

EXHIBIT #2  
Armstrong  
10-25-04

# Guidelines for

# The Circle of Angels

October 1990/1991



JGA

Group Work Octaves for Sun. (w/ST)

Shitake Team

Cabin gas lights

VCR in Med. Room

New Shower

Paint garage door

THIRD LINE PRIORITIES OCTOBER AND NOVEMBER:

1. Garden Produce processed and gardens tilled and winter wheat sown (RR)
2. Winterize all houses (S.T)
3. Complete Tool Shed (P.R)
4. Begin Sugar House and Art Room into Den (P-R + J-L)
5. Complete Ark exterior (KH)
6. Complete Barn interior (KL)
7. Slaughter and freeze Turkeys and send cards to all who will receive (L them by 11/1. - Lg to see JR re this)
8. Complete Spire Interior (JT + M/O)
9. Complete Crucible Hearth and Outhouse (RR)
10. Complete Kitchen Ceiling if not already done (KL)
11. Complete inside Forge (SA)
12. Complete staining outbuildings (SA)
13. Cabins gas lighting (JGA)
14. Septics pumped, ( /LA)
15. Wood and Kindling and Papers to all buildings (RR-SA)
16. Clean all chimneys, including Hermitage (see JGA)
17. Mudroom floor (PR/JT)
18. Windowpanes in Ark Outbuilding & in Meditation room window (DP)
19. Hermitage building later in season (PR)
20. Signs for roads and bldgs...see jr - later in season
21. Calf Barn Revamping (BB)
22. Wreathes (KL)
23. Paint Garage Door (JGA)

FOODS VERY IMPORTANT TO HAVE IN OUR DIETS...

Most all vegetables, especially...

carrots  
cabbage  
broccoli  
cauliflower  
leafy greens

Most all beans, especially...

chickpeas  
adzuki  
lentils

bean products, such as tofu and soymilk

miso

seaweeds

daikon

umeboshi

raw salads

garlic

fruit (about 3 times per week, pref. cooked) local fruits best

grapefruit, apple, cranberry juices (without additions)

raisins

brown rice

barley

any other grains (whole)

rice and oat brans

yogurt with no added stuff

white fish

olive oil, canola oil, sesame oil or soft spread 100% corn oil margari

honey

tamari, brown rice vinegar

bancha tea

seeds, nuts, almonds

NOT SO GOOD IN THE DIET, ESP. IN LARGE AMOUNTS:

Refined white flour or any sugars

too much yeast

chemicals in food

alcohol, nicotine

caffeine

animal fats, esp. red meat

eggs and milk OR MILK PRODUCTS

butter

TUNA (too much mercury now)

FIRST LINE EXERCISES TO BE SERIOUSLY CONSIDERED BY EVERY STUDENT DURING THE COMING YEAR. DESIGN YOUR OWN WEEKLY AND/OR MONTHLY AND/OR QUARTERLY CHARTS, TO BE HANDED IN SUNDAY PMS. YOU WILL LIKELY HAVE OTHER EXERCISES THAN THOSE LISTED HERE ALSO, ESPECIALLY IF SUGGESTED IN SESSIONS OR IF YOU KNOW WHAT IS NECESSARY.

Massage (Not in Med. room, but in bedrooms or on massage table)

slapping  
arguing  
boxing/wrestling  
martial arts  
forms of dancing/whirling  
yoga  
dynamic meditations  
catharsis  
sitting meditations  
walking meditations  
prayer  
mantras  
remembering yourself every hour on the hour  
laughing exercises  
communication exercises  
Stop exercise when going thru any doorway  
blind exercises  
parapalegic exercise  
Always a food exercise while you are eating  
fastings  
flipping for meals  
using chopsticks or eating left handed or circular bites or counting che  
Eating every other meal  
Monodiets  
Pig trough exercises  
Word exercises  
posture exercises  
slow motion exercises, serious ones, about 30 minutes and on major octav  
Acts of kindness/external considering  
The Arts exercises  
Inspiration exercises  
sensitivity and esp exercises  
King of Diamond projects  
Teaching exercises  
Movement exercises  
No sleep exercises  
breaking sleep exercises  
sex exercises  
Jack Of Club exercises  
writing exercises  
barefoot, NAKED  
cigs, alcohol, sugar, caffeine  
to acquire a minimum of 40 useful teachable skills  
shared re runs  
7 x 7's  
create weekly or daily gifts  
clothing exercises  
money exercises  
5 major leaks exercises  
answer all incoming mail within 7 days  
speech exercises

1990/1991 STRUCTURED SOLITUDES:

1. Solitudes are to begin in September 1990, at Metanoia. They are to last one to three weeks, depending on third force. MO members to take 2/3 weeks, their choice.
2. There will be a Schedule for your solitudes, per below.
3. The only food allowed:
  - A. Brown Rice or other whole grains and beans... AS MUCH AS YOU NEED.
  - B. Carrots and any greens... AS MUCH AS YOU NEED
  - C. One apple or banana per day
  - D. One level tablespoon of margarine per day
  - E. One level tablespoon of sweetener per day (honey, maple syrup, ric syrup)
  - F. One level tablespoon of salad dressing per day.
  - G. Vinegar, esp. Brown Rice vinegar...all you want...and tamari
  - H. Water...as your ONLY beverage...not tea or coffee or juice, etc.!

DON'T CHEAT...WATCH  
 your machine's working  
 against this schedule  
 and your intentional  
 transcending..conquering!

Each of you are to accomplish the following and you are to keep charts and journals to prove it and present to JJ at end of solitude. (the first DAY you ARE TO SLEEP ALL YOU CAN + begin Schedule 2<sup>ND</sup> D.)

1. No more than 8 hours sleep in every 24 hours.
2. No more than 3 meals per day...nothing in between.
3. Daily Jack of Clubs body care.
4. 20-minute AT DAWN prayers and praise. This is your break-sleep exerci  
 Get down on your knees and greet the dawn. Set your alarm!
5. One hour of daily meditative walking.
6. 20-minutes of daily Yoga.
7. 20-minutes of daily wild and wonderful dance.
8. 20 minutes daily all-out chanting.
9. One hour daily sitting meditation or "concentrated" thinking.
10. 30-minutes daily intense careful slow motion.
11. 20-minutes daily deeply listening to good music.
12. 20-minutes daily making music.
13. 20-minute daily reading good poetry.
14. one hour daily arts &/or crafts.
15. Two hours daily reading related work books (approved by JJ)
16. Three hours hard labor for Farm...in silence and solitude...wood, bldg kindling, etc. Work out ahead of time with JJ.
17. ....three hours free, from which you must write your journal and do your first line chart. You are to keep a DAILY JOURNAL.
18. Do naked and barefoot exercises in good weather.

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Before your solitude, have JR approve your reading, take a yoga book if necessary, be sure + take journal, pens, pencils, art supplies, take a musical instrument or check to see that the keyboard is there, clothes and toiletries, rain gear, foot wear, food and water as listed, be sure there is kindling and papers, be sure there is a tape deck and take music tapes. Be sure to check with JR re work octaves for this period. Have

APPROPRIATE SPEECH

praise

prayer

poetry (appropriate)

participat in scheduled vocal octaves

photographing

practicals

exercises

questions/answers about THE WORK...honest, brief, concise

song (appropriate)

A way to remember these is the acronym 6 P's E Q A S

or sixpeeseeqas

NOTE: THIS YEAR WE WILL PHOTOGRAPH FOR "IRRELEVANT PAST"...so forget your past. No one is interested unless it is to give them an example for their own work.

GROUP WORD EXERCISE THIS YEAR IS: Do not use superlatives, do not use the words: LOVE, ALWAYS, NEVER. Please!!! photograph for incorrect grammar! or anything else you find annoying in anyone's speech patterns.

CLOTHING LIST

5 tee shirts  
3 tank tops  
4 cotton shirts  
4 flannel shirts  
4 sweaters  
5 turtle necks  
3 shorts  
4 sweatpants  
4 other pants  
3 long underwear  
7 heavy socks, 7 light socks  
unlimited underwear  
swimsuit

2 sets of barn clothes  
2 dress up outfits

special clothing for life jobs as NECESSARY only!

pack boots with liners  
regular boots  
sneakers  
sandals  
slipper sox  
dress shoes  
(barn boots provided)

1 Heavy Work Winter Jacket  
1 Heavy Dress Jacket or Coat  
1 Vest or lighter jacket  
3 hats, dress, work, cap (ball?)  
4 gloves, dress, winter work, mittens, cotton work  
face mask/earmuffs/scarf

Back Pack  
Set of Sheets and pillow cases  
Set of Towels, wash clothes, beach towel

Good set of raingear

Laundry should be done about 3x a month.



ADDED GUIDELINES FOR OUR WAY OF LIFE AT WALDEN FARM 1990/1991

1. You will be expected to take 3 Rebalance days per month, preferably 7-12 days apart. (The children are to have one per quarter) (KH)
2. One Awake Overnight per month when you will bake bread, make very fancy desserts for our Saturday nights, watch out for the seniors and otherwise assist the Student Teacher as necessary. You are allowed to have three hours of this night for your own projects.
3. One Overnight per month in chair in meditation room keeping an ear out for seniors.
4. Use payment basket, suggestion box, and exercise basket to your best advantage.
- ~~5. You will need to be aware of and/or sign up for the following:~~
  - A. AM Inspirational Series, THE GREATS
  - B. Sunday PM alternate week chapel service
  - C. Monthly Town Hall Surprise Night
  - D. PM Dinner Discussion Series
  - E. PM Chapel Set Up Person
6. ST will offer you a payment from the basket if you are not precise regarding practicals and have needlessly caused others a hardship. You will also be asked to take a payment if you do not keep your rooms up to standards. These may be offered by either the ST or JJ.  
  
First offense=yellow      Second offense=blue      Third offense=pink
7. TEACH A TALENT, LEARN A SKILL...each person is to give away one of his talents (teach), and each student is to learn a new skill from another student. There will be quarterly demonstrations.
8. We will be making an audio tape, a VCR and a collection of journals this year. KL/DP, LG, KG oversee respectively.
9. Your reading program should be carefully worked out with JJ...you are not to read indiscriminately!
10. Metanoian Order to shave heads once a month for the year.
11. Everyone is expected to keep an UP-TO-DATE altar by your bed. It is to be a work of art...to serve as inspiration for you and others, it is not to be dusty and unkempt. PLEASE TRY HARDER. It should be a true symbol of who you are now and your aims.  
  
It might be useful to keep a pretty notepad nearby to jot down your AM prayers or other useful things that occur in in-between states. I would like to collect the prayers for publishing next year.
12. You are expected to take two overnights with a child per month. These can be taken at LH or the Montpelier Apt. when available or if you have a more creative idea, see JJ.

13. If you are on the Farm for a 24-hour period, you are expected to take 1½ hours off during the day for first line.
14. If you have a steady life job, you are expected to make full reports on it at the Sat. meetings and/or in writing to JJ, at least 1x week
15. There will be a quarterly 13-hour meditation at the Hermitage with only doing what is absolutely essential on the Farm and rotating in that doing. JJ will divide these in half. This will be a fast day. It will be from 8 a.m. til 9 p.m. The first one will be on Jan. 1.  
*RUN THE SAT UP + OVERSEE w/JJ*
16. ST to play music from 10 a.m. til lunch and again from 3:30 til dinner. It is to be religious, classical or occasionally benign musicals or gospels. No New Age Mind Rot stuff. If there is good reason NOT to play, the ST is free to decide.
17. Group will break sleep on the 13 and 30 of each month for a half-hour (2:05 to 2:25) meditation in the meditation room where you will write your observations in your journal. Be sure to bring it and a pencil with you. Metanoian order in charge of this octave... setting up room, being sure everyone is there, etc.
18. We will be photographing for irrelevant past. Be severe about this!
19. We will continue sessions as they are with JJ. *Perhaps change PARTNERS IN A FEW MONTHS.*
20. One student will live at the Hermitage for a week 2x month per invitation or schedule.
21. Friday PM's will be JJ Date Nights, by invitation.
22. Exercises: It is assumed that every student will do a serious slow motion exercise DAILY and also a daily external considering exercise. Both of these should be evaluated in your PM journal.
23. Every Friday Noon to Six is a VERBAL FREE FOR ALL.....a time to express spontaneously...a way to check the level of your first "I"'s DO IT!!! And note observations in Friday PM journal.
24. The group will have one 3-day fast per quarter. CT is in charge of seeing that this comes off properly by working it out with JJ and overseeing. CT to see JJ for first date. (Three glasses of juice per day will be allowed.)
25. Every student is expected to do one longer fast 1x this year...5, 7, 10 days. Be sure to ask JJ first. This may be with or without jui
26. 1x month 5 people will be selected to eat out of the pig trough. PR is in charge of this octave and is to work out details with JJ.
27. *You MUST carry a pen/pencil at all times or be fined \$3 for each time you are found w/out one by ANY student or Teacher! This is imperative! Jot down Daily your EXT. CONSIDERINGS, confessions, notes on Loves for Sun. PM, PRACTICALS, IDEAS for Sugg. Box, TO DO's, etc. Also needed FOR MINOR SILENCES.*

Jack of Clubs Guidelines:

1. 3 showers and hair washings per week unless good reason for more i.e. ill, dirty job, suggested by JR for state, or if you are fat.
2. brush teeth a minimum of 1x daily, preferably 2.
3. Wash hands and clean nails, wash face and brush scalp vigorously at least 2x daily, AM and PM. Crotch and armpits as necessary. Wash hands thoroughly before meals as animals can pass diseases.
4. Wash clothes 3x a month or about every ten days.
5. Use deodorant, lotions and body powders as appropriate. Use subtle scents.
6. Use outhouse as much as possible. Consider it a meditation!
7. Light incense after defecation.
8. In good weather, use outdoor showers.
9. Keep barn clothes separate and do not wear in houses.
10. See attached clothing list. You are not to have any more than is listed on it. Offer to others who do not have enough or sell to used clothing stores or give to salvation army.
11. Do not have holes or ragged edges on clothes...or too faded.
12. See food list attached.
13. Go barefoot as much as possible in decent weather.
14. Use lip balm, and hand lotion in bad weather.
15. Give and receive at least one massage weekly.
16. Have an annual PAP or prostate check. Mammograms once every 2 year if over 45.
17. Aids Free certificate from all entering students.
18. Carry Health Insurance, minimum of \$1000 deductible.
19. Dress up for Sat meetings with long dress or ties.
20. Manicure and Pedicure at least 2x month.
21. Major room cleaning 1x week.
22. Change bed linen 3x month.
23. Annual DDS appt., and eye check if you wear glasses, every 2 years if you do not. If over 45, begin an annual program with an internis
24. NAKED exercises in woods at least 1x weekly in good weather.

SURPRISE NIGHT AT TOWN HALL. Every fourth Thursday of the month... equals twelve nights. KH will put all names in a hat and will draw one the first of the month and tell that person so they can use the month to plan the program. Some possibilities are listed below...but be bold. be creative...have fun! Let JR know if and how much money will be involved ahead of time. Also let JJ know your plan as soon as you have it in presentable form....

sensitivity training/ESP exercises

psychodrama

volleyball, basketball, badminton

theater improvisations / readings

folk dancing, square dancing, jazz or modern, aerobics

yoga

sufi whirling

jam session

choral practice

photo session

(rt!) lectures with <sup>SLIDES +</sup> questions and answers/ debates / panels/ quiz games

body building night with weights, machines, ropes, etc.

martial arts

creating sets for dances or other theater projects

sculpture workshop

collage workshop

trampoline night

sewing machines...making soft sculpture

crafts night

matting and framing night

slides, VCR's (re skills), hands-on skill learning...i.e.carpentry  
flyfishing or tying, guns, overhauling a motor, etc.

Intellectual games, set up card tables, etc.

wine and song (performances) cabaret.

talent show

costume party (serious)!

REBALANCE DAYS... Three times per months...about ten days apart

This literally means to center yourself...to rebalance your four centers and lift them to the King of Hearts...It means inspiration, revitalizing motivation, increasing speed, catching up, preparing...

This day could include:

First line exercises

Paperwork

laundry/clothes alchemy

room cleaning

finances

meditating

walking

watching VCR from our library

sleeping

going to town

time with a child

make-a-date (constructive)

cultural activity

special foods/drink

making Buddha symbols

Making cards and gifts

correspondence

riding horse

snowmobile or motorcycle

curriculum planning

organizing yourself

body overhaul

closet update

reading or writing

music or poetry

arts or crafts

ski, skate, swim, dance, yoga, tai chi, karate

time with JJ

shopping

Use this day to add to camping trip, etc.

take a car ride

What a rebalance day DOES NOT include in third line work (except paperwork), losing your observer or "vacating" your presence, aims, consciousness.!!!

TRIPS FOR THE 1990/1991 YEAR

1. A trip to the dunes and Longpoint in Provincetown, three to four days ... alone, total silence!!! And NO time in the town itself unless it is to get to and from a room. In good weather, camp either in dunes themselves or in camping areas...esp. No. Truro if you have a car. May also be possible in winter. Bread, grapes, water only. (margarine).
2. A trip with a child to see the WONDERS OF THE WORLD, five days to ? Child's expenses will be paid for by the School.
3. A one or two-day seminar or class to improve your skills. More time if necessary.
4. October 13 celebration to the ocean.
5. Cultural outings...a minimum of one per quarter, 4x year. Discuss these at Dinner.
6. One to Three-week structured solitudes at Metanoia. See attached schedule.
7. One WINTER CAMPING TRIP with a child...a short one...1-3 days. May include backpacking and x-ctry skiing.
8. Everyone is expected to visit Deborah in Hatfield at least 1x this year for 2 to 7 days.
9. After Oct. 15 you may take your overnights with a child in Montpelier if your wish and it is available. Leave after school and be home before school, otherwise overnights should be at Lighthouse unless you have some more creative Idea and you work it out with JJ.

We are considering at least three museum trips with the children, as well as a trip to the Cape for the children, in addition to the above.

There will also be field trips having to do with their schooling...for the children.

DINNER DISCUSSION SERIES

- Monday.....Oral Book Reports, VCR reports, reports on Cultural activities and any travel or trips.
- Tuesday.....Practicals for Tomorrow and an overview of practicals in general.
- Wednesday.....Third Line Octave Overviews and brainstorming for uplifting...streamlining...by head of octaves.
- Thursday.....Fourth Way Tales...begin with the older students and work our way to youngest.
- Friday.....School/Ark Children reports and discussion regarding children's needs. RW to take notes and suggestions for and to JJ
- 1/3 Fri. Tools Class with questions and answers, headed up by Metanoian Order.
- 2/4 Fri. Tools Class with questions and answers, headed up by Metanoian Order.

Kathleen is responsible for organizing how this is to be intentionally handled so everyone will know who does what when.

Also, We need to brainstorm about Community Service...what can we do for our community? What can the children do? What can we do together? KG to set up a few Dinner Discussions for this and to get the notes from it to JJ.

ie JJ Re: "the Living Room"

SUGGESTED OUTLINE FOR PM JOURNAL ENTRIES. (You are to have two journals as one will be with JJ for evaluation while you are using the other)  
Journal entries to be done in chapel in PM scheduled slot unless you are off the farm.

1. AM Word Mantra, name it and discuss how you used it during the day.
2. List your acts of kindness for this day (external considering *And your slow motion Exercise + observations.*)
3. Meticulous Examination of Conscience.
4. Overall grade for the way you handled this day.
5. What was your chief loss & chief gain for this day.
6. What would you like to focus on for tomorrow.
7. End with a poem, Haiku or other, or write lyrics for a song.

AM HOLYNEST "GREATS" SERIES, 1990/1991...5:20 to 5:50 a.m. Mon.-Sat.

10/15/31	Great Poets	Rene
10/16/11/1	Great Painters	Carmela
10/17/11/2 etc.	Great MUSICIANS/PERFORMERS	Lauren
10/18	Great Sculptors	Barbara
10/19	Great Architects	Philip
10/20	Great Saints/ Mystics	John
10/22	Great Photographers	Lisa
10/23	Great Theologists	Regina
10/24	Great Operas	Kathleen
10/25	Great Philosophers	Kathryn
10/26	Great Composers	Donia
10/27	Great Actors	Kate
10/29	Great Psychologists	Jim
10/30	Great Scientists	Lorry

See JR for LIBRARY POSSIBILITIES.

Then repeat this order six days per week for the rest of the year.

You will present your subject approximately 2x per month or 24 sessions. Plan accordingly.

Be creative in the way you choose to present your subject matter. Remember the time is short.

PROCEDURE: Enter Holynest before 5:20 a.m. If you are over 3 minutes late you are to forfeit your tea. Candles will be lit, religious music playing, proper lighting, incense, and heat as necessary. Kneel before the slate table and take your work mantra from the basket, memorize it, replace it in basket, find a place to sit and receive your tea. Presenters to begin no later than 5:27a.m. Presenter sits in the green chair.

Each a.m. one student (per schedule below) is responsible for arising 45 minutes early to prepare Holynest and the fire if necessary and the tea. (See JR for tea service). This includes candles, order, incense, religious tapes (per jr), proper lighting. This student is to serve tea to each student in a very deliberate and intentional manner ala ZEN. They are to be sure all is in order after the session, put out candles, check fire, turn off record player, etc.



SILENCE SCHEDULE:

NO WHISPERING!!!!!!!

9:45 p.m. til 5:30 a.m.	ABSOLUTE SILENCE (no gestures or notes)
5:30-5:50	Participation in THE GREATS series
5:50-7	MINOR SILENCE (notes and gestures allowed)
7-7:30	ABSOLUTE
7:30-8:30	FREE
8:30-12 noon	MINOR
12-1:30 p.m.	ABSOLUTE (unless asked to participate in me
1:30-2:30	FREE
2:30-6:30	MINOR
6:30-7:30	Participation in DISCUSSION SERIES
7:30-9:45 p.m.	FREE

SUNDAY'S Free + FRIDAY'S 12-6 "Free-For-All" Spontaneity Exercise.

Exceptions are to be allowed for: Teaching School, At the Ark (but try to use silence here as much as possible ...good for you and the children ), when in sessions, or in an emergency. Also when appropriate in work with JJ.

If you break silence 1/2 times in a day, you are to take a yellow payment  
If you break silence 3/4 times in a day, you are to take a blue payment.  
If you break silence over 4 times in a day, you are to take a pink payment

Another exception in pm Absolute Silence might be in Sex octaves, but only as by exercise or having been discussed in sessions. Most sex will be enhanced by considerable silence unless you are working on a specific octave.

JJ OCTAVES:

Holynest.....	LA
Hermitage.....	JT
Car.....	IG
Water.....	BB
Gas Tanks.....	JL
Clothes Overview (to be done at Orners).....	LAD w/ MET. ORDER
Food.....	KH
Massage.....	THE INTERESTED SET U
Plowing WHITMAN way.....	PERMANENT DATES w/JJ
	PR-LEARN FROM JT

HOLIDAYS:

Halloween 1990	JT/
Thanksgiving	KH/LG
Christmas	PR/CT
Valentine's	JL/RR
Easter	LAD/DP
July 4	KG/RW
Ch. Birthday	/DC/BB
October 13	KL/LA

List below any that I have missed:

THIRD LINE RESPONSIBILITIES FOR THE YEAR 1990/1991

Barn...finances.....	KL
Barn...milking and mechanics.....	JL
Barn...herd health, feeding, breeding.....	JT teach JL
Barn...AM chores.....	men rotate
Barn...Alchemy, esp. milkroom.....	BB/LA
Field Management.....	JT
Field Workers.....	PR, ,LAD
Field Equipment Upkeep.....	JL teach JT
PM Cows early (overview).....	SA
PM Cows late (overview).....	LG
Calves.....	BB & CT
Calf Barn Renovation.....	BB & CT
Horse.....	PR
Turkeys.....	DP
Chicken overview w/ch. egg \$ program etc w/KL math class.....	KL
Mini-Barn.....	LG
Ark Overview.....	KH, LA
LH School Principal.....	LAD
LH Alchemy.....	
Orner's, two shifts.....	LG, Met. Ord
Student Teachers...November, December.....	LA
January, February.....	JT
March, April.....	JL& PR
May, June.....	KH
July, August.....	LAD
Sept., October.....	KL
Secretary (use Orner Job Time for a lot of this).....	KL w/MET ORDER
Chimney's, Fire Safety.....	DP
Sugaring.....	JL, KG
Wood and Splitter.....	KG
Kindling and Papers.....	RR, SA
Serious Recycling.....	
Farm Winter Fires Overview.....	PR
Mechanic for Farm Vehicles.....	JL
Farm Vehicle Alchemy.....	SA
Metanoia Upkeep.....	RW
Spire Upkeep.....	Met. Order
Crucible Upkeep.....	RR
Chapel Upkeep.....	DP
Snowplowing overview.....	JL
Snowplowers.....	KH, DP, PR
Equip. Shed Upkeep and Alchemy.....	JL
New Tool Shed Upkeep.....	KH
New Camp Research.....	KH, KG
Shiitake Business.....	Lad, KH, BB, RI
Upgrade Breadbaking/.....	DC
Car Gas Finances/collecting.....	KL
Telephone Finances/collecting.....	BB
Food org., shopping, delivering, storage.....	BB & LG
Truck Garden with JR.....	JT, KG
Kitchen Garden with JR.....	LG/DC
Flowers, herbs, orchards.....	DP
Yards.....	RW, SA
Weedwhacking.....	SA, RW
Winterizing 1991.....	PR
Walden Park and Ch. Camping Program.....	KH, JT, JL

HOUSEKEEPING ASSIGNMENTS FOR THE YEAR. This includes lifting the alchemy as soon as possible. Revamp! Re-think the area's use! Refine! Buy what you need if under \$100 and simply put in a money request. If over \$100, see JR first. If you plan to do any building in your area, see JGA with your plans.

You are expected to straighten your area daily and to clean it thoroughly one time per week or more, depending on traffic.

FIRE:	RENE
TEMPERANCE:	KATHRYN
MEDITATION ROOM:	ST. Teacher
FRONT HALLWAY:	KATHLEEN
KITCHEN:	STUDENT TEACHER/METANOIAN ORDER
DINING ROOM & HOLYNEST STAIRS	LISA
BATHROOM & REFRIG ROOM	KATE
MUDROOM:	JOHN WITH JGA
FARM GARAGE:	JIM WITH JGA
HEIGHTS:	LORRY
SIMPLICITY	Rene
HEAVEN UP:	STEVE
HEAVEN DOWN:	KATHLEEN
SECRETARIAL ROOM:	LORRY
GARDEN:	CARMELA
MERCY:	REGINA
GRACE NOTE:	DONIA
CELLAR:	BARBARA
ART ROOM:	PHILLIP WITH JGA
HOLYNEST:	LAUREN

You are responsible for the plants in your room!!! If I find them unloved, you will be requested to take a payment.

ROOMS FOR THIS YEAR

HEAVEN UP: \_\_\_\_\_ STEVE  
 HEAVEN DOWN: \_\_\_\_\_ KATHLEEN AND JIM  
 HEIGHTS: \_\_\_\_\_ BARBARA AND LORRY  
 SIMPLICITY: \_\_\_\_\_ Rene  
 GRACE NOTE: \_\_\_\_\_ DONIA-WITH M/O MEMBER  
 MERCY: \_\_\_\_\_ REGINA w/Farm Child  
 GARDEN: \_\_\_\_\_ PHILIP AND CARMELA  
 HOLYNEST: \_\_\_\_\_ METANOIAN ORDER MEMBER WHEN S/T  
 On couch when JJ home if there i  
 not another empty spot available  
 SPIRE: \_\_\_\_\_ Three METANOIAN ORDER MEMBERS  
 CRUCIBLE: \_\_\_\_\_ ALL ROTATE AS BELOW. BEGIN WITH  
 RR. RR To Simplicity After Crucible.  
 FARM CHILD: \_\_\_\_\_ WITH RW

CRUCIBLE ROTATION:

October/November /RR  
 December/January KG/JL  
 February/March /RW  
 April/May BB/LG  
 June/July PR/CT  
 August/September DP/see me at this time for partner

SPIRE ROTATION:(metanoian order)

THree at Spire, one as S.T.(Holynest) and one with Donia in GraceNote.  
M/O to rotate at least one person per month.

RR to complete hearth and outhouse at crucible before snow falls.

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CLOSET SPACES:

FIRE: MEN'S CLOSET JT, PR, JL  
 GARDEN: DP, , RW, CT  
 GRACE NOTE: METANOIAN ORDER KL, KH, LA, LAD  
 ART ROOM: BB, LG, RR  
 HEAVEN UP: SA  
 HEAVEN DOWN: KG,

PM PROGRAM FOR THE CIRCLE OF ANGELS AT WALDEN FARM, 1990/1991...1st QTR.

Monday.....Free

Tuesday.....Art Studio at Town Hall 7:30-9:30. Supplies will be there.  
Just remember to bring your canvas if you brought it home  
the previous week.

PR will set up , supervise and assist individuals as asked  
the first Tuesday of each month. BB the second. CT the Third.  
and LAD the Fourth. All Four of these people are responsible  
for getting all of our art supplies and equipment to Town Hall  
and stored in back room BEFORE WE BEGIN THIS OCTAVE. Then each  
week just bring out from back room and set up on tables etc.  
Between you you are responsible for buying supplies and equipment  
as needed. See JR re use of old canvases, how much to spend, etc  
None of these supplies are to leave Town Hall. If people wish to  
work on their canvases at Home, they are to buy their own supplies

Wednesday....6:15-6:45 Jam Session at the Ark with the Children under  
the supervision of LA/DP/RR. They are to lead us from chaos to  
order and harmony...music. They may work together or take turns.  
Then Free.

Thursday....9:15 at Ark VCR with JJ and discussion. The Fourth Thursday  
will be SURPRISE PACKAGE at Town Hall. See attached schedule  
for prepping.

Friday.....Free except for JJ Date Night

Saturday....Meditation at Hermitage rotated with Roundtable Meeting at Fa  
7 to 10/11. DC will present a very fancy home-made dessert  
with decafe coffee, at both the meeting and meditation.  
Could be made by Overnighters? Present at 9:30.

Sunday.....VCR, Chapel and Paperwork.

THE FOLLOWING WILL BE DUE QUARTERLY: Jan. 13, April 13, July 13, Oct. 13

- At least one painting.
- At least one completed song...lyrics and written music.
- One performance on a musical instrument.
- One creation from the "SHARE A TALENT-LEARN A SKILL" octave.
- (Oral reports of books and vcr's due per monthly dinner schedule.)

SUNDAY PROGRAM, FIRST QUARTER, 1990/1991

Free Speech all Day

- 5 a.m. Arise, Buddha walk with symbolic gift.
- 5:30-7 AM Octaves
- 7-9 Breakfast meeting with JJ, Song and exercise by SA
- 9-11 Group Work Octave designed by JGA and ST
- 11-1 First/Third Sundays...Children's Meeting, lunch at 1
- 11-12 Second/Fourth Sundays...Free...Lunch at 12
- 1 or 2 to 5 p.m. Whole Community Outing per JL, Alternate weekly ice skating with swimming, sledding, skiing, bowling, roller skating and basketball at St. J. See JR.
- 5-5:30 Children's Chapel (LG) ... all invited.
- 5:50-? VCR with children at the Ark (KG) with pizza and soda served at 7 and ice cream served at the end of the VCR with discussion.
- 8:30 - 9:15 Then children to bed and adults to Chapel. Chapel (see schedule for prep), alternating with preparing for Audio Tape and Visual tape we will make this year. KL/DP and LG respective organizers.
- Absolute silence after Chapel.
- 9:15 Weekend paperwork...journals to JJ, Love Letter to one student in gold alchemy,\* quite to very long, with all your feedback. You should have kept notes all week on the Lover of Choice. First Line Charts, weekly/monthly quarterly, as you have set them up.
- Organize yourself for the coming week.
- Beddy Bye...and we love you

\* Make a copy for JJ and put in box. They will then put on slate table for all to see. (Meditation room).

CIRCLE OF ANGELS AT WALDEN FARM'S DAILY SCHEDULE FOR 1990/1991...1st QTR

5 a.m Arise, Prayer of Gratitude, Jack of Clubs

5:20-5:50 Holynest...Choose your WORD MANTRA...music, tea and "THE GREATS" series. See attached schedule for your turn. Also see attached schedule for the Holynest AM prep person.

5:50-6:50 AM Octaves

7-7:30 Breakfast with song and reading by CT, with DC doing it on weekends. Breakfast should be in silence and ST is to play teaching tapes, poetry tapes or records, and only occasionally Gospel and Religious music. JR will provide tapes.

7:30-8 Commonsense and organization for the day

8-12 noon Labors of Love

12:15-12:45 Meditation at the Hermitage...Concentration exercises and music. KL in charge when JJ not home.

1-1:30 Lunch in silence with educational VCR in Meditation Room

1:30-1:45 Commonsense

1:45-6:15 Labors of Love

6:30-7:10 Dinner with song and exercise by DP<sup>OR RR</sup> with intentional discussions per attached schedules, led by ST. (On Tuesdays, this period is used for practicals, both for the next day and in general.)

7:10-7:30 Practical (except Tuesday when leave for Town Hall Stud

7:30-8 Walk, Pray...(rotate 3 on dishes and commonsense)

8-9:45 PM Program...see attached schedule

9:45-10:30 Chapel for Journal Writing...see attached explanation and schedule for chapel preppers

11:00 p.m. All in bed hopefully! You are expected to get 40 hours of sleep per week or a little more.

\*Everyone who is on the Farm for a 24-hour period is expected to take 1½ hours off during the day for First Line.



1990-1991 October

THEME FOR THIS YEAR'S PROGRAM:

Our Home as a Church,  
Our Way of Life an Example,  
Utopia the goal.

THE CITY OF GOD

The home is sacred, the center from which one evolves and checks one's values. The entire Farm and Program must be viewed as a whole...not in bits and pieces per individual octaves. It must function as an orchestra functions, all parts contributing to the whole...to create harmony out of chaos. The mind must be trained to see the larger picture, to expand rather than to contract.

Additionally, when living in community it is difficult to have the privacy and silence that is essential for creating and staying in a State of Gratitude, in a Third State. One needs to concentrate and stand guard at the doors of our brains to control and transcend our lower minds. This takes attention and energy. It takes time and space. It takes an inward eye. We must help guard each other's privacy...by silence and sensitivity to the world around us and the people in it. Don't slam a door...don't whistle or sing inappropriately, don't impose on other's sacred inner and outer space...they are trying very hard to concentrate on God...on their exercises...on holding a State. Be kind, externally consider, do not be self-involved.

THIS HOME IS TO RESEMBLE A MONASTERY!!!

There should be emphasis on the following:

- ...silence, inner and outer
- ...uplifting all alchemy, personal and communal
- ...making order out of all chaos, inner and outer
- ...music, art, poetry
- ...simplification, organization, elimination of waste, inner and outer
- ...focusing on SERVICE and SUBMISSION and what that means
- ...constant consideration/meditation upon PERFECTION, of self and of society
- ...meditations to assist us in remembering our size and place in the grand scheme of things
- ...METICULOUSNESS in all areas of our lives, inner and outer.
- ...consistent examination of conscience...impeccability
- ...remembering that Truth is all we have from which to reach the heights
- ...Work for God and the Good of All, rather than self-serving.
- ...Remembering YOURSELF...working on YOURSELF...you are not here to do other people's work or to inform them how they should live. DO YOUR OWN WORK. Bring everything home...find the seed of truth in all feedback. Learn to LISTEN.

### GENERAL POLICY

1. There are to be three prospective student visits within one year. The fee is \$44 per day for these visits.
2. There are to be at least 3 weeks between each visit.
3. Visits should be a minimum of 3 days and a maximum of 7.
4. No one under the age of thirty will be considered.
5. If, after the third visit we agree to work together, a minimum of one year commitment is expected.
6. One may begin as a non-resident or as a resident student-- decision to be mutually made by student and teachers.
7. All resident students are asked to carry health insurance, \$1000 deductible or better.
8. All students are responsible for their own transportation.
9. Present (1990/91) resident student fee is \$900 per month.
10. Non-resident fee (1990/91) is \$300 per month plus \$13 per day when on the Farm; this is expected to be a minimum of 107 days per year.
11. If you go on desert duty (leave the school), the fee for returning (if you are accepted after an interview) will be \$5,370.00 (1990/1991); you must wait at least five years from the time you left.
12. As a Farm resident you are expected to forego personal sexual 1 on 1 relationships. If you and your teacher decide your development calls for a 1 on 1 sexual relationship, you will be asked to go on non-residence.
13. At this time (1990/91) we are not interested in further birthing on the Farm. If your development requires this experience, it will need to be carried out as a non-resident student. However, students entering with children are very welcome.

ALL: In addition to attached

Sessions with J&J  
Dinner Series per KG  
Chapel sign ups per KG  
Trips/Solitudes/Outings  
Rebalance Days  
Town Hall Surprise per KH  
2 O.N with Seniors  
Teach a talent/Learn a skill  
Bedside altars  
Notebooks  
2 Overnights with child  
1½ hours daily free time  
Individual annual fast  
Reports on life jobs  
Hermitage Guests  
Break Sleep 13/30  
Make road and house signs as per previous commitment. See JR

METANOIAN ORDER - In addition to attached

Orner's (one shift)  
Student Teacher Octaves  
Secretarial with KL  
JJ Clothes w/LAD  
Dinner tools class 2/4 friday  
Break sleep overview 13/30  
Spire overview

LAD

School and Language Arts  
Art Studio 1X month  
Student Teacher  
Dining & Hallway to HN  
Field Worker  
JJ Clothes w/MO  
Shitake Team  
Easter w/DP  
Great Photographers

LA

Ark w/KH  
Wed. Jam Session w/DP & RR  
Student Teacher  
Holynest  
Barn Alchemy w/BB  
Oct. 13th  
Septics pumped  
Children's Music  
Great Musicians

CT

Breakfast Song/Reading  
Art Studio 1X month  
Garden  
Calves w/BB & Revamping Calf Barn  
Xmas w/PR  
Great Painters  
AM Series Set up Tues.  
3 day Qtrly fast overview  
Chickens/Eggs W/children \$ w/ KL

JT

ST  
Mudroom & Floor  
Herd Health  
Field Mgmt.  
Truck Garden w/KG/JR  
Hmtg. cleaning/Alchemy  
Halloween 1990  
Great Saints  
Art Apprec. w/Children  
Filling in the holes of WW w/ gravel  
Hmtg. Chimney See JGA

RW

Mercy  
Yards w/SA  
Weedwhacking w/SA  
July 4th w/KG  
Great Theologians  
AM Series set up Wed.  
Friday Dinner Mtg notes re: children & then to JJ  
Qtrly 13 hr. Med w/JJ  
Sat. AM children's free style dance (see JR) w/ DC at Town Hall  
Folk, Square, Jazz, Modern, Ballroom, tap?, Etc...  
Metanoia Overview

SA

Sun. B'fast Song/ex.  
Heaven Up  
PM Cows early overview  
Kindling/papers w/RR  
Yards w/RW  
Weedwhacking w/RW  
Forge interior  
Outbldg staining  
Children's Wrestling

KL

Hmtg. Meditation if JJ not home  
Audio tape w/DP  
ST  
Bath/Refrig. room  
Barn \$ & Car Gas \$  
Children's Money Program Eggs/Bottles/Banks/Etc.  
Secretary w/ MO.  
Oct. 13th  
Great Actors  
Kitchen Ceiling  
Children's math

PR

Art Studio 1X month  
ST (1 month)  
Art Room  
Sugar House  
Field Worker  
Horse  
Winter Fires  
Winterizing. 1991  
Plowing Whitman Way  
Xmas with CT  
Great Architects  
AM Series Set up Mon.  
Pig Trough 1X month  
Children's Art

RR

Dinner Song & Ex. (W/DP)  
Wed. Jam Session w/LA/DP  
Fire/Simplicity  
Kindling/Papers w/SA  
Shitake Team  
Valentines w/JL  
Great Poets  
AM Series set up thurs.  
Children's Soc. Studies  
Crucible Overview & Hearth/Outhouse  
Sign?

LG

Children's Sunday Chapel  
Heights & Secretarial room  
PM Cows late (overview)  
Mini-Barn  
Orners one shift  
Food w/BB  
Kitchen Garden w/DC  
JJ Car Alchemy  
Thanksgiving w/KH  
Great Scientists  
Children's Science  
VCR of Farm/School  
Turkey notes by Nov. 1

KH

Ark w/LA  
Temperance  
ST  
New Toolshed upkeep  
camp research  
Shitake Team  
JJ food  
Thanksgiving  
Great Philosophers  
Complete Ark Exterior  
French Class w/DP  
Draw from Hats 1st of month for the end of month surprise Town Hall.

JL

Sunday Outings  
ST (1 month)  
Farm Garage  
Sugar House  
Milking and Mech  
Equip upkeep  
sugaring  
Farm vehicle mechanic  
Hmtg. gas tanks  
Valentines w/RR  
Great Psychologists  
AM Series Prep  
Children's Athletics  
AM Barn Chores rotate

BB

Art Studio 1X month  
Cellar  
Barn Alchemy w/LA  
Calves w/CT & revamping calf barn  
Shitake team  
Telephone \$  
Food w/LG  
Photos  
Hmtg. water  
Ch. B'day w/DC  
Great Sculptors  
Signs  
Children's Crafts

DC

Sat. Brkfst song and Reading  
Sat pm special desserts  
Menu & Recipes & Bread  
Kitchen Garden w/LG  
Children's Birthday Party w/BB  
AM series set up (sat)  
Sat AM children's Dance w/RW

DP

Dinner song & exercise (w/ RR)  
Audio tape w/KL  
Wed. Jam session w/RR & LA  
Gracenote  
Turkeys  
Chimneys & fire safety  
Flowers, Herbs, Orchards  
Easter w/LAD  
Great Composers  
AM series set up Fri  
Window Panes  
Children's French class w/KH

KG

Sun VCR w/children  
Front hallway & Heaven Down  
Sugaring  
Wood/splitter  
camp research  
Truck Garden w/JT & JR  
Scheduling w/JR  
July 4th w/ RW  
Great Operas  
Publish "Angel's Journals"  
Wreathes Overview  
Children's Social Studies