9) and Fynn (7). In order to meet their children’s needs she started a Waldorf inspired group called *Rosy Cave Play Group*. Out of this initiative three women have been able to train in Early Childhood Development at C.C.E.

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Below: The Oliver Family’s recreational life.



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By the time the Olivers' eldest daughter started school at Constantia Waldorf School Delphine met Richard Goodall in talks held for the parents and that established her connection to The Christian Community.

After 25 years of working as a physiotherapist she started questioning her way of working which was a rather specialized path, and discovered her interest in people was all about the meaning her work could have for them as holistic beings. She needed to stretch wider to encompass the extra elements of what constituted for her the full person. Since then she has been working as a Coach in Health and Performance and no longer as a specialist. Her aim is to help her patients/clients derive meaning out of what was happening to them on all levels due to their physical injuries and disabilities.

And what does Delphine enjoy doing when she's not at work or busy with her family? Her response is immediate: she loves exercising; also reading and conversations about Anthroposophy. To that end she would like to start a little study group. They enjoy living in Muizenberg where there is a vibrant community and of course the sea which has Simon's heart.

Marilize.

Pictures right – top: Simon and Fynn taking their ablutions together (long before the present water restrictions!).

Middle: The family on the beach, their regular and happy playground.

Right: Delphine and Ruby enjoying the outdoors.

John Penfold Born 17th May 1934 – Died 13th January

2018. John died after a long illness which he valiantly fought for as long as he could. During his time in I.C.U. he one day asked in his characteristically determined way for his walking stick so he could get up and resume his normal life! A lot can be said about John and his long association with the community but one member summed it up succinctly by saying: "I will miss John as he was part of the fabric of our community." That was very apt as John (and Carole) have been here almost since the beginning and John has left deep foot prints in all aspects of our Community's life: for many years he was a trustee, in the early days he helped with the finances, newsletter, fair, property matters ... you name it and his name will be found alongside it. Our sincere condolences go out to Carole, their daughters Emma and Claire and their families, as well as John's siblings: Marion, Dee & William.

Marilize.



BORN IN ENGLAND AND GROWING UP IN YORK, Howard Dobson hails from a family which lived close to the earth. His grandfather was a farmer who used the astronomical planting methods. This exposed Howard from a young age to the environment and he was always ecologically aware.

When he and Sheilagh were first married they immediately started their vegetable garden to be self-sufficient and sustainable. This love for the earth and all things green accompanied him throughout his life and would later become one of his income streams when he started his flow-form business, and doing research into the living qualities of water.

After school he completed a B.Sc Degree and a Teaching Diploma, and then taught at a London Comprehensive, a High School in Cape Town, and a 'public School' in the UK. It was here that he started feeling that the children needed much more than they were receiving in his geography and environmental science classes. He felt they needed living concepts to broaden and enliven the learning experience for them. At the same time, in the late 1970's he became involved with Waldorf Education and realised the holistic and free- thinking aspects of this alternative education. This eventually led to the offer of a job to work at Wynstones School in Gloucester, England. On offer there was also a training programme run by the experienced and gifted founder teachers in the school and Emerson College.

This proved to be a turning point in his life: embracing the impulse of Anthroposophy, first through the ideas of Biodynamic farming, and meeting Waldorf methodology which challenged learners to ask questions and draw their own conclusions. Howard and Sheilagh grew together in the Waldorf movement and enrolled their two young sons at the time, into the Kindergarten and Primary School at Wynstones.

The family used to visit Sheilagh's parents in Cape Town for holidays. In 1987, on a visit here, Howard met Marion Penfold, a teacher at Michael Oak Waldorf School. The Dobsons eventually moved to Cape Town where Howard started teaching at Michael Oak in 1990.

After four years the fledgling High School at Michael Oak was capped at Class 10, and so Howard began work with other bodies, including NGOs extending the ideas of Waldorf methodology into government schools, and the newly formed 'Rudolf Steiner Centre', later the Centre for Creative Education. This also turned out to be fertile ground for developing approaches to Adult Education.

From 1998 he became more involved at the Centre for Creative Education where he continued teaching and training adults for the next 12 years. While there he was part of a team which developed a High School training course and later a Post Graduate course which were both fully approved by the Federation of Waldorf Schools. Eventually it was running in seven Waldorf Schools in South Africa. Parallel to this Howard continued teaching in all the new Waldorf High Schools in Cape Town, both directly in Main Lessons, as well as offering mentorship. Later he concentrated on becoming a mentor and teacher trainer, applying his experience at Stellenbosch, Imhoff, Khanyisa and Michael Oak Waldorf Schools. Who is Howard when he is isn't a teacher, trainer or mentor? Let's visit his hobbies and other interests together with him to see how these have overlapped with his life's work and developed organically over the years.

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Left: Howard expounding on the marvels of natural science.



Right: In his water-wise garden at home.

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It is soon clear that Howard's hobbies and other interests are so interwoven with his whole life that the concept of borders hardly exists here. Together they flow and mingle and travel with him into semi-retirement from where he gets to explore these hobbies from a different angle: from behind his car's steering wheel – more of this later.

When the visitor enters the Dobson's home the eye is immediately drawn to the wooden display cases on the walls where Howard's mineral collection is housed. Of all shapes, sizes and colours, some dense, some highly polished and still others transparent like glass they are silent testimony of the marvels hidden in the earth. Again, his interest flows out of his childhood when his father had a lively interest in minerals and the earth. This had a big influence on Howard.

His teacher at school encouraged him to study the sciences. At University mineralogy was part of geology, one of his main subjects. Once he was a trained Waldorf School teacher at Wynstones he learnt about minerals in the Goetheanistic way. Many windows opened there for him. The geology of the Cederberg Mountains in Western Cape fascinated him and the family spent many happy holidays camping there. In summary one can say that his interest in geology came from his outdoor work and adventures in the Scouts Movement as a child, followed by his studies at University. He felt himself connected to nature, flowers, plants and rocks.

A four-month road trip in 1975 through Africa with Sheilagh and two other friends sparked his interest in history, especially the part of their travels through Libya, Egypt and Ethiopia. This was after Howard's mentor at Wynstones advised that he did a new subject in addition to his scientific subjects and thus Howard chose history.

From there it was a short step to becoming involved in flow forms: it naturally developed out of Goetheanistic thinking. John Wilks pioneered the flow form based on a model of the human heart. The vortex is a conduit for energy coming from the spiritual world and through this the water is rejuvenated. At a Bio-Dynamic Conference in South Africa in 2001 Howard met Avice Hindmarch. She had a franchise to mould these flow forms developed by John Wilks. This led to Avice and Howard forming a company "*Water Flow Forms Africa*". This experience was another dimension of the Goetheanistic approach to life.

Finally we get to Howard's garden which is a combination of the organic, B.D. and permaculture gardening methods. At the moment he is able to supply vegetables to his family and some friends in Cape Town. Due to water restrictions in the current drought he uses raised beds with supported sides for deep watering. He also uses mulch and saves run-off rain water from the roof to help keep the garden going. A green shade cloth helps to protect against the sun. On the far side Sheilagh has developed a lovely water-wise flower and scrub garden.

Howard and Sheilagh live in Constantia amongst towering trees with window views on the back of Table Mountain. Sheilagh has an equally busy life but suffice to say for the moment that she has been a handwork teacher at Waldorf School Constantia for 14 years and is a much appreciated and supportive presence in our community.

Two of their children, Matthew and Laura, both married and parents themselves, also live in Cape Town and their son, Graham who is also married, lives in London. Howard expressed a huge appreciation for what The Christian Community has meant for him and Sheilagh, especially with the passing of their son, David in 2006. They now see themselves as pilgrims rather than tourists, and they enjoy taking holidays where they travel by car into the further corners of our country to experience the environment. No touristy glitz for them; just the endless road through uncharted areas where they can discover anew the natural wonders around them. It is no longer seen through youthful eyes but with the benefit of rich experiences behind them.



Left: *Midi Emerson's flow form.*



Right: *Cornelia flow form (at the far end).*

(Aaron & Judy Mirkin are well-known to many friends in Cape Town and Camphill West Coast where they worked for many years. After Ordination Aaron became a priest in Johannesburg, sharing the task with Reingard Knausenberger. Aaron and Judy have now been in U.K for nine years and have updated their friends with what's happening in their Community. Letter edited. M.K.)

Dear Friends,

During the Holy days and nights we had as usual a rather full program in the church in Stroud where Aaron continues with his priestly work and Judy does all sorts of related things with music, serving, puppet theatre, parent and child group and much more. The congregation here is a source of great joy, friendship, culture and spiritual substance. We await with eager anticipation the building of our new church due to begin in May 2018. It will be twice the size of our existing chapel which will in due course be converted into a community hall/performance space. Half the existing buildings will be demolished to make way for the new church, wake room, office etc abutting onto the remaining chapel and flat. We hope to celebrate the completion around early summer 2019.

An additional growth area has been the children's and youth work with our largest children's camp this year with 86 children and two youth conferences this past spring. Next year we are taking a group of some 25 youth to Southern Spain to enjoy Seville and live and work 10 days at Los Portales Eco Village north of Seville. That is the village that Aaron lived and worked at for some weeks last year as part of a sabbatical time.

We continue loving our house 'High Spinney' in Stroud which is still something of an ongoing project. We are also surrounded by so many wonderful people in this Stroud area and we always have a space for visitors if any of you ever come this way. Please feel heartily welcome to come and stay anytime. Love, Aaron & Judy. **(Pic below.)**

Dear Friends,

It was so good to read the last Wind Call: sad news, glad news and rich news - such is life. Here is more news about my present life in U.K. to be shared in the Wind Call. *(Letter edited. M.K.)*

When I first arrived in the U.K in August 2017 near the tail end of summer, it was a great delight to see the seemingly endless patchwork of green upon green fields. One of the boons, I figured living in England is but a hop away to Spain, which as many of you know is a country I fell unabashedly in love with since walking el Camino de Santiago, first in 2011 and again in 2014.

Well, I again hopped across to Spain in September, first to spend a week speaking English to Spanish professionals for (their) practice sake (*Google Diverbo*, or *Vaughan Town* if the notion appeals to you), and thereafter walking from Santiago to the-ends-of-the-earth, Finisterre, the most westerly point of Spain, not unlike Cape Point but nowhere near as magnificent. *(See picture below.)* As ever, the Camino proved to be a soul invigorating experience.

Meanwhile I am still working as live-in carer to a person with dementia. And I am pleased to say that the dose of sunniness of spirit that we South Africans naturally seem to carry within us has, in my case, worked wonders in uplifting the morale of the person I care for.

I send my good wishes to everyone there in *The Fairest Cape in the Entire Circumference of the Earth*. It is such a privilege to be part of our wonder community, local and worldwide. Anu Muirhead. **(Pic. middle right)**



OUR WARMEST CONGRATULATIONS to Andreas and Tanya van Breda on the birth of a third child and girl, Nava Valentina, who arrived on 7th December weighing 2.5 kg. She is a baby sister to Ara (6) and Sahar (4). We wish the family much joy with this latest addition. **(Picture bottom right).** Marilize.