

November 8, 2007

Cape Ann Waldorf School, 668 Hale Street, Beverly Farms, MA 01915 978-927-8811 www.capeannwaldorf.o

## **VOLUNTEERING**

In a small non-profit organization such as a school – such as we are – the word volunteer can be a scary thing. For some it may conjure up images of all the work that needs to be done and there's more than you could possibly do which can only mean stress and stress is no fun. Sometimes it conjures up no images, only a vague unknown, and it's hard to get a handle on an unknown so there's stress, and stress is no fun. Sometimes out of the vague unknown an image arises of a burden, which, if it were to be added to your already heavy load, would cause a terrible strain, and terrible strains are obviously stress and stress, by any name, is no fun. Then there're the struggles of feeling badly not to, but really thinking you should, but wishing that it wasn't, but knowing that it must, so really that I ought, but don't you know I can't 'cause I would if I could but I'm learning how to say no, don't you know! Certainly all this explaining is nothing but stress and really and truly, stress is no fun. The conclusion of all these stresses is clearly that volunteering must be  
*(Continued on the next page)*

### ***This Week:***

***Today, Thursday, November 8, 2007***

***A Midsummer Night's Dream***

*Eighth Grade Production*

*10:30 AM and 7 PM at CAWS.*

*All welcome. And ...*

***The Yellow Rose and Red Rose Kindergarten  
Lantern walks***

*Red Rose at the Dawson's at 5:30 PM*

*Yellow Rose at the Johnson's 5 – 7:30 PM*

***Tomorrow, Friday, November 9, 2007***

*Bluebell and Sunflower Nurseries*

*Friday, November 9 at the Cosco's, 5 – 8 PM*

*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.*

Rudolf Steiner

## ***THE HOLIDAY FAIR IS ALMOST UPON US \*\*\* 9 days to go!!! \*\*\****

The Holiday Fair is almost upon us.

Tonight we watch the 8th Grade present the magic of Shakespeare's *A Midsummer Night's Dream* or attend a magical lantern walk – or both – then we leave for a four day weekend, and when we return, only four days remain 'til the opening of the Fair.

We are doing well. Let's ride on the momentum. Jen Schafer is looking for helpers to price merchandise on Friday, November 9 here at CAWS, Laura Furber and Katie Klebart are now soliciting for Pocket Lady items, join the madrigal singers on Tuesday, 11/13 at 7:00 PM and Friday, 11/16 during the pre-shopping gathering at 7:00 PM, stake out your place for cutting greens, order your poinsettias and Norfolk pines (see order form in this newsletter), sign up on the BIG CHART in the front entrance, make your shopping lists, check in with your class parents or teacher if you need, and maybe you all know what to do already. If you don't, you can give us a call, check the very full Holiday Fair page in last week's newsletter, or just get a nice cup of tea and read this week's newsletter. And let us know what we can do for you. Have a lovely lantern walk, enjoy the play, have a great weekend, and see you Tuesday (if not sooner).

- Heather and Andrea, co-coordinators

*(Volunteering continued from the previous page)*  
no fun – at least not in a small school where so much needs to be done all the time and there are so few to do it and you couldn't possibly do it all and you don't know what to do anyway - and you're tired of explaining yourself anyway.

Well at least the last comment is a good thing. Because nobody should have to explain anything. After all, a volunteer is someone who offers his/her services of his/her own free will. It's not like the dishes that have to be done every day and the laundry that never ends. Those are a different – but still noble – work that must be done, and to find the way of joy and no stress in them another noble cause, but not one that falls under the category of volunteerism, and so not a topic of this rambling.

But it is exactly working together in the freedom of one's desire to give that can bring the greatest joy. Volunteering should be fun, and doing it should lead to the joy and satisfaction of participating in something of value and interest to you. And often there are unexpected benefits even beyond that. For example, you may decide to help with pricing merchandise and end up knowing somebody more deeply or meet someone new. Maybe you'll learn something about the school or Outer Mongolia you never thought of. Maybe it'll change your life! And you thought you went to do pricing!

There really are many things to discover, but allow me to share what I have discovered in myself about volunteering:

First of all, I find I do best when I find a profound and personal purpose behind the work to which I am giving my time. Then my investment allows me to feel ownership and the pride, challenges and achievements

that go with it. I find the joy of the outcome directly proportional to the depth of the purpose I find in it. So much for metaphysics. Now for the physics. Practically I've discovered some things as well.

One is that I do best when I choose something I like to do. If I like to do it, I like to do it, and when you do something you like to do, it's fun. It may seem obvious, but it took me a while to think of it. Secondly, I do best when I choose something I am able to do, or, better yet, do well or fairly easily. Taking on something you are uncomfortable with is stress, and stress – well, stress is no fun. If you are looking for a challenge, that's ok, because that fits in with having a profound personal purpose connected to it. Finally, I do best when I choose the amount of time and the amount of work I know I can handle. Often I discover at the end I can actually handle much more, but that's better than finding I've taken on too much. There's nothing to stop me from doing more if I'm feeling up to more if there's still more to do. I found learning when to say yes much more satisfying and empowering than learning how to say no. Not that we shouldn't say no if we should say no. No brings things to a stop, and sometimes that's a good thing. Yes, on the other hand, is an invitation to move on.

The CAWS community is full of a diversity of passions and talents. Some knit, some decorate, some type, some are strong, some are organized, some are good with numbers, some cook, some are sociable, some love books, some love email, some are spontaneous, some are thorough, some are musical, some have the gift of endurance, some the gift of getting things done, some love to shop, some like detail, some like the big picture, many love to give, all have something to offer. Last week the Holiday

Fair update spelled out the averages of what our community could do at the Fair. Now forget the averages. Forget everything, except maybe to go quietly down the list that follows somewhere in this newsletter, see what may fit your passion, your ability and your time, and give you an opportunity to exercise your power of yes. Whatever that turns out to be will be just right. And many thanks.

*Ed.* for the Holiday Fair Committee

## ***ANNOUNCEMENTS***

### ***HOLIDAY FAIR SAFETY***

Safety at the Holiday Fair – as at all times – is of utmost importance. The building is full of activities and people, including children. The outdoors is filled with many cars. Young children must be accompanied at all times by an adult or responsible older sibling. We ask that no one congregate in the front or sides of the building. There will be caution tape set up in various places. Please respect the request not to go into the cordoned off areas.

The kindergarten playground at the back of the building will be open to allow people to stretch and get fresh air. Children should not be in the playground alone. Please, also remember that the playground is designed for kindergarten children. Children over second grade should stay off the equipment and everyone please be careful not to disrupt what is set up there. We will have someone checking the grounds regularly for safety reasons. Hopefully that person will find nothing to do.

Thanks.

## ***REMINDERS***

1) There is no Sweet Pea aftercare on Friday, November 16, the day before the Holiday Fair.

2) The Spiral of Light will take place on *Saturday*, December 1. The date on the Events Calendar on the back of the directory is a misprint.

## ***WELCOME BACK***

We are very happy to announce that Julia Perkins is returning to work with us for the 2007 -2008 school year. She will be supporting the office staff in a variety of ways including admissions and technical support. We know from her time with us before what a wonderful asset she is to our school – and the office is especially excited to have both her and her talents as part of our group. Please join us in welcoming Julia back.

## ***PERSONAL***

### ***LOST***

We have lost a blue lunchbox with dragonflies on it. It was left on the wall out front on Monday, November 5. It says "Nathaniel" on the handle and Hacker inside. If found, please bring it to the Yellow Rose Kindergarten or contact Sue Hacker at 978-921-5278. Thanks!

### ***Who's Learning What***

Grade 1 – Numbers and Math

Grade 2 – Math

Grade 3 – The Sun, The Moon and Time

Grade 4 – Local Geography

Grade 5 - North American Geography

Grade 6 – Punic Wars

Grade 7 – Fibonacci Numbers

Grade 8 – *A Midsummer Night's Dream*