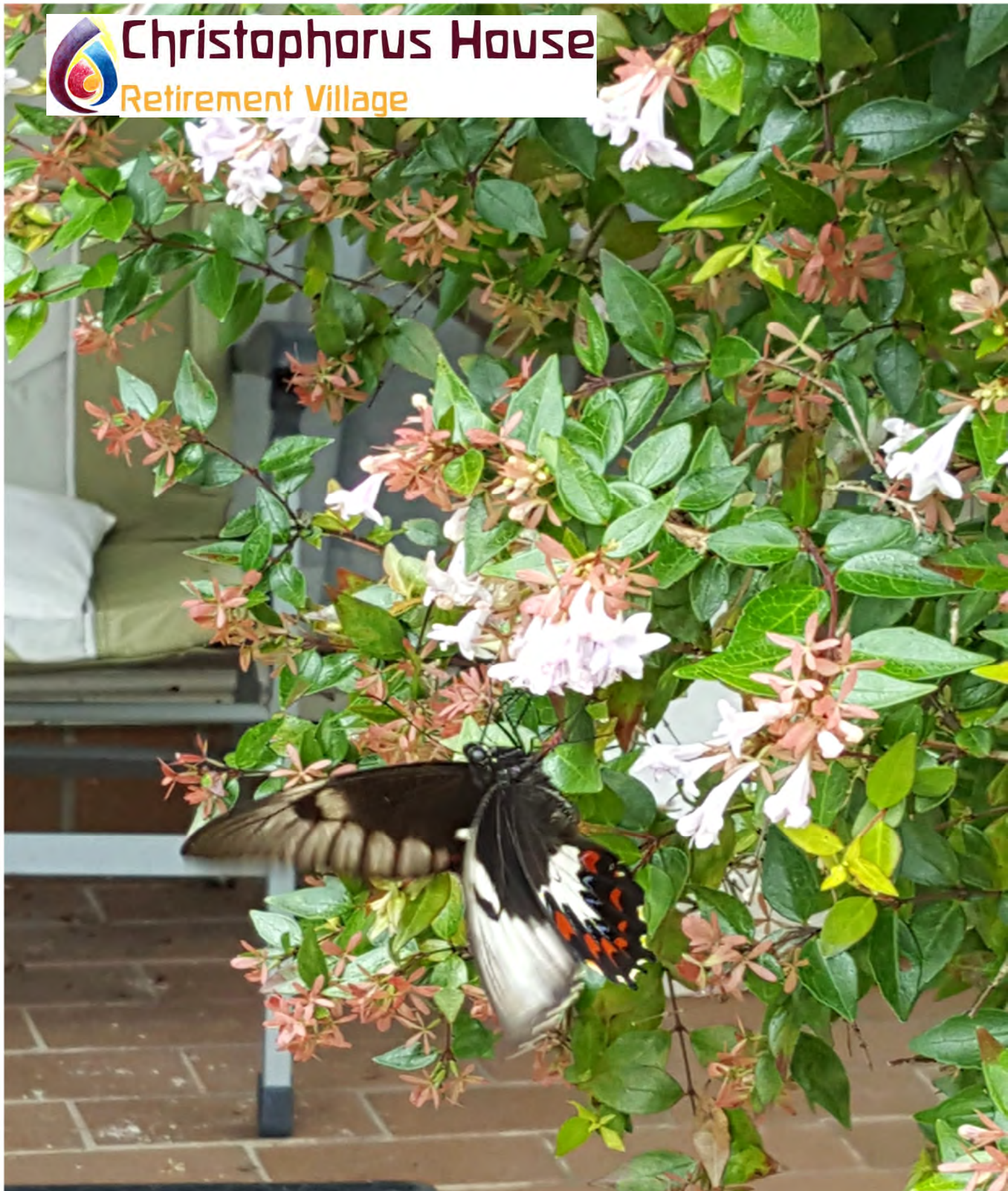




Christophorus House

Retirement Village



**Autumn-Winter 2022
Newsletter**

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Christophorus House Retirement Village ABN 32 001 781 013

Christophorus House is a Not-for-Profit organisation and has operated since 1984.

Registered Office: 396 Peats Ferry Road, Hornsby NSW 2077

Postal Address: PO Box 3198, Asquith NSW 2077

Village Email: chrhv@chrhv.com.au

Hostel Telephone: (02) 9476 3161, Hostel Fax: (02) 9987 0212

Hostel Email: hostelmanager@chrhv.com.au

Office Telephone: (02) 9476 3161, Office Fax: (02) 9477 5768

Website: www.christophorushouse.com.au

Office Hours: 9am to 5pm, Monday to Friday

Hostel Hours: Staff on duty at all times, 7 days per week (After Hours after 5pm 0403 575 079). Hostel Hours: Staff on duty at all times, 7 days per week (After Hours after 5pm 0403 575 079)

Newsletter Editor, Design & Layout: Monika Bebb. If you wish to contribute an article or share information, an event or an item, please contact Monika Bebb on (02)9476 3161 ext 4 or email monika.bebb@chrhv.com.au

Cover: Nature coming to life after the rains

Back page: Easter greetings

Editor's Letter

Dear members and friends, Easter is upon us, and this newsletter features thoughts of inspiration and renewal! The message from Board member Annet gives a sobering picture of our current events and tasks that are asked of us today not just for the world but for us here at Christophorus House.

A metamorphosed chrysalis was the inspiration for this Newsletter's cover. The butterfly appeared at one of the bushes along the path, busily trying to avoid my eye as its attention was on the flowers which provided nourishment. With the ending of the rain, many creatures have reappeared, and the garden has rewarded us with freshness and greenery in abundance! A profuse growth spurt has kept everyone here as well as gardener Jason very busy! We can breathe a sigh of relief now that the rains have stopped, having cleansed every possible corner that was hidden! Hayden has also been kept very busy attending to many flooded areas and leaks around the village in units and the hostel. Everyone's suffered with mold and damp and thankfully the sun and dry weather will help clear most of it!

Hostel news reports that residents finally enjoyed a wonderful day out in Brooklyn for morning tea! The sun was shining, and the scones were delicious! See the article in *Hostel News*.

Featured is a story shared by resident Anne which is a heart-warming testimony to the goodness that lives in nature. A curious visitor didn't mind being photographed while out in the sun. A special welcome home to resident Connie who has spent many months in Lismore helping daughter Terri get back on her feet after the floods.

With some inspirational pictures, messages and poetry, the best medicine is some humor. Resident Jan shares some interesting information which you may not know. We hope you are inspired and uplifted by some of our contributions. Until next time, wishing you a safe, happy and good Eastertime.

Monika Bebb
Selfcare Liaison Officer

A Message from the Board

One of the many treasures and challenges that Rudolf Steiner presented us with is the observation that there are two streams of time: one coming to us from the past and one coming to us from the future. And these streams meet in the human soul, in the present. We look back over our past, our experiences in all the levels of our soul and we can very clearly experience this past stream of time that we carry within us.

The stream coming towards us from the future is one that we engage with less often. We usually only work with this stream when we worry about the future or are anxious about it. The future that remains unknown for us, can fill us with fear and anxiety. Our preference is that we plan everything so that outcomes are known in advance and exactly as we wish them to be.

This can remind us of the joke: “Want to know how to make God laugh? Tell Him about your plans!” We probably have all had that experience, that things did not go to plan, not as we wanted them to go. What does it mean to work with this stream and how do we experience the stream of the future coming towards us?

One of the indications that Rudolf Steiner gives regarding how we meet the uncertainty that we experience when we look at the future, is that we learn to say to ourselves “*Whatever the next hour or day may bring, I cannot change it by fear or anxiety, for it is not yet known. I will therefore wait for it with complete inward restfulness, perfect tranquility of mind.*

(Metamorphosis of the Soul – Vol 2, lecture 4).

This does not mean that we don't plan ahead as of course plans need to be made, but this practicing of ‘inward restfulness’ can change the way in which we plan for that future and how we meet the future if it presents itself differently from what we expected or hoped for.

Another way of looking at this is not just learning how to work with the unknown with inward restfulness, but also more actively trying to work with what is coming to us from the future,

what do I/we need to do now to meet that which is coming towards us; what is the future asking of me/us now?

Helga Forster who started Christophorus House all those years ago seems to have had such an experience, where she felt that something was being called from the future to be created and she started working on this tirelessly together with many other people. Thanks to her vision, her experience of what was being asked for, we now have the very special place that many call home or call home for family/friends. The world has changed since then, very much so in the last two years with Covid. The administration requirements for all aged care organisations also have significantly changed over the last 40 years as well as legal and financial requirements. How do we continue to meet this changing landscape in which we work and live now?

This question, what is being asked of us now of that which is coming from the future, is one that keeps all of us busy at Christophorus House. Working with this stream, not just with the “inward restfulness” of mind regarding this question, but also with an openness, with a questioning mind to what is coming towards us and how we want to meet it, is just as important. What is required of us now, not just to meet the changing statutory requirements and safety requirements, but also how we best meet the needs of our residents and their families?

Rudolf Steiner indicates that working with this restfulness allows us “*to develop the powers of our soul freely and intensively. It is as if hindrance after hindrance falls away, as the soul comes to be more and more pervaded by this feeling of humbleness toward approaching events.*” Can we in all humbleness serve what is coming towards us from the future at Christophorus House together?

Annet van Kesteren

Maintenance Matters

Hayden Ibbett, Maintenance Supervisor

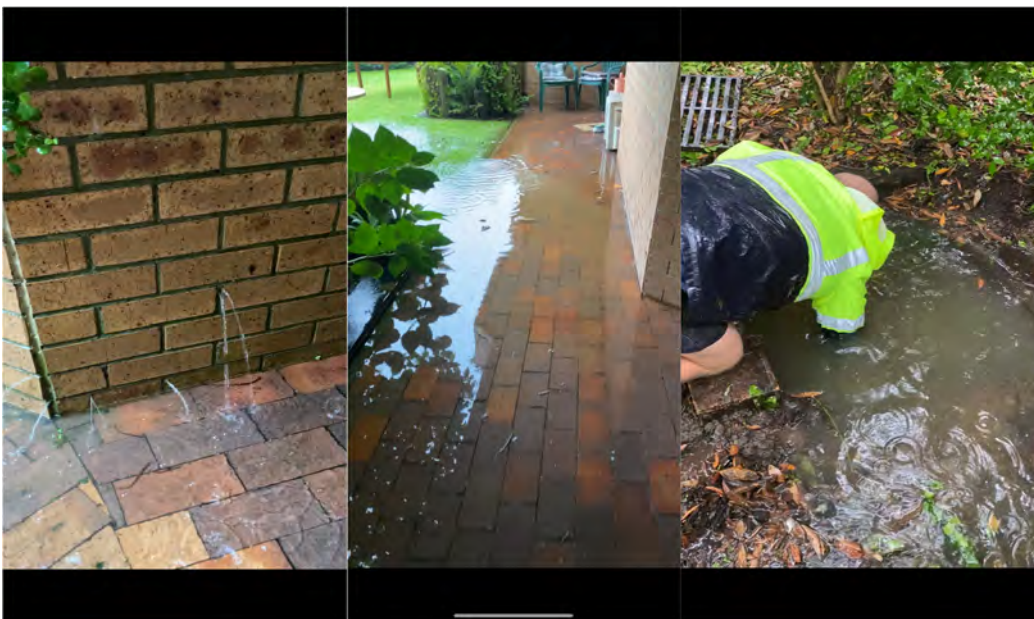
Oh, what fun Covid has made working in Aged Care what with the RATs, PCRs, masks and PPE staff have had to wear throughout their shifts!

Many services had to be postponed while government orders were in place and we are still just catching up with these services. Throw in the major rain events, it certainly has been more than eventful. CHRV faired fairly well with all the rains with only localized flooding in some areas and only a few water leaks on some buildings. I would like to say this is because of the preventative maintenance schedule that is carried out on a daily, monthly, and annual basis to ensure we are well prepared for such events. Only one major flooding issue around HFH building as a storm water pit & pipes where blocked with tree roots. We called our trusty plumber Shane from Shane's Plumbing who worked in the torrential rain alongside Jason and I to dig trenches, move plants and clear storm pit & pipes with the electric eel.

We have a new freezer and fridge in HFH kitchen as well as passing the annual NSW Health kitchen check once again. Our new chef Rune is managing well with these.

With the usual day to day duties where no day is the same, CHRV is a challenging

workplace with a variety of things to keep an eye on. Until next time, happy Easter.



News from the Hostel

Despite the weather of late, the Hostel Residents have managed to enjoy some beautiful days in the sun. This photo shows us out for morning tea at Brooklyn Baths. We enjoyed homemade scones with jam and cream made by our new Chef Rune.

We celebrated our cultural diversity with Armchair travel, has taking us to us to Greece and Hungary. This month we will visit Latvia – please have your passports at the ready! We gave a nod to Harmony Day on March 21st displaying 17 different national flags. Each to recognise one of the 17 different cultures working and living together in the hostel.

We celebrated the birthdays of Peter, Gloria, Ausma, Lilian and our Edith turned 102!! It may seem that the good old cup of tea may hold the key to the fountain of youth.... Edith is rarely seen without one.

Vicki Ferris & Ramana Burja



Inspirational

In times like these human hearts weep and lament with every good reason to do so; yet it is just in times like these we should learn to open our hearts, offer love as a sacrament – for you see, there are more reasons to do this than there are reasons not to.

Yes, in times like these, I pray for floods of love to pour into the wounds of human hearts, and that in this divine intervention the bitter salty tears become sweet pearls of wisdom, setting in the soul and making it once again whole.

Dr William Bento, PhD
October 1997

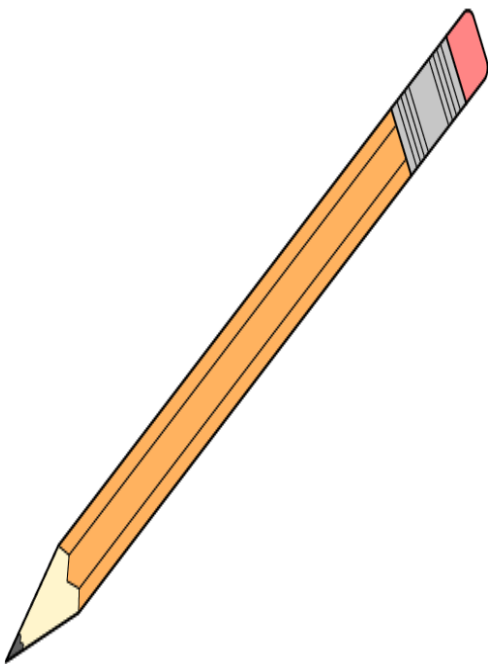


The Jewish Bride, Rembrandt
Photograph: Alamy

The Pencil

1. Everything you do will always leave a mark.
2. You can always correct the mistakes you make.
3. What is important is what is inside of you.
4. In life, you will undergo painful sharpenings which will only make you better.
5. To be the best pencil, you must allow yourself to be held and guided by the hand that holds you.

This parable tells us we all need constant sharpening. We all have unique God-given talents and abilities and only we ourselves can fulfil the purpose to which we were born to accomplish. Like the pencil, it is important to know that that which is important lies within and to allow that inner being to be guided by the hand of God.



7 Rules of Life:

1. Make peace with your past **so it won't disturb your present.**
2. What other people think of you **is none of your business.**
3. Time heals almost everything. **Give it time.**
4. No one is in charge **of your happiness, except you.**
5. Don't compare your life to others **and don't judge them, you have no idea what their journey is all about.**
6. Stop thinking too much. **It's alright not to know the answers.**

Poetry Corner

*Sophia!
you of the whirling wings,
circling encompassing
energy of God:
you quicken the world in your
clasp.
One wing soars in heaven
one wing sweeps the earth
and the third flies all around us.
Praise to Sophia!
Let all the earth praise her!
Hildegard von Bingen*

Photo: [KeVaughn Kerr](#)

Feature

Community-minded Cockatoos

The sulphur crested cockatoo - these humorous clowns as I see them - travel in flocks and until recently I had seen no evidence of their care for each other. At the end of March, in front of Jane's unit, she and I witnessed a healthy-looking bird feeding another that was bedraggled which didn't seem to be able to walk very well, whose coat was dull, tail feathers were brown-tipped and tattered. Well the first one mentioned, 'pigeon-toed' his/her way around the lawn collecting a beakful of seeds; then went to the other and fed him/her a number of times! We were amazed to witness this.

But there's a companion story to tell. My friend/neighbor 3 doors down in Katoomba showed me some photos he took of a flock of cockatoos that visited his place for a short time in 2019. One was tired-&-ancient-looking and had a top black beak that had grown enormously long, hook-like, which one had to assume had grown that way due to the absence of the lower beak. My friend didn't observe but you'd probably guess that



the flock was looking after this 'senior' who would not be able to gather seeds with that deformed beak! Truly a 'community' of birds. One gets rewarded for observing the wonders of nature.

Anne, resident

Bushland Visitor: Eastern Water Dragon Photo by Jane

Its body was about 30 cm long and its tail longer still. Seen near the compost bins, (just down from unit 11) 'kindly', 'patiently' it seemed, allowing us to take a good look at this beautiful creature.

Humorous

CATHOLIC SHAMPOO

Two nuns were shopping at a 7-11 store. As they passed by the beer cooler, one nun said to the other, *“wouldn’t a nice cool beer or two taste wonderful on a hot summer evening?”*

The second nun answered, *“Indeed it would, sister, but I would not feel comfortable buying beer, since I am certain it would cause a scene at the checkout stand.”*

“I can handle that without a problem!” the other nun replied, and she picked up a six-pack and headed for the checkout.

The cashier had a surprised look on his face when the two nuns arrived with a six-pack of beer. *“We use beer for washing our hair,”* the nun said. *“Back at the convent, we call it Catholic Shampoo”.*

Without blinking an eye, the cashier reached under the counter, pulled out a pack of pretzel sticks and placed them in the bag with the beer.

He then looked the nun straight in the eye, smiled, and said: *“The curlers are on the house.”*



Two nuns share a liter of Bavarian beer in 1987. (Joachim Roettgers/Reuters)



The Easter Flower - Claude McKay - 1889-1948

Far from this foreign Easter damp and chilly
My soul steals to a pear-shaped plot of ground,
Where gleamed the lilac-tinted Easter lily
Soft-scented in the air for yards around;

Alone, without a hint of guardian leaf!
Just like a fragile bell of silver rime,
It burst the tomb for freedom sweet and brief
In the young pregnant year at Eastertime;

And many thought it was a sacred sign,
And some called it the resurrection flower;
And I, a pagan, worshipped at its shrine,
Yielding my heart unto its perfumed power.

Interesting...

DID YOU KNOW THESE THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a newborn baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Unreadable hand-writing is called griffonage.
18. The dot over an “i” or a “j” is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

Provided by resident Jan

