



Lifeways

Nurturing Families, Inspiring Childcare

# Autumn Newsletter 2017

## *Greetings from Cynthia...*



Blessed Autumn, Dear Friends,

Do you know what I love about this newsletter? I love that the articles are written by LifeWays graduates from as far back as 1999 and others who just graduated this year. Each of them is deeply engaged in her life's work, and we all benefit from that. Whether working for the LifeWays organization, homeschooling their own children, supporting mothers and fathers, caring for children in a center or teaching in a school, it sings my heart to know that so many people are deeply cared for by these lovely souls.

Of course, I also enjoy the food stories – some make me salivate and others make me giggle. I encourage you to read them all.

[READ CYNTHIA'S FULL LETTER HERE](#)

*Autumn Theme:  
A HARVEST MENU ~  
Nourishment, Gratitude and Love*



### **Nurturing and Nourishing at The Rose Garden** By Dasha Nadolinski

At The Rose Garden, in Buffalo, New York, our approach to food and mealtimes works to consciously meet the needs of the young child while honoring the whole of the human being. As teachers we work to hold the importance of acting with consciousness, taking time with our words and movements, and really slowing down so that a moment of connection with a child can be given the full weight it deserves. This attitude of reverence is important in the kitchen as well. [READ MORE](#)



### **From Our Table to Yours** By Acacia Moore

At Rose Rock School, each meal time is a wholly nourishing experience. It is an experience that feeds our senses with a variety of colors, textures, aromas, flavors, and conversation. It is something that sets the tone for the day and builds lasting, healthy relationships.

We work to provide this experience for the children because we recognize that the food on our plates can do more than satisfy an empty stomach. Wholesome food, providing sources of both quick and long lasting energy, fuel the children for robust play. It gives the children the experience of... [READ MORE](#)



### **Nurturing Qualities of the Apron** by Ona Wetherall

But...the children are hungry, we are busy, too busy, and we don't always care about our clothes as parents and teachers, so why bother with an apron? The young child lives in the world of Archetypes: mommy, baby, daddy, grandma, worker man, super



### **Nourishing Head, Heart, Hands & Soul** by Chinyelu Kunz & Courtney Diener- Stokes

Cooking with, and for young children offers many wonderful ways to broaden their willingness to try different foods. By helping to prepare and eating good, nutritious food, the young child's senses are stimulated in ways that support the healthy growth

hero, bad guy, good guy, etc. With the apron we are helping the child to sort out reality, we are informing their senses to let them know what our role and purpose in their world is at that given moment, because from their perspective they and world are one.

[READ MORE](#)

of their bodies. The nurturing and nourishing of the senses are vital to the healthy development of the young child.

[READ MORE](#)

### **A Gastronomical Journey**

**By Mary O'Connell**

*“Lean into it a little more. Like this.”*

Kneading the dough for *sfīha*, a Lebanese dish, with my nieces, ages 2, 4 and 10, I notice how their temperaments are reflected in the way they work the dough. The ten-year old has special needs, so her skills are those of a much younger child, but her will forces are as strong as anyone as she pushes and manipulates the dough like she's been doing this for decades. The little ones really enjoy adding ingredients, but when it comes to actually taking the dough into their hands and pushing it with the heels of their hands...

[READ MORE](#)



### **A New Mom Balancing Fundamentalism with the Fundamentals of LifeWays**

by Kerry (Madrid) Francis

*[NOTE: Kerry shared this four years ago, when Francis was little!]*

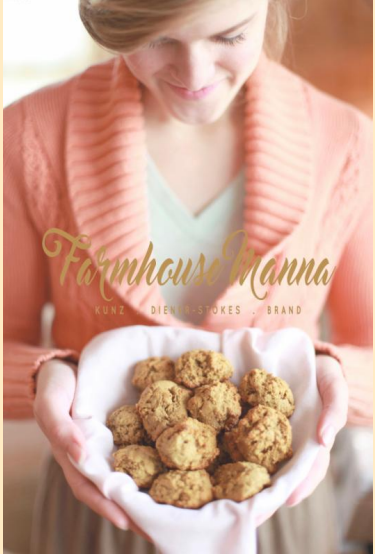
I grew up on the East Coast, lived for eleven years in a tiny ski town in Colorado and five years ago moved to the North Bay area of California. My westward migration opened my mind more and more, the closer I got to the Pacific. We settled in a ...

[READ MORE](#)

# Resources

## ***Farmhouse Manna: Nourishing Recipes and Rituals for Head, Heart, Hands & Soul***

*Chinyelu Kunz, our LifeWays Student Services director in Pennsylvania and lead teacher at Rosebud Garden at Kimberton Waldorf School, explains about the beautiful cookbook she co-authored:*



*Farmhouse Manna* serves as both a cookbook and guide to help reconnect you to home rhythms, mealtime rituals and wholesome food for a more nourishing lifestyle. From the very first page, you will begin a journey to cultivate more *manna* in your kitchen, your home and your life. This vibrant cookbook includes over 50 recipes and rituals for head, heart, hands and soul. From snacks and lunch to evening gatherings, *Farmhouse Manna* aims to inspire new ways for you to use your seasonal, local and organically grown foods.

Simply put, *Farmhouse Manna* is nourishment for the body and soul through food. At Rosebud Garden, nourishment comes from organic fields and gardens; it comes from our old farmhouse and its rich tradition of cooking, feeding and nurturing. It also comes from our Rosebud Garden

kitchens, where each school day we prepare simple, nourishing, life-sustaining meals for the children in our care.

From the very first page, you will begin a journey to cultivate more manna in your kitchen, your home and your life. This vibrant cookbook includes over 50 recipes and rituals for head, heart, hands and soul. From snacks and lunch to evening gatherings, *Farmhouse Manna* aims to inspire new ways for you to use your seasonal, local and organically grown foods.

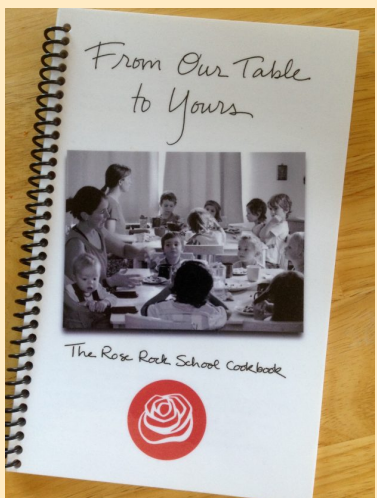
### ***Farmhouse Manna: Nourishing Recipes and Rituals for Head, Heart, Hands & Soul***

by Chinyelu Kunz, Courtney Diener-Stokes, and Seneca Shahara Brand (Photography)

Available in hardcover and softcover at [www.farmhousemanna.com](http://www.farmhousemanna.com)

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### ***From Our Table to Yours: The Rose Rock School Cookbook***



Created in 2016, this recipe book is a compilation of some of Rose Rock's most popular dishes served for morning snack and lunch. Each recipe is accompanied by hand written tips on how to involve your children in preparing the dish. (See Acacia Moore's article, above)

Click [here](#) to order.

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***NEW in the LifeWays Book Store:***

In the [Summer edition of the Newsletter](#) we featured



## JOYFUL Toddlers & Preschoolers

Create a Life that You and  
Your Child Both Love

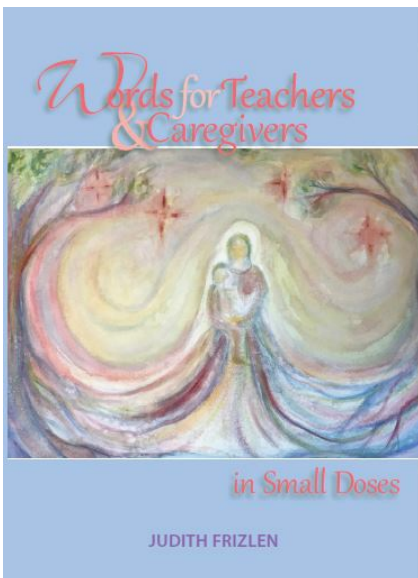
FAITH COLLINS



LifeWays Representative Program, Joyful Toddlers Play Garden, and the program's director, Faith Collins. At that time we were anticipating Faith's new book. Well, here it is!

*Joyful Toddlers & Preschoolers: Create A Life that You and Your Child Both Love*, is now available from the [LifeWays book store!](#)

## COMING SOON to the LifeWays Book Store:



**Available soon! NEW book** from  
Judy Frizlen: ***Words for Teachers and  
Caregivers in Small Doses***

*"This little book is a slow, week-by-week meander through the subtle changes of the seasonal year. With her calm, rhythmic cadences, Judith Frizlen offers us, in our rushed and stressful culture, an antidote. Like the village storyteller, she weaves together different essentials...Guided through the year by Judith's kind hand we live into the knowledge that we and the children we care for are an integral part of life's luminous tapestry of transformation." ~ Sharifa Oppenheimer*

Watch for it this fall and check out Judy's first book, [Words for Parents in Small Doses](#)

# Seasonal Recipe



**Sugar Pancakes (aka Crepes)**  
By Michaeleen Hinca

Oh the bounty of the harvest! Here in Wisconsin the air is cool and crisp, leaves are bright with fall colors and branches are heavy with apples and pears. In our home, nothing says *autumn* like apple/pear sauce simmering on the stovetop, bubbling up the scent of cinnamon, or a warm slice of apple-anything. Our family, like most families I suppose, celebrates milestones and happenings with

food. Indeed it is our shared love language.

One dish I enjoy making during this bountiful season is what my mother called "Sugar Pancakes"--you may know them as crepes! They are the universal wrap for all things sweet in our home. I make them by the dozen in anticipation of birthdays or holidays or autumn days. These days they will be filled with...you guessed it...apples! Apples sautéed

in a bit of sweet butter and sprinkled with sugar and cinnamon will be tucked inside these little "blankets" and rolled up tight. Served warm and topped with a dollop of fresh whipped cream and a bit more cinnamon, they will make any chilly morning feel a bit warmer.

If, by some chance, you do not have apples or pears or some other yummy fruit to tuck inside, never fear! Simply sprinkle a bit of sugar inside, fold them or roll them, and enjoy some sweet love with those you hold dear. [Here's Mom's recipe!](#)

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## Featured Representative Program

### *The Rose Garden becomes a worker-owned cooperative*

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*"...when parents know that their child's teachers are also owners of the Center, they see the deep roots of investment the caregivers have in the Center and their children."*

~ **Meredith Unger**, worker-owner at The Rose Garden

### *The Rose Garden*

Sharing Risk and Reward in Buffalo, NY  
*by Meredith Unger*

The Rose Garden Early Childhood Center is a LifeWays Representative Program and a home-away-from-home for children 18 months to 5 years in Buffalo, NY. After founding The Rose Garden in 2009, Judy Frizlen oversaw many successful years as owner and director. Then, when planning for retirement and facing the notion of handing over her dear school, Judy did research, engaged with her community, and soon realized the business model that would truly best suit the unique entity that is The Rose Garden...[READ MORE](#)

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## LifeWays Certification Training

### **LIFEWAYS TRAINING**

**Open new opportunities**—both professionally and personally—in the fields of early childhood, parent education and after-school care. Or enrich your life as a parent!

Our **one-year**, part-time curriculum includes **over 200 onsite hours**, with independent study and **personal mentoring** between sessions. It can prepare you to **open or transform your own in-home program**, classroom or early childhood center. **Many parents also enroll to deepen family life.**

[LEARN MORE](#) about what is covered. Click on the titles/links below for each location.



**Trainings are currently underway in**  
Arizona, Pennsylvania, Colorado, and the San Francisco Bay Area!

[Watch the LifeWays website](#) for new training locations for 2018.

**Registration is NOW OPEN** for:

[WISCONSIN, April 2018 - February 2019](#), Milwaukee, WI  
Contact: Dorothy Kulke, [DorothyK@LifeWaysNorthAmerica.org](mailto:DorothyK@LifeWaysNorthAmerica.org)

[OKLAHOMA, August 2018 - June 2019](#), Norman, OK  
Contact: Neera Singh, [NeeraS@LifeWaysNorthAmerica.org](mailto:NeeraS@LifeWaysNorthAmerica.org)

More **Details coming soon** for:

[New England, 2018-2019](#)

## ***But Why? Why LifeWays?***

*words of wisdom from the New England commencement*

*by Susan Silverio*



It has been my privilege to accompany the LifeWays class of New England as one of their lead teachers at Housatonic Valley Waldorf School in Newtown, Connecticut. Lifeways early childhood and human development training is an intensive four-season program of class time, independent study, observation, research and artistic activity.

But why? Why LifeWays? Many of these graduates already have college degrees in early childhood, some with many years' experience in classrooms and centers. Andrea is a Ph.D. candidate. So why LifeWays? ... [READ MORE](#)

# Online Courses

**Online Courses make wonderful gifts!**

\* earn CEUs \* deepen your skills \*

\* enroll as part of a group of 5 and SAVE \$\$\$ \*

**NEW Online Courses Coming Soon!**

## **NEW: Creative Family Culture-- An Elemental Approach**

Available November 2017!

The secret to cultivating the life you love with your family is to intentionally create your family culture.

In this at-your-own-pace, self-guided course, you'll explore the four elements (earth, water, air and fire) as a starting point to begin to create your own positive family culture based on your values. And you'll have fun doing it!

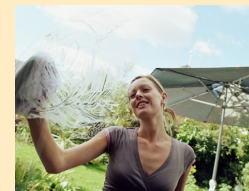


Developed by **Mary O'Connell**. *Always available, \$40.*

[Registration Opens SOON!](#)

## **NEW: Homemaking 101 for Busy Parents with Rahima Baldwin Dancy**

*Five weekly lessons starting in February 2018!*



## **NEW: The L.O.V.E. Approach to Discipline with Cynthia Aldinger**

*Offered in May 2018!*



## ***Home as the Model - Life as the Curriculum***

***Begins again  
February 29, 2018: Register  
now and receive your free book!***

Learn more about the magic of LifeWays!

Join Cynthia and Mary for a four-week course exploring how the best curriculum for the young child springs from life itself.

[Learn more and register now!](#)



- 4 weeks of presentations, interaction and inspiration
- FREE copy of the book *Life is the Curriculum* by Cynthia Aldinger
- 15 CEUs available

## ***The Living Arts: Cornerstones of Care***

***Begins May 30, 2018!***





Join Cynthia and Mary for a four-week course exploring ways to use the Living Arts as the cornerstones for a solid foundation of learning for the young child and enrichment for your own life. [Learn more.](#)

[Registration opens in Spring 2018](#)

**\* 4 weeks of presentations, interaction and inspiration \***  
**FREE Living Arts Journal \***  
**Earn 15 CEUs \***

## ***Creating Home Away from Home: A Course for Home Childcare Providers with Mary O'Connell***



**\*\*\* Enroll any time! \*\*\***

This on-demand, at-your-own-pace, online course will help you open your own early childhood program at home, providing relationship-based care steeped in LifeWays principles and practices.

[READ MORE](#)

## **Healthy Home Rhythms**

This popular online course, developed by Kerry Ingram at Mothering Arts, supports you to create a balanced home rhythm rooted in presence and joy.



**\*\*\* Enroll any time! \*\*\***

In this self-paced course, you will work with four water-colored seasonal rhythm wheels (printer required), a meal planner wheel and LOTS of practical resources.

[READ MORE](#)

# Continuation Program

**\*Beginning in June 2018 \***  
**CONTINUATION PROGRAM**  
**for LifeWays Graduates**

**Pioneer Discount - Save \$500 if enrolled by Jan 1, 2018!!**

**Dates:**

June 18 (eve) -23 & June 25-29, 2018

October 4-8, 2018

April 14-20, 2019



June 17-22 & June 24-28, 2019

**Location:** Kimberton, Pennsylvania

**Co-Directors:** Cynthia Aldinger and Rena Osmer

**Student Services Director:** [Chinyelu Kunz](#)

### **LifeWays Continuation Program for LifeWays Graduates**

Rena and Cynthia are enthusiastically putting the final touches on this program and invite you to join them in deepening your work with *The Living Arts* and to build on all you learned in the first half of this program, the LifeWays Early Childhood Training. The Continuation Program will emphasize “Developing Joy as the Foundation of our Work” while studying Steiner’s indications behind Waldorf education and the practicalities of applying them in a classroom setting.

For a synopsis of the four sessions in the Continuation Program, click [here](#).

[Learn more](#) (includes an online application for LifeWays graduates).

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# Workshops

## *The Living Arts Workshop with Cynthia Aldinger*

A hands-on, spirit-lifting workshop on  
**The Living Arts: social, creative, domestic & nurturing**

**November 18, 2017**  
**8 am – 4:30 pm**  
Lunch and snacks included  
**Norman, Oklahoma**

**February 24, 2018**  
**8 am – 4:30 pm**  
Lunch and snacks included  
**Milwaukee, Wisconsin**

Register NOW for either Workshop  
location!

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# Student & Grad News

### ***Call for help in the LifeWays Community***

*Marianne Alsop, Director of CA Coast Trainings, writes:*

Dear LifeWays community,  
I know you are aware of the devastating fires that have been raging in Northern California. One of our students, Angel Edwards and her family, have been burned out of their home in Santa Rosa. They have lost all of their belongings as well as their home and are soon going to stay with Mandy Oates....Both Mandy and Angel were in LW California Coast 2016-17. To say they need everything is an understatement, but money will allow them to purchase what they need for themselves

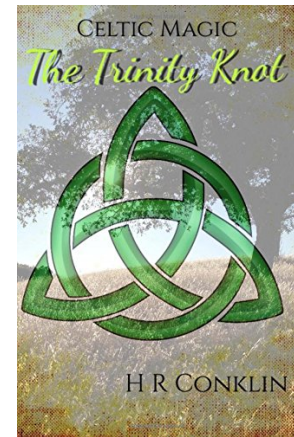


right now. To help, [here is the GoFundMe page for Angel and her family](#). Every contribution helps!

LifeWays graduate Helga Conklin has published her first book! ***The Trinity Knot*** is rated YA (for teenaged readers) but could be enjoyed by adults as well.

*Follow Mairi as she learns who she is and how her choices impact the world around her in this first book in the series, Celtic Magic. Inspired by books both fiction and educational written by authors such as Jane Yolen and Elen Sentier, this series weaves fantasy and contemporary in an engaging manner.*

Check it out on [Amazon](#)--and please leave a review if you read it. **Congratulations, Helga!**



## *WI Reunion of Graduates, 2017*



On a chilly autumn morning in October, WISCONSIN LifeWays graduates gathered at Mary O'Connell's Paradise Farm to press apples into cider, enjoy a

warm bowl of chili, and share experiences from the past as well as hopes for the future.

Graduates from the classes of 1999, 2000, 2011, 2015, and 2016 enjoyed re-connecting on this beautiful, crisp day!

We encourage you to arrange a reunion for graduating classes in your area. You can [contact us](#) for tips and rosters.



# List Your Program

## *Join the [LifeWays Online Directory](#)*

Reach families who are looking for LifeWays programs and show your affiliation with a national organization. All programs are listed with links to your email and website, if you have one, and many people have told us that they receive inquiries regularly from people who found them on our website. We will also keep you up-to-date with LifeWays happenings by sending you our quarterly e-newsletter, in which we regularly feature a LifeWays program.

There are four categories of listings within each state or province: LifeWays Representative Program, LifeWays Student or Graduate, and LifeWays-Affiliated Program.



# Share Your Story

Your Autumn newsletter enjoyed contributions from LifeWays caregivers and parents from around the country, and we are grateful they took valuable time to share their wisdom. Would you like to share your ideas and experiences with other readers? Are you working on a LifeWays-related project you want to share with like-minded individuals? Have an article you've written that you would like to have considered? New recipe, project or puppet play?

[Reach out to our Editor, Michaeleen](#)

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# Donate Today Thank you!

Thank you for the love and warmth that emanate from your heart out into the world. Thank you, also, for the support you offer to LifeWays that enables us to open our organization's heart to those in need. Our scholarship fund has been able to serve students whose life circumstances have suddenly changed. It provides just the cushion we need to soften the edges of fear and worry and to hold them close in the hearth of their beloved LifeWays groups.

Individuals around the world are finding solace and inspiration through the guidance of our new online courses. Those in professional childcare are able to receive the continuing education units they need for the year, and others are simply relieved to find support, humor and delight in sharing with other course participants. We are also expanding our on-site professional development to include courses for individuals teaching in Waldorf charter and private schools.

You can find out about all of our offerings, as well as our publications, videos and audio downloads on our website [lifewaysnorthamerica.org](http://lifewaysnorthamerica.org). Perhaps there is something there that you want to offer as a gift to a loved one. You can also offer your donation [online](#) or send a check to our new address at:

LifeWays North America  
1515 West Main St  
Norman, OK 73069



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