



*Epiphany – Waldorf Art.*

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# The Wind Call

The Christian Community in and around  
Cape Town: February – April 2023

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## ***A thought for the New Year.***

**AS A NEW YEAR BEGINS**, we orientate our thoughts to the future and think upon what resolves we intend to make for the coming year.

Looking around in our environment, our country, the world perhaps; it's easy to become despondent with the myriad problems which face our society. We may even feel a sense of hopelessness in the thought: well what can I personally possibly do about these enormous issues?

Strategists and planners in companies and governments, study endlessly to identify 'flags' and scenarios and try to calculate the probability of different outlooks. They may even paint very accurate pictures of phenomena they observe in the world and become quite good at predicting

future outcomes. But for the most part, very little is offered on the level of the individual. How can I personally contribute to the world?

Amongst many gifts we can offer one another is the gift of *Human Interest*. When I am truly interested in another human being's life, our relationship is altered.

As a class teacher for example, (but this is true of any relationship really) when I am sincerely interested in a child, I have a different relationship to the child before me. I take an interest in their past, what outer circumstances they were born into, parents, siblings and their family

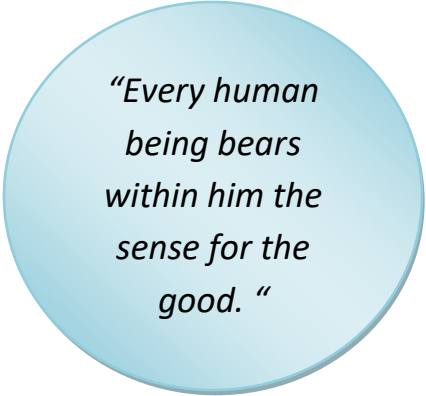
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story. I take an interest in where she is today, what is she grappling with, what are her strengths, talents and challenges? And importantly I have an interest in her future. Where is the child headed, where will their life path lead, what and who will they become? And in exercising this *human interest*, a tension is created which stretches from the present into the future. And in creating a tension into the future, the way we relate is different. Now, when faced with a situation before me, where perhaps I would previously see it simply as a disciplinary matter, now with a much wider perspective and importantly with a focus on the child's becoming, my outlook on how to deal with the situation is renewed.

*Human interest* becomes a moral force in the world. Moral, not in the narrow sense that we often associate in ordinary parlance to mean a kind of ethical good and bad, but rather a moral force for the good. Every human being bears within him the sense for the good. And in exercising *human interest* we are working towards that which is good.

In its essence it is the question which is asked at the baptism of the godparents. Outwardly, the child before us as an infant is entirely dependent on their parents for their wellbeing. The child has much to learn and put into practice before they can stand in the world on their own two feet and we are acutely aware of their life ahead of them.



*“Every human being bears within him the sense for the good. “*

As godparents we are asked to accompany and look upon the child's life and to take an interest in where their path will lead. We can do that in manifold ways: thinking upon the child, including them in our prayer life, seeking to form a relationship and much more. And through our active interest, a moral force for the good is created.

For me, rather inspiringly, it is the realisation that I can create this 'quality'. The godparents at the baptism are asked very specifically to undertake such a task. But I don't need to wait to be asked by the outer world or through my work obligations, but I can, out of my own inner power, be *interested* in another human being's unfolding life.

Through my "heart's power of sacrifice" as is spoken in the Baptism, I can take an interest in another human being through my own inner willing and in so doing, individually contribute to the worlds evolving in a positive way.

The various problems that beset our world no longer need to overwhelm me, rather I can feel empowered and inspired by the coming year, knowing I can positively contribute personally to the world becoming.

Andreas van Breda.

### ***Build-up to Advent during November 2022.***

**IN THE WESTERN CAPE** during November the ripe wheat ears wave golden in the breeze. The fragrances of flowers and plants fill the air. Bees are busily collecting nectar in their pursuit of life-giving substances for the earth and its people. To these activities in nature we start adding our own preparations for the celebration of the birth of the Holy Child.

### ***Wreath Making.***

**THIS ANNUAL ACTIVITY** took place on 13<sup>th</sup> November with a bring-and-share lunch to add bonhomie. The wreaths were characterized by the subtle colours and rich textures of fynbos which provided an attractive display. *(Pictures below.)* Thank you to Christina Goodall and the group of volunteers who undertook this fundraising activity with such enthusiasm.



### ***Celebration for the dead.***

**THIS IMPORTANT ANNUAL FESTIVAL** of deep contemplation was held on 20<sup>th</sup> November. While entering the church we each silently placed a candle in the centre of the space already lit by a large candle and adorned with flowers. Paul Myburgh led a contemplation on celebrating the dead by acknowledging their presence amongst us. This was inspired by his lived experience during the 7 years he had spent with the Bushmen and had become fully immersed in their culture, as described in his book *The Bushmen Winter has Come*. It was a gentle yet meaningful way of entering into the silence amidst the slowly flickering candles. Many thanks to Paul for his valuable contribution.

### ***Advent Festival.***

**OUR ADVENT FESTIVAL**, on 26<sup>th</sup> November, was as usual celebrated for both children and adults with emphasis on children's crafts. After an enchanting story told by Andreas van Breda the children were invited by the Angel of the spiral created from pine tree branches and with roses inserted along the way, to carry their lanterns into the centre. While this was happening the parents and friends sat around the circle and sang Christmas carols, accompanied by the



musicians on piano and lyre. They were Christiana Janowski, Gabrielle Feiter and Barbara Herbert on the soprano lyres, and Christina Goodall playing the alto lyre. Paula Spiegel was our pianist.

***Pictures from left to right:***

***1. Ms Moore (centre) helping the children to create their lanterns. From left to right: Ara, Antonio, Nava and Sahar.***

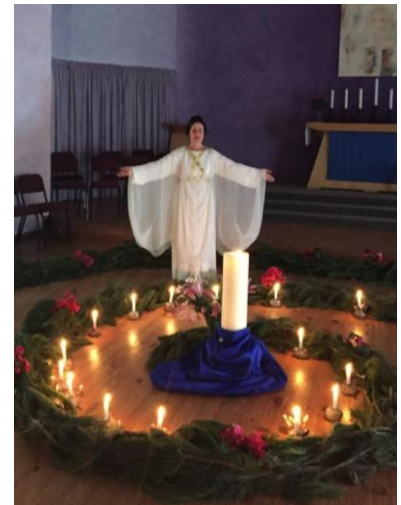


***2. May Munroe on gate duty wondering when the hordes would be arriving!***



***Left:*** Some of the fine Advent Crafts produced by Heike Prinz and her group for the Advent Festival.

***Right:*** The Angel waiting to welcome the children into the spiral walk.



***Picture far left:*** Amy and daughter Meru .

***Left:*** Visitors Estelle Bryer, Jenny (mother of Tanya van Breda) and Tanya's niece Elia.

**A BIG THANK YOU** to Rosemarie and Patrick Enthoven for chopping the pine branches on their farm and transporting a bakkie load full on the Saturday morning, in time for Andreas & Tanya plus helpers to create the spiral.

## Raffle Drawing.

OUR RAFFLES FROM THE FAIR in August were finally drawn on Advent Sunday. The first prize, a quality coffee machine complete with beautifully wrapped coffee powder, dark chocolate and a bottle of festive drink for the holidays, was won by Anette Bestwick. (See picture right.) It was donated by Theo Rademeyer and we thank him warmly for his fundraising contribution.



The second raffle, an exquisite glass plate, was won by Christiana Janowski (picture right) and the third one, a ceramic plate below, by Wendy Crowster (picture unavailable). Both these plates were



donated by Marie Hockley. Our warmest thanks also to her for her donations.

Marilize.



**Pictures below left:** Exquisite candle making on camp and  
**Right:** Equally lovely lantern making.

## The Children's Camp 2022.

A BIG THANK YOU goes to our wonderful team of camp helpers who so ably and enthusiastically pulled off a very harmonious children's camp under the leadership of Gabriela Antoine. It was a pleasure to watch it all unfold and was a tribute to the power of real team co-working.

Also many thanks to our trusty cooks, Liesl and her daughter Layla, who jumped in cold and still managed to turn out the most wonderful meals on time and with a smile throughout the week.

We had 34 children on camp and could easily have accommodated another 10 children – so put the word out for the **2023 camp** planned for **11<sup>th</sup> – 18<sup>th</sup> December**.

Richard Goodall.





### ***Children's Camp (cont) ...***

**I HAVE ATTENDED** the Christian Community Camp since I was a 9 year old child and now I am 19 years old.

Since my first time, the week of the camp has been a highlight of my year. The beautiful space where the camp is held out in nature creates such a calm and serene feeling - away from the busy, frantic life that many of us live. Now being a helper and being able to assist in creating that space for the children is a privilege. Seeing the human connections develop between them in a space that allows for all the children to flourish, is something that is so beautiful to see.

Thank you to all the people over the many years that have made this experience possible as it has enriched my life path greatly.

Hannah Laubscher.



***Pictures from above left clock-wise:***

***1. Craft activities for campers. 2. So many colourful hats! 3. Face Painting and 4. Fun outdoor games.***

## ***Heike Prinz and her creative journey so far.***

TODAY WE INTRODUCE you to Heike Prinz who is well-known throughout our community as a crafter par excellence, as well as a person with several entrepreneurial impulses. It is a rather delightful adventure of discovery to reach her home built on a steep slope on the Vlakkenberg with window views of False Bay in the distance through the forest giants.

From street level one starts ascending via steep winding stone stairs ever higher through a natural yet minimally planned forest garden, the natural brick A-frame house completely obscured by the greenery. Suddenly the trees open and Heike welcomes the visitor from a level shelf of land cut into the mountainside, just large enough to provide space for the sprawling home, a pretty pond with ferns and tadpoles and an outdoor seating area.

Entering the home is like stepping into a hushed playground for gnomes and other elementals. There are no sounds other than the birdsong and the gentle swishing of the wind through the large trees. We settle each side of a low table in a cosy nook looking out onto giant tree branches. A row of knitted gnomes on the window sill between us and the outside world seems to act as guardians of an unseen threshold where our reality might meet their world. *(Picture right.)*



Heike and Wolfram Prinz arrived in Cape Town from Germany in 1966. As a qualified architect from Hamburg she joined an architect's firm in Cape Town while Wolfram worked as a civil engineer. Their intention was to stay for two years before re-assessing their lives. Thus they were open to new experiences. Worth mentioning is that already at age 16 to 17 she had wanted to become a Kindergarten teacher. In due course they built their home amongst the then gloriously uninhabited dunes in Hout Bay.

Soon Heike's life took a turn which would put her on a new life-long trajectory. In Hout Bay she connected with Sigrid Quednau and Ann Sharfmann who were running a Waldorf Kindergarten which Heike's daughter, Kathinka (4), could attend. Her son, Sebastian (2) was still a bit young.



There Heike joined a study group of which Heinz Maurer, priest of the Christian Community, was also one of the participants.

When the Kindergarten moved to Constantia Waldorf School Heike was trained by the Bräunlichs and also the Van Wettums from Holland (one of whom was taught by Rudolf Steiner himself) to become a Kindergarten teacher.

**Picture from left to right at back:** Daughter Kathinka, Heike, grandson Mila, son in-law Pieter and in front son Sebastian and grandchild Jan.

This led to a very natural introduction to Anthroposophy. She mentions that the *Fifth Gospel* by Steiner gave her a completely new view on the Gospels. By then her children attended the Sunday Service for Children held in the Eurythmy Room in the Waldorf School Constantia. It was led by Rupert Bräunlich and Janine Hurner. Thereafter the Christian Community acquired the church in Ottery.

Heike was a Kindergarten teacher for eight years and held regular meetings with parents to help them understand the basics of Waldorf Education. Those were pioneering days and Heike had found her niche in life. She went to Stuttgart to do the one year Class Teacher training course. On her return she could offer her learners Bothmer Gym with emphasis on games and also handwork for which she received valuable training from Yvonne Bleach . **Picture on right:** A gathering of exquisite dolls waiting to be adopted by loving children.



However, more was to unfold. After an illness a new path presented itself to Heike. Through Kent Smith she connected with the Whole and Organic Food movement, including Camphill. To this day she is still very passionate about this. There she met Hanna Hack, who is also still involved in the Organic Movement.

Together with a few others they formed a Founding Group and the Co-op at the Constantia Waldorf School was established. Joseph Daitz was the first customer! It also received Rev Rachael Clayfield's blessings. The Co-op became a hub of meetings with like-minded people and it lasted for ten years. When it was sold as a business to new owners the original impulse became watered down and after two years the school sold it.



Out of this the Craft Shop was born. The founding members planted trees and did some paving at their own cost and so the small shop could open its doors for their lovely hand-made crafts. Today it is still a space of exquisite beauty with a palpable presence of little nature beings and adorable dolls.

Still full of enthusiasm and enterprise Heike offered doll making as well as craft courses for Easter and Christmas soft toys at the Primary School. Concurrent with that (nine years ago) she started the Craft Group at the Christian Community, as well as the first Advent Garden. Estelle Bryer, our master puppeteer, soon became involved as the story teller. Today Heike is still running this craft group.

In addition she attends a small group of crafters every Wednesday at Gina's Studio in Muizenberg. To name one more activity, she started a hiking group in 2000 and only stopped hiking during 2021. That impulse is now carried by the rest of the group which has grown considerably.



**Pictures:** More delightful soft toys. **Left:** at her home and **right:** at the church.



When Heike looks back on her eventful life, one thing stands out like a pillar: here on arrival in Cape Town in 1966 she had found her earthly home. Now when she visits her family in Germany she immediately misses the feeling of her real home on the forested mountain side in Constantia. For her, home means the cosy lived-in house, open-plan with interesting nooks and crannies. It is a place where children can run in and out and where visitors can re-discover their Inner Child. Thanks to Heike for sharing her ventures and passions so happily with us. Marilize.

### ***Crafts.***

**THERE IS STILL A SMALL GROUP** of crafters who do fundraising for the church. It's an ongoing weekly initiative and we would like more people to come forward and join us so we can continue with this worthy and

rewarding drive, including a social aspect of tea and cake. Please contact either **Heike at 072 437 5132** or **Barbara Herbert at 072 211 1987**.

### ***Bookkeeping.***

*Do you like juggling a few numbers and helping the folks at Timour Hall Cottages' bookkeeping? Please contact **Hanna at 072 1388 707** or **Richard Cox** for information. Thanks! Hanna von Maltitz.*

***Christmas and the Holy Nights*** started with the Midnight Service and ended on a high note at Epiphany. Our gratitude to our priests, Andreas van Breda and Richard Goodall, for their rich input for us to contemplate and, not least, to Christina Goodall and the choir who continue to excel themselves each time. One of their new pieces was a rendering of the sublime Lord's Prayer by John Taverner. There were also the purest sounds produced by bells which were borrowed from Camphill. Marilize.



***Left:*** These beautifully made transparencies were donated to our community as a fund raiser by a very dear old lady – Frau Dekker - from my first community in Heidenheim, Germany. For many years she made the most exquisite transparencies for the Waldorf School and the church bazaars there. Richard Goodall.

### ***Africa Seminary in Cape Town 24<sup>th</sup> – 26<sup>th</sup> February.***

**ONE OF THE SEMINARY LEADERS** from Toronto – Jonah Evans - will be visiting us briefly. Some of you may remember him from his short time in Johannesburg.

We will be running an Africa Seminary weekend with him for anyone who is interested in deepening their relationship to the work of the Christian Community. This is not only intended for people who are considering priesthood but for anyone who participates in the life of the community.

The overall theme is “Working from Christ?” What does this mean? How does this come about? How do I become available for this in my life?

We are hoping to attract at least 20 people for this Friday evening to Sunday lunch time working together.

There will be a charge of R100 per person to cover costs.

Richard Goodall.