



The Wind Call

The Christian Community in and
around Cape Town May – July 2023

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Healing from within.

WHEN WE CREATE a work of art – a painting, a piece of music or a sculpture, we begin with an inner intention. We have something in mind which we wish to bring to expression. The creative process is that of putting the idea which lives within us out into the world in a sense perceptible form. Creation happens from the inside out.

When we are sick or injured – if for instance we have cut ourselves – we heal again not by mending the cut from the outside, but by providing the conditions in which our body can create new tissue from the inside out. In medical terms this is healing by second intention. Also, healing is a

creative process from the inside out.

The creation was an outpouring of self on the part of all the creative beings. They externalized their own “inner nature” into all the processes and forms of creation. The Human Being then had to go through the Fall during which process our pristine nature was interfered with and sullied and since which time we have become more and more needy of healing or making whole again as time has progressed. As we are constituted now we do not have the possibility to reach our own fulfillment as human beings unless something of a divine nature intervenes to overcome in us the effects of the Fall.

This means that each of us is in need of healing and this healing is a new creative process which as we have seen, can only happen from the inside out. In this sense each and every one of us is called upon to become a creative artist in terms of our own humanity. The spiritual world waits

with great anticipation for each of us to become active in the creative process of our own healing and thereby the healing of the whole of society and ultimately of the world around us. As with the healing of a cut in our body, the intention is not about trying to undo the damage that has been done, but rather of creating a new and different future which is free of that damage.

However, because of the effects of the Fall, we are not able to bring about this healing out of our own strength - out of our own being. On the contrary we have fallen further and further away from any experience or even understanding of our divine, spiritual origins and have become more and more deeply enmeshed in physical existence and materialistic thinking. Through this our souls have become somewhat moribund resembling more of a tomb than a fountain of healing.

Christ entered into the stream of humanity to bring about this healing within us. Through first transforming the being of Jesus by overcoming in it - through His own power - all the effects of the Fall, He was able to enter into and transform death itself and resurrect from it in a bodily form that which was no longer subject to death. Jesus became Jesus Christ – the first human being to be totally healed of the effects of the Fall and to attain to His own fulfillment through the indwelling of the Christ.

Through His resurrection He broke the hold of death on the human soul and so rolled back the stone covering our soul's tomb. With our active cooperation He can further transform our soul into an altar. That is - into a place where the divine world works into the world of the human soul. And at this soul altar He is able to offer himself a little at a time as He offered Himself completely in the being of Jesus over three years. He it is who can bring about the healing of our humanity from the inside out but only if we invite Him in to do so in the first place.

Through his resurrection Christ makes it possible for us to become co-creators with Him for the healing of humanity and the world. This means that our most important task in life alongside everything else that we have to do is to enter into an inner relationship with Christ. A future different to the past depends on it.

Richard Goodall.

Friday 24th - Sunday 26th February: Africa Seminary weekend with Rev Jonah Evans, Richard and Andreas with the title "Working from Christ" .

Impressions of the Africa Seminary weekend.

EIGHTEEN OF US GATHERED for this first session of the Africa Seminary in Cape Town.

In four sessions of conversation and one session of eurythmy we explored questions around our relationship to the sacraments and to Christ. The impression of many is that short contributions

of input followed by everyone participating in conversations around specific questions, is indeed a very fruitful way of dealing with almost any subject matter. The conversations were very enthusiastically engaged in so that everyone's thinking was stimulated and broadened and everyone's will was engaged in the process.

The eurythmy with Michelle Kaplan was profoundly enriching of the theme on hand and it was wonderful to move after so much head-work and in a way that deepened our understanding of ourselves in relationship to the spiritual world, the cosmos and each other.

Richard Goodall.



Left: The group who attended the African Seminary Weekend. Rev Jonah Evans is in the center just in front of Andreas van Breda. Thanks to Julia O'Leary for taking the picture with Gideon's camera!

Greetings from Oxford, United Kingdom.

My heart can hardly contain all the greetings I would like to send to everyone in the Cape Town Christian Community, both known and those new to its joys and challenges. Perhaps ... Love, Light and HOPE will convey something of my deepest feelings for you all.

Pauline Scott.



Exploring the theme of Elemental Beings.

Art Exhibition.

Hanna von Maltitz held her 12th solo art exhibition on 17th March at the Novalis Ubuntu Centre. It was opened by Gideon Malherbe and the delicious refreshments were provided by her daughters, Rhoda and Mascha. It was a warm gathering of long-time supporters and some new faces. The exhibition will be running until the end of the year during office hours.

Our New Altar Picture.

HERE IS FEEDBACK from the community council meeting we held on 2nd April, Palm Sunday, to talk about the new Altar picture painted by Felicia Holland and Gabriele Goehlen and to decide whether or not we wanted to keep it.

It has been a year since the new picture was first hung above the altar and we have had a year of festivals in which to look at it and let it speak to us out of the mood of the different festivals and epistles.

The meeting began with a presentation about the immense difficulty that the artist faces when painting an altar picture given the indications which Rudolf Steiner suggested that it should express - which are as follows:

- It should include the Crucifixion - below which is the empty tomb and above which is the Risen One.
- An indication of the Trinity even if only in the colours of Blue, Red and Yellow.
- The countenance of the Risen One should have:
 - ▶ A forehead that was not like the forehead of a modern thinker, but on which was written a sense of wonder about the profound secrets of existence.
 - ▶ An eye that did not look at people as if scrutinizing them, but which immersed itself in them, as it were in glowing devotedness.
 - ▶ A mouth that was as if it had never eaten, but which has proclaimed divine truth since the beginning of time.

No easy task for any artist!

We discussed in pairs:

- How this picture did or didn't fulfill these criteria.
- What the countenance expresses in terms of left and right qualities.

Everyone then had the opportunity to speak about how they experienced the picture over the past year.

Finally the overwhelming majority of those present enthusiastically came to the decision to keep the altar picture as it is as a worthy and appropriate altar picture for our community.

We now need to raise funds towards the cost of this new treasure. A Letter will be sent out to all in this regard.

Richard Goodall.



Linoia Pullen (11 November 1945 - 12 February 2023).

IT WAS SUCH A SHOCK to learn that Linoia passed over The Threshold yesterday. She had been unwell since early January, struggling to regain her life forces, with digestive difficulties coupled with a “tummy bug”. Early in the hours of Sunday morning she was admitted to Constantiaberg Hospital in pain with what was then diagnosed as a perforated bowel. Then that afternoon, 12 February, at 15h40 she ‘died to this world’.

My immediate response is to gather all my most vivid and vibrant experiences of Linoia, with which to clothe this news: the wake-up to my senses whenever I would greet her - how was she dressed, the light of her countenance, the richness of her conversation, her interests so thoroughly explored and lived!

Linoia included in her article ***Colours – the Children of Light and Darkness***, which she wrote last year, a quote of Winston Churchill about his relationship to colour and what he wished to do when he crossed to heaven:

"I cannot pretend to feel impartial about the colours. I rejoice with the brilliant ones, and am genuinely sorry for the poor browns. When I get to heaven I mean to spend a considerable portion of my first million years in painting, and so get to the bottom of the subject. But then I shall require a still gayer palette than I get here below. I expect orange and vermillion will be the darkest, dullest colours upon it, and beyond them there will be a whole range of wonderful new colours which will delight the celestial eye." Winston Churchill

Of these words Linoia then wrote: “I cannot read these words, which I have memorised, without shedding tears of joy juxtaposed with a deep sadness and longing for what I know to be the truth of these words and for how impoverished our souls have become.”

Linoia’s soul was NOT IMPOVERISHED, and she did not shy away from meeting any colour

however dark or light, warm or cool, finding each as a gate-way to the Spirit, just as her keen research and willed practice within realms such as the Elementals, the Hierarchies, Destiny Learning, Rose Cross Meditation and working with the Dead, was thoroughly “lived through”.

I thank her deeply for bringing us all closer to the Foundation Stone Meditation, through her initiative to print and gift each one of us with a copy of “Founding of the Anthroposophical Society from 1923 -2023”, and then to create with Telana, from Johannesburg, the online ASSA conference last year where, country-wide, we found the possibility of having profound conversations and sharing on this theme.

We honour you, Linoia, in all your honesty, tenacity, maverick and loving qualities and for how you have embodied and faithfully carried the position of Secretary for our ASSA for decades. May we now support you with our love as you make this mighty transition to Spirit Land. Our empathy also reaches out to Grant, her chosen life partner.

Caroline Hurner

“The work of art of Noy's life is over. Noy held the reins of many contrasting impulses. Slowly they merged into a sense of mission that you can't believe.

Thank you, dear Noy, for all that you brought and showed us. We support you wherever you may be. Our revels now are ended.”

*Our love, Grant.”
(Grant Ovenstone)*



IN THE LATE AFTERNOON on Sunday 12th February, Linoia Pullen crossed the threshold. She had been unwell for a few weeks, with acute pain on Saturday and was checked into Hospital early on Sunday morning. The doctors could not help her much and she passed away later in the day with Grant by her side. We extend our thoughts and prayers of condolence to Grant and the family.

Andreas van Breda.

Linoia's funeral was held at our church on 24th February and a memorial service at Sophia House on 11th March.

Easter as a Culmination Point for our Community.

IN RETROSPECT, as we ponder the events of Easter, we can only be filled with immeasurable gratitude for what we have once more received.

Starting with Palm Sunday Christina Goodall and the choir as usual outperformed themselves. This created an expectation of the events to follow. The daily contemplations by Richard Goodall for those who could attend them, ended with the Silent Supper on Maundy Thursday. After the simple meal Richard, by the light of the flickering candles, read to us from Catherine Emmerich's book 'Visions'. It set a somber tone which would last throughout the next two days. Catherine (1774 – 1824) was a nun, mystic, visionary and stigmatist and was beatified by the Pope in October 2004.



Good Friday brought suitably overcast and rainy weather to add to the solemn atmosphere of the day. At 15h00 Andreas presented a wide tableau of what had led to that first Easter



event more than two millenia ago. A recital of gongs, including a tam-tam gong, by Christina Goodall, Carole Penfold, Anne-Marie Winkelman and Daniel Kamber (from Hermanus) struck a deep note in the core of the listeners. It was recalling the dramatic events of that first Good Friday when the sky darkened at midday, plunging the world into night darkness. Indeed, we learn from Anthroposophy that that was the Turning Point of Time.

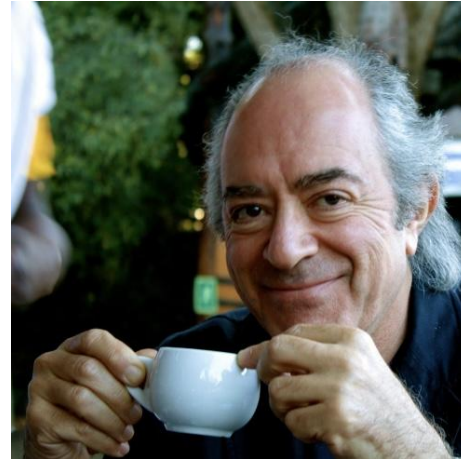
Finally, on a bright Easter Sunday humans and nature could rejoice in the promise of new birth and celebrate the Resurrection in a worthy way. The church was packed to capacity. A very warm thanks to our priests, Richard and Andreas, for their invaluable input by providing meaning and structure to our spiritual life so we might attempt to gain answers to the riddles of life.

Marilize King.

Philip Raphael Karakashian (26th January 1952 - 2nd March 2023).

PHILIP, FATHER OF TANYA KARAKASHIAN and grandfather of Ara, Zahar and Nava (amongst others), was born on 26th January 1952 in Kimberley. His father, Vache, had escaped the genocide in Armenia and after fleeing first to Bucharest and then moving on to Egypt with his wife Nadine, finally decided to settle in Johannesburg from where he established his textile manufacturing business called 'Silk and Textile Industries' in Pretoria.

Philip was very bright, good looking, musical and outgoing as a child and after matriculating his father sent him to Germany to learn all there was to know about the modern textile industry. From there he moved on to Manchester to study further and then returned to enter the family business.



Shortly before his 21st birthday he met Jenny Turner and after 6 years they were married. They had 3 daughters, Tanya, Katya and Alexandra, who grew up in the same home that Vache had bought in Illovo bordering on Hyde Park in Johannesburg. Philip's gregarious nature ensured that their home was always filled with people and life and celebration. Philip had taken on the family textile business together with his brother. He had that rare ability to take deep interest



Philip with Rev. Peter van Breda, father of Andreas van Breda.

in everyone he met – rich or poor – prominent or socially invisible - and he was genuinely interested in their story.

This also made him very successful in his work because, apart from being an extremely hard worker himself, he took pains to look after his people in the factory and also all his associates in the textile world around the globe with whom he had contact.

In 2001 he decided to retire and to close down the business and not long after that he moved down to Cape Town. Then, on the evening before his death, the whole family with all the sons- in-law and grandchildren just happened to have a big unplanned dinner together. The next morning he had a lovely mountain walk with his friend

Alan, sat on a bench in Kirstenbosch to rest and quietly died. His funeral was held on 7th March.
Marilize.

Below left: Philip and grandchildren (of parents Andreas and Tanya) Ara, Nava and Zahar). **Right:** From left to right: daughter Katya, father Philip, daughter Alexandra, mother Jenny and daughter Tanya.



From a Small Farm in Bonnievale.

Greetings – The Christian Community Congregation in Cape Town.

I'm sure you're wondering – what's it like living in Bonnievale – what's it really like living out in the 'sticks' – I'll sketch it briefly for you.

Bonnievale, a small town of some eight thousand souls – lies between Robertson and Swellendam; living here on a small farm is a pleasure and privilege.

Clean air and sunshine but terrible water drawn from the Breede River with its toxic load of roundup and then given a brief chlorine spray by the Municipality; time to reflect but not enough time to get all the farm maintenance done; shopping at the Agri – 'this ain't the leafy suburbs'.

I've made a few local friends to exchange suppers with; many keen gardeners to exchange seed and produce with; and a few un-regenerated 'hippies' to exchange fun and ideas, world events and ideals with. And then there are the vines! Those of you who know me may be surprised that for me this is fulfilment enough – I always had other interests.

The town now boasts a decent restaurant that has recently opened at a nearby wine estate; the local 'tea-room', after being burnt down by our neighbourhood arsonist, is now operating out of new and improved premises; SPAR has had a change of management; and that's about all that's happened in the dorp; oh yes, and Multisave sells ribs and 'slap chips' on Thursdays.



Leigh happily showing his birthday gift to all.

On the farm it's been hectic – I've at last got a sign on the front gate that says who we are and what we're doing that only took just over three years to put up. On an Astral level the planets have revealed the awful truth that farming a couple of hectares of grapes will only get one to the poor house, as I could easily farm four times the land size for very little extra input but better returns. Of course that's if the wine-makers pay – I have never yet been paid properly for our delicious red grapes over the 5 years since I and my fellow adventurer arrived here.

The ladies' gardening group, now known as Kleinbegin is the best thing happening. After three years plus, and ongoing, of preparation, "Is this actually what you want to do ladies?"

"How much money have you saved by growing 16kg of beetroots?" "Is anyone really going to buy those carrots with all that mud on?" "Look at the worms on your celery". "We need more manure." "Yes, yes, ok" - the vegetable garden is growing beautifully and is the reason I came to Bonnievale – to retire in a gentlemanly fashion and watch the jolly ladies working. Well, it didn't quite work out like that for me!

My business partner, friend and colleague of 18 something years spied greener pastures up north and left me to fend for myself (say no more) so I've spent the last year and a half going back to 12 hour days and then I'd also like to eat something and the dogs need a walk and I fall into bed.

I've done virtually none of the things I planned to do ...

But, oh, am I having fun! I should have gone off into my hermits' cave years ago. Sitting on your own for nights on end is not necessarily lonely and doesn't have to drive you loopy (my friends say it hasn't) – it depends on your attitude and your inner creativity. What an opportunity! Karma doesn't have to be painful – you just need to accept your 'just desserts' with a knowing smile and remember your manners to say - 'Thank you'.

The inner creativity is the thing that keeps me steaming along – what better world



Leigh and the members of 'Kleinbegin'. They treated him to a happy birthday bash on 9th Feb.

could I create – no, what better world am I creating and who could I imagine to create it with? It's too late for this life, you know what I mean (it'll soon be time for me to go) ... but hmmm, what about the next life? What do you mean I can't plan my next life? I've chosen my mother already! (It could be you.)

I will need all the steam I can muster during this year, for faced with a tepid cashflow, I will have to sell off part of the farm so that I can carry on in Bonnievale with the jolly ladies who have such wretchedness in their lives that a bag of self-grown veggies is a minor triumph and cause for celebration. These ladies are certainly no angels but they make it all worthwhile.

I like it here – it's alive and I feel I'm more alive than ever – it's simple really - we need to accept and love 'the joys and sorrows of existence.'

God bless.
Leigh Sax

Announcements and thanks.

Confirmation 2023

THE CONFIRMATION SERVICE will take place on the 7th of May. We have 8 wonderful young candidates this year. They are: Olivia Roux, Lara Schrieder, Nicholas Schrieder, Boyd Copeland, Amelie O' Hagan, Gabriel Leedenberg, Rogan Samuelsson, and Lily Stevens.

It would be great if you were all there to support these children in this very important step into youth.

Richard Goodall.

Thanks.

A very big thank you to Richard Cox for his continued behind the scenes work in doing maintenance on the church and for the Timour Hall Cottages with such dedication and all as a free contribution to both the church and THC.

Richard Goodall.

Right: Sonnenstrasse by Jutta Blühberger (Waldorf Art).

