

Spring 2016

Newsletter nr 3



Christophorus House
Retirement Village

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Cover photo: Clivias & Daisies



Editor's Letter

Dear Members and Friends,
Greetings and warm Christmas wishes to members and friends for this our third and final newsletter for the year! It's been another busy one and with the coming festive season it means we can expect to be buzzing with enjoyment in preparations. In a world of increasing technology, as you know everything happens fast. However, we can step aside from this rush for a while to remember loved ones and friends and our heartfelt encounters which have touched our hearts. Christmas reminds us to be mindful – meeting a fellow human being with the warmth of interest is a Christ-mas experience when we can experience the gift of “where two or three are gathered, there am I among them”. Through this we can experience Christmas each day.

We had much to be grateful for and also enjoy this past year here

at Christophorus House. We look forward to some wonderful annual Christmas events for our residents for such as our visit to the Hornsby Cathedral for the performance of Handel's Messiah, the combined residents' Christmas lunch and the Carols by Candlelight which includes a special Christmas Address by the Reverend Lisa Devine to mention just a few. For upcoming events, please see the Events page of this Newsletter or check out our website on www.christophorushouse.com.au. If you are interested in attending any event, please call or email me.

I wish you all a peaceful and enriching Christmas time and New Year as you celebrate with family and friends and may the shining light of Christmas accompany you throughout the coming year.

Monika Bebb
Self Care Liaison Officer

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

Here comes the warmer weather! It makes some of my jobs more bearable, like footpath water pressure cleaning, gutter cleaning and washing of hard surfaces. I will be busy with these jobs in the coming months. Thankfully, no major maintenance problems have occurred, allowing me to get through the long list of the

jobs always needing attention. This enabled me to carry out some good improvements such as paving the bin area at the back of the Hostel and also installing new shower heads and hoses in all Hostel bathrooms. I've had the electrician install new LED light fittings throughout the Hostel building when they break. With the replacement of the old light fittings, it will save on energy, maintenance and globe replacement costs while providing better luminous of light.

My regular Tuesday and Thursday bus outings with Hostel residents and Friday shopping day with self care residents is a thoroughly enjoyable part of my job as I get time to spend with them and get to know them better. I look forward to continuing this in the New Year. Wishing you all a very happy Christmas. Until next time, keep well.

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Hostel Hours: Staff on duty at all times, 7 days
per week (After Hours after 6pm 0403 575 079)

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Board Members: Chairman Robert Allerdice,
Mary Arndell, Graham Long, Sune Nielsen,
Madeleine Pathe, John D Shaw & Ian Kircher

CEO: Milan Telford; **Hostel Manager:** Denise
Zhao; **Hostel Supervisor:** Vik Sonea;

Self Care Liaison Officer: Monika Bebb;
Maintenance Supervisor: Hayden Ibbett.

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**If you have some information, an event or
an item you wish published, please contact
Monika on (02)9476 3161 ext 2 or email
mbebb@christophorushouse.com.au**

Christmas Message from the desk of the CEO



The heading of this message begins with the word 'Christ' and that is, after all, what we are celebrating, when we celebrate Christmas in Australia, the human birth of Jesus, the abode on earth for the Christ, at the Turning Point of Time. Rudolf Steiner, the inaugurator of Anthroposophy, an esoteric Christian impulse in the modern world era, began his 'mission' around 1904 at a time that is understood to have been the end of the age of Kali Yuga (the Dark Ages, which lasted from 3101BC to 1899AD) and at the beginning of the time rulership (from a Cosmological point of view) of the Archangel MichaEL (1879). As well, in the century (the 19th century) where materialism as a world view had reached a zenith; this represented a culmination of a number of significant converging impulses. Rudolf Steiner, in an exhaustive life work, truly became a representative of the 'living' Christ'; a claim that can only be verified when one familiarises oneself with the content of his work. It is from his work that I draw the words for this Christmas Message.

Today, we live in an age, when even religion is saturated with such materialistic thinking, that what is given today as the practice of religion and as knowledge of so called 'spirit' is really just understood as a refinement of matter, with not only no

understanding for what is spirit but even an aversion to anything spiritual, through to an unconscious 'fear' of spirit. The dogma of religion has been evident for centuries and even in Steiner's time theologians, who could not make sense of for example the 'mystery documents' of the Gospels, would then set about ignoring those parts which appeared to contradict each other, or alternatively seeking to 'rationalise' by materialistic thinking, the reasons why they contradicted. It did not occur that perhaps such contradictions were present as a protection to the mysteries that were written therein and further, in order not to desecrate those same mysteries.

In this age of materialism today, where the latest religion appears to be 'sport' in all its facets, where false idols can be found on the stages of Hollywood; when black is portrayed as white and white as black, where one can no longer find 'spirit' within the historical institutions of worship, which in actuality 'play' at spirituality and make 'big business' (mega dollars) from it and where the Christmas message today is all the time '...what will I get' commercialism becoming the new spirit of Christmas; it is then good to consider that the events in Jerusalem and also in Bethlehem (do we ever reflect on the varying Gospel accounts of these two birth places? – the one being the story of the shepherds, the other the kings) nearly 2,000 years ago, which are no longer understood, can still 'live' in the feeling realm of the heart and this most notably so in the child in us and in children.

What occurred 2,000 years ago at the Turning Point of Time began as a religion but is greater than all religions; it lives on in spirit, the Christ having united himself with the earth. If the Gospels are to be understood rightly, the 'Word of Worlds', the Being of Christ,

entered into world evolution at the Turning Point of Time in the body of Jesus at the baptism in the Jordan, in order to give the impetus to humankind, to an uplifting involution. Up to that time, humankind had been evolving from a spiritual to a material state. So hardened had the spirit (ego) in humans become that at the Turning Point of Time, it was necessary that the creator God of our cosmos, our universe, should come in the form of the human being. Christianity then has never been about a 'teaching'; it is about the Being of Christ, a God, entering human evolution.

Christmas is the story of the mystery birth of a human being - Jesus, in order to eventually become the 'son of man' and at the same time 'the son of God'; and this event was an affair of the Gods, for the Gods, they too have a religion. Their religion, the religion of the Gods; is the 'human being', to see their Ideal, that which they have envisioned and which is in the process of being created, to arise in the image. And contrast this to the materialistic message of natural science, that the human being is but a 'speck of dust' in the Universe – an accident. At the end of Kali Yuga, with the help of the living Christ, we need now to awaken to our sense of whom and what we are in the cosmos so that the materialism we see everywhere today can be transformed and the true vision of all things arises once more. Christmas and the other Christian festivals are a reminder of such things. So, Christmas we celebrate with joy in our hearts, we sense this each year, that the mood in the world changes because of the gift that humankind received 2000 years before. It is joy that the Gods have hope for mankind, their creation, that they have not abandoned us and that Christ the saviour was truly born for this purpose.

Milan Telford

News from the Hostel

*Kathy Gasper,
Diversional Therapist*

The kindness of community groups continues to enhance our lives here at the hostel. In July we had a small but enthusiastic group from Hornsby BUGS. To use their full name Hornsby and Berowra Ukulele Group volunteer to put some bright music into our day. Who knew that the Ukulele could sound so magnificent? Wolfgang



has again been educating us about the senses and various composers. These talks are ongoing and each Wednesday this provides residents with the opportunity to enhance their knowledge. July is a busy month for birthdays which included Thea Deggens, Niki Peppou, Iris Crick and Donald Matthews.

August saw us prepare for the Christophorus House Olympic Games. Residents helped paint the flags of each country represented here at the hostel – this included staff – and the result made an impressive banner of decorations. We included in our own version



of the games, javelin throwing (paper rolled up), relay (a version of the egg and spoon race using small plastic pigs) and balloon volleyball (pretty much self explanatory). Much merriment and some fierce competition

ensured. We also wished Gordon Allerdice, Joan Brandt and Shirley Powell many happy returns for their birthday.



At the beginning of September we welcomed back Kristy Lee who has been absent from our list of entertainers for a few years. All residents were very impressed with her many talents so we will ensure that she is invited back next year. We also received an invite from Pennant Hills High School to again be entertained by their Year 12 students as well as a visit to Asquith Boys for morning tea. We always welcome the opportunity to engage with these young men and women who remind us of how talented and caring most young people are. We celebrated Betty Booler's birthday this month as well.

We did have a slight lull in our scheduling in October but only so that we could prepare for October Fest at the end of October as well as Melbourne Cup day in early November. Vicki ably ran both of these celebrations with beer tasting and a German quiz



to keep residents on their toes. Reports back indicate that the beer was strong and tasty! And so to November and to what, in my mind, is the most inspired idea that Vicki has ever had. Each resident had a handmade horses' head attached to their walker or on a pole if they did not have a walker and each horse was named after a famous horse. For example Mr Ed, Black Beauty, The Pie and, of course, Phar Lap. Before the race horsey type questions were asked, sweeps were collected and a guessing competition was also operated. (Just as an aside, we have named the box that the horse heads are stored in "The Godfather"!)

June Caswell and Noel Eyles celebrated their birthdays in November as well.

Welcomes and goodbyes. We have gladly welcomed three new residents who have chosen to live with us at Helga Foster House, so welcome to Daina Surums, Betty Booler and Noel Eyles. We also



said our sad final goodbyes to Joyce Harrap and Joan Russell. Both these lovely ladies will be missed by us all.

Legend of the Christmas Tree

The little fir tree hung its head
It felt so small and bare,
All the trees had gifts
for the Christ Child lying there.
The olive had its luscious fruits,
The palm had dates, so sweet
But the fir tree wept
"If only I could also give some treat!"
Then an angel heard the tree
And taking pity cried:
"Let there be stars to light
each branch in silken cobwebs tied,
add silver from the moonlight's beams,
the gold of sun on high,
with all the radiant colours
of each bird and butterfly!"
And so the little fir tree
Stood in beautiful array
And that is why we decorate, with love
Our Christmas tree today!



Even the rainbow has a body
made of the drizzling rain
and is an architecture of glistening atoms
built up, built up
yet you can't lay your hand on it,
nay, nor even your mind.

D H Lawrence

The Gold Wrapping Paper - a short Christmas story



Once upon a time, there was a man who worked very hard just to keep food on the table for his family. This particular year a few days before Christmas, he punished his little five-year-old daughter after learning that she had used up the family's only roll of expensive gold wrapping paper.

As money was tight, he became even more upset when on Christmas Eve he saw that the child had used all of the expensive gold paper to decorate one shoebox she had put under the Christmas tree.

He also was concerned about where she had gotten money to buy what was in the shoebox. Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!"

As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her.

But when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young lady," he said harshly, "when you give someone a present, there's supposed to be something inside the package!"

The little girl looked up at him with sad tears rolling from her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full."

The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger.

An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life. Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there.

In a very real sense, each of us has been given an invisible golden box filled with unconditional love and kisses from our children, family, friends and God. There is no more precious possession anyone could hold.

Story sourced at wanttoknow.info/goldwrappingpaper
Image: pixabay.com/en/users/RonPorter-291009/

Reflections

"I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky and for everything which is natural, which is infinite, which is yes."

E.E. Cummings

"The world is mud-luscious and puddle-wonderful."

E.E. Cummings

Source: goodreads.com/author/quotes/10547.E_E_Cummings

"Festivals are not celebrated in order to reflect the soul-life of the earth in its changing seasons, but to add what comes from the human spirit and the human heart".

Work Health & Safety Corner (WH&S)

Milan Telford, CEO

Lifts (otherwise known as Elevators)

Yes, we do have a lift in the Hostel. Under Work Health and Safety regulations, we are required to have a preventative maintenance program and this is carried out quarterly. This then entitles us to have this piece of plant equipment registered with Work Cover, which is compulsory. The intent is that the plant, if regularly maintained, will not cease to operate at an inopportune time.

Please ensure when using the lift, that you select a floor. The people in the cartoon above, waited hours before they were rescued; no one thought to choose a floor. In the Hostel lift, should the lift stop working and you are

trapped inside (the doors won't open), then push the emergency button. This immediately turns the entire lift into a 'telephone'. There is 24 hour monitoring and that means that no one will be stuck in the lift for more than an hour before being rescued. Our lift people (KONE), have assured us that because of our special clientele, if a problem does arise with the lift, we will take priority for a technician. They have 24 hours / 7 days per week mobile service vans in the area. Due to the preventative maintenance program and the censor panels, problems should be highlighted well before they arise. Also, the emergency line into the lift is tested automatically every day and the moment it fails, various members of staff are sent a text message immediately on failure

that the line is down. This should reassure people who may, even though probability is very unlikely, get trapped in the lift, that they will soon be rescued. Please don't resort to taking your top off (as has the lady in the cartoon).



Laughs

The Dead Donkey

Father O'Malley rose from his bed one morning. It was a fine spring day in his new parish in rural United States. He walked to the window of his bedroom to get a deep breath of the beautiful air outside and promptly noticed that there was a donkey lying dead in the middle of his front lawn. He called the local police station. The conversation went like this: "Good morning. This is Sergeant Jones. How might I help you?" "And the best of the day te yerself. This is Father O'Malley at St. Ann 's Catholic Church. There's a donkey lying dead in me front lawn and would ye be so kind as to send a couple o'yer lads to take care of the matter?" Sergeant Jones, considering himself to be quite a wit, thought he would have a little fun with the new priest. Putting on his best Irish accent he said, "Well now Father, it was always my impression that you people took care of the last rites!" There was dead silence on the line for a moment ... Father O'Malley replied, "Aye,' tis certainly true; but we are also obliged to notify the next of kin first, which is the reason for me call."

From Ted and Helen



Image: [freeimages.com/photo/donkey-1553879](https://www.freeimages.com/photo/donkey-1553879)

Frozen Windows

Wife texts husband on a cold winter morning: "Windows frozen, won't open." Husband texts back: "Gently pour lukewarm water over it then gently tap the edges with a hammer." Wife texts back 10 minutes later: "Computer is really messed up now!"

Reprinted with kind permission from John Rowan, Summer Newsletter, Computers One2One, Jan'16

Calendar of Events

December

5 Students from Berowra Christian School will sing at 1:15pm

7 Combined residents Christmas lunch and entertainment

8 Concert at Hornsby Cathedral at 8pm – Handel's Messiah. Bookings essential.

14 Introduction to a Christmas Carol (evening) – talk by Wolfgang Devine
Carols by Candlelight at 6pm

17 Reverend Lisa Devine of the Christian Community celebrates The Act of Consecration of Man in the Cottage.

20 ILU residents' Special Christmas afternoon tea in the Cottage.



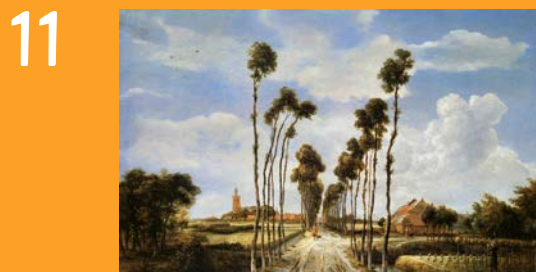
Madonna of the Goldfinch – perceptions on the picture: some hints on Rafael – talk by Wolfgang Devine



Ferruccio Busoni, Italian composer – PART 2 – talk by Wolfgang Devine

January

4 The eye and when it gets tricked

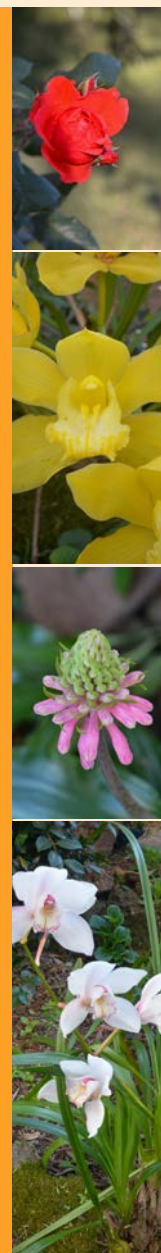


The Avenue at Middelharnis – Meindert Hobbema (1638-1709) – talk by Wolfgang

18 Composer Edmond de Polignac & Winarett, singer – a “purple” marriage – talk by Wolfgang



Stanislaw Moniuszko, Polish composer – talk by Wolfgang



Regular Events enquiries:
Monika (02) 9476 3161

Hostel Lounge Room Talks with Wolfgang Devine weekly on Wednesdays at 2.30pm. For upcoming Hostel lounge room events, please see our website at www.christophorushouse.com.au or call Monika for details.

Scrabble and other activities happen in the Hostel's Evelyn Latter Room on Mondays.

Music with Rowlanda in the Hostel lounge on Mondays and Fridays.

A movie is shown in the Cottage on the first Monday of the month.

Board Meetings are held monthly on the third Monday.

Weekly Footbath/Leg Massage Therapy with Ian is in the upstairs Hostel lounge. Visitors welcome but bookings are essential. Phone 0400 430 830.