

Area Connectors Report from Christophorus House in Hornsby, Sydney

We hold a circle in the Cottage of Christophorus House Retirement Village on the 4th Saturday of most months. Sometimes we have enough people to form a holding hands circle, sometimes not.

This last Saturday we had one participant sitting in a wheelchair and holding the beat with a tambourine in the centre of the circle and 5 of us dancing around her. This worked well. We had two Angelas from the Northern Beaches join us, which we really enjoy, as having people from outside the Village lifts the ambience of the circle immensely.

As we do not have a musician, we choose Dances that are easy to sing and hold the tune. We usually start the session with the thumb piano accompanying our Walk and often use a rattle to keep the beat and our energy high. A program that includes Dances we know well suits us, as our circle includes people from our Aged Care Facility, some of whom now have cognitive challenges.

Transforming the Cottage with peace flags and creating an altar immediately gives our Dance space a special feel and makes the effort worthwhile.

I have been asked to take our Dances into the Aged Care Facility at Christophorus House and am looking forward to offering our residents there some simple Dances of Universal Peace.

Sabira Jane Ruehmkorff