

THE LUKAS COMMUNITY

Many Hands Newsletter

Fall 2005



FRUITS OF OUR LABORS

The Lukas Community has much to be thankful for this year, as seeds planted long ago continue to bear fruit. Soon to be twenty-five years old, Lukas has withstood the challenges of its earliest, most fragile years, this due in no small part to the many committed individuals who have so steadfastly held Lukas in their hearts, and whose “many hands” have worked so hard over the years to foster its growth and safeguard its mission.

Our continuing mission- to provide the developmentally disabled adults entrusted to our care a secure community environment within which dignity and life-purpose may be realized, irregardless of disability. Down syndrome, severe seizure disorder, profound autism- these are only some of the life-long conditions that hinder our special residents from being independent enough to fend for themselves in an extremely fast-paced society and conflicted world.

And as much as we would wish to derive only the good that the world offers and distance ourselves from its conflicts and duplicities of nature (even here in New Hampshire we experienced destructive flood waters recently), we cannot. But we can lay claim to a small part of it and try to cultivate an alternative approach, and this at our own measured pace. Our community of care, with its rare and wonderful blend of special residents, dedicated live-in co-workers, apprentices and volunteers, offers such a place. Here, helpers and helped work modestly together to the best of their abilities in the hope that their efforts will bear fruit, both inwardly and outwardly, for the future.



The Lukas Community continues to look ahead and plan for the future. The photo at left shows the second of two new residences that we have constructed on our property within the last two years. These new residences provide handicapped accessibility for our residents as they grow older. They also allow space that new and younger residents may join our community, bringing with them new possibilities for the future. “Many hands” have worked hard and long to bring this project to fruition. For this we are so very grateful. Won’t you put “your hands” to work for Lukas?

David Spears, Executive Director



Phillip Kroon

NEW LUKAS RESIDENTS

Phillip, 28, came to Lukas as a resident last year. A graduate of Camphill Soltane, his family home is in Moultonborough N.H. His mother describes Phillip as being “ a morning person who goes to bed when it gets dark. He is a person of habit, likes things to be constant, likes things orderly, a man happy with a routine and schedule. Happy is how I would describe Phillip, but too trusting and vulnerable.” When Phillip himself is asked how he likes Lukas, he replies: “ Good, good !”

Crystal, 27, is Lukas’ newest resident. In her mother’s words: “Crystal is a very sweet young lady. She is happy most of the time. Crystal is a terrific swimmer. She loves to ride the bicycle. She loves music, but most especially she LOVES to dance. She loves people and being around them. She loves food and she also loves to help around the house doing chores. I’m so sad when I think about letting Crystal go away from home and from me, but it is time. She wants to be more independent now and she is ready. We all love Lukas.”



Crystal Kim

We now have space available allowing us to invite new residents to join our community

CO-WORKERS AND APPRENTICES

Lukas attracts dedicated co-workers and apprentices from many parts of the world who bring with them their cultures, experiences and shared interest in helping others. In our extended-family residences all work together preparing meals, doing household chores, and caring for our residents and just plain living. Some of our newer co-workers wish to introduce themselves:

“Living in Germany, I studied at an anthroposophic arts and crafts school learning to make tapestries, weave fabrics, spin, work with wood and metal, and do screen-printing. Having my master’s degree in hand-weaving, I took a position overseeing the weaving section at an anthroposophic workshop for special adults. I worked and learned there for six years. During a visit to my mother in the U.S., I heard about Lukas, and knew this was “it”! Now I have been here for over two years. It is a wonderful community in which all live and work together with understanding for the needs of each individual. I am so happy to be part of it.” **Suzanne Lawrence**

After studying education and teaching for several years in my home country, Peru, I studied Waldorf Education and became a class teacher. Later, I studied anthroposophic special education in Switzerland, and then returned to Peru to teach challenged children. During a visit to my sister in the U.S., I heard about Lukas, and a few days later came for a visit. The beauty of nature made a strong impression- the majesty of the pines, the white snow in contrast to the dark forests. I decided to work at Lukas, where each person has the opportunity to participate and learn new things each day. I have lived and worked here for over a year and have gotten to know all the residents and co-workers and apprentices. I can say that I am very lucky to have been asked to stay.” **Consuelo Perez**



Our Harvest-Halloween Festival

“Here we are, Efrain, Christina, Johannes (8) and Clara (6), thousands of miles from New Mexico where we lived for four years before coming to Lukas, Efrain teaching at the Santa Fe Waldorf School and our two children with me at home. Eight years ago Efrain, Johannes and I came to the U. S. to live and work at Camphill Special Schools, Beaver Run for one and a half years, during which time our youngest child, Clara was born. Efrain and I have worked for years in special education, having met while working in a home for severely disabled children and adults in Stuttgart, Germany. We have been at Lukas for over a year now and everyone in our family likes it. It is nice to wake up in the morning and look forward to another day of shared human experience.” **Christina Martinez and Family**



ARTS, EDUCATION & MORE

In every human being, no matter how challenged, there lies a longing for self-development. Artistic expression, intellectual stimulation and recreation are all-important in this process of becoming.

Lukas creates an environment within which this process of unfolding is re-

spected, supported and encouraged. Each week our residents participate in therapeutically designed classes in music, singing, eurythmy (expressive movement developed by Rudolf Steiner), and water-color painting. Cultural events at Lukas and in the local area heighten these rich experiences.

Our Education Group strives to stimulate thinking and expand personal horizons through the study of American history and current events whilst practicing the basic skills of reading, writing and arithmetic. Occasional field trips round out the experience— this year the Education Group visited the Heifer Project and donated \$300 to support its work.

Recreationally, we make full use our beautiful natural surroundings that offer so many possibilities including hiking, swimming, canoeing, outings to the beach and much more.



HANDWORKS STUDIOS



Bookbinding

At Handworks, the art and craft studios of the Lukas Community, each “special” artisan brings unique gifts to the process of creating fine handcrafts. Weaving, wood-craft, bookbinding and candle-making are only some of the crafts our residents learn to make with the help of our craft workshop leaders. Striving to create items of enduring design and highest quality to grace the home, adorn the body and lift the spirit, our products enrich the lives of those who use them, as well as those who create them. Our Handworks products are sold at local crafts fairs and at the prestigious New Hampshire League of Craftsmen shops throughout the state.



IN GARDEN & BARNYARD

The garden continues to be a wonderful training ground for our residents and apprentices, providing no end to any number of important tasks. as they experience the results of their efforts first hand. An exciting addition to the garden this year is our newly constructed greenhouse. This will take on meaning in late February when we begin getting to get the seedlings started, these transplanted later into our garden beds once fickle nature allows. We expanded the garden this year with the addition of more cultivated beds for vegetable and flower production. The beginnings of a perennial herb garden, tucked into a lovely stone-walled corner area near our

garden shed and greenhouse, will provide herbs for our kitchens as well as for crafts projects during the winter months, long after the garden itself has gone into its winter repose.



Preparing the beds

And, as the days grow shorter and colder, our animals on the hillside begin to remember the long, long winter quickly approaching. But they also remember that their Lukas care-taker friends will be coming to the barn each day to visit them, and care for them.



***THE LUKAS COMMUNITY
WHO ARE WE?***

We are a residential community for adults with developmental disabilities located in rural New Hampshire. Forty people, some disabled and some not, share their lives, work and recreation in four extended family households. Daily contact with nature and the arts, meaningful and productive work in the Lukas homes, gardens and craft studios, and the many cultural and recreational activities provided create a rich and full life.

Based on the anthroposophical approach of humanitarian/philosopher Rudolf Steiner, Lukas provides a caring, therapeutic environment in which each person is recognized as a unique human being with dignity, freedom and purpose, and encouraged to develop to their fullest potential. Our community welcomes persons of all races, creeds and nationalities. Each of our residences is licensed by the State of New Hampshire.

If you are interested in becoming a Lukas resident, apprentice or co-worker, or wish more information generally, please:

Call: 603-878-4796

Or email:
Lukas@monad.net

Or access our website at:
lukascommunity.org

***THE LUKAS COMMUNITY
P.O. BOX 137
TEMPLE, NEW HAMPSHIRE
03084***



WE DEPEND ON YOU

The Lukas Community is a private, non-profit 501(c)(3) tax-exempt charitable organization. It is supported by fees and donations from individuals, corporations and foundations. Charitable donations are tax deductible.

We wish to thank all of you, our supporters, who have given us your help in so many ways over the years. Your help ensures that the Lukas Community will be here well into the future to provide each of its special residents a fulfilling lifetime of dignity, freedom and purpose. **We depend on you!**

If you have yet to give your help, please join our circle of support by making a generous donation today. Thank you for your support. We sincerely appreciate it.

