

Dear Fellow Camphillers,

We live in extraordinary times and are faced with uncertainty and insecurity. Camphill as an organisation with responsibility for many people with support needs and the many people who support them is facing up to that responsibility with courage, determination and good management. We are grateful to those people both at a national level and those working locally for the hours of work to put systems and contingencies in place to minimize the risk to all of us. Our communities are well braced to endure the difficult days that may well lie ahead.

There is a tangible sense of working together in a community way to support and uphold each other. The efforts to do what is required demands of our physical and mental resources. We are required to keep apart, social distancing, in order to slow down the spread of the virus.

The Camphill organisation is more than the total of its population and its tangible resources. Essentially Camphill is a community of human souls who are ordinary people doing the best they can to live meaningful and fulfilling lives in an interdependency structure. As a Community we create a dimension and capacity which goes well beyond our physical strength and resources. When we individually and collectively become conscious of this intangible strength and energy, we develop the ability to overcome any difficulty or challenge. The reason being that when we consciously behold the true nature of our Community and its greater dimension another force beyond ourselves enlightens us and allows a certain power of grace to become available to enhance our ability to embrace daily concerns and efforts.

In the present demanding time why don't we take a moment each day at a certain time to stop for just a few minutes (even 30 seconds) and reflect on who we are and open our selves to the grace which is available and waiting to help.

To create that individual and collective moment, we could at 12.00 noon each day just think of each other and the whole Camphill Community then quietly say or contemplate on the words of the social motto also known as the social ethic given by R. Steiner-

The healthy social life is found

When in the mirror of each human soul

The whole community finds its reflection

And when in the community

The virtue of each one is living

Any other verse or words can be used as people from different ethnic backgrounds, religions and non-religions may wish to choose such as the Lord's Prayer, Psalm 91, verses from the Koran or relevant poetry etc...

By doing this brief but important exercise we sanitize more than just our hands and surfaces, reinforcing our inner immunity beyond the reach of the physical virus.

Kindest Regards,

Thomas Horan

Spring 21st March 2020