

# The Wind Call

The Christian Community  
in and around Cape Town

Aug - Oct 2014

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## **W**e can begin to make the Earth shine!

There is a story by Irene Johanson about the disciple Andrew who is a fisherman and a star gazer. One night when he is gazing up at the wonder of the starry heavens he witnesses a great shower of falling stars coming from the area of Capricorn such as he has never seen before. As he watches he is gripped by a new inspiration: "From now on will work on the earth what until now has only worked in the world of stars. All good things will become possible through Him who has come from above, so that the earth itself will become a star. The 'star of love' will be her name."

From that time onwards "star laws" begin to apply to earthly existence through which matter becomes spirit and spirit becomes matter (transubstantiation) – only that now these laws begin to work through and with human souls. It has taken 2000 years for the seed of "star working" to ripen within the human soul. Now in our time it is the deepest - although still somewhat subconscious - yearning of the human soul to participate in the creative process of the earth's transformation. For us to do this we first had to awaken to our own individuality – our own individual sense of self as opposed to a group sense of identity and belonging.

St John is the great and ever-relevant bell ringer announcing this monumental transition into selfhood and calling on us to wake up to the immense consequences of this individuation. It changes everything to do with the religious-spiritual life; the social life; and with how we see ourselves in relation to the natural world, humanity and the spiritual world. For this reason John calls for radical change in how we think about and feel about absolutely everything. He says: "Wake up to the new reality and make it part of your life! In the first half of earthly existence and in the first half of every year you have been showered with gift upon gift from the world of stars. These gifts are only gifts when they are accepted. Wake up and accept them into your hearts and minds and do something with them."

In this regard we could say that the whole of humanity is now in puberty – in the process of awakening to selfhood and adulthood in which we need to find our own inner authority; our own inner motivator, our own inner aims and goals, our own inner teacher, our own inner compass and anchor, our own inner laws, our own inner morality and above all our own inner relationship to Christ and the spiritual world which makes all the rest possible. As with every young person at the threshold of adulthood we yearn for this whole process to be confirmed and strengthened. This adult confirmation is provided with every celebration of the Eucharist which means 'thanksgiving' or its renewed form 'The Act of Consecration of Man'.

The spiritual world looks with great longing for signs of people who have accepted the outpouring of Christ as a gift. For through accepting it, through trying to understand what this gift really means; through allowing it to live in our lives so that we truly take hold of our lives and step meaningfully into

*(Cont. on Page 2) ...*

*(Cont. from Page 1.)*

our own adulthood; we begin to become co-workers and therefore co-creators of the future of earthly existence together with the angelic world. This is not just a nice scenario to have but rather an absolute essential if we wish to have a humane and sustainable world in which humanity is going to be able to attain to its own fulfillment. When we commit ourselves to the path of truly coming into our own in this way, then something begins to flow in the opposite direction to the falling stars that Andrew saw.

Our efforts create a vessel within our souls in which those falling star forces can begin to work in and through us. Then when we go to sleep at night, the fruits of our striving begin to ray up from our hearts as a reversed shower of rising stars – and the earth begins to shine in a transformative manner.

Richard Goodall.

### *Celebration of Silver Wedding.*

Dear Friends,

It has been such a joy to share the day of our Silver Wedding with so many of you! Thank you for all your involvement from hiring jugs, glasses and coffee plungers to cooking, preparing sambals and baking cakes, providing flowers, carrying and decorating tables, practicing songs and pieces for jubilating in harmony, joining in graceful circle dancing to leaving the church cum dining room spotless and returning crockery and tables back to Michael Oak.

We hope you all enjoyed the day as much as we did and that you had a chance to maybe reconnect with some people you hadn't talked to for a while. We will cherish your thoughts, wishes, cards and precious gifts for a long time. The money you have collected we will use towards a flight to Europe next year. Thank you ever so much!

That we have been blessed with a peaceful marriage is also due to the fact that we are part of **you** as a striving and caring community. Caring for a bigger circle of people helps us not to just be focused on our own needs and desires, puts problems and issues into a healthy perspective and reminds us to work for the good of the whole. Well, let's all carry on practicing ...

With gratitude and love,  
Christina and Richard.



#### **Comments received from the Community.**

▪ *It was a community festival in its truest essence, a lovely community event. It was also a privilege to be part of the choir and being able to sing for the bridal couple.*  
Anne-Marie Winkelman.

▪ *The wedding was a picture of culture – a real way to celebrate things, a wonderful event.*  
Yvonne Bruwer.

▪ *It was a very special and heart-warming day. There was a joyful co-operation and all hands were on deck. And the food was excellent!*  
Jacquie Frylinck.

*Thanks to Hanna von Maltitz for  
providing the lovely wedding  
photos.*

*Marilize.*



The bridal couple with witnesses Keith Struthers (left) and Uta Jensen (right).

### **A big Thank You to**

- **Howard Dobson** for renting a trailer and returning all the trestle tables, crockery and cutlery to Michael Oak School on the Tuesday after the event. It meant the Goodalls could go on holiday in peace.
- **Sheilagh Dobson** for all the maintaining of the vestry and everything to do with the altars which are the centre of our work.  
Marilize.

### **Further Comments.**

**ON A GREY AND RAINY MID-WINTER DAY** our church was transformed by the joyful occasion of the wedding sacrament held for Richard and Christina Goodall. And what a lovely day it turned out to be!

Reingard travelled down from Johannesburg to officiate and the two witnesses from the Goodalls' first wedding in 1989 were also present (Keith Struthers – from the legal wedding - and Uta Jensen – from the sacramental wedding, the latter having travelled all the way from Ireland), thereby adding to the occasion with their presence.

After the Sacrament of Marriage the venue was prepared for the wedding feast and the bride, groom and their retinue could be received. Mirjam MacLeod and her assistants provided a most delicious curry lunch, just right for a cold day - and followed later by coffee and delectable cakes.

The few speeches were pithy and humorous. Piano and flute music contributed much to the lovely atmosphere. At least one of the babies present was observed to be enchanted by the choir singing! Especially appropriate was their song called "Brother, let me be your Servant" by R. Gillard.

This occasion was a real exercise in community building: everybody seemed more than willing to pitch in and help, all wanting it to be a special day for the Goodalls. It was an opportunity to acknowledge what both Richard and Christina have contributed to our community life. Something truly positive has been established.

The celebration was a reflection not only of a marriage in two people's lives but also that of a relationship between them and the congregation built on timeless values. It ended with circle dancing led by Caroline Hurner, which was the high point of a day full of warmth and peaceful celebration. Even the sun peeped out from behind the storm clouds late afternoon as if to put its seal on the events!  
Marilize.



**Shades of Green for a Friday – Picture taken on Good Friday after the 3 pm Contemplation. Left to right: Etienne Bruwer, Julia O'Leary and Rob MacLeod.**



Congratulations to these nine young people on their **Confirmation** on **11<sup>th</sup> May 2014**. They are from left to right: Benjamin Janowski, Michael Gray, Sebastien de Villiers, Alex Blatcher, Sophia Petousis, Tayla Snyman, Kerstin Sieckmann, Franziska Blochliger and Chloe Summers-Johnson.

### **Confirmations – Comments and thanks.**

*Dear Richard,*

*Thank you so much for the Confirmation weekend! I appreciated this so much! Such a blessing! It feels I was confirmed too!*

*Thank you, Thank you, Marisa Gray.*

*Dear Richard,*

Many thanks to you for your commitment and contribution in this Confirmation process. Although not 'officially' part of your community I felt very much at home and thank you for your generosity of spirit.

I know it has been a rewarding time for Sophia and I look forward to seeing the seed germinate ...

Best wishes, Janet Petousis.

*Dear Confirmation Parents,*

*Many thanks to you all for helping to make the confirmation weekend such a memorable one for your children/young adults. It was wonderful to have them all and to watch them grow and unfold throughout the year. I trust that the seed laid in their souls through the confirmation will find the necessary space and nurturing to be able to germinate and develop in the years to come.*

*Richard Goodall.*

### **THE CHRISTIAN COMMUNITY REGIONAL COUNCIL SOUTHERN AFRICAN REGION.**

**THE REGIONAL COUNCIL** is being held in Cape Town this year and all are invited to attend on **Friday, 22<sup>nd</sup> August at 7.00 pm** to hear a report-back from the congregations in our Southern African region. In addition we will have our first discussion on the coming 50<sup>th</sup> Anniversary of The Christian Community in Southern Africa that will be celebrated with a Regional Conference from **April 30<sup>th</sup> to May 3<sup>rd</sup> 2015** to be held in Cape Town.

This will be entitled 'Lighting the Flame', and will be devoted to creating our Vision for the coming 50 years. On **Sunday 24<sup>th</sup> August** after the Act of Consecration we will continue to plan this event of becoming Light Bearers for Religious Renewal. Please make an effort to attend; we need your input.

We look forward to seeing you there.

Many thanks, Leigh Sax, Council Chairperson.

### *The Cape Town Diaspora.*

*(Having visited the younger generation of Choulers in Stanford when I was on leave during May, they happily forwarded us their story of life in the country. If ever you pass through that region you may want to visit their restaurant/ fresh food market, called "Graze". The food is organic and delicious - their coffee will put a spring in your step! Marilize.)*

**PEOPLE ALWAYS ASK HOW** we ended up in Stanford – the short answer is that it started at The Christian Community with an announcement made by Hille Sieckmann, and responded to by my dad, Charles Chouler.

Coincidentally or serendipitously Tabby and I were desperately looking for a 'place in the country' to settle away from the rush of city life. The Sieckmanns were also looking for someone to help on their flower farm near Stanford. This was the first step in the right direction for us and through the generosity of the Sieckmanns it allowed us to pursue our dreams of growing vegetables, keeping bees and animals (chickens, ducks and pigs) and it gave us our first experience of farm life - and we loved it!

However, first the animals started to multiply and then we too, with the impending arrival of our first child, making us realize that we had in fact outgrown our little cottage and farmyard on "Wildgarten". After two eventful years it was time to move on.

Having initially spent most of our time on the farm enjoying the space and tranquility we slowly but surely began to discover the nearby village of Stanford which we soon realized was far from a one horse dorp. Instead it had a vibrant community and was full of interesting characters, many of whom are in fact Cape Town escapees themselves and a few of which we realized we knew.

This opened up the opportunity for us to start selling our excess farm produce, vegetables, eggs and honey at the village's Saturday morning market. We were surprised at the enthusiasm and support from the locals and it inspired us to continue and expand our production with a focus on free range pork and poultry as well as naturally grown vegetables and raw honey.

Much like having kids this has turned out to be a really long term project where we have very few answers and learn as we go along.



Having found a nice new home on nearby Walshacres farm and with our daughter Ripley fast approaching her first birthday we decided to jump at an opportunity to take over a small restaurant in the village, which would allow Tabby to put her passion and skills as a chef to good use and give us an outlet for some of our farm produce as well as a balance to domestic life.

This has turned out to be an amazing experience not least due to the support and enthusiasm of our guests and visitors who appreciate the effort that we make and understand the philosophy behind our *Slow Food Cafe*.

Having more or less got everything under control with a good balance of home/ farm and work life we received news that our adoption application was successful and we would soon receive another call to come and collect a new little son/daughter. This happened on New Year's Eve 2013 and after a few days we were the proud new parents of baby boy Thando –short for Othandway, 'the one who is loved'. This beautiful little angel is now 10 months old and his not so angelic sister Ripley has just turned 3. Needless to say I have stopped counting grey hairs and lost hours of sleep, and we will at some point regain control....

Alexander Chouler.

**Marilize will be on leave from 25<sup>th</sup> August to 8<sup>th</sup> September during which time the church office will be closed.**

## **Cape Town Diaspora** (continued).

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(Many of you will remember Sue and Rob Vos, Waldorf parents who lived in Hout Bay before they relocated. Sue was a maths teacher at Constantia Waldorf for many years. Her contribution to our Wind Call is much appreciated. – Marilize.)

### **Reflections - Outer and Inner Journey.**

IT IS WONDERFUL THING TO BE ABLE to view the course of ones life with equanimity and deep gratitude at how the story unfolded and continues to unfold. What a story! Each of our stories is unique and remarkable in its own right.

One recognizes two journeys - the outer journey and the inner journey, the one that the soul makes in parallel with the outer observable journey. This is where the real stuff of life is happening. It is our inner experience and our response to what is placed there **for** us where our soul is moulded and shaped.

So many of us are presented with tragedies - tragic when viewed from the physical perspective. From the spiritual perspective, they are powerful opportunities for transformation and as such can be viewed as great gifts.

Life itself is serving a higher purpose - serving our growing, becoming and awakening to our God-Selves. It is our deepest challenges which afford us the greatest opportunity for growth. Knowing this in our heart of hearts, we are able to meet all that comes our way with a sense of deep gratitude.

Speaking from personal experience, it was almost eight year ago that Simon, my eldest son, died suddenly. Thus began the greatest, most challenging and most beautiful journey within the journey of my life.

I knew intuitively that behind this tragedy lay a great gift, that it would lead me somewhere, that the greatest gift I could give to Simon was to transform my grief, that I was to live with love and joy in my heart and share love and joy in the world. I understood that this event had occurred for both of us, that Simon had completed his work on the physical plane and was called to other tasks. I loved him beyond what mere words could express and I felt deeply grateful to him for having come to me as my son in this lifetime, that I honoured his gift to me and let him go in freedom and with great love in my heart. Simon would still be here for me as he always was. The "knowing" was crystal clear.

A small glimpse of my path forward: I had no idea where I was heading other than that I would be guided and receive all the help I needed, and that there was nothing to fear. I would be required to enter many dark places of self-confrontation - Portals of Darkness - and find my way through them. It could only be a spiritual path - a path of overflowing gratitude to Simon and to life itself, inner listening, inner conversation with Simon, meditative prayer, present moment living, actively living in harmony with the invisible spiritual love-imbued world



Sue and Rob Vos.

which is within us and all around us, seeing the Divine everywhere, seeing Love everywhere, living with trust that every moment was perfect and so much more .....

Through the process of transformation one discovers what it is to be truly alive. A warm glowing light inside becomes a flame - a flame of Love, inspiration, joy. One trusts completely and lives without fear. One's life becomes one of service to God, and in service to all who share this earth with us. We walk humbly alongside our fellow human beings, seeing each as a unique expression of Divine Love.

Such a journey can lead to sharing the blessings of one's own journey with others. So it has been and will continue to be so for me.

With love and rich blessings to all and for all on the great journeys we call life.

Sue Vos, Brisbane, Australia.

### **THANKS TO:**

- **Mascha Rutherford** for making a new silk Trinity cloak very beautifully. Richard G.
- **Rosemarie Enthoven** for organizing the repair work to part of the roof and the building to sort out a long-standing problem with leaking and dampness.
- **Hanna von Maltitz** for making repairs to the curtains in the small flat. They now have a quality lining and reinforced loops. Marilize.

# CARING HELP PLAN

Caring for the Living  
Caring for the Dying



Within our community we have the possibility to become dynamically involved in the way we manage our sickness and our health.

You and I fear the loss of health and dignity, particularly towards the end of our lives.

You may find the care and support you need by joining the

## CARING HELP PLAN

For only R50 per month **Membership** offers very reasonable support.

This support is available to anyone. \*

This is an initiative of an individual and her colleagues with the support of the Trustees of the Christian Community, Timour Hall Road, Plumstead.

Please contact **Carole Penfold, Nursing Sister**  
Tel. 021 794 4110 / 082 296 0189

Bank details for C D Penfold  
Nedbank Constantia; 101 109  
Account no. 1011 056 968

## CARING HELP PLAN

Membership: R50 per month

### LIST OF COSTS:

	Member	Non-Member
Temperature & Blood Pressure	R 5	R 15
Urine analysis	R40	R100
Dressings	R10 to 50	R25 to R125
Injections subcutaneous or intramuscular (supply own ampoule)	R15	R35
Consultation/ Counselling	R50 Per hour	R125 Per hour
Emergency Day	R250	R500
Assistance Night	R300	R600

All charges are related to **Home Visits**.  
A rate of R2 per kilometre is charged for petrol.

\* **FOR TERMINAL CARE :**  
**Please add a Codicil to your WILL to ensure payment for these services.**

“ The riddles of life resolve  
In the warmth of a heart  
that strives  
Towards the light of thought ...”

Dr Rudolf Steiner

Dear Friends,

Although my lovely time in Europe had come to an end, I returned just in time to be able to take part in the wonderful Silver Wedding celebration of Christina and Richard. May I take this opportunity to thank all who prepared the space so festively and cooked a most delicious meal. The excellent preparation towards this event proved to me again that we are a strong community and I am proud to be part of it.

Some of you might have noticed that workmen have been busy and it appears that now the secretary's tower and all rooms below have become waterproof; a section of the roof has been replaced and the tower wall has been coated with a waterproofing membrane. Thanks to a kind and efficient repairman, we have also finally managed, hopefully for good, to sort out the longstanding plumbing problem. The next step will be a visit from the electrician and after that the income from last year's fair will most likely have been used up and we shall have to wait with further repairs till the end of November.

What is still a matter of urgency is the floor in the chapel. Apparently, it creaks so violently that our dear priest finds it difficult to hold a service. We are in the process of obtaining quotes for repairs or replacement and have already received a very generous offer for 50 % of the total cost. This, of course, leaves the other 50 % and dare I hope that maybe a few people will find it in their hearts – and purses – to foot the bill for the balance. Please let me know if you are able and willing to contribute. As you know, the contributions barely cover the day to day running costs and we cannot meet extraordinary expenses.

On a general note, regarding the monthly income, I can say that we are still battling along valiantly. Several people can at present no longer meet their commitments and I hope that others can fill the current void somewhat. Please remember that many people are not able to pay the suggested monthly contribution of R480 but can only commit to a part thereof. Therefore, if anybody can increase their payment to a bit more than what is asked, it would be most welcome.

A heartfelt thank you and warm greetings to you all,  
Rosemarie Enthoven.



*THE CRAFT GROUP* has started meeting again on Thursdays at 3 p.m. at the church to craft a fresh supply of these colourful items for our Family Fair.

**Please make an effort to attend our first Fair Meeting (see next column).**

### Family Fair 2014.

**OUR ANNUAL FAMILY FAIR** will take place on **Saturday, 1<sup>st</sup> November.**

We invite all stall holders and interested parties to please attend the first meeting on **Sunday, 17<sup>th</sup> August after church.**

The **main stalls** will be as usual:

- 2<sup>nd</sup> Hand Books
- Crafts (soft toys)
- Nearly New items
- Tea Garden. (There are suggestions to perhaps move this area to allow more space for the lunch tables, as per requests from visitors in the past. **Tea Garden stall holders** please take note and attend the meeting if possible.
- Lunches (or brunches?)
- Puddings
- Cakes & Breads (cup cakes are very popular at the moment)
- Lemonade
- Boerewors Rolls.
- Deli
- New Books.

#### **Percentage Stalls:**

- Jewelry
- Foot Massage and/or Reiki.
- Wooden Toys
- Marjolein's Gift Cards.
- Advent Wreaths.
- Raffle.

**To be discussed:** ▪ Children's Games and ▪ Starting time of Fair as we have received suggestions for an earlier opening time.

Marilize, on behalf of the whole Community.