

**December 2016**

**Inside this Issue**

- 1** Contact Details  
A Christmas Poem  
My Christmas
- 2** A Christmas Short  
Story  
Course Details.



**Tobias School of Art & Therapy**  
Coombe Hill Road  
East Grinstead,  
West Sussex  
RH 19 4LZ  
+ 44 (0)1342 313655

[info@tobiasart.org](mailto:info@tobiasart.org)

**Keep in touch**



Facebook  
[www.facebook.com/TobiasSchool](http://www.facebook.com/TobiasSchool)



Twitter  
[@TobiasSchool](https://twitter.com/TobiasSchool)



Instagram  
[@Tobias\\_School](https://www.instagram.com/Tobias_School)



Pinterest  
[@Tobias\\_School](https://www.pinterest.com/Tobias_School)

# The Fish

Tobias School of Art & Therapy

## News

We began our new year with 14 students in our First Year and 15 students continuing into the Second Year of the training. With the First Year students we began by creating a Labyrinth in the garden and ceremonially walking it as an introduction to our educational concept of our learning path. It is not always a straight path but returns upon itself to reflect and look anew at themes and experiences with refreshed eyes and greater depth of understanding as the training progresses.

The Second Year students began with an essential therapeutic theme of Boundaries and Containment and how the arts can provide a metaphoric container for our powerful emotions.

Our Beech Modular cohort came in November for their penultimate module. They presented their personal Art Projects which was inspiring and very moving for us all.

With this Advent we are especially blessed to have a Choir Master amongst our students so our Advent singing around our Advent wreath is inspiring and brings our school community together in Christmas spirit.

## A Christmas Poem

In God's Name now our tale begins.  
From Orient came the Holy Kings.  
They ride with speed on distant ways,  
Four hundred miles in thirteen days.  
They ride by Herod's palace-walls  
As Herod from his window calls:  
Whither go ye, relax your speed!  
To Bethlehem our journey does lead.  
Ye Holy Three Kings be guests of mine,  
I will draw plenty of beer and wine,  
I will serve venison roast and fish;  
To know of the newborn king is my wish.  
In truth, we cannot tell just where;



We have to follow the star we bear:  
Over the house the star will shine bright.  
Over the mountains the holy men ride.  
There found they Jesus Christ, our Lord,  
Who is the Saviour of all the world.

## My Christmas

*Written by Else Wolf, a current modular student from a Camphill Community in the USA.*

Even though I live in the US my experience here is based on the traditions of the Camphill School community, which is rather like a little European island.

On the first of Advent everyone gets woken up by bells and singing of J.S.Bach's chorale "Wake o wake". Later that day the Advent Garden (well known in most anthroposophical circles) brings the community together.

For me it is always most meaningful to see the children with intellectual or other disabilities light their candles in the centre and place them on their way to light up the dark mossy spiral as we all sing.

On Christmas Eve we usually see the Oberuferer shepherd's play, which has a special ending on that day (added by the late Carlo Pietzner). The angel (from the play) appears once more to remind us to be upright and awake to the spiritual light in the times of tribulation. Then the curtain is opened revealing the Christmas tree lit by so many live candles while we all sing. There is a service at midnight and another one for the children on the following day, a huge brunch with music making and singing and later the sharing of some gifts in the houses. More celebrations continue throughout the holy nights.

# A Christmas Short Story

*Author Unknown – A Christmas Angel*



It was evening in the stable and Mary was singing for the child, rocking him in her arms. Around her were all the gifts which the shepherds and the kings had brought - but it was so dark that she could barely see them.

As she sat there looking down at Him, a dark, bent figure came into the stable. It was an old woman

with long white hair, wearing rags and so stooped that you would think she was carrying the troubles of the world on her slight shoulders. She came silently towards Mary and the child.

Mary drew the child even closer to her feeling that she must protect it from this intruder but the old woman still drew nearer.

When she was alongside Mary and the child. She took from the folds of her clothes a golden apple and held it out to the child.

To Mary's surprise the child also held out his arms towards the stranger and all of a sudden Mary saw her growing younger and straighter. In the child's eyes shone the same light, and the strange old woman became a beautiful girl.

As the child took happily the golden apple from her hands Mary recognised Eve, the Mother of us all.

**Enrolling Now!**

**Transpersonal Arts in  
Therapy Training**

Part-time / Modular course March  
2017 &  
Full-time training from September  
2017



**City and Guilds Level 7 Award Masters  
Equiv (MCGI)**

*Wishing you all a  
Merry Christmas  
and a  
Joyous New  
Year*

*From the  
Tobias Faculty*

## Short Courses 2017

See our website for details of our courses and to make a booking.

### EASTER 2017 - PASSION WEEK

*Mon 10 - Wed 12 April 2017*

We will follow the events of passion week with indications from the appropriate passages in the Bible. We will seek the artistic archetypal gesture/pictures of each station and how it can relate to human emotions. Artistically we will explore this through the dynamic of light, darkness and colour.

*Led by Maria Albiez, RATH.*

### SUMMER COURSES July 2017

**Art with Refugees**  
With Mary Anne Patterson

**Working with grief both professionally and personally- CPD Course**  
With Marion Green

**Sleeping, waking, dreaming – a Summer Art Retreat**  
With Clare Kunze

**Sculpting the human face from cradle to grave**  
With Maria Albiez

**The Sensual Land: Exploring Landscapes and Mindscapes through the eyes of Georgia O'Keeffe**  
With Richard Heys

### Twilight Lectures

For those more local to East Grinstead we offer several Twilight lectures each term between 17H30-18H45 on a Monday evening. See website for info