



Dear friends,

One of the great challenges people face during the festival season—whichever festivals they may be—is the disruption to the normal flow of rhythm in the family as well as the excitement that guests and presents and holiday enthusiasm bring.

The trick is to keep as many of one’s main ‘goalposts’ in place: this could be bedtimes, morning routines, naps, mealtimes. Obviously, when one has house guests or if one is the houseguest, then there will need to be compromises. And for sure, that is part of the fun of the holidays and needs to be embraced. A little chaos is fine. But if one can keep something of the ‘in-breath, out-breath’ rhythm one has worked so hard to create, life will—believe me—be less stressful for your children and therefore for you! This is especially so if you have a sensitive child who reacts badly to changes in his routines. My advice then is to not completely ditch all your usual routines—yet be able to embrace and flow graciously with the ups and downs of the holiday season’s demands.

Here is a link to my talk on rhythm which should help you enormously as you think through how to work with such questions. [It is can be found here.](#)

Ensuring that there are times of silence and reflection every day is critical for both the peace of one’s home and the foundations for inner peace in your child. As she gets older and is increasingly drawn into our hectic and non-peaceful world, it would be a great gift for her if she had the ability to find comfort in the quiet and peace not just of nature (which is of course also important) but of her own inner life instilled in her. In order to help your older child navigate the internet safely and sensibly when he is old enough, he must have the inner surety and composure that can act as a counterbalance to the lures and addictive temptations of computers and so-called social media.

A sure foundation for this is to help your child become someone who embraces and does not fear silence. This can begin from the earliest weeks and months of your child’s life as you prioritize peaceful ‘at home’ time over constantly leaving the home, constantly going from one thing to the next. At home, a child must learn to amuse himself and not be constantly seeking entertainment and stimulation, both of which are addictive to a lesser or greater extent. Of course if home is filled with too much stuff, too many toys and gizmos, and above all, screen use, then this becomes so much harder. A child in an overly stimulating environment learns to always try to fill the void and does not learn to embrace silence and inner peace.

The void can be our friend if we know its secrets: it is the crucible for creativity and inner wisdom but is delicate and needs conscious nurturing. We can help our children form their own inner crucibles by letting them see how we embrace silence and peace in everyday lives and do not constantly fill ‘spaces’ with checking phones, chattering mindlessly and always doing, doing, doing.

[Here is a free talk I recorded some years ago on 'Valuing Silence'.](#)



Christmas

Those of you who celebrate Christmas might appreciate the following story though once again I am late with this story...but there is no harm in telling it to your child not exactly on St Nicholas Day!

- [St Nicholas story.](#)
- [And here is an oldie but goodie](#) I wrote a long time ago called ‘Keeping Sane Over the Holidays’ which might be useful.



Charter schools and State funding

Thank you to those who have sent in email information about vendors in their states. We are hoping to increase sales and to help customers who can get money from their state by becoming vendors. We need help in this: please let us know the details of any companies or charter schools in your state which distribute funds to homeschoolers.

We have been turned down by at least one that said we were religious and declined my request to prove that! The fact that Christopherus has served Jewish, Muslim, Buddhist, Christian, Hindu and non religious families for over 20 years didn’t seem to be of interest to them...

Others have told us that we cannot apply directly, that homeschool families must request that we become a vendor. If that is so where you live, please help us and your fellow homeschoolers out by requesting of those companies administering funds to homeschoolers that we be sent information so we can become vendors!

Thank you all!!

Supporting our work

We continue to maintain our commitment to families and their homeschooled boys and girls who wish to benefit from the deeply therapeutic basis of the original foundations of Waldorf education. We are utterly committed to never ever selling online materials for children. We’d rather go bankrupt than be responsible for parents homeschooling their children via screens. Because of these values, we have lost many customers. So...we would humbly ask that our friends and supporters do what they can to let other homeschoolers know about us (sending them our [newsletter](#) or our [free audio downloads](#) can be a good place to start).

We also ask that folks consider making a donation toward our work. We are a profit-making business but one with a strong and rather unpopular social conscience that is desperately trying to survive while not raising prices. We offer free shipping on US orders over \$125; because Lulu prints overseas our international shipping costs are low; and we now offer payment in installments. We hope this helps!

All donations are gratefully received and we thank those of you who have made such donations toward our work in the world.

[Donate here](#)

Video testimonials

Another interesting way you can help us is by sending us short video testimonials. We would like to put together an introduction to Christopherus and maybe scatter a few video testimonials on our website. So if this is the kind of thing you might be interested in doing, please send a very short clip of you telling people a bit about your experience with Christopherus and how it has benefited you. Thank you!

Note from the editor: If you would like to send us a video testimonial please record it in a horizontal orientation (like a normal film) and record it in a quiet and well lit area if possible.

Send videos to gabriel@christopherushomeschool.com

Many blessings to you all at this very special time of year!

Til January,
Donna