



The Wind Call

The Christian Community in and around
Cape Town Nov 2023 – Jan 2024

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A Michaelmas Thought.

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LOOKING INTO A SOMEWHAT turbulent world it is easy to become despondent when we see terrible conflict between nations or feel an uneasiness in the chaos of our own personal lives. We may feel a sense of helplessness in being able to have an effect on an age-old war, or being able to make a meaningful change to the problems that beset our nearer environment in just Cape Town, for example. Similarly when we see suffering or hardship in our neighbourhoods or in our community; we may ask what could I possibly do that would make a difference?

In recent weeks I began classes with a small group in preparation for the Sacrament of Confirmation which will take place after Easter next year. The Children/Youth are approaching adolescence which is a delicate and profound moment of

transition in life.

As teenagers, our relationship to the world changes entirely. From looking into the world and marveling at nature's complexity and beauty, now with my developing consciousness I become aware of "being aware". Something beyond the stream of my hereditary is working in me; and I can't quite fathom what it is, but I also sense that this stream will have a significant impact on my life in the future. I discover I have an inner life. And in the imagery of Michaelmas, I realise that I am a Divine Being. Yes, already I am aware of my everyday earthly existence and more and more I am expected to take responsibility for my actions; and yet also, I become aware that

something of myself has remained in the Spiritual world with which I am able to connect. These are subtle but definite experiences of the teenager, even if they are not yet able to meaningfully articulate them.

To begin with, this finds expression with an inner dialogue. Each one of us has an inner voice with which we are in conversation. And if we listen to it, in a rather mysterious way it has a habit of being right. Our inner life has many aspects. My gut-feeling about a decision or an encounter is most often exactly the kind of revelation I need. And I come to appreciate that the kinds of thoughts, feelings and intentions which I hold, will directly impact the kind of inner life which I am able to cultivate. These are of course but in their infancy in adolescence. In living with many of the Michaelmas thoughts, we become aware of our own responsibility as striving human beings. We hear how the Spiritual worlds wait for our participation before they can act. But what exactly can I do to participate?

"In Ephesians 6:10-18 we encounter the armour of God, with which we are encouraged to clothe ourselves with."

In Ephesians 6:10-18, we encounter the armour of God, which we are encouraged to clothe ourselves with. In these short verses we hear a description of aspirational qualities with which we can connect. And we do so when we seek the Truth, when we aspire to Righteousness; in other words when we attempt to understand each situation for its meaning in the greater context of life, the world and our becoming. When we bear Peace in our heart we already place an intention in the world of how it can be. When we actively foster Faith, not blind faith, but true Faith then it becomes a creative force in the world towards the Good. When we seek Salvation we unite our Earthly selves with our Divine selves. All of these qualities are moral forces which we realise we ourselves are able to access, to generate, to create.

And we can do so in the place of our soul; the inner place which the adolescent is slowly becoming aware of. And when we are able to offer our inner life, our soul as the place where these moral forces may work, then as the Michaelmas Epistle says, they become a "light" in the world which radiates and touches others. And it is this free deed, free power, that the archangel Michael is able to gather up, harvest as substance to reinvest in the becoming of Human Beings. And we can take courage of being such bearers of moral forces which have a direct impact on our own inner life, on our immediate circle and the world at large.

Andreas van Breda.

"... And it is this free deed, free power, that the archangel Michael is able to gather up, harvest as substance to reinvest in the becoming of Human Beings."

All Africa Anthroposophical Training Report.

Around 100 people gathered at the Assalam Community Project center in South West Zanzibar this year from the 6th to the 13th of August for the AAAT (All Africa Anthroposophical Training) conference. There were representatives from Egypt, Gambia, Uganda, Ethiopia, Kenya, Tanzania mainland, Zanzibar, Botswana, Zimbabwe, Namibia, South Africa, Germany, Switzerland, Belgium, Turkey and Dubai.

The setting for the conference was idyllic – housed in coral rock and timber structures with palm frond roofs overlooking the sea - set at the edge of coral cliffs against the bottom of which the ocean lapped or pounded depending on the tide. We were surrounded by lush tropical vegetation – coconut palms, date palms, banana trees, paw-paws, acacia, fever trees, euphoria, sausage trees, strangler figs and many others. There were also cows, chickens, a goat, a food forest and veggie gardens. Assalam is an Islamic school and training center financed mainly from Turkey and in service of the local communities.



The days began at 06:30 and ended with dinner at 20:30. They were packed with eurythmy, study, nature observation, and workshops covering multiple topics to do with health, agriculture, education, art, architecture and social issues from an Anthroposophical perspective.

The participants were very colourful, energetic, enthusiastic and hungry to learn from all whom they met. All differences of culture, language, religion and custom seemed to dissipate and be absorbed into the common striving for a better understanding of life and ourselves and our various

professions. There were countless rich one on one conversations and none were about the weather. The participants were amazed at how harmonious and fruitful such an intense meeting of hugely different cultures and religions could be.

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Pictures top right:
Richard in an open air venue.

Left: *Colourful participants, some in traditional garb, at the conference.*

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A desire was expressed by the Ugandan group to investigate how the Christian Community might be able to participate in the development of various projects and undertakings in that country. We will see how this might develop. There is obviously a strong longing for a deepening of the understanding of Anthroposophy and the perspectives that it offers in the souls of many people throughout Africa.

Richard Goodall.

Picture left: A participant from Zanzibar easy to spot in his tropical shirt.

Organiser's Report on the All Africa Anthroposophic Training Course.

In order to provide trained Eurythmy Therapists with doctors versed in Anthroposophic Medicine, I asked Michaela Gloeckler to bring IPMT - International Post-graduate Medical Training - to South Africa. In order to bring this to all African countries, I undertook a journey through Africa visiting 37 countries in Africa to find out how Anthroposophy could best serve Africa. I visited not only hospitals and medical



Above both: Julia O'Leary flanked by the Gambian Team.

institutions but also schools and farms. In the final IPMT 17 African countries had registered for IPMT.

Out of this, it became clear that not only for medicine but all Anthroposophy was wished for. This brought about the AAAT - All Africa Anthroposophic Training.

The first AAAT took place in Kenya, then Zimbabwe, Tanzania, Uganda and this year in Zanzibar. Initially I carried the co-ordination of these trainings (both IPMT and AAAT) and in the past years a core group was formed, growing year by year and now responsibly active in each AAAT.

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“Almost 120 people have gathered from all over Africa to develop our personal leadership and capacity to be in service of our communities. We are in a deep river of learning:

We are learning from the wisdom of nature. We are studying and experiencing soul development practices. We are engaging in different practical workshops that bring skills out of anthroposophy: Biodynamic farming, the art of conversation, understanding trauma, child development, the art of community building, and much more.

We are deepening our understanding of Anthroposophy, and of ourselves as human beings in society. And finally we are weaving the networks of Africans who are working in different contexts and countries:

- Asking ourselves the question: What more becomes possible when we engage with each other, and connect with our initiatives.”

In Zanzibar, I co-lead the workshop on Understanding Trauma and Helping the Healing Process, together with Judith Tabberner.

I quote Judith: "Enthusiastically each afternoon, we met to build up a new grasp on the theme, and also to experience and practice creating the conditions and activities that can support the healing process. We understood Traumatic experiences through the metaphor of a wound, and



also an indigestible experience, which has consequences for the whole human being, in Body, Soul and Spirit, and in Nervous System and Thinking, Rhythmic System and Feeling, Metabolic System and Willing.

We enjoyed ourselves too, with joyful games, Clay Modelling, Drawing, and Movement. We got to know each other through sharing questions and insights. Julia O Leary shared a case study which enlivened our work immensely and made it very real.



Pictures Right from top down: Julia with the Gambians; a palm tree standing like a sentinel over them and organic shapes and roof coverings. **Above left:** A peaceful night sky with moon rising.

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This was also a way of bringing hope alive, where there was real struggle with complex questions of how to support the recovery process."

The workshop was well received, with the participants requesting that this course be continued into the next AAAT with more time allocation. It was felt to be a necessity and of utmost importance. I also participated in the Workshop on Special Needs led by Botswana Camphill and Janet Manoni from Tanzania- the largest group of participants- showing the essential need in Africa, with so many children in need.

The event was momentous with everyone being inspired to continue this training and leaving with a renewed outlook and deeper understanding of self and task. Much gratitude, Julia O'Leary.

Our Fair 2023

A happy day was enjoyed by all as the readers can conclude from the pictures below. Thanks for all the hard work by everyone. The stalls were varied and attractively set up. We bring you a collage of pictures to tell the story. Thanks to the photographers. Marilize.



Left & above: Some of the Craft Stall's items.

Pictures above left to right: Wooden puzzles distributed by Pam Chanarin; the best coffee in town by Birgitta & Paul Myburgh; May Munroe & Caroline Hurner at the Cake Stall.

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A very big thank you to Jenni Brasington - our reigning queen of the Fair (or is it Fairy Queen) -for pulling everything together for a most successful event which even managed to usher in a few days of sunny weather after days of rain and cold. Despite the date clashes with many other events and therefore a slow start to the day - by 12:00 the whole place was full of people and humming with activity. Especially pleasing was the good turn-out of little children. Jenni calmly oversaw the whole setting up and clearing up operation and was grateful for the efforts of all the people in the community who made it all happen. Dear Jenni, we sincerely hope that you will be available for this wonderful event next year.

Richard Goodall.



Picture left: Jenni Brasington, Co-ordinator & Rosemarie Enthoven, Treasurer.

Right: Lionel Chanarin teaching the children circus games e.g. juggling.



Clock-wise from middle left: Richard Goodall, Caroline Hurner and Jeanette Bromley in a light moment; Rhoda Rutherford, Kosma & Hanna von Maltitz at the Folding Stars Stall; Helen Baker waiting for the lunch crowds; Richard & Nicola Cox at the Nearly New Stall; Ilana Rudolph teaching children Festival Crafts and Mirjam McLeod with Veronica Kula at the Chai Tea Stall.

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Below: Louise Schipper at the exquisite festival crafts table.



Left: The aromatic boerewors stall with the reassuring presence of team Bruwer and Hugo le Roux.

Right: Paula & Toby Megaw. They qualified immediately to be published on the strength of Paula's beautifully coloured scarf!



Plant Stall.

We were so fortunate to again have a handsome donation from Michel's Nursery towards our Plant Stall this year at the Fair. *(Picture bottom left.)*

Besides the other gifts of plants and cuttings from members of the Community, Michel's generous offering included colourful pansies, daisy bushes, some scabious, alstromeria, pelargoniums and many other colourful flowering plants and some vegetable and herb seedlings. The sight of the plants as customers entered the courtyard gave a wonderful cheerful spring promise and inspired many gardeners to splash out to bring on the spring after a long and wet winter.

We once again extend our heartfelt gratitude to Michell's for their continued support .
Sheilagh Dobson.



Above: The view that greeted our treasurer first when she emerged from her cave at the back: bonhomie created by many happy visitors. Here one of our two first ladies and highly regarded choir mistress, Christina Goodall (ain't we fortunate! – the other one being Tanya van Breda) is listening with a friendly ear to another visitor.

Last but not the least – from the Treasurer herself.

Sitting in the rear part of the building, barely a sound reaches one, especially when concentrating on figures, counting money and recording same. And so it is with great delight when one steps into the buzz of our Family Fair, where there is laughter and chats, sometimes even earnest discussions, to the sound of lovely musical entertainment. The stall holders and customers, young and old, are in cheerful mood and children entertain themselves with wholesome crafting or even some juggling. A heartfelt THANK YOU to all who spent so much time in creating and preparing for the fair, to all those that came and made it a successful day which resulted not only in satisfaction of body and soul, but also in a positive financial gain for our community. Thank you again to everybody and hope to see you again next year!

Rosemarie Enthoven.

The Christian Community Annual Children's Camp.

The Christian Community summer camp is a week-long, non-tech and well organized event for children between 10 and 14. It is held on Wildgarten Farm, 6 km from Stanford on the Hermanus Road.

It is fun-filled with storytelling, singing, riddle solving, group activities, games, treasure hunts, conversations, quiet times, supervised swimming in a dam and lots of good food. It ends with a cabaret on the last evening.

A team of experienced young people as helpers, three camp leaders, two cooks and a nurse accompany the children. The meals are enjoyed under a magnificent old oak tree. On the Sunday an indoor church service lasting 20 minutes is held.

Andreas van Breda

(andreasvanbreda@gmail.com).

Application forms & queries: please contact Delphine Oliver delphine.olive@gmail.com .

November events.

Celebration for the dead.

*Our annual celebration for the dead will be held on **Saturday, 25th November at 15h30**. More information to follow later.*

Remembrance Sunday. To be held on **Sunday, 26th November**.