

Heartbeet in the Community



Ann & her friend, Kristina, at Special Olypmics Basketball.



Sean and Tilmann at the Valentine's Dance.



Parker painting at G.R.A.C.E.



Kei at G.R.A.C.E



Kei loves his felting!



Parker makes a basket!



Thomas at Special Olympics Basketball.

Mission:

Heartbeet is a vibrant lifesharing community that includes adults with developmental disabilities and interweaves the social and agricultural realms for the healing and renewing of our society and the earth. Community members live and work together, in beautiful extended family households, forming a mutually supportive environment that enables each individual to discover and develop his or her unique abilities and potential.

Donations

Heartbeet Lifesharing • 218 Town Farm Rd • Hardwick, VT 05843 • E-Mail: Hannah@heartbeet.org
Phone: (802) 472-3285 • Website: heartbeet.org

Creative Donations

Corporate Donations can be supported through business matching grants. If you are giving a donation to Heartbeet, check with your business or corporation to see if they would be willing to match it. If you are thinking of giving money but would like to give it over time, we can organize a pledge donation.

Heartbeet is registered as a 501(c)(3) non-profit corporation and its Primary purpose is serving individuals with developmental disabilities. We are a youthful organization with significant capital expenses, so your support is greatly appreciated and can be directed towards the following areas of need; General Operations, Building Improvements, Equipment Fund, or the Campaign for renovations of New Barn.



Heartbeet Lifesharing Newsletter

www.heartbeet.org

MAY 2009 • Heartbeet Lifesharing • 218 Town Farm Rd. • Hardwick, VT 05843

Last year's expectations realized and a time of growth and change for the year to come.

Dear Friends of Heartbeet,

An early spring! It amazes me to think that last year, as the snow melted, there lived a deep expectation of a new house and all that would come with the addition of ten new community members. Every aspect of this expansion has felt right—even the bits of chaos in the autumn, as we waited for the house to be finished. As the snow began to fall we hoped that it would not be too much longer before the move could happen, so that our new community members would not have to spend Christmas in a rented house.

As many of you know, Heartbeet always seems to make it just in the nick of time. Truckloads of donated furniture blessed us as friends from far and wide (as wide as Boston) sent their extras to be part of ensouling this new home. From the outside looking in, things at Heartbeet may seem to move fast, but getting our new members to Heartbeet felt too slow. After the move in early December there was a tangible sense of gratitude that continued as a Christmas mood, giving the darkest time of year a sense of light. We stepped enthusiastically into Advent with the preparation of the Oberuferer "Shepherds' Play." Everyone enjoyed learning the music—and what a performance! It was the fourth year that the *Shepherds' Play* was put on as an in-house production. It went so well that we are looking forward to taking it on the road this coming year.

Heartbeet was founded on the value of using the farm's produce to provide sustainable living for



Spring flowers at Heartbeet.

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Chris & Eric take a rest on moving day.



Eric, Chris & Patrick on moving day.



Logs for lumber for the new barn.

to do a little of both. Knock down the old barn, salvage what we can, restore the foundation, and build a new barn with our own wood. Jonathan worked throughout the last two winters with a neighboring logger to bring in wood for our new outdoor wood-burning furnace that heats both of the new houses and he was able, at the same time, to bring in all the wood needed for the new barn.

This time of growth and change is exciting at Heartbeet as we embrace the needs arising out of our transforming community. With your help there will be a barn raising in July and our summer will be filled with the excitement of working together to side and finish the stable to keep our new and old animals sheltered this winter. Help us build our new barn!

Sincerely,

Hannah Schwartz, Executive Director

*For alternative ways of donating please
check our website: www.heartbeet.org*

Christmas Time at Heartbeet 2008



Heartbeet Christmas Tree



Renna



Patrick, Tilmann & Christoph



Chris



Alicia & Connor



Heartbeet children

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the community. Our garden and fields (and a lot of hard but wonderful and meaningful work) supply much of our food. The farm provides our own meat, eggs and dairy, along with the wonderful opportunity to work with animals. And manure brings rejuvenation by returning vital nutrients and forces back to the land. Barn chores have always been a highlight of our rhythm here, and with the growth of our community there is the need to expand the barn space, garden and farm. For the last two years we have been dreaming of a new barn to replace the current one that is about to fall down. Now it has become absolutely necessary on many levels! We like to repair rather than replace, but in this case we will need



Hannah & Kei



more animals for their products as well as manure for the compost that nourishes the soil of our expanding gardens. More animals means more hay and more space! Our community is growing and we want to provide the healthiest food possible. The farm is a therapeutic foundation which we all need so much in this present time.

We already used the old farm buildings very well over the years, and now are choosing to disassemble them. The new barn is waiting to be built! All the wood needed for the construction has been sustainably harvested from our forest and is ready to be assembled. We would like to start the next phase of the project as soon as the frost is out of the ground.

Please consider our invitation to join in this endeavor. Our needs include the cost of milling the harvested wood, building materials (roofing, windows, plumbing supplies), excavation and foundation work, and labor costs for local carpenters who have become friends of Heartbeet and are eager to help.



It is truly a community effort and everyone will be involved in the construction. Your donations are much needed to make this project possible. The total cost is \$80,000. Feel free to contact me with any questions and if you come to visit, don't forget your hammer!

On behalf of the whole community (including the cows!), we truly thank you for your genuine interest in Heartbeet Lifesharing.

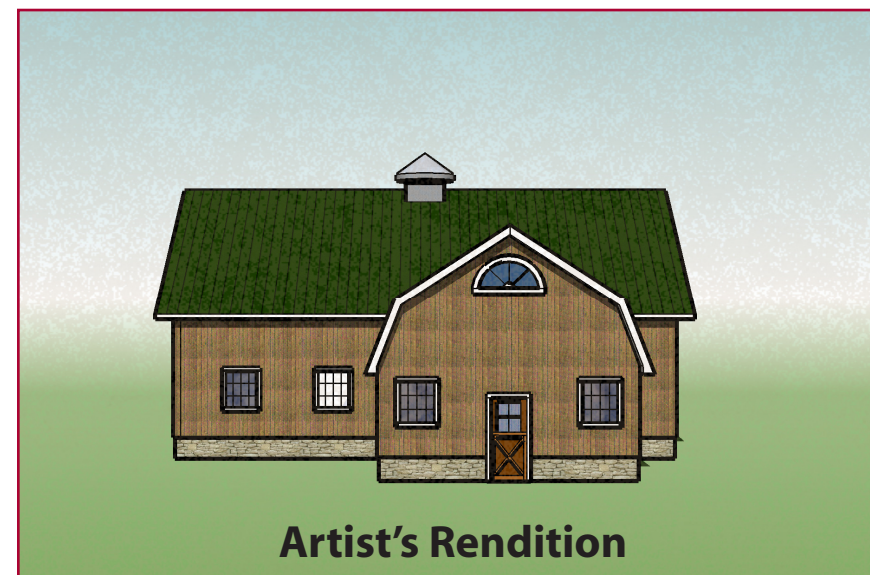
Sincerely,
Jonathan Gilbert



Logs for construction lumber.



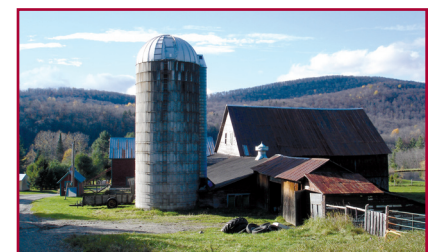
Jonathan at work.



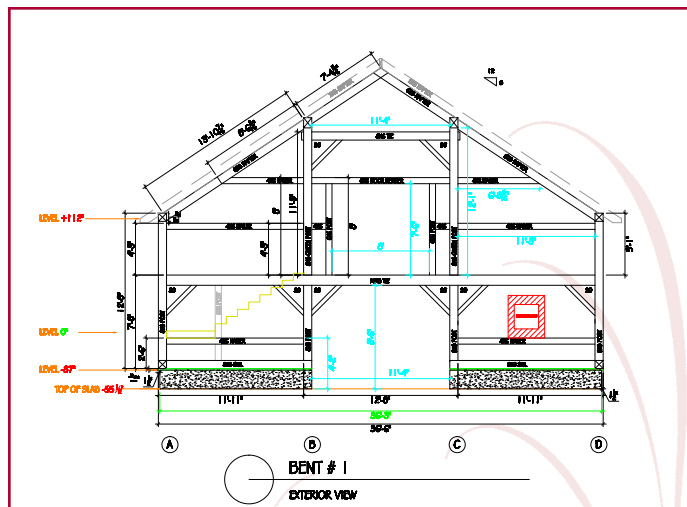
Artist's Rendition



Tearing down the old barn.



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New barn blueprint

Building a New Barn

It has been eight years since we first plowed the earth on what was to become the Heartbeet Lifesharing Community. The previous owners, Mr. and Mrs. Bronner, had given us the go-ahead to plant our seeds even before we were the legal guardians of the property. The real estate agent was not quite as excited then as we were. "You want to rent your property to them so that maybe they can come up with the money in one year to start a ... what?" Anyhow, it was almost June, and with the short Vermont growing season... we had no time to spare.

We knew we had found the right farm from the moment we saw it. Actually, it is right to say that we found each other. It was a magical moment when we committed ourselves to care for this land, with all the beings involved, out of hope, love and trust in the future.

Amazing things happened since the "wedding" of land and community. The Heartbeet farm is home to thirty individuals sharing their lives, striving to bring goodness into the world and to be supportive to one another during the many challenges of personal as well as of community growth. That commitment gives all of us the opportunity to unfold our destiny to a greater potential.

The farm is very alive! One of the many gifts that Anthroposophy has to offer is biodynamic agriculture (based on Rudolf Steiner's course of lectures from June 7 to 16, 1924). It has been an insightful and practical help with this question of how to work with the land so that it re-enlivens the spiritual core of the human being.

At Heartbeet Lifesharing, everyone is part of the farm rhythm and has a relationship with it in one way or the other. There are morning and evening barn chores, when we care for the animals and get our milk and eggs. Hay is harvested in season and stored in the barn to feed our "extended family" through the winter. We care for the greenhouse and the gardens where fresh vegetables and storage crops grow to nourish us throughout the year. The forestry work not only provides us with lumber for construction, but also firewood to heat our houses. The seasons become alive and filled with purpose and festivals. We develop a new relation between

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Carrot harvest

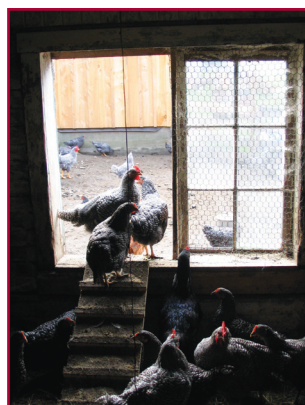
Ann ready to head for the barn.



Susie and the sheep



Heartbeet chickens



Heartbeet Welcomes New Community Members!

Rachel and Raphael Get Married

On Friday, March 20, 2009 Rachel Schwartz and Raphael Knauf celebrated their marriage with a beautiful ceremony in Kaspar House living room. Heartbeet members, family and friends all gathered round to make it an event filled with warmth and joy. In 2001 Raphael studied at Beaver Run in the home of Sean Barnum, Thomas Cusick, Connor Henesy, Parker Brigham, David Schwartz and Onat Sanchez. His sister, Jana, was one of the first Heartbeet volunteers. Thus his connection to Heartbeet is longstanding and one he is excited to continue and deepen into the future. He is currently completing his medical training in family medicine in Germany, and looks forward to joining Rachel in the summer of 2011, when he hopes to begin residency in the US. Congratulations Rachel and Raphael!



Raphael & Rachel

Anne Jackson

Annie's path to Heartbeet began with a friendship between her aunt, Jane Greenwood, and a couple of community members who attended a local meditation group in Hardwick together. Jane was invited to help construct our outside wood oven and partake in a pizza dinner afterward. Through her experience of Heartbeet, she wondered if her niece would like community life.

It did not take long to draw threads of connection between Anne and Heartbeet—the most amazing one being that she had been in the same program in Connecticut as Chris Stuhlmann (one of our newest community members). They were good friends with a spark of romance. When she came for her trial visit, she and Chris rekindled their already deep appreciation for one another.

Anne was initially worried about Heartbeet being too rural, but after a few days she was quite clear that she loved the fullness of community. She loves the arts and singing and brings a heartfelt interest to most of life. Not only will she be able to blossom in the warmth of friendship and meaningful work, but her astute insight into people and care for others are much needed gifts for this growing community. We are all so grateful to have Annie at Heartbeet!



Rachel & Anne

Jared Shaffer

Jared is a whirlwind of laughter, questions and enthusiasm for community and farming. He is learning so much in his first months here—growing into the rhythms of chores and entering into household life in such a joyful way. Jared loves recycling, outdoor work and dance parties. We are all looking forward to getting to know him better.



Bruno & Jared

Bruno Follador—the New Gardener

Bruno is a young, enthusiastic, biodynamic gardener who comes to us from the warm heartland of Brazil. He studied biodynamic farming and gardening for one year in Spring Valley, New York and then went back to Brazil to complete his higher education. During his time in the United States he attended one of our Heartbeet Youth Conferences, and the seeds were planted for a long-term friendship and interest in community life. Bruno brings a tremendous amount to both land and community life. We are very lucky to have him and he is already hard at work in the greenhouse, seeding the promising growth of a new garden season.



Patrick, Chris, Seneca, Eric & Wilde-sage

Letter from Eric and Seneca

In June of 2008 the "Tidblom-Gonzalez Family" along with Grandma Victoria and family dog, Tehama, left the bluebonnets and wildflowers of the Texas Hill-Country for the red clover and Green Mountains of Vermont. Bound for the Northeast, we wound our way cross-country, by van, enjoying the comforts of our pop-up camper. Thunderstorms and heavy rains chased us through the Great Plains of Oklahoma, Kansas and Iowa on to our dear friends in Minnesota. With the city of Minneapolis in our rear view mirror, we headed north to the shores of Lake Superior and the old growth forests of the Upper Peninsula of Michigan, across the locks of Sioux Saint Marie and into Ontario, Canada. We made our way along the Trans-Canadian Highway enjoying the pristine splendor of the Canadian Provincial Parks. After weeks of traveling, we at last arrived at Heartbeet

the day before St. John's Festival, excited about the reality of living in community. We planned to camp out until the weather turned cold and then rent a home until "The New House", as we came to call it, was done.

All summer long, the community watched the beautiful hill, known for its wild strawberries and apples, give birth to our new blessed home site. We often would walk up the hill to inspect the daily progress of construction. The children would play in huge dirt mounds and from inside the foundation, they began to imagine their rooms and the view from their windows. At last the giant trucks arrived carrying the pieces of our new house, ready to be lifted by crane and put together like giant Lego's. By the end of August and a very rainy summer, we started to feel the weather change and looked for a rental near the community. In true Heartbeet fashion, the perfect rental presented itself in the perfect location at the perfect time. We moved into the cottage the first week of September, just in time for Wilde-sage and Kai to start school. We also welcomed our first volunteer, Patrick, and later that week we welcomed our first community resident, Christopher Stuhlmann. Finally the day had come for us to start creating a community home. It was amazing how naturally the bond and the seeds of love for Christopher and Patrick grew. The cottage was the perfect place for us to start wrapping our minds around the idea of being house parents. It gave us the independence, so as not to be too overwhelmed by community living, while also providing time to practice the art of life-sharing that we needed to learn. Those lovely evenings eating meals together and sitting by the fire gave us a picture of how it must have been for Hannah and Jonathan in those early years when Heartbeet was much smaller. It reminded us how special the beginning can be and how much faith and trust play a role in the process.

During the month of October another community member, Brittany Garafola, arrived. Brittany moved into Kasper House until the new house was finished. Every waking moment of October and November was spent at the house completing the many details of finish work. Ann Blanchard, a long time Heartbeeter and elder of the community, became our third adult resident. With Advent in full swing, we moved into Karl Konig House in the second week of December. We celebrated Christmas and the Holy Nights in our beautiful new house. There is nothing quite like lighting the candles and singing around a Christmas tree or setting a festive table and eating a meal together. These first pictures will forever be a part of the memory of the Karl Konig House beginning.

In the month of February we welcomed our final volunteer, Sarah, and we also decided to expand our community to welcome a fourth adult community member, Jared Shaffer. Jared moved into Karl Konig House in March and we are so excited to live and work with him.

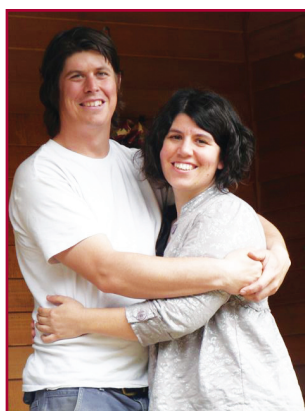
Community life is always in motion and we are continuously awed and humbled by the selflessness of the men and women who chose to live and work at Heartbeet. Every day is a realization of the dynamics we each bring to the community--the constancy, the vitality, the spontaneity, and the wisdom. Spring is coming and Karl Konig House will blossom right along with it.

We would like to send blessings of love and thankfulness to:

- Rachel, Hannah and Jonathan for your continued mentorship, love, and faith.
- All the Heartbeet volunteers for your days of painting, cleaning and support.
- The painter's guild for the beautiful color.
- All of the donations from friends and family that helped this house become a home.
- Andy and the carpentry crew.

We love our house!

Blessings,
Eric and Seneca



Eric & Seneca



Karl Konig House



Kei

"Community life is always in motion."



Eric, Patrick, Kai, Brittany, Wilde-sage & Sarah



Friendship

"Spring is coming and Karl Konig House will blossom right along with it."



Anne J. & Brittany



Eric & Seneca enjoy a visit from
Eric's Dad.



Ann enjoys some
quiet time.