



# The Wind Call

February – April 2021

The Christian Community in and  
around Cape Town

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## Thoughts for the year ahead.

In this last week of Epiphany we would be doing ourselves a great service if we were to hold in our minds the gospel reading which we read on the last Epiphany Sunday (Luke 13, 10 – 17) and to refer to it often throughout the coming months. If we dwell on this short passage and try to bring to life the pictures in it and then transfer them into our time we may well find a very compelling indication of how

we can better deal with the wave of fear and anxiety that continues to be fanned into a raging storm every day.

Imagine for a moment that we plant the seed of a tree into a pot. We water it and look after it and with time it germinates and begins to grow. At first all is well – but after a while the spreading roots inside the pot come up against the impenetrable walls of the pot. They start to grow around and around the inside of the pot and as the tree becomes more and more root bound so too does the growth of the tree slow down. The young tree remains stunted and will never grow into its full potential until it is freed from the pot and planted into the earth where its roots can radiate out into the earth.

For centuries now we have been schooled into a way of thinking that focuses almost entirely on physical earthly existence. This mode of thinking has led to a very impressive and vast array of technological inventions in almost every aspect of our lives for which we can be very grateful. At the same time it has almost completely ignored the other world to which we belong – namely the spiritual world and the world of life itself. To the extent that we do this, we cut ourselves off from the very source of the life which we are trying aid and abet through the technologies. This leads to us feeling highly effective and highly efficient in our outer lives but empty and unfulfilled within. Our consciousness becomes stunted by materialistic strictures as the little tree became stunted by the pot. We become alienated from the world around us. We walk around like inverted pot plants! In this state we are incapable of reaching our full human potential and the consequence of being cut off from our source in this way leads to fear and anxiety.

In Luke 13 Christ encounters a woman who has been bound by the spirit of materialistic thinking for 18 years and who as a consequence is bent over and incapable of lifting herself up into her true human stature. His presence in her life and his touch awakens a spiritual stream in her which opens up her connectedness to the world of spirit once more and she is healed and able to stand up straight. In doing so he defies the status quo and so aggravates the authorities (which is not much different even now).

Christ healed one woman as a representative of all humanity through an outer act. This possibility to be healed he then made available to the whole of humanity through the mystery of Golgotha and particularly through the Whitsun event.

Today we can know that the remedy to overcome the limitations of materialistic thinking and the fear and sense of meaninglessness that it induces is to balance it out with a personal striving for spiritual consciousness and a meeting with Christ within our own souls. This is not any longer a healing from outside but rather a healing by Christ from within - in response to our own efforts. It is this relationship with Christ that allows Him to lead us towards our own full potential as human beings and to fulfillment in our lives.

Richard Goodall

### **Following the daily celebration of the Act of Consecration of Man from home:**

I would like to express my deep thanks to all those of you who have been faithfully living actively with the daily celebration of the service from your homes. It has been really noticeable that the mood, the depth and the sense of presence in the celebrations in the chapel have all changed considerably since the beginning of lockdown and that they continue to deepen. This means that the service is becoming more and more effective in the world as people's participation increases which is real medicine for all that is going on around us.

What continues to disturb me is the level of fear and anxiety that I constantly meet in so many people. This state of soul is truly our worst enemy and we need to work hard to confront it and overcome it through a growing sense of spirit connectedness. Inwardly participating in the Act of Consecration of Man is a wonderful way to come to peace within ourselves and with a little practice we can take this peace into the rest of our day. The moment we manage to do this in

even a small measure, we notice that our life has changed dramatically – as has our body’s immunity.

It would be a real deed for the world if as many of us as possible made it our business to spend this whole year deepening our own inner experience and inner participation in the Act of Consecration of Man whether from our homes or in the church when that is possible. It is a real deed because in the service we enter into the healing world of reality behind all the smoke and mirrors and deception out there. We facilitate the streaming of real healing into the world and into all of humanity. The more a sense of this fact awakens in us – the more we feel a responsibility to deepen our efforts.

Richard Goodall

**A new initiative:**

It has become clear that the growth of our community’s activity and numbers needs to take place beyond the physical center of the church building – especially when we are not allowed to meet there in numbers. I would like to suggest that we think about forming small home groups with from three to eight people who regularly get together to study, read, pray, contemplate or whatever direction they choose which will deepen their relationship to the religious/spiritual life and to the sacraments. I am aware that there are already a few such groups in existence. Any group would be free to invite me to join them for a session if they so choose. I am happy to offer ideas as to content if needed.

I would endeavor to build up new groups of new people offering an orientation in any number of subjects and aspects of life or simply picking up their questions. I further suggest that these groups only commit to meet for four or five sessions at a time and then take a break before starting again so that no-one feels ‘over committed’.

Past experience has shown that such groups become far stronger and more effective when the people in them think about each other and pray for each other daily between sessions. There is a certain bonding magic in this which at the same time leaves everyone in the group free. Everything that the groups undertake is aimed at deepening their experience of the sacraments.

Think about this and see what you come to. I would be interested to receive any feedback with regard to this idea.

Richard Goodall

### **Welcome to our New Trustees**

We would like to welcome our 2 new trustees Antoinette Antoine and Jenny Wyeth. We know that you will be a great help and asset to our Community.

### **Thank you**

A big thank you to all the Craft Ladies for their beautiful work and their generous donation to the church.

Also to Ilana for organizing a Wreath Making Evening which was very enjoyable and for the funds raised from the sale of the Wreaths. Thanks to everyone who contributed dried flowers.

A very big thank you to Richard Cox for taking on the maintenance of the church garden and the also doing maintenance on the church building as an added contribution to the church.....

Also to Carole Penfold for offering to bring in a garden service once a week to help keep the garden in shape at her own expense.

## **A Message from the Trustees**

Dear fellow congregants

The Trustees are having a meeting on Sunday 31 January 2021 and the main point on the agenda is going to be finances. Our finances are in a very critical situation. We still have no income from the Main Road property, there is no letting of the flats or the hall and without services there is also no collection plate. We have cut back on maintenance wherever possible. Only absolute essentials are being paid for but still our reserves are being depleted at an alarming rate.

We wish to thank those congregants who have been able to continue paying their monthly contributions. We are immensely grateful to you.

Warm regards

The Board of Trustees

## **Local priest training.**

I am sure that most of you are aware that Andreas van Breda is very committed to pursue the training to become a priest and that this training has to happen to a very large extent within our region. Andreas is well under way and is receiving input from many different quarters here in Cape Town including speech, eurythmy and study sessions both here and on line. Many thanks to all who came to his first talk during Advent with the title "The sun in relationship to Advent." There will be more such events in the future.

My thanks to the region, the Cape Town trustees and the whole community for all of the support that they have expressed for this endeavour.

Richard Goodall



**Advent Festival with Michelle Kaplan as the Angel**

## **The Advent Festival**

The Advent festival was held on Sunday 29<sup>th</sup> November 2020. Thank you to Michelle Kaplan for being the Angel, to Andreas for telling the story, to the whole group of parents who helped to set it up, to Sue Nepgen for guiding the children through their candle holder making, to Paula Megaw for playing music and thank you also to all those who brought refreshments.

## **The Christian Community website.**

The link below will take you directly to the church website where you will be able to access newsletters, programs, talks etc around the whole region. Please make use of it. Our Cape Town details on the website still need to be updated which will happen as soon as the website operator returns from holiday.

<https://www.thechristiancommunity.org.za>

**Please remember to let us know if your Email address changes or if you want to be removed from the mailing lists.**