

# Food for thought from the RSST

## Harvest Festival Reflection

By Louise Davys, RSST member

I love this time of year. There is something especially magical about the colder, darker mornings and the crisp air, paired with sunny autumn days, that invites a slower pace and sends me into a deeply reflective state.

With the bustling energy of the warmer months behind us, we may find our awareness naturally shifting. The distractions and outward preoccupations of summertime begin to fade, and our focus now turns to our inner world as we head toward winter.

This is also the time of year when we are reminded of the abundance of Earth's gifts available to us during harvest season.

In Maori tradition, this time of year is associated with the Kumara harvest. Kumara that was planted in spring is now ready to be gathered and stored in preparation for the barren winter months.

Harvest Festival is a wonderful time to celebrate and be grateful for all we have, to recognise community spirit, and to share our gifts with those who may be less fortunate.

At the Michael Park School Harvest Festival last week, I witnessed the generosity of our community as we gathered around donated produce, ready to hand it over to the Sisters of Mercy for distribution. The students all sang harvest songs, and parents came together for a wonderful reminder to pause, reflect, and appreciate the village we are all part of during this special time of year.

Whilst we are physically gathering food and produce during Autumn, this season also serves as a metaphor for collecting our inner resources. Cultivating internal strength, courage, and resilience becomes more intentional, as does finding an inner light of hope to help us navigate the colder, darker months both mentally and emotionally.

The distraction of summer's busy season has now come to a close. As external activity diminishes, our inner world becomes more pronounced, offering an opportunity to reflect and draw upon our metaphorical 'light', to overcome the winter's darkness.

Please feel free to contact the RSST to share your thoughts or comments. [rsst@michaelpark.school.nz](mailto:rsst@michaelpark.school.nz)



## RSST

### Seeking New Members

If you are passionate about Waldorf Steiner education, here is an opportunity to be part of defining our school's future.

The Rudolf Steiner Schools Trust is one of the governing bodies of the school in partnership with the Board of Trustees and College of Teachers.

We are seeking members to join us and step into roles in 2025/2026.

Our main objectives are to establish, raise and provide the means and management for kindergarten and schooling according to the methods advocated by Rudolf Steiner.

The following fields of interest/experience would be beneficial:

- Waldorf Steiner
- Parent Education
- Fundraising
- Property Maintenance
- Governance

To be eligible to apply, you:

- Are committed to Steiner education and Michael Park School.
- Have sufficient time and expertise to fulfil your role fully.
- Are a critical thinker who can contribute to robust conversations.
- Ability to access email and dropbox.
- Must be at least 18 years of age.

Can attend:

- Approximately 10-12 meetings per year.
- Significant school events.

If you are interested in joining or learning more email us at [rsst@michaelpark.school.nz](mailto:rsst@michaelpark.school.nz)



MANY THANKS FROM THE RSST