

Sweet Porridge

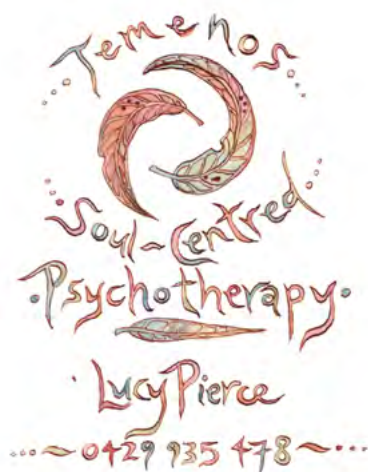


September 2025



Little Yarra Steiner School is situated on Wurundjeri Country. We respectfully acknowledge the Wurundjeri Woiwurrung People of the Kulin Nation as the Traditional Custodians of the lands on which we work, learn, and play, and pay respect to their Elders past, present and emerging.

We are honoured to share in the continued care of this land, with its wetlands and river, its stones that sleep in the depths of the Earth, its plants and trees that reach for the Sun, and all the creatures that know it as home. We respectfully acknowledge the ancient and enduring culture of those who have walked this land in the past, which will continue to enrich the lives of our community into the future.



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In a sometimes untenably busy world, in the midsts of all we hold, an opportunity to gently weave together a container in which to nourish and unfurl, attend and receive the self. A companioning aperture through which to court, with curiosity and creativity, the soul's innate capacity for revelation and solace.

Pottery Classes-Term 4, 2025

Basic Hand Building 3 Week Course

Friday afternoons 12:30- 3pm

Oct 17th, 24th & Nov 7th

Members \$240/Non-members \$270

Clay and firing costs included

Basic Wheel Throwing 4 Week Course

Tuesday Mornings 9:30-12pm

Oct 7th, 14th, 21st & Nov 4th

Members \$300/ Non-members \$350

Clay & firing costs included

Facilitated Studio Sessions

Tuesday afternoons 12:30 - 3pm

\$20 Members \$35 for Non-members

Limited Places. For bookings and information call

Lucy Pierce 0429 935 478

The Pottery Studio @ECOSS, 711 Old Warburton Rd,
Wesburn, Vic. 3799



Nurturing Early Childhood through Steiner Education

Workshop for carers of 0-3years old

On campus at Warranwood, 11-12 Oct, 2025

This workshop provides practical insights into creating nurturing, rhythm-filled environments that honour the developmental needs of infants and toddlers.

We will explore *understanding primal reflexes and sensory integration*; building seasonal rhythms through *nature tables, rhymes, games and songs*; health and wellbeing; *storytelling for connection and imagination*; cultivating inner virtues for *inspired caregiving*.

For EB pricing, timetable, and enrolment, visit:
<https://teachsteiner.org/ECWorkshop0-3>

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Poorneet Tadpole Season (September-October)

Temperatures are rising but the rain continues.
Flax-lilies are flowering.

Pied Currawongs call loudly and often.

The flowering of plants such as Myrnong, (Yam Daisy), indicates the tubers are ready for eating.

Bulen-bulen (Superb Lyrebird) males have finished displaying.

Days and nights are of equal length.

The star Arcturus is seen on the northwestern horizon soon after sunset.

Gurrborra (Koalas) begin mating. Males bellow at night.



Source: museumsvictoria.com.au

Advertising rates and artwork specifications for Sweet Porridge

- Small ad / 25 words – \$3
- Business card: 92.5 x 65.5mm / 100 words – \$6
- Quarter page: 92.5 x 136mm – \$10
- Half page (Horizontal): 190 x 136mm – \$17
- Full page: 190 x 277mm (OR 210 x 297mm with a 10mm border clear of content) – \$30
- Community Notices – Free of Charge
- All year by arrangement

All revenue raised from Sweet Porridge benefits the Parents Association of Little Yarra Steiner School.

Advertising payments can be made via EFT.

BSB 633 000 A/C 14 284 4166 LYSS P & F

Please email all content: PDF's or JPG's, to sweetporridge@lyss.vic.edu.au

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September time!

With the wattle in bloom and the air warming, we welcome the joys of Spring and the renewal it brings.

I hope you enjoy this newsletter, full of content that reflects the energy and creativity blossoming in our classrooms and community.

Enjoy the holidays!

Warmly, Karli

Contributions of articles, recipes, stories, poems, music and artwork always welcomed. Please email to sweetporridge@lyss.vic.edu.au

Advertising deadline for the next issue of Sweet Porridge is Friday 18th October 2025

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Spring Twilight Market

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Moral imagination in a digital world: Holding space for childhood

Source: www.abc.net.au

Author: Briony Lipton. (Jun 2025)

Children today are growing up in a world increasingly shaped by algorithmic platforms, disembodied connection and constant stimulation. As parents and educators, we're often told to manage this by setting limits on screen time, installing filters or teaching cyber safety. But these are only part of the picture. What if our most important task is not just to control exposure — but to nurture moral imagination?

Moral imagination is the capacity to pause, to feel and to act with ethical clarity. It allows children to reflect on their experiences, consider the perspectives of others and imagine alternative ways of being in the world. This isn't simply about right and wrong. It's about developing an inner life strong enough to meet the complexity of the world.

This idea is central to the educational philosophy of Rudolf Steiner, the early twentieth-century Austrian philosopher and spiritual thinker who founded anthroposophy and developed what is now known as Steiner or Waldorf education. Grounded in a view of the child as a developing physical, emotional and spiritual being, Steiner education emphasises rhythm, reverence and relationship as essential conditions for healthy development. Rather than rejecting technology outright, it seeks to protect the child's inner life, introducing digital tools only when they align with developmental readiness.

In a digital culture that often flattens nuance and accelerates reaction, moral imagination offers a much-needed form of inner anchoring.

Reframing the digital challenge

Too often, conversations about children and technology become polarised. Either we're told to embrace digital fluency, or we're warned to avoid screens entirely. But the real question isn't whether technology is good or bad. It's how it aligns (or doesn't) with the child's developmental needs.

Young children, in particular, are still building the inner scaffolding of memory, rhythm and embodied presence. When digital environments overwhelm these capacities with speed, abstraction and disconnection, it becomes harder for children to process experience in integrated, soulful ways.

And it's not just what children are exposed to, but how they are formed by it. Repeated imagery, algorithmic feedback, and performative engagement shape their identities, relationships and values, often before

they are developmentally ready to navigate such complexities.

Without a cultivated moral imagination, children do not have the developmental grounding to process what they're seeing. Repeated exposure to emotionally charged, fragmented content can diminish empathy, flatten ethical nuance and erode a sense of inner anchoring.

Not all tech is bad — but it isn't neutral

Digital technology is not inherently harmful. Social media can offer spaces for connection, creativity and peer belonging — especially for young people marginalised by dominant norms. But the platforms children use daily are not designed with their developmental wellbeing in mind.

Much of the content children encounter is shaped by algorithms optimised for engagement, not care. These systems reward outrage, conformity and comparison, often targeting children along gendered lines. Girls are subjected to narrow beauty standards, body surveillance and the pressures of self-objectification. Boys are increasingly pulled toward influencers who valorise misogyny, dominance and emotional detachment.

This is not just an individual or parental problem. It's a structural and cultural one. Recent policy interventions — such as Australia's new social media minimum age legislation and national school phone bans — reflect growing concern. But while these efforts may offer short-term protection, they don't necessarily build the inner capacities children need to navigate the world.

Children's developing soul life

This is where Steiner education offers something distinct. Rooted in a spiritual understanding of the human being, it sees childhood not as a preparatory stage, but as a sacred phase in its own right. One that requires careful, rhythmic unfolding. Steiner described human development as progressing in seven-year phases, each bringing forward new soul capacities: physical vitality, emotional life, imagination, judgement and moral discernment.

Between the ages of 7 and 14, children are especially sensitive to rhythm, warmth and imagination. Between 14 and 21, the “astral body” awakens, bringing with it a deeper emotional life, social



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complexity and the beginnings of moral selfhood. It is here, Steiner believed, that moral imagination becomes possible. Not as obedience, or early intellectualisation, but as ethical judgement grounded in felt experience.

In this framework, technology is not rejected outright. But it is approached with great care. The question isn't if children should go online, but when, how and why. What capacities are we supporting? What inner rhythms are we disrupting? The goal is not to shield children from the world, but to prepare their inner life to meet it with clarity, integrity and resilience.

Creating a moral atmosphere

Moral imagination does not develop through instruction alone. It requires a living context — a moral atmosphere — in which children learn through imitation, example and inner resonance. Rather than delivering answers, this kind of atmosphere helps children ask meaningful questions and gradually develop a felt sense of rightness that arises from within.

Such an atmosphere is built not through rules or rhetoric, but through immersion in stories, beauty and experiences that speak to the whole human being. It cultivates wonder, gratitude and imaginative capacity — not as soft skills, but as spiritual and ethical foundations. Reverence is expressed in small but powerful ways: in rituals that mark transitions, in our tone and presence, in the unspoken dignity of how time and space are held.

Artistic expression, movement and engagement with the senses are central — not peripheral — to this process. These experiences offer children ways to meet the world through feeling, will and creativity. This is not a curriculum of compliance, but a pedagogy of presence. It supports the development of moral imagination as an embodied, relational capacity: something lived in the body, awakened in the heart and eventually expressed through choice.

Supporting moral imagination

When children experience the world as meaningful and trustworthy, they begin to sense their own responsibility within it. Like all deep capacities, moral imagination grows slowly. It develops in the soil of rhythm, story and relationship in the presence of adults who model reflection rather than reaction. In a digital age that values immediacy, cultivating this kind of inner spaciousness is itself an act of resistance. In a culture that prizes speed and reaction, making space for this kind of slow, relational becoming is not just protective — it is profoundly countercultural.

Here are some ways we can support its growth:

Create a culture of open conversation

Let children know they can talk about what they see online, without fear of shame or overreaction.

Model reflective thought

Share how you navigate digital dilemmas. “I saw something today that felt off — I needed to pause and think about why.”

Ask questions that spark ethical awareness

Questions like “How might someone else feel seeing that?” or “Was it kind, or just popular?” can help children practice perspective-taking.

Name values, not just rules

Talk about kindness, inclusion and courage — not just time limits or safety. Families can co-create digital agreements rooted in their own values, using resources like the Family Tech Agreement template.

Protect rhythm

Carve out spaces for sensory rest and emotional recovery — screen-free times, not as punishment, but as nourishment.

Support dignity and digital consent

Help children understand bodily autonomy online: “Your image belongs to you. Trust your instincts.”

Guardians at the threshold

We don't need to fear technology, but we do need to meet it with discernment. Not all harm is immediate. Some harms unfold slowly, in what we forget to protect: silence, rhythm, inner spaciousness, a sense of the sacred.

To nurture moral imagination is to defend the child's capacity to feel and reflect before reacting. To imagine alternative futures. To stand in their own ethical centre rather than being swept along by the currents of conformity or consumption.

Protecting children in a digital age means more than managing screen time. It means cultivating their capacity to meet the world with clarity, care and courage. It means trusting in the soul life of the child — and in our role, not as controllers, but as companions and guardians at the threshold.

Briony Lipton is an academic and writer who lives and works on Yuggera country, south-east Queensland. Her interdisciplinary work spans gender, care, leadership and education. She is also a parent and student of anthroposophy.



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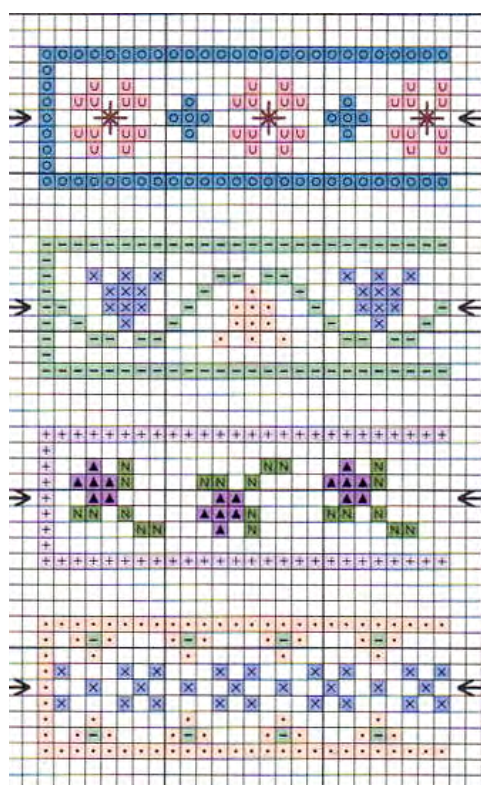
Craft: Bracelets

YOU WILL NEED

- Zweigart 32 count antique white/101 linen, 20 x 5cm (8 x 2in)
- DMC stranded cottons as listed in the colour key
- Tape measure
- Tapestry needle, size 26
- Sewing needle
- Tacking thread
- White sewing thread
- Dressmaker's pins
- 38cm (15in) of 7mm (1/4in) wide cream ribbon, or small button

COLOUR KEY

COLOURS	SKEINS
 340 Deep lilac	1
 341 Lilac	1
 563 Mid dusty green	1
 597 Aqua	1
 776 Mid ice pink	1
 794 Cornflower blue	1
 989 Pale grass	1
 3608 Pale raspberry	1
Straight stitch	
 915 Cerise	1



These pretty bracelets are decorated with cross stitch flowers. There are four designs to choose from, and there's also a choice of fastenings: they can be tied with ribbon, stranded cotton plaits or a button and loop.

PREPARING THE FABRIC

Oversew the edges of the linen to prevent it fraying. Mark the centre with two lines of tacking.

WORKING THE DESIGN

Work the design in the centre of the linen following the appropriate chart and the colour key. Use two strands of cotton for the cross stitch and one strand for any straight stitch. One square on the chart represents one stitch worked over two fabric threads. Work enough repeats so that your band is the same length as the circumference of your wrist.

Remove the work from the hoop and press it from the wrong side.

MAKING THE BRACELET

Trim the linen to within 1.5cm or 1/2in of the stitching. At the short ends, press in a double 7.5mm or 1/4in hem, then repeat along the long edges.

Cut the ribbon in half. Sandwich a piece of ribbon between the linen at each short end. Slipstitch the long edges of the linen together, and stitch across the short ends securing the ribbon in place.

ALTERNATIVE FASTENINGS

For stranded cotton plaits: make two plaits using 12 strands of three different colours; knot each end. Pin the ends and make the bracelet as before.

For a button and loop: make a short plait as above using one colour; knot the ends. Sandwich both ends between the linen at one short end, making sure the loop fits snugly round the button. Make the bracelet as above. Sew the button to the right side of the bracelet at the other end.

Michael and the Wedding Feast

"My purpose is to draw attention to the impulses that must enter human souls, human minds out of the spiritual world, if we wish to get beyond the catastrophic times in which we live."
Rudolf Steiner

Overcoming Myself and overcoming the Dragon
to create the True Human Being

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Birgith Lugosi

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"Fire of the Heart" Artwork by Birgith Lugosi

Violin

1/2 size violin. Comes in hard foam case. Very good condition. \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

1/2 size violin, it is an Enrico brand, with hard carry case, shoulder rest, bow, rosin (more like half a rosin) and new set of strings just replaced. Asking \$120. 0435-798714 Kaku

1/2 size student Violin "Skylark" Chinese. 45 years old. Good condition. Comes with bow, shoulder rest, shoulder pad, rosin and good hard case. \$70. Vasudha 0451 944 051.

3/4 size Amore violin from Animato strings in Brisbane. In good condition. Complete with 2 bows, case and shoulder rest. Great quality instrument with a beautiful sound. Paid over \$1000 new, selling for \$400. Meaghan 0427751779

Full size 4/4 "Prelude" Violin. Copy of Stradivarius. High quality, very good condition. Comes with bow & case. Valued at \$2500. Selling for \$1500. Aladdin Jones 0490 123 199 or Tessa Priest 0405 390 348.

Viola

1/4 size viola (originally a violin) Comes in hard foam case \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

Cello

1/4 size Cello. Chamber Student Model 300. Great condition. Comes with bow and soft foam case. Purchased second hand in 2022 from Bows For Strings. Lovely balanced and full sound. Selling price \$400. Can easily drop it off to Music Department for assessment. Contact Cosimo 0406 136 810.

1/4 size cello. Comes in hard foam case in fair condition. Cello has a few nicks and scratches on it as it was bought 2nd hand, but still sounds beautiful. \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

1/4 Size Chamber Brand Cello and bow. Great condition – some minor wear and tear. Comes with HYBRID brand Cello case (these retail for about \$399) Selling together for \$575 - can bring to school -Welcome to have it assessed by Music Dept). Call Amber on 0417 590 359

1/4 size cello "Chamber" Student Model MDC550 with bow and soft case in good condition. \$400 neg. Cat 0403 334 808

1/4 size cello. Salieri brand. Bought in 2018 through the LYSS music department. Excellent condition. Comes with bow and semi-hard case (case will require replacement). \$550 Call Monique 0401353 698.

1/4 size Cello, Chamber Student Model – Plus, great condition, \$700. Nadine 0423 539 718.

1/2 size cello Second hand in good condition, comes with bow and new hard case. Happy to drop at music department for assessment. \$400 ONO. Gerry Ross 0418-565-023

Cello - Chamber Student - 1/2 size. With bow, rosin, and hard case. Very good condition. \$750 ono. Tel: 0458 254 828

1/2 Chamber Student 301 Cello and hybrid wheeled case. Originally purchased new from Bows for Strings in 2023. \$1,000. Please contact Nastassia 0401579137

1/2 size Cello Chamber 300 Brand and bow. Excellent condition. Hybrid hard case. \$1000. Victoria 0411 016 299.

3/4 CELLO, SKYLARK (photos available). Decent condition with a few marks, 1 bow. Solid case with broken zip but clasps still close. \$400 neg. Luna 0433 337 161

3/4 size 'Arco' Animato Strings Cello, very good condition. Comes with bow and hard foam case. Probably needs tuning. \$550. Contact Liz on 0401 054 881 or lizmynes3357@gmail.com.

4/4 full size Cello Enrico Student Plus II. This lovely cello is in excellent condition, being near new and having had limited use. Comes with bow and hard foam case. \$800 Liz 0401 054 881 or lizmynes3357@gmail.com

3/4 Cello + Bow. Chamber Student 300s -Very Good Condition. Hard case (semi) in excellent condition. Located in Woori Yallock. Happy to bring to school for a try. Has been checked by music staff at school. \$750 ONO Contact Kelly - 0414391039

Schumann Prodigy 4/4 Cello. Full size cello, bow, and hybrid case with wheels. Purchased new, Bows for Strings in Feb 2023. Very satisfying to play and hear. Price as new: \$1899. Sell for: \$1300 o.n.o.. Larissa Lemon riss1437@gmail.com

Please note that music teachers are happy to assess if the instrument is the correct size for your child and advise if there are any repairs required prior to purchase. When discussing this with the seller please explain this may take a week as the teacher will need to fit time in for this around their busy schedule. If you require a valuation, it is best to take the instrument to a valuer for a valuation none or our staff are qualified to value. Please make sure that any instruments are clearly labelled with a contact phone number for collection

Beans and Bananas Fruit & Veg Co-Op

Fortnightly organic / biodynamic fruit and vegetable boxes

Beans and Bananas is a local organic/ bio-dynamic fruit and vegetable co-op, providing members with an abundant box of mixed organic/ bio-dynamic fruit and vegetables at reduced prices due to our relationships with local suppliers.

Full or half boxes are packed and available fortnightly.

A full box costs around \$80 each fortnight depending on supply and market costs. There are also wonderful opportunities to be involved with the running of the co-op to reduce your box cost as an active member.

**The pick-up for boxes is at ECOSSE, Old Warburton Rd
in Wesburn after 3pm on a Thursday.**

Boxes are out for collection with no fixed pick-up time to allow for different schedules on the day.



You are welcome to start with a trial of three boxes at an active member price before deciding to join!

For further information or to arrange a trial, contact beansveggiebox@gmail.com

Recipes

Turkish Red Lentil Soup (Kırmızı Mercimek Çorbası)

Source: themediterraneanandish.com

Thanks go to Jaime-Leigh for sharing this beautiful soup recipe!!

Turkish Red Lentil Soup (Kırmızı Mercimek Çorbası) is velvety, comforting, and nutritious! Plus, it's so easy to make with lentils, a few veggies, and spices like Aleppo pepper! Naturally gluten-free, and with a simple swap for a vegan option, this Turkish lentil soup is ready in about 30 minutes.

- 5 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced, divided
- 2 to 3 carrots, peeled and chopped
- 1 medium russet potato, peeled and small diced or chopped
- Kosher salt
- 2 tablespoons tomato paste
- 6 cups low-sodium vegetable broth
- 2 teaspoons Aleppo pepper, divided
- 1 teaspoon cumin
-]½ teaspoon coriander
- 1 cup red lentils, picked over and rinsed
- 1 large lemon, cut into wedges



What to serve with Turkish red lentil soup

- Serve this soup as an appetizer or a main.
- Serve it as an appetizer before shish kofta or lahmacun.
- To serve it as a main, start off with a Turkish salad like piyaz, and enjoy the soup with some fluffy warm pita bread or simit for a full Turkish feast!

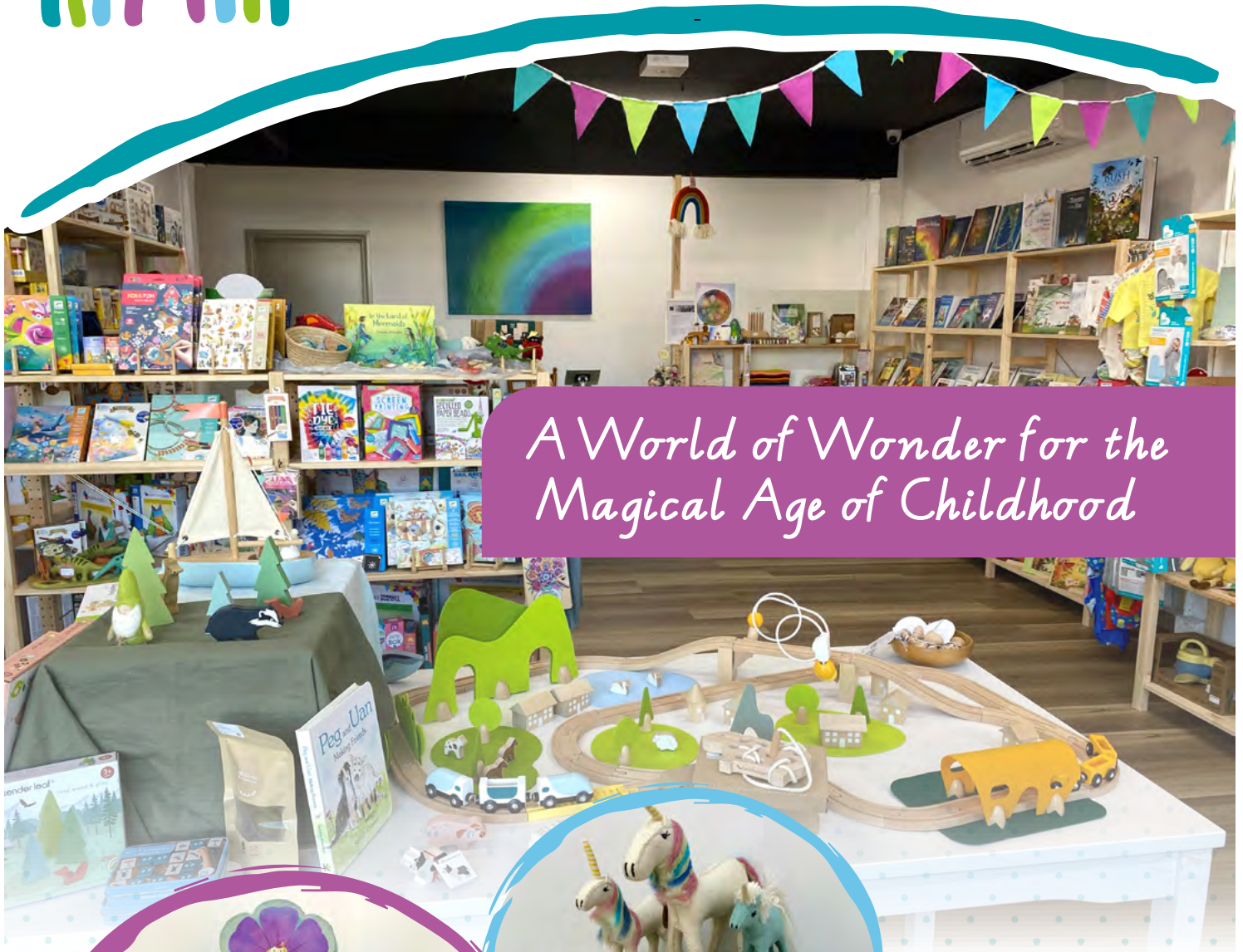
Method

- In a large Dutch oven or cooking pot, heat 2 tablespoons extra virgin olive oil over medium-high heat until shimmering.
- Add the onions, 2 minced garlic cloves, carrots, and potatoes. Season with a good dash of kosher salt, and cook, stirring occasionally until the vegetables have softened (about 5 to 7 minutes).
- Add the tomato paste and toss to coat the vegetables with the paste, then add the broth 1 teaspoon of Aleppo-style pepper and the rest of the spices.
- Add the lentils and stir.
- Allow the soup to come to a rolling boil for 4 to 5 minutes, then lower the heat and cover the Dutch oven with the lid leaving a small opening.
- Let the soup simmer on the lowest heat setting for about 15 to 20 minutes or until the lentils and the vegetables are completely tender. (Check occasionally and give the soup a stir as needed. If it is getting too thick, add a little bit more vegetable broth about ½ to 1 cup more).
- Remove the pot from the heat and carefully blend the soup using an immersion blender until smooth and creamy. (Alternatively, transfer the soup to a standard blender, let some of the steam escape. Blend in batches until all of the soup is smooth.)
- To finish, in a small skillet, warm about 3 tablespoons extra virgin olive oil over medium heat. Add the remaining Aleppo pepper and minced garlic and cook briefly until the garlic is golden brown and the oil has taken on a red hue from the Aleppo pepper. Remove from the heat and pour the warmed oil all over the soup.
- Serve with lemon wedges to the side.



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The Little Seed

A story by Ananda Eluf • Brazil From: *For the Children of the World*

There was once a little seed that fell from a boy's hand. The little seed looked upon the earth and saw so many beautiful things that she began to feel sad that she was only a very little seed. She longed to be like the cherries hanging above her or a sweet and juicy orange and not just a little seed.

She looked up at the sky and saw a flock of birds flying and playing in the sky, turning somersaults in the air, and she imagined how good it would be to be a bird, to have wings, to FLY!

But she was only a very small seed.

She looked to one side and saw a lovely rose. "How full of life it is! I would like to be like that—so bright!"

But she was just a very small seed. She was tired of being such a small seed, so small that no one even saw her.

She looked to the other side and saw a blue butterfly. It had such light, airy wings with such beautiful designs, and she thought, "I would also like to be a butterfly, or at least to have such special wings. . . then everyone would see me!" But it would be strange for a little seed to have wings. . .

And she became sad, and sadder and sadder—so sad that she began to sink down and down.

And she sank into the earth. She felt good down in the warm earth.

It rained.

And it was sunny.

And suddenly a little green shoot came up out of the earth.

More rain.

And more sun.

And the shoot began to grow! She felt very happy to know that a little seed could change into a lovely little plant!

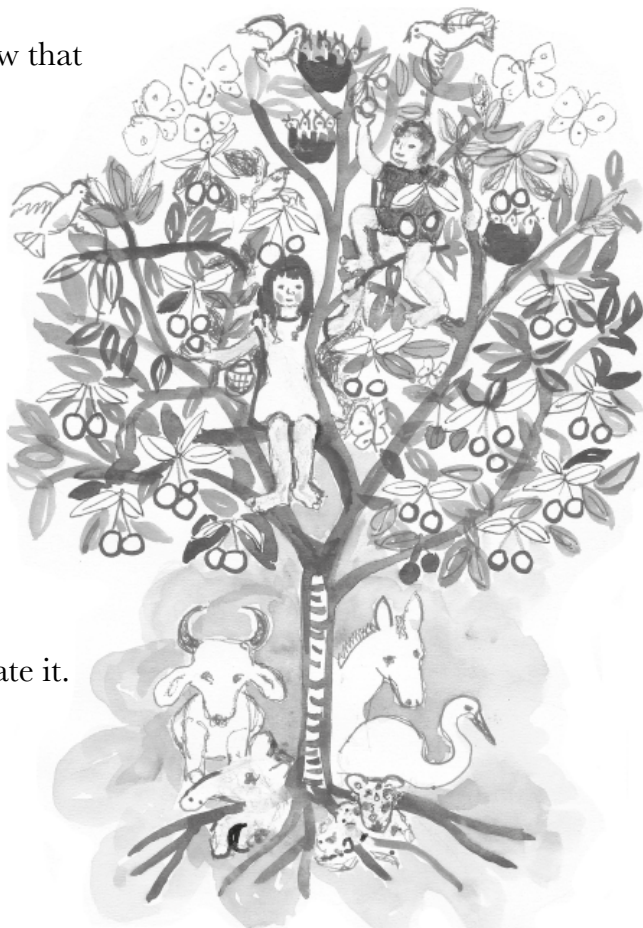
More rain. And more sun.

She continued to grow and to grow, until one day she looked at herself and saw that she was now a beautiful tree covered with delicious cherries.

All the birds flew to her and settled in her branches to sing and to make their nests. The most beautiful butterflies came and danced around her leaves.

The animals of the fields and woods came to sleep in her cool shade, but she was happiest when the boys and girls climbed her branches to gather cherries and took them home to eat.

A little boy climbed the tree. He picked a cherry and he ate it. And a little seed fell from his hand. . .



For Sale - Blue Moon Estate

A Hidden Sanctuary in the Upper Yarra Valley



Welcome to Blue Moon Estate

A rare and magical 148-acre property nestled in the heart of the Upper Yarra Valley. (Green Wedge). This is not just land — it's a way of life. Split between lush rolling pasture and old rainforest, the property features two pure mountain-fed streams, three dams, and over 250m of pristine Little Yarra River frontage. Abundant water, fertile soil, and native wildlife make this property ideal for permaculture, eco-living, retreat-style living, or intentional/multi-family community life.

Accommodation includes:

The original circa 1900 farmhouse, lovingly restored, is full of soul and charm — 3 bedrooms across two levels, a spacious new kitchen, wood heater, solar power, and wide verandas.

Additional 3 BR accommodation is an artistic sanctuary overlooking the large dam, ideal for extended family, intentional community, or guest stays.

Sustainable & Self-Sufficient Features:

- 18-panel solar system (grid-connected)
- Gravity-fed spring water throughout
- Fire bunkers, wood heating, and reverse cycle air conditioning

- Extensive raised veggie beds, berry garden & mature orchard
- Chook run, stockyards, hay shed
- Caravan site with power/water — ready for Airbnb or glamping

Infrastructure & Extras:

- Multiple large sheds, machinery storage
- Fenced paddocks, menage, and agistment-ready pasture


Wildlife, Birdsong & Rainforest Retreat:

From the gentle call of lyrebirds to the soft whisper of creek waters, this is a place for healing, creativity, and deep connection with nature, clean air & fresh water.

Whether you're seeking a regenerative farming project, artist retreat, yoga sanctuary, eco-tourism opportunity, or just a slower, more meaningful life — Blue Moon Estate is your canvas for intentional living.

Income generation options abound

Offers around \$2M considered.

 Michael – 0417 707 400

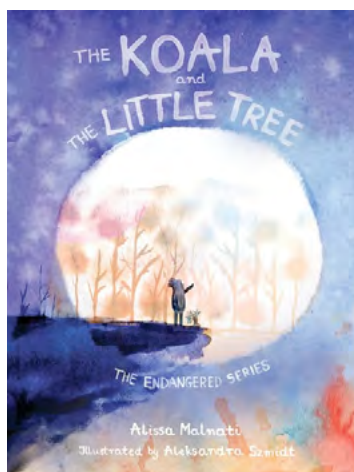
hibbertshortlist@me.com

The Koala and the Little Tree

By Alissa Malnati,
Illustrated by
Aleksandra Szmidt

After a devastating fire, a brave koala and a little tree must journey through the ashes, working together to survive and restore the magic of their cherished habitat. This tender, poetic, and inspirational story illuminates the power of loving one's home and one another.

The Koala and the Little Tree is the first book in The Endangered Series, a series of fictional picture books that highlights endangered species. These heartwarming and hopeful stories will capture the reader's imagination while exploring conservation and the endless wonders of wildlife.

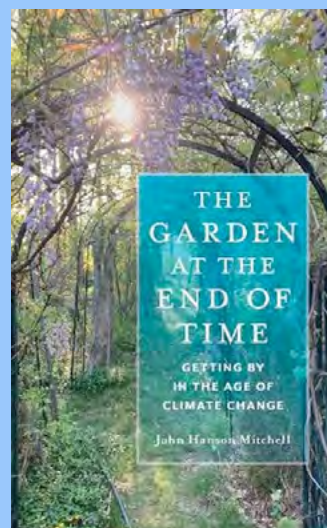


The Garden at the End of Time

By John Hanson Mitchell

John Hanson Mitchell has long written about his garden outside of Boston, and about the plants and animals with whom he shares this land.

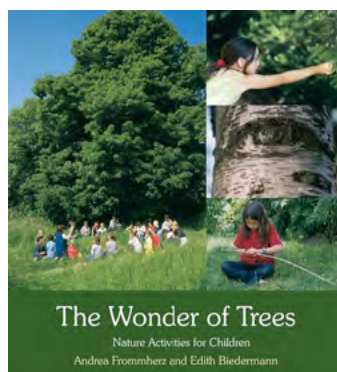
In 2022, the United Nations and others started reporting the true severity of the climate crisis as the Earth passed a point of no return. All across the globe it was the worst year on record for climate-related disasters, including extinctions, deadly floods, massive fires, and dramatic droughts. Mitchell, like so many, felt overwhelmed. He looked to the story of Voltaire's *Candide*, and settled on the famous aphorism from that book: "We must cultivate our garden." *The Garden at the End of Time* features Mitchell's trademark blend of science, literature, and anecdote as he processes both the information he is reading from various sources and what it prompts him to do in his own small corner of the world. The story that unfolds is one of Mitchell diversifying his plantings; fighting what he sees as unnecessary local development; walking through and observing changes in the wild lands nearby; continuing to read the news from around the world; and meditating on other moments, real and imagined, when people sought refuge even as they did their part to improve a personally and collectively stressful situation. Readers discover the impossibility of separating gardening from global warming, while also seeing the solace that exposure to plants can offer, in addition to their contribution to carbon consumption. With gravitas, kindness, and wit, Mitchell offers a model for maintaining a connection to nature even as it reels from manmade threats.



The Wonder of Trees

By Andrea Frommherz, Edith Biedermann,
Translated by Bernadette Duncan

Trees are impressive beings. Their secrets, magic and wisdom have always fascinated people. This colourful book tells us many of the mysteries of trees, such as which tree gives us strength; which leaves and blossoms can be made into soothing ointments and delicious teas; and which tree can be entrusted with our secrets. Children are encouraged to use all their senses in getting to know thirteen common trees. Activities include stories, songs, games and craft ideas, as well as traditional rituals associated with trees; simple recipes for food and the medicine cabinet; and fun skills to learn from different trees. This richly illustrated, practical book is perfect for use in school and at home, with activities for all the family to enjoy.





Myths and Mysteries

The human story as a context of meaning for life
With Bernadette White

In our time, young people are increasingly experiencing a loss of meaning in their lives. In this series of online presentations, Bernadette White will look at the temple wisdom, art, and mythologies of ancient and medieval cultures to unfold the hidden currents of history and in particular the role of the ancient Mysteries. We will explore how new spiritual impulses entered the stream of human evolution and how, through these Mystery teachings, the future has been prepared.



Having worked as a class teacher, teacher educator, story-teller, and student of history, Bernadette will show how this unfolding of the human story can give a context of meaning within which we can find direction and hope for our lives. Particular examples will be given from the Steiner school main lessons devoted to ancient mythologies and histories.

Session 4

Ancient Rome & The Middle Ages

Thursday September 11, 7.30pm on Zoom

Bookings: <https://events.humanitix.com/ancient-rome-schools>



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Can you help us welcome 8,000 new native trees to Coranderrk Country?

Over the past four months Uncle Dave and the Friends of Coranderrk Group have been lovingly preparing another area of Coranderrk ready to welcome the next installment of native plants. Coranderrk Country is now ready and we need lots and lots of volunteers over three days to welcome 8,000 natives to Coranderrk.

Please let us know what days you can come along below. We also welcome your support in sharing this invitation to all those that might like to be involved. Many hands and very welcome.

What's involved?

Planting 8,000 natives which will require as many able volunteers as possible over three days.

Each day volunteers are invited to join Uncle Dave and the team for a cuppa and a briefing at the visitors center from 9am. Planting will commence from 10am and is a 15 minute walk down to the confluence from the visitors center.

Please BYO lunch, a little something to share (optional), water, gloves, clothing for all seasons and your positive planting spirits.

Dates:

- Sunday 21st September
- Monday 22nd September
- Tuesday 23rd September

Times:

Start Meet at the Visitors centre from 9am to commence planting near the confluence (15 min walk) from 10am. End 2pm

Location: Coranderrk Visitors Centre, 19 Barak Lane, Healesville

Please register below for as many days as you can support. Uncle Dave needs these registration numbers for planning purposes.

Register here >>



The School of Biodynamic Gardening

Gardening with the Spirit

Biodynamic Gardening Workshops

Introduction to Biodynamics & Compost Making

Saturday 25th October 2025
9.30am to 4.30pm

- * Introduction to Biodynamic Principles & Practice
- * An Introduction to the BD Compost Preparations
- * Practices to improve Soil & Humus formation
- * Making a Biodynamic Compost Heap on the day
- * Purpose of and making Compost teas
- * Practices for perceiving nature
- * Garden question time
- * Morning tea & Lunch provided from the garden

BD Compost Heap, Gladysdale Image: Lisa Pearson



Biodynamic Preparations, Tree Pruning & Pasting

Saturday 6th December 2025
9.30am to 4.30pm

- *Introducing the special nature of the Cow
 - * Working with the Preparations BD 500 & 501, preparation and application
 - *Exploring the activity of the 4 Elements
 - *Practices for perceiving nature
 - *Winter fruit tree Pruning & Pasting for tree health
 - *Garden question time
 - *Take home some preparations for your garden
 - *Morning tea & Lunch provided from the garden
- Stirring BD 500 Image: Anne and Rolf Bucher (Germany)*

Workshop trainings in the practice and theory of working with Biodynamics in your home garden or small farm. Learn how to enhance soil and atmospheric health whilst deepening your connection with the Spirit in Nature.

Biodynamics is for everybody and the Earth.

Venue: Gladysdale Farm - 90 mins from Melbourne in the beautiful Yarra Valley.

Workshops - \$130.00 full, \$90 conc. & 2nd booking if couple

For more information and bookings please contact Lisa

Ph: 0412 209 761

email: elementalliving.lisa@gmail.com

The School of Biodynamic Gardening - an element of ...
elementsofliving.com.au

*elements
of living*

Power of herbs

Kaz Selbie (Biodynamic Agriculture Australia)

Diversity and balance are vital for a healthy garden, farm and body and herbs help achieve this. They are not only delicious in our food and great for our health but are valuable in our gardens. Herbs improve soil health and increase beneficial micro-organisms, allowing soil nutrients to be further available to surrounding plants. Intermingled throughout the garden herbs create a symbiotic relationship between plants which heightens the growth of both by increasing the available minerals in the root zone of their companions. AND lastly, their highly scented leaves and flowers confuse pests and attract predatory insects and birds.

Here are a few examples, but there are so many more to consider.

Basil loves tomatoes, peppers and eggplant and is known to enhance their flavour. It deters white flies, mosquitoes, hornworms, aphids, houseflies and asparagus beetles. Purple basil is particularly loved by bees.

Nasturtium also improves the flavour of tomatoes. Being attractive to aphids it can be used as a 'trap' crop to entice them away from your vegetables. Nasturtium provides nectar for bees and other pollinators and since it grows close to the ground it gives safe shelter for spiders and predatory ground beetles.

Lavender is great planted in rows between fruit trees to prevent pest infestation. The strongly scented leaves and flowers ward off codling moth, caterpillars and bees love lavender.

Anise Hyssop attracts bees and pollinators. Plant it in a row away from your garden to act as a magnet for cabbage butterflies, thus keeping them away from your cabbages, broccoli and kale.

Borage is beneficial with tomatoes and cabbage family plants, deterring tomato hornworm and cabbage butterflies. It attracts pollinators so plant around squash, melons, cucumber and fruit trees to increased pollination, encourage good bugs and ward off the hungry pests. Borage improves the soil and is great for the compost.

Chives and garlic are excellent to grow under fruit trees or around carrots, beets, strawberries, cabbage and lettuce. They repel carrot rust fly, aphids and fruit tree borers. Chives and garlic absorb potassium and calcium in their leaves, making them an excellent chop and drop fertilizer during the growing season. They can be trimmed back and will happily regrow.

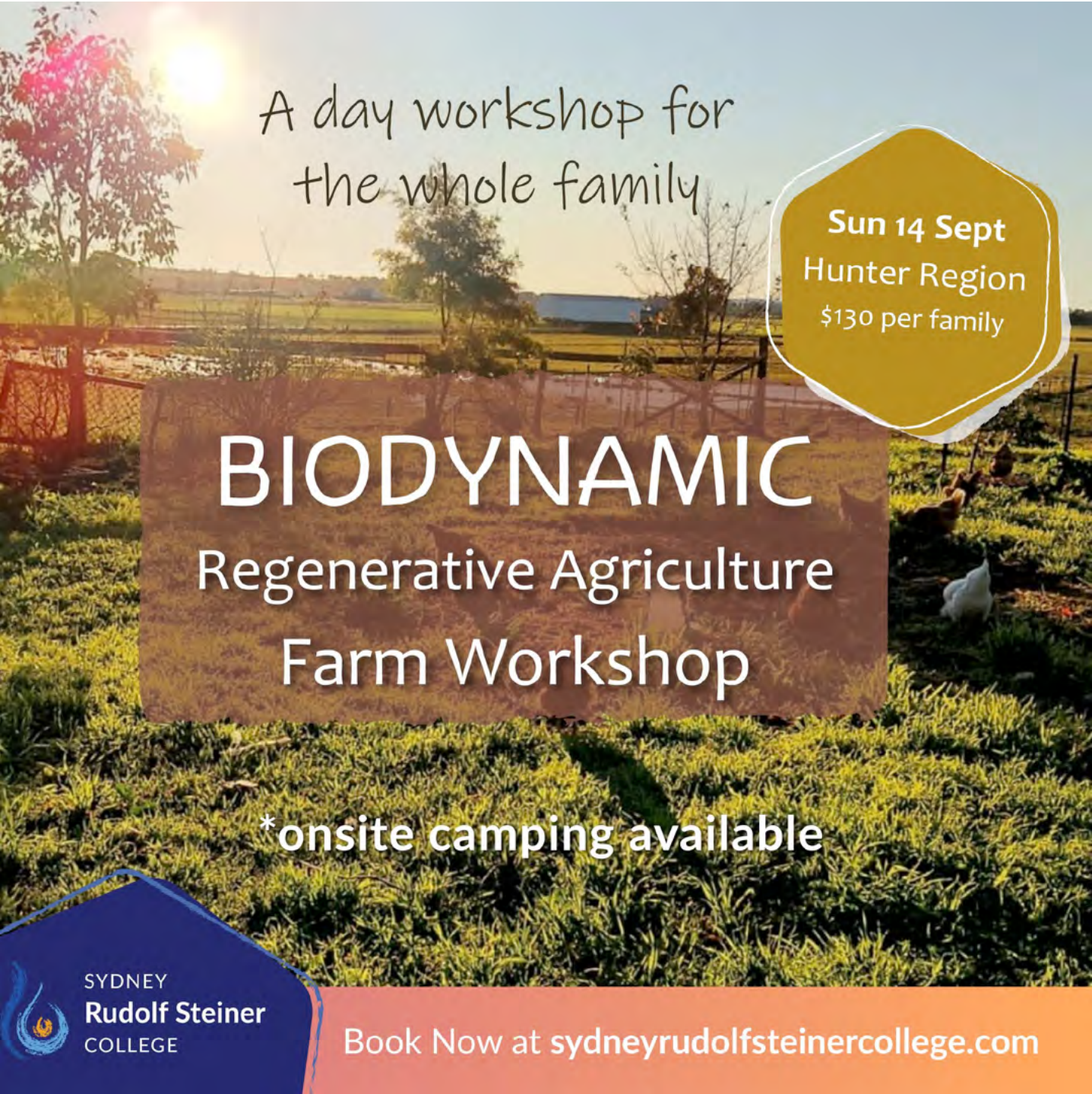
Thyme is a garden tonic herb enhancing the flavour of strawberries and repelling cabbage white butterflies from broccoli. It also attracts hover flies which feed on aphids. Like other Mediterranean herbs it doesn't like too much water so plant slightly away from the watering line.

Sunflowers enhance the growth of corn and maize. The large flowers are a rich food source for pollinators, attracting birds which eat pests.

Dill, fennel, lovage, coriander and parsley have deep tap roots, hollow stems and flat leaves with tiny, nectar-rich flowers forming on each stem. The nectar in these tiny flowers are appealing to beneficial pollinating and predatory insects.

Chamomile nurses many plants as it sucks up potassium, calcium, sulphur, and phosphorus from deep in the soil and returns these nutrients to the soil when mulched. It attracts pollinators and beneficial insects which feed on caterpillars and when planted near other plants it improves vigour and yields. Chamomile planted near onions and brassicas improves the flavour.





A day workshop for
the whole family

Sun 14 Sept
Hunter Region
\$130 per family

BIODYNAMIC

Regenerative Agriculture Farm Workshop

*onsite camping available



SYDNEY
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COLLEGE

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All families and individuals are invited for a day of active learning in the wisdom of applied biodynamic agriculture at Evelyn's biodynamic farm in Largs in the Hunter Region of NSW (45 minutes inland from Newcastle).

Free camping is available on-site the night before! Participants will learn biodynamic principles and preparations that can be applied to any environment, from pots on a balcony to a production farm, all while enjoying a day out in the countryside and meeting new friends.

In this workshop, we will be fertilising the atmosphere and soil with specially prepared springtime minerals and microorganisms. We will be planting seeds, studying soil, exploring different composting systems, harvesting crops, and so much more!

This is a workshop for all interest levels and all ages. Presented by experienced educator and biodynamic practitioner, Sandra Frain.

When: Sunday 14 September

Where: Evelyn's Biodynamic Farm, Largs NSW

Time: 8am - 1pm

Price: \$130 (incl. GST) per individual or family (parents and children)

Book Online

<https://sydneyrudolfsteinercollege.com/course/biodynamic-agriculture-course/>

Marigold is strongly scented and kills root nematodes that damage vegetable crops and flowers. Chop them up and drop on the soil surface at the end of the season or dig them into the garden once the flowers have faded.

Calendula is a fabulous tonic for the whole garden. Its roots form an active relationship with soil microbes and beneficial fungi and the leaves accumulate minerals. The plant suppresses root nematodes just like marigolds. The flowers are rich in nectar and resin making calendula a beneficial plant for pollinators offering medicine as well as food to bees. It also attracts predatory insects that prey on garden pests. Did you know calendula is used to mop up for dangerous levels of cadmium on land? Don't use calendula after this as cadmium remains in the leaves and flowers.

Yarrow is very attractive to pollinators and predatory insects like ladybugs and lacewings. It accumulates copper, potassium and phosphorous and when used as a mulch or allowed to break down in the soil, it returns these nutrients to the soil.

Comfrey should be planted away from vegetable garden in a position to allow its roots to spread. As a fast grower, comfrey can be cut back two or three times over the growing season, making it a beneficial cut and drop mulch with loads of minerals in the leaves that are valuable to other plants. Allowing a few comfrey plants to flower encourages bees and pollinators.

Clover is a nitrogen fixer and helps to build the soil. Clover accumulates phosphorous as well as nitrogen in the leaves. Blooming most seasons, it's attractive to pollinators and predatory insects as well as bees and repels cabbage butterflies. Planting clover under fruit trees and in garden walk ways allows the nitrogen to filter to nearby garden beds.

The more herbs you have in your patch the more you encourage the good bugs; ladybugs, wasps, hover flies, lacewings and other predatory insects. These good bugs prey on caterpillars, aphids and other pests. Herbs also attract butterflies who lay their eggs on the branches so leave a few stems in the garden over winter to encourage these beautiful creatures.

As you know, some of our biodynamic preparations consist of herbs to enhance and heal our soil and encourage optimal plant growth but planting herbs in your garden is a must. Have you got enough herbs in your garden?

Note:- Please check with your local council to ensure the above herbs are not environmental or invasive weeds to your area.



Wurundjeri Season: Poorneet

Season of Tadpoles and New Life (www.yarraranges.vic.gov.au)

Spanning from September to October, Poorneet—meaning “tadpole” in the Woiwurrung language—is a time of renewal and growth, observed by the Wurundjeri People of the Kulin Nation. This season marks the stirring of life in waterways and wetlands, with tadpoles appearing in ponds and creeks, signaling the coming of warmer days and the changing rhythms of the land.

Poorneet is also a gestational period in the cultural calendar—a symbolic time when the earth, like a womb, nurtures what's to come. It reflects a broader cycle of birth, regeneration, and the deep interconnection between people, animals, plants, and Country.

As described by Senior Wurundjeri Elder Aunty Joy Murphy Wandin: “The grey clouds are shifting and we see glimpses of opening buds of light and sprinkles of magic dust everywhere.” This poetic imagery reflects the subtle transitions of nature—new leaves unfolding, blossoms emerging, and the soft hum of spring awakening across the landscape.

In Wurundjeri tradition, Poorneet reminds us to tread gently, observe closely, and honour the small but powerful signs of change that shape the natural world around us.



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www.ecoss.org.au

This month in the garden - September

Spring Starts Here! September in the Garden



September is a brilliant month to get back into the garden. In the south, mornings are warming up and the afternoons are stretching out. Blossoms are blooming, and spring is in full swing—perfect time to dig in!

Prep Your Patch

Improve soil health by turning in compost and aged manure. Top it with straw mulch to lock in moisture and boost fertility. Your garden beds will be primed for planting soon.

Add a Burst of Colour

Plant some vibrant annuals like snapdragons, nasturtiums, petunias and marigolds to attract pollinators and brighten your patch. Now's also the moment to sow sunflower seeds—just find a sunny spot, plant, and wait for the magic.

Watch Out for Citrus Gall Wasp

Check citrus trees for galls and prune well below them. Don't compost infected bits—bag and bin them, or soak for a couple of weeks. Avoid high-nitrogen fertilisers and use balanced compost instead. Parasitic wasps like *Megastigmus brevivalvus* can help control the problem if released at the right time (usually late October).

Time to Mulch

Refresh mulch in your veggie beds, herb gardens and flower borders. Go for organic, low-impact mulch that breaks down and feeds your soil.

Indoor Plant TLC

Give your indoor plants a lift—re-pot if needed and feed with seaweed tonic for a gentle boost.

What to Plant Now

Try leeks, peas, lettuce, cauliflower, radish and herbs like thyme and dill. Hold off on tomatoes for now.

Green Manure Time

Revive tired beds with green manure crops like barley, lupin or field peas.

Bush Food Plants

The Yarra Ranges Gardens for Wildlife program has created a handout of Bush Foods you can grow at home. The list features plants indigenous to the Yarra Ranges as well as those native to other areas of Australia.



Wildlife eaters of Bush Food plants are still in the garden. These plants are good for you too. They are easy to grow and they are good for you too. They are good for you too. They are good for you too.

Most bush food plants are either the following:

Herb/Leafy

These are the plants that are good for you too. They are good for you too. They are good for you too.

Edible to Grow

These are the plants that are good for you too. They are good for you too. They are good for you too.

Water Berry

These are the plants that are good for you too. They are good for you too. They are good for you too.

Fruit/Seedling

These are the plants that are good for you too. They are good for you too. They are good for you too.

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Key Information

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The Christian Community Melbourne Yarra Valley Service

Saturday 8th November 2025

Little Yarra Steiner School – in the Admin Hall
205 Little Yarra Road, Yarra Junction

10am: The Act of Consecration of The Human Being

(please arrive at least 5 mins before)

11am: Morning-tea - please bring a shared plate if you can

11.30am – 12.30pm: Talk: 'In search of humility' - talk and conversation with Rev. Darryl Coonan.

All are welcome to join us for the service and/or for the talk.

Our Community is very grateful to ...

The Little Yarra Steiner School for their support. Thank you!



The Christian Community relies entirely on financial contributions of every member, friend and visitor. Please contribute to support the priests, activities and premises through regular or one off donations to:

Christian Community in Australia Melbourne Inc
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Treasurer: Janet Mackey

Treasurer's

email: melb.treasurer@thechristiancommunity.net

For more information contact:

Rev. Darryl Coonan: 0447 881 957

Lisa Pearson: 0412 209 761

Looking for a host family as Au Pair in Australia

If you are interested, please contact me at my Email address:
joey184306@gmail.com

Dear family!

My name is Josefine, I come from northern Germany, am 19 years old and a very cheerful, adventurous and confident person, who loves children and exploring other cultures and countries. That is why I decided to be an Au Pair before I start with university. I just graduated from a waldorfschool in Germany and I love discovering waldorf education all over the world, so I would love to find a waldorf host family!

I have been to a waldorfschool in Taiwan for an exchange before, where I also made a vocational internship in a waldorf kindergarten. That has been the best time of my life and I really miss the kids there!

From a very young age I played with younger children, as my mother is a midwife and I often got to meet the families she cared for as well.

I grew up as an only child but I always wished for siblings. Maybe that's why it always fills me with joy to be around children, watch and join them play and see how unworried and happy they are.

In the last few years I have given tuition to 3 kids, one of them has been 8 years old when I started. I really enjoy teaching kids things and being creative on what we can do together.

Since January this year I went babysitting for two kids aged 6 & 1 which has been a great experience so far and I am looking forward to taking care of your kids as well!

In July this year I also started working with a 3 year old boy, who is supposed to improve his German with my help and start learning numbers and letters. We have a lot of fun together each time and its so cute when he tells me about his life and shows me what he can already do.

As I really like learning languages and also teaching them, I would be happy to help your kids learning another language if you want me to. German is my native language, and next to English, I also speak French and Chinese on a pretty good level (around B1/B2). I can understand a lot of Spanish but don't really speak it yet.

I chose Australia for being an Au Pair because I feel like it is a very fascinating and multifaceted country. On top of that, my stepdad is half Australian and he told me a lot about his life there, having lived in Sydney for more than 8 years, which sounded very interesting. Melbourne is a city that I've also heard a lot of, so I hope to find a host family close to one of these two cities. I also hope to improve my English while I am there.

I still live at home with my mom and our dog, we have a house with a big garden, so I help to do household chores like washing dishes and clothes, cooking, vacuuming and cleaning almost every day. I also really like reading books, being creative, music, singing, sewing, going outside, swimming and a lot more. I am always curious about trying new things and to keep learning.

Even though I am mainly very excited to be an Au Pair, I am well aware that caring for kids especially for younger ones isn't always fun and easy going. Still I am sure that I will find my way to deal with difficulties very quickly and I am always open for tips and of course also critic. Open communication is very important for me and you can be assured that I will give my very best to be the Au Pair that you want for your kids!

Looking forward to hearing from you.

Best regards,
Josefine Aley





This September across three weeks, Riverfest connects thousands of people to the Birrarung (Yarra River) through cultural events, storytelling, clean-ups, planting, education, and citizen science. There's something for everyone at Riverfest—whether you're spotting a platypus, collecting litter, or joining a local planting event.

Birraring is under pressure from city growth, climate change, and especially stormwater pollution. Now more than ever, our living entity needs our care. Sign up to one of 60+ events from the source to the sea to learn about the Birrarung and how to care for this living entity.



SUN SEP 21 2025 - YELLINGBO NATURE CONSERVATION RESERVE

Planting Habitat for the Helmeted Honeyeater & Leadbeater Possum

Visit the Yellingbo Nature Conservation Area and have fun with like-minded people as you plant habitat for Victoria's critically endangered faunal emblems.



WED SEP 10 2025 - HAINING FARM CONSERVATION PARK

Transforming Haining Farm - Afternoon Gathering

Join us at the Liwik Barring Landscape Conservation Area for a walk 'n talk with the people responsible for transforming this beautiful section of the Birrarung



TUE SEP 23 2025 - LITTLE YARRA RIVER, YARRA JUNCTION

The Little Yarra: Improving health & accessibility

Enjoy a Walk and Talk with the Liwik Barring conservation team by the beautiful Birrarung in Yarra Junction.



TUE SEP 23 2025 - YARRA JUNCTION

Healthy Waterways for Kids

Join Jess Lazarus from Yarra Ranges Council during the holidays as she leads some exciting hands-on educational activities for children!

Burndap Birrarung burndap umarkoo - what's good for the Yarra is good for all!



Take action this Platypus Month: Seize it, Snip it, Bin it!

Join us this September for Platypus Month and protect these incredible animals from the dangers of loopy litter! Items like rubber bands, hair ties, plastic rings, fishing line, string, and twine are deadly traps for the platypus.

How you can help

Join the **Seize it, Snip it, Bin it** movement and help protect our unique platypuses:

- **Seize it:** Pick up any litter, especially loopy litter. Litter dropped on the ground ends up in our rivers and creeks.
- **Snip it:** Cut rings or loops, like hair ties or rubber bands, before disposal to reduce the risk of entanglement.
- **Bin it:** Always dispose of litter correctly to stop it from reaching our waterways.

How does litter end up in our waterways?

Many people don't realise that litter dropped on the ground doesn't just disappear—it often ends up in our rivers, creeks and lakes. In urban areas, rain washes litter into the stormwater system, which flows directly into local waterways. Loopy litter like rubber bands, hair ties, and plastic rings, enter platypus habitat through the stormwater network, where they pose a serious threat to the platypus and other wildlife.

Why is loopy litter so dangerous?

Platypus can become entangled in litter when swimming or foraging for food. Platypuses eat waterbugs, including insect larvae, yabbies, shrimp, worms, and snails. They search for waterbugs by swimming along riverbeds with their eyes closed, using receptors in their bills to detect prey. While hunting for food loopy litter can get caught around

the platypus' bill, neck or body. Over time these litter items can tighten around the platypus, causing serious injury or even death. It's estimated that 4% of platypuses in Greater Melbourne are entangled in litter at any given time. In some waterways, like the Werribee River, litter entanglement rates are estimated to be much higher at 15%. Most commonly reported entanglements involve loopy litter like hair ties, elastic bands, fishing line or plastic ring seals from food jars.

Why is Platypus Month in September?

September is a critical time for platypuses in Victoria—it's their breeding season! As platypuses are out searching for mates, they become even more vulnerable to the dangers of litter in their environment. You can make a real difference during this important time by seizing, snipping, and binning loopy litter.

Spotted a platypus during Platypus Month?

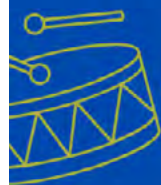
Make sure to record your platypus sightings using **PlatypusSPOT**. Every observation helps scientists better understand where platypuses live and how to protect them!

Every action counts. Together, we can protect the platypus from loopy litter and keep our rivers and creeks safe.

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Rhythms of The World



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Love your gut – understanding the microbiome

ABC Radio National

Are fermented foods really good for us? Do antibiotics destroy our gut flora? And have you heard about poo transplants?

Our gut is teeming with trillions of microbial cells, and we are learning more all the time about how this affects everything from our digestion, to immunity, to mental health.

So crack open your kombucha, because these leading researchers will cut through the noise with some hard facts and pioneering science about the microbiome.

Listen Now>>



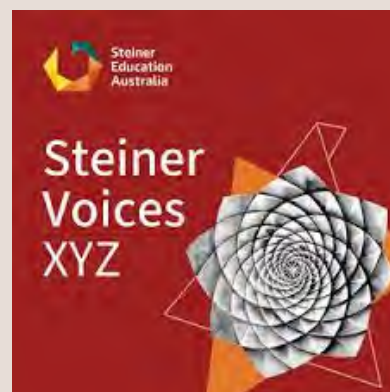
Composting and Worm Farming

Yarra Ranges Council

If you missed our recent Composting and Worm Farming webinar it's now available online to watch at any time. Learn the different types of composting systems (including pet poo composters) and everything you need to know to get started with your own.

Watch Now >>

Steiner Voices XYZ is a podcast series showcasing some of the varied voices of Steiner school communities and their people around the country, of teachers, parents and students.



Follow the Steiner Voices XYZ podcast series every second Tuesday as each episode is released, and you'll meet some of the many people who make our Australian Steiner schools such vibrant learning communities.



Birds, Beasts and Nature: Inspiring Science in a Steiner School

Dr Stanley Tang has come a long way from his birthplace in a remote village on the Tibetan Plateau in western China. Stanley tells his story and it's a remarkable one: how his lifelong fascination with birds, beasts and the

natural world got him through his homeland's highly competitive schooling system, and brought him to Australia where he obtained a PhD in Ornithology from James Cook University in Qld. Today he teaches high school Science and Maths at Glenaeon Rudolf Steiner School in Sydney. Stanley describes how he inspires a love of Science and Maths in his students through the Main Lessons in the high school curriculum, and supports their personal development in his work as a Guardian. Stanley involves his students in research projects into local bird life, and their work has so far identified a total of 93 different species of birds in the bushland around the school, and he suspects there are still more to find!

Listen Now>>



Professionals



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Koha Cafe

Warburton Community Space

Koha Community Cafe, Warburton offers many opportunities for people to connect, give and receive! Join our amazing team of volunteers shaping a vibrant community! Whether you're a chef, green thumb, or have unique talents, we'd love your help! Flexible hours available for food prep, cleaning, gardening, and more. Contact us at contactkohacomcommunitycafe@gmail.com or drop by for details.

Monday Morsels with Nina

Mondays 10am-12pm

Join Nina for a nutritious breakfast, and feel free to jump into the kitchen to learn how she makes her delicious dishes! Or simply share a meal in a warm, welcoming community space. Everyone is welcome! See you there!

Open Pantry

Mondays & Fridays 10am – 2pm

Thursdays 6pm – 8pm

The Open Pantry offers fresh fruit, vegetables, and bread to the community for free or by donation. On Friday mornings, takeaways are available (donations appreciated). Donations of produce and pantry items are also accepted. Support and share with your community!

Friday Social Drop-In

Fridays 10am-2pm

Grap a cuppa and a chat, or join the craft group for some inspiration and encouragement. The food pantry is available, and the free DVD/book library is open for browsing! Everyone welcome!

Hall/Room For Hire

Koha has spaces to hire from \$10 per hour. Spaces include small rooms, commercial kitchen and for big events the whole venue.

Koha Cafe, 25A Dammans Road, Warburton.
0403 185 580, contactkohacomcommunitycafe@gmail.com

Brushy's Play Space

ADRA Redwood Community Centre, Warburton

Bring your little ones to Redwood Community Centre for playtime, story sessions, and library visits! Connect with other families, enjoy fun activities, and create special memories together in a friendly, welcoming space. Stay updated by following us on Facebook: The Redwood Community Centre.

Brushy's Play Space is open Monday, Tuesday, and Thursday from 10 AM – 2 PM. Pop on down and say hi, or join one of our fun programs!

Warburton/Redwood Playgroup

Thursdays 10.30am-12pm

10:30 AM – 12:00 PM

Meet other parents over morning tea while your kids play! A great way to connect and have fun.

Library Flexi Visits

Fortnightly Thursdays 12:00 PM

Borrow books and explore wonderful stories right at ADRA Warburton.

ADRA Redwood Community Centre
Monday, Tuesday, Thursday 10am-2:30pm
3505 Warburton Hwy, Warburton
(03) 5966 2320, katebarratt@adra.org.au

Cire Community Hub Yarra Junction

Cire Community Hub, 2463 Warburton Hwy Yarra Junction

Cire Community Hub in Yarra Junction is your local hub for growth and connection! We offer diverse programs to empower you, from building digital skills and confidence to preparing for employment and connecting with the community. Whether you want to learn new technology, find your career path, gain essential certifications, or engage in creative activities and community conversations, we have something for you. Explore our upcoming programs below and go to our website to find out more and book,

Untutored Art Group

Wednesdays, 10am – 1pm

Love art? Join this relaxed, self-led art group where creativity flows freely. Bring your materials, share ideas, and create in a supportive space. No experience needed—just a passion for art!

For more info, contact Vanessa Czerniawski at 5966 2320 or vczerniawski@whe.org.au.

Got a community event to promote?
Let us know and we'll add it in!

Advertising deadline for the
next issue of Sweet Porridge
is Friday 18th October

Experience

115 Woods Point Rd, **WARBURTON**

Set in a tranquil natural setting, this enchanting property offers a calming atmosphere with beautiful gardens and a private position across from the Yarra River and walking trail into town.

Boasting an expansive parcel of land, it provides plenty of space to connect with your surroundings, while natural spring water adds to the charm. Conveniently, the LYSS bus route runs nearby, making this peaceful retreat both serene and accessible.

3  2  4  3,100m²



ENCHANTING *Calming*

Connect with nature,
privately set back in the
heart of Warburton



PROPERTY PARTNERS
— IN REAL ESTATE —

Property Partners in Real Estate | Suite 1/668-670 Warburton Hwy, Seville | 0493 021 407
www.propertypartnersre.com.au

Yarra Junction Library

Yarra Junction Planters – Green Thumbs & Community Spirit!

Every Wednesday (during school terms) | 9:00 AM

Love gardening or just want to help enhance our beautiful town? Join the Yarra Junction Planters! Every Wednesday during school terms, this welcoming group comes together to maintain Yarra Junction's vibrant planters and community gardens. It's a fantastic way to enjoy some fresh air, get light exercise, and connect with fellow plant and nature lovers. All ages are welcome, and your efforts directly contribute to making our town more beautiful. Stay afterwards for a friendly morning tea and great company!

Edible Warburton Community Gardens

Every Thursday Morning, 9:30am-11:30am

Edible Garden Buddies

Connect with like-minded folks each week in the heart of Warburton as we garden and practise permaculture skills. Learn, share wisdom, and get hands-on with the earth. Meet new friends, pick up new skills, and enjoy some laughs with us in our beautiful community garden!



We have some great markets to enjoy in the Upper Yarra. Pop on down, support locals and connect with your community. Please check market websites for updates as market schedules may change due to weather.

ECOSS Valley Market

Every Friday 3.30-6pm.

711 Old Warburton Rd, Wesburn

FREE Family Fun on the 3rd Friday of the month with free kids activities.

Purchase fresh local produce direct from the farmer, by locally made wine and chocolate and grab a delicious traditional Mexican Taco for dinner!

Millgrove Community Market

3rd Saturday and 5th Sunday, 7am – 3pm

Memorial Park Reserve near CFA, Millgrove

Millgrove Market has over 30 stalls featuring arts, crafts, clothes, plants, bric a brac, hardware, toiletries, toys and fruit and veg.

Upper Yarra Community Market

2nd and 4th Sunday, 8.30am-2pm

Yarra Junction Football Oval, Warburton Hwy, Yarra Junction

Discover a diverse selection of products such as fresh produce, nuts, dried berries, plants, handmade crafts, cozy knits, greeting cards, and unique gifts. Additionally, you can explore the market's "trash and treasure" section, brimming with second-hand treasures like books, clothing, tools, toys, and kitchenware.

The Valley Market Warburton

1st Sunday, 11am-3pm

Thomas Avenue, Warburton

You will find a huge range of handcrafted goods here designed and made by locals. There are also food items here including locally grown fruit and vegetables, fresh free-range eggs, jams, preserves, chutneys, plants and flowers.

Seville Community Market

1st Sunday, 10am-2pm

Seville Community Hall, 590 Warburton Highway, Relaxed market, food and drinks for sale. Come support local stall holders with awesome stuff for sale.

How to Connect to our Higher Self

"There is no time within historical human evolution that is so spiritual as the time in which we live, the time since the end of the 70's. From a historical point of view, we live in the most spiritual of times." Rudolf Steiner

Alfredo works as a Clairvoyant and Healer. He is a Curative Educator, Bothma Gymnast and has a deep understanding of how to remove unwished Elemental Beings. He is a brother to serve.

Our Workshop offers to explore, through Spiritual Science Research, the development of the Human Aura. Leading to understand how important it is to transform through Exercises, Contemplations and Meditations which will help to understand ourselves, our surroundings and most importantly the time we are living in now.

Experiencing our times can awaken fears. We can turn this fear into courage and see that we are called spiritually to "awake" in this life.

Our body is in need of nourishment but Soul and Spirit are in need as well to develop healthy spiritual organs.

Learn to transform hindrances into Strength, find the inner balance and inner quiet. This Workshop will help making the right steps.

October 2025 11th - 14th

VENUE

Kew Library
corner Cotham Rd, Civic Drive Kew

PRICES

Three Days - 300
Day Four - Optional Excursion
(In Daylesford 14th October)

BOOKINGS & ENQUIRIES

Call Birgith Lugosi

0448 844 453

Email

birgith.lugosi@gmail.com

MAKE PAYMENTS TO

BSB 633000

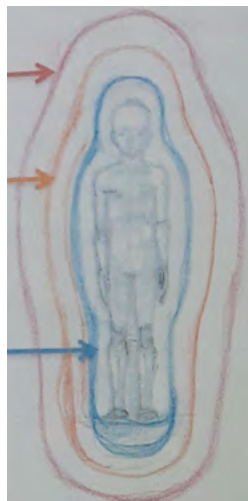
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11th - 14th October 2025

Alfred Agustin, born 1973 in Argentina, married with three grown children. Waldorf teacher, Bothmer gymnast, spiritual researcher.

Alfred has worked at a special needs school for 23 years, been a guest lecturer at the Waldorf kindergarten seminar for child movement development and Bothmer gymnastics for nine years, and has been working intensively on research and the further development of Raphael Kleinmann's mistletoe essences as well as giving lectures on spiritual science topics.

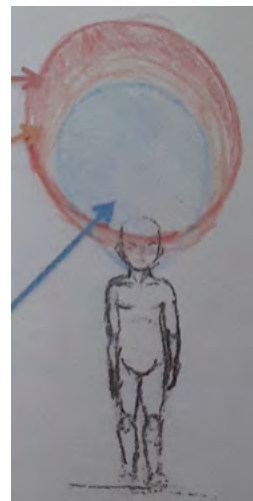
The focus of his 20-year research is the constitution and diagnosis of human beings in terms of occult anatomy and physiology in the course of life. Over the years, this basic theme has been followed by other topics such as: elemental beings and spiritual entities, the spiritual background of the course of the year, as well as life between death and new birth.



1900



2000



2015

Conference Program

Day one

The Physiological movement development of the child in the first years of life - A Spiritual Investigation

9 - 10.30am The physiological movement development of the child.

11am - 12.15pm Causes and consequences of disturbances, visible & invisible Human Being.

1.15 - 2.30pm What you can do for children.

Day two

Through lectures and perception exercises we will gain an initial understanding of the supernatural effect of: Eurythmy, Speech formation and Bothmer Gymnastics.

9am - 10.30am Lecture/perception exercises

11 - 12.15pm Speech formation/ Eurythmy

1.15 - 2.30pm Bothmer Gymnastics.

**All sessions have time for questions and answers.*

Day three

Human Beings and their development over the last 150 years

9am - 10.30 am Lecture Human Sheaths

11 - 12.15pm Biography – the development of the Human Sheaths over the course of life

1.15 - 2.30pm The development of Human sheaths between death and a new birth.

Day four - Day Trip

Exploring Australian elemental beings in nature

11am - 3pm Take own transport to Daylesford, meet at The Boathouse Restaurant; **2 Leggatt Street Daylesford**

At 11am Alfred will lead an informal journey exploring the elemental beings in nature. We will have lunch at the Boathouse Restaurant, or bring your own if preferred. The day will end around 3pm. Make own way home.

VENUE Kew Library corner Cotham Rd, Civic Drive Kew

PRICES

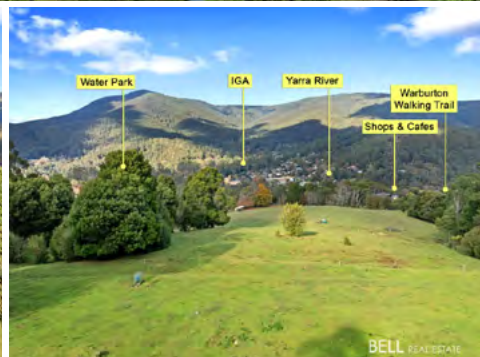
Three Days - 300

Day Four - Optional Excursion
(In Daylesford 14th October)

BOOKINGS & ENQUIRIES

Call Birgith Lugosi : 0448 844 453

Email: birgith.lugosi@gmail.com



Warburton

\$995,000 - \$1,090,000

27.7 acres of Prime Warburton Land – Rare Opportunity with Breathtaking Views

If you've been seriously considering investing in Warburton, now is the time! Opportunities like this are few and far between! This stunning parcel of land offers sweeping panoramic views across the Warburton township and beyond. Comprising of three separate titles, several open paddocks ideal for grazing horses or cattle, the position creates a picturesque setting ideal for those seeking privacy, lifestyle, or investment. With water and electricity already connected, the groundwork is laid for you to bring your vision to life whether it be a dream home, eco-retreat, or a strategic investment in one of the most sought after destinations in the Yarra Valley.



Rebecca Doolan
M 0401 832 068
P 5967 1277





Warburton

\$740,000 - \$770,000

The Charm of a Mudbrick in a Ferny Oasis

Welcome to your own private sanctuary in the heart of nature. Nestled on approximately 1,600m² of lush land, and surrounded by vibrant native gardens and serenaded by local birdlife. Rustic and full of charm, the home features three generously sized bedrooms, each with built-in robes. The open plan kitchen, dining, and living area boasts beautiful timber benchtops and a freestanding mains gas oven perfect for those who love to cook and entertain. Outdoors, everything you need; a single garage and carport, a covered entertaining area ideal for summer barbecues. Come and experience the serenity and soul of this special property.



Rebecca Doolan
M 0401 832 068
P 5967 1277

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3A VICTORIA STREET YARRA JUNCTION

3  1  1  4002sqm (approx)

NATURAL BEAUTY WITH UPDATED CHARM.

Amid lush botanical surroundings on 1 acre approx, this enchanting 3-bed, 1-bath home boasts a lounge with high ceiling and Coonara, skylit kitchen, entertaining deck, gazebo, paved terrace with water feature, split system heating/air conditioning, new carpet, sheds, office/storage with adjoining annex, workshop/storage, single carport plus off-street parking.

FOR SALE



LEAH BANNERMAN
0448 924 266



MICHELLE JONES
0411 085 631

BARRY PLANT LILYDALE
9735 3300



16 BRISBANE PARADE WARBURTON

4  3  3  2  2078sqm (approx)

STRAWBALE SANCTUARY ON OVER HALF AN ACRE!

Uniquely designed by Soft Loud Architects, this one-of-a-kind 4-bedroom, 3-bathroom Warburton retreat offers a rare combination of space, sustainability, community and soul. Featuring double glazing, solar power, tank water (plus mains), soaring ceilings, light-filled rooms, natural timbers, wood heater, electric gates, sealed driveway and double garage.

FOR SALE



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0448 924 266



MICHELLE JONES
0411 085 631

BARRY PLANT LILYDALE
9735 3300