

Kia ora koutou!

A Home Away from Home

Welcome to our Advent Season.

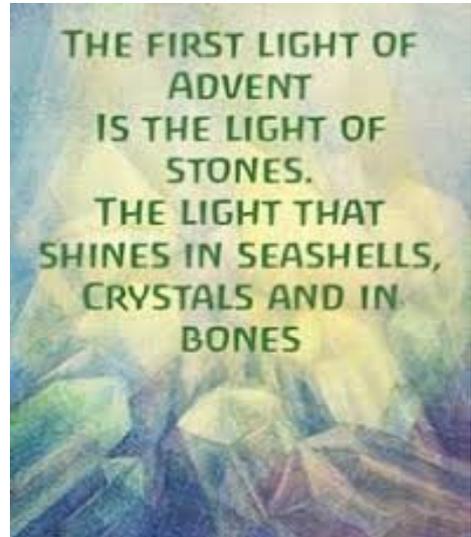
Advent is the period of four weeks leading up to Christmas. It begins on the fourth Sunday before Christmas. The word Advent means to arrive or to come. It is a time for peaceful anticipation looking towards the birth of Christ.

Here at Kowhai and Tui we create a simple pathway over the 25 days that steers away from the materialism and frenzy of the world we live in. We create a gentle celebration that is deeply centred on gratitude and reverence and hope. We start the first week off by honouring the mineral realm. The rocks, stones and soil form the base of all life on our planet which we spend our lives walking upon. We will collect treasures over this time and show care for them.

The second week celebrates the plant realm which is so obvious in New Zealand now with flowers in bloom and our vegetable gardens flourishing.

We will inform you about the last two Kingdoms in the next newsletter. We will also be having our Special People's Morning Tea on Friday 20th December so look out for your invitation soon!

Please also see the Community Advent Celebration this Sunday for us all to attend. More information on following page.



We have wonderful news that Brooke delivered her baby last week on Wednesday 20th. Iverson Taika arrived safe and healthy weighing 10 pounds!

We have a meeting for any parents with questions about returning for 2020 on Monday 2nd December at 5:30pm about the changes for the new year. Attached to this email is a letter outlining more detail about these changes. Please do read this, it is important.

Have a wonderful start to the festive season!

Ngā manaakitanga,
The Kowhai Tui Whānau.

Coming Up!

- ⇒ 1st December: Waldorf Community Advent celebration at school 3pm.
- ⇒ 2nd December 5:30 till 6pm Parent Meeting
- ⇒ 20th Dec 9:45am: Special Person's Morning Tea.
- ⇒ 24th December 1pm: Centre Closes for Christmas Holidays.
- ⇒ 13th January 7:30am: Centre Re-opens for 2020.

Bitters stimulate the digestion.

There is a traditional German saying that goes: 'What's bitter on the tongue is good for the stomach. This refers to foods that are rich in bitter components. Plants like dandelions, wormwood and artichoke. These digestive aids – provided by nature for this purpose – are typically missing from the modern diet, apart maybe from a few leaves of rocket that occasionally find their way into a sandwich or salad. These plant components would be of great benefit in today's world, since they support the flow of bile which in turn helps to break down food in the digestive tract. This is why you often find them in aperitifs, herbal mixtures or naturopathic medicines for the stomach and bowels.

Dandelion (*Taraxacum officinale*) can be used in cooking similarly to chicory. Delicate young dandelion leaves are particularly tasty and not quite so bitter. The bitter taste comes from the mineral sulphur which is essential for protein synthesis, liver detoxification, enzyme activity, healthy skin, hair and nails. Harvest them before the plants have flowered. The best way to do this is to pluck them by hand from the centre of the rosette. Preference should be given to unfertilised areas not too close to busy roads or path where dogs are walked. Add them to your spring salad

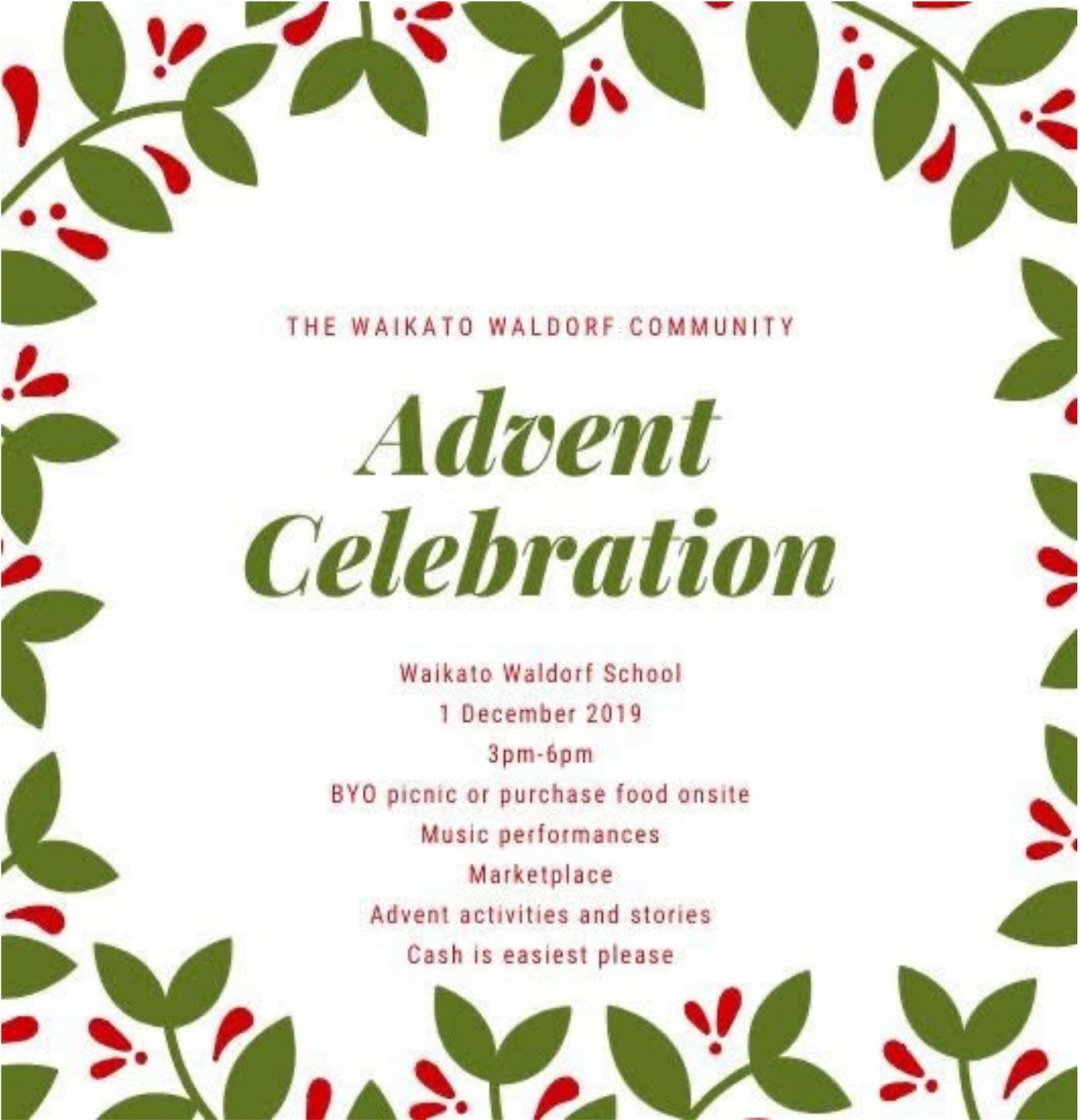


Rituals for a Happy Tummy

If you would like to keep your tummy happy and your head free for life's challenges, think about making some small changes to your behaviour – and sticking to them. Plan regular meals, sit down to eat and be aware of what you are eating. After a rich meal a little walk in the fresh air will help stimulate the digestive system. These all complement the beneficial effects of bitter substances and help you find a healthy rhythm that gives renewed strength for the daily routine.

Maree Smith, Anthroposophical Nurse RN 021 150 9433





THE WAIKATO WALDORF COMMUNITY

Advent Celebration

Waikato Waldorf School

1 December 2019

3pm-6pm

BYO picnic or purchase food onsite

Music performances

Marketplace

Advent activities and stories

Cash is easiest please

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