

The Sophia Sun

Newsletter of the Anthroposophical Society in North Carolina

September 2008

Vol. I No. 4



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From the Editor:

Dear Friends:

Michaelmas is a time of both fruition and new beginnings. Having been a teacher for most of my life, it feels like the New Year, because I associate this time of year with the beginning of the school year, and for us Anthroposophists, who usually take the summer off from our activities, it also feels like a new year as we resume our activities, committees, Study groups, etc. I have often wondered why more ancient peoples did not adopt the Hebrew tradition of celebrating the New Year at the Fall Equinox. Unlike our current calendar which was adapted from the Roman's, most ancient civilizations observed the New Year at the Spring Equinox, which makes sense from the physical point of view—the new life in the plant and animal kingdoms, etc.; however, as Rudolf Steiner has told us, whatever occurs in the physical world has its opposite reflection in the spiritual world; therefore, if the new year of the physical world occurs in the Spring, then the spiritual New Year must begin in the Autumn. It is the time of the year when the earth begins to die physically, but awaken spiritually. It reaches its peak of spirituality during the Winter Solstice.

There are many new people and happenings in our community at the start of this New Year. The Christian Community will be welcoming a new priest (see articles about Rev. Patrick Kennedy.); the Waldorf School has a new Administrator and three new teachers; the School of Spiritual Science is beginning a new cycle of the Class Lessons; new Study groups, conferences and initiatives are in the works, some of which are written up in this issue and others will be included in next month's issue.

Rudolf Steiner has written that most people feel most energized at this time of year, largely due to the meteoric iron in the atmosphere, which is credited to the

increased meteoric showers at this time, which are due to Michael's influence. Hopefully, you are feeling this rush of refreshing energy and are eager to take part in many of the activities you will see mentioned in this issue of the *Sophia Sun*. May this meteoric iron help our community to grow ever more close, more productive, and more filled with the Cosmic Intelligence, Wisdom and Love!

I hope that you will read this September issue from cover to cover, and I encourage you to write something for our next issue.

With loving regards,
Kathleen Wright,
Editor

The Sophia Sun is the newsletter of the Anthroposophical Society in North Carolina (ASNC), a 501(c)3 non-profit organization. It is published nine times a year. The newsletter is not published during the months of July, August and December. In December, our illustrated magazine, *The Candle* will be issued instead. Members are encouraged to receive the newsletter electronically by contacting our website at www.anthroposophync.org. If this is not possible, you may receive a hard copy of the newsletter by mail by sending a check for \$30. per year to ASNC, P.O. Box 16024, Chapel Hill, NC 27516

Submitting articles, letters and ads

Please send all writing selections to kathleenwright51@peoplepc.com. All calendar items should be sent to lfolsom@nc.rr.com. Ads for our Community Classifieds are free to members. Nonmembers will need to pay \$1. per line and \$10 for a picture. It is hoped that members will give a donation to the ASNC if their advertised item is sold. If you have any questions, please contact: **Kathleen Wright, Editor** at 919-309-9622 or 919-672-0149 or kathleenwright51@peoplepc.com.
Cover Artwork: Baron Arild Rosenkrantz: "Woman Clothed With the Sun"

ASNC and Initiatives, Sept 1 – Oct 11, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Staying Connected to the Dead SG-3:30p	2 Threshold Group-3:30p	3 Rose Cross SG-7:30p Wilmington SG-7:30p	4	5	6
7 Apocalypse Group-3:30p W/S/YValley SG-6p Greensboro SG-7p	8 Staying Connected to the Dead SG-3:30p ASNC Festivals Committee Meeting-7:15	9 Threshold Group-3:30p NDE Study Group-7p	10 Rose Cross SG-7:30p Wilmington SG-7:30p	11	12	13
14 Meeting of the First Class-10:45a (Review-9:30a) Apocalypse Group-3:30p W/S/YValley SG-6p Greensboro SG-7p	15 Staying Connected to the Dead SG-3:30p ASNC Board Meeting-7:15p	16 Threshold Group-3:30p	17 Rose Cross SG-7:30p Wilmington Study Group-7:30p	18	19 CC Potluck and Conversation-6p	20 CC Priest Talk-7:30p
21 CC Act of Consecration of Man-10:30a (Children's-9:30) W/S/YValley Study Group-6p Greensboro Study Group-7p	22 Staying Connected to the Dead SG-3:30p	23 Threshold Group-3:30p	24 Rose Cross SG-7:30p Wilmington SG-7:30p	25	26 ASNC Michaelmas Potluck and Festival-5:30p	27 Biodynamic Study Group Hands-On Gathering-9a
28 CC Lay Gathering-11a Apocalypse Group-3:30p W/S/YValley SG-6p Greensboro SG-7p	29 Staying Connected to the Dead SG-3:30p	30 Threshold Group-3:30p	Oct 1 Rose Cross SG-7:30p Wilmington SG-7:30p	2	3 IANDS Conference: Near Death Experiences	4 IANDS Conference: Near Death Experiences
5 CC Lay Gathering-11a Apocalypse Group-3:30p W/S/YValley SG-6p Greensboro SG-7p	6 Staying Connected to the Dead SG-3:30p	7 Threshold Group-3:30p	8 Rose Cross SG-7:30p Wilmington SG-7:30p	9	10	11
For information about events, or to add events for upcoming months, please email: lfolsom@nc.rr.com , or phone Linda Folsom at (919) 493-8323, or mail to 3118 Dixon Rd, Durham, NC 27707. Events need to be sent by the 20th of the month prior to appear in the next month's newsletter.						

Calendar Details: Sept 1 – Oct 11, 2008

ASNC

Sept 8, 7:15pm – **ASNC Festivals Committee** meets at the home of Linda Folsom, 493-8323. Please join us if you are interested in helping to bring the Festivals to our community.

Sept 14, 9:30am – **The School for Spiritual Science, Meeting of First Class.** Review of last lesson at 9:30a, 10:30 AM Class Lesson.

Sept 15, 7:15pm - **ASNC Board Meeting** – Meeting at the home of Peg Carmody. Contact one of the Board members for more details: Peg Carmody, (919) [768-7470](tel:768-7470) / mcarmody@nc.rr.com; Nancy Willson, (919) 493-1091/ bieneman@mindspring.com; and Kathleen Wright, 309-9622 or kathleenwright51@peoplepc.com. To contact the ASNC: PO BOX 16024, Chapel Hill, NC 27516.

Sept. 26, 5:30 pm – **Annual Michaelmas Celebration** in the Richards' Room at EWS. See article in this issue for more details.

Christian Community

Sept 19-21 – **Visit by Christian Community Priest Patrick Kennedy** – please see announcement in this newsletter for further details.

Christian Community Lay Gatherings – Beginning Sept 28, Margit Gratzl will resume hosting weekly lay gatherings in her home on Sundays. The gatherings include reading and discussion of the Gospels. Everyone is welcome. Margit's address is 519 Wheeling Circle, Durham, 27713. Please call Margit if you have questions - (919) 484-2764.

Other Activities of Interest

Sept 9, 7p - **NDE Study Group** - a once-a-month study group for near-death experiences (NDEs). the Raleigh/Durham Friends of IANDS group, part of the [International Association for Near-Death Studies](#). This is part of our research work in the fields of consciousness studies, neuroscience and NDEs. We welcome all people who are interested in NDEs, especially those who have had an NDE are invited to share their experience with the others. At the home of Robert and Suzanne Mays, 5622 Brisbane Dr, a few miles north of Chapel Hill, just north of I-40, off Mount Sinai Road. See this [Google map](#) for directions. For more information, please call us at 919-929-1073 or mays@ieee.org.

October 3-4 - **2008 Fall IANDS Conference - Near-Death Experiences: What Do They Mean?** At the Millennium Hotel, Durham, North Carolina. *Featured Guest Speaker:* Maggie Callanan, RN, one of IANDS' most popular presenters, hospice nurse, best-selling author of *Final Gifts*, originator of the term "nearing-death awareness." Maggie will present on her new book, *Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life*. See the [full conference information](#) for more details.

Please note: Calendar events need to be sent in by the 20th of the month prior, i.e. Sept 20th for Oct 1, each month. Please send calendar items to Linda Folsom at lfolsom@nc.rr.com or call 493-8323. Send articles and ads to Kathleen Wright at kathleenwright51@peoplepc.com by the same date.

Study Groups:

The Apocalypse Study Group – Sundays, from 3:30p-5p. Please note new location and time – at the home of Martha and Dirk Kelder, 120 Kenan Street, Chapel Hill. Phone: 942-4795. The group will be deciding about the next book at the Sun 9/7 meeting. Please park as far down the driveway as you can go - no parking is allowed on the street. We hope that everyone will feel welcome to join us and continue in this study. This group was founded by Natalie Slapo, and we know that she will be there with us in spirit.

Biodynamic Study Group – The Biodynamic Study Group is meeting once-a-month on the last Saturday of the month for work mornings. Usually the work mornings will be at our homes, but sometimes they can be a community outreach. It's important to get as many folks educated re: biodynamics and preps sprayed around as possible. For more information and meeting locations contact Sandy Demeree, 341-8934

Child's Needs Study Group - monthly, on a selected Saturday morning, from 10a – 12n. Location varies between Chapel Hill and Durham. Currently reading: *The First Seven Years: the Physiology of Childhood* by E. Schoorel. Please call Lauren Mills Nyland with any questions – 968-7721, or mills.lauren@gmail.com.

Greensboro Study Group - Sunday nights, 7 pm. Contact Sandy LaGrega (336) 292-7947 and Judy Boyd (336) 454-2451.

Rose Cross Study Group – Wednesdays, 7:30p, at the home of Judy Granberry, 95133 Vance Knoll, Chapel Hill, NC 27517, phone 967-4671. Newcomers are welcome! Please call Judy with any questions.

Staying Connected to the Dead - study group meets on most Mondays from 3:30-5:30pm at the home of Sandy LaGrega or Jo Leeds in Greensboro. Please call Sandy at (363) 292-7947 or Jo at (336) 299-4361 for latest information about meeting place.

Threshold Group – Tuesdays, 3:30pm – contact Suzanne Mays, (919) 929-1073 or suzannemays@yahoo.com. Reading *The Michael Mystery*, by Rudolf Steiner. We read to the so-called dead.

Wilmington Study Group – each Wednesday, 7:30pm. Contact Anna Bowman, (910) 792-0959, for more information.

Winston-Salem/Yadkin Valley Study Group – An Anthroposophical study group for people in Winston-Salem and surrounding areas. Located in Davie County, at the home of Sarah Putnam, the study group brings together people from a wide area ranging from Winston-Salem to Statesville. The group meets Sunday evenings from 6-8 p.m. Call Sarah Putnam at 336-940-6004 for information and directions.

Are you interested in **Biography Work**? Roger Schultz would like to start a Group on this theme at his home this Fall. If interested, please call Roger at: 475-7180.

From the Board:

We hope you have had a pleasant, refreshing summer. We at the Board took the month of July off and started meetings again on August 4. We have decided that we will meet the third Monday of every month at my house, 711B W. Knox Street in Durham. We are still looking for more members to join us. Margaretta Bornhorst has joined the Board as the liaison to the Christian Community and Suzanne Mays is still considering a role as Member at Large. Nancy Willson is still away. Kathleen Wright is Secretary, and I round out the table as Treasurer and President. Our next meeting is Monday, September 15. We start at 7:30, so plan to arrive between 7:15-7:30 p.m.

At the Annual Meeting in February, I did not have much of a treasurer's report to make. I have now had a look at the records for the last couple years and think there is not enough detail in them to do a complete report. We are grateful that Jim and Mike took over the duties associated with depositing money, paying bills and soliciting members when no one else came forward to assume all the responsibilities of a treasurer. We thank Nick Myers for getting the records into a computer program that will make future reports easier, and for the years he served as a full-fledged treasurer. If you have time and inclination to be our Treasurer, it is a responsibility I would gladly hand over. Call me!

We have had three Branch Meetings since the last newsletter. At the August 31 branch meeting, the date and time for the next branch meeting was set by those attending. Since this was after press time, if you wish to know when the next branch meeting is, please call Peg Carmody at 768-7470 or e-mail me at mcarmody@nc.rr.com

Fall is often a time for renewed dedication to matters important to us as individuals. I hope you find articles in our newsletter that inspire your efforts to cultivate fruit you can harvest soon. Our Michaelmas Festival on Friday, Sept. 26, is another occasion to meet each other and from which you can receive support and inspiration in facing the challenges of daily life. Hope to see you soon!

Warmly,
Peg

Committee Members Needed For Medical Conference in Spring

We are hoping to sponsor a medical workshop weekend around Easter in 2009 (late March, early April). The Board is not able to do all the planning for this event, so we are forming a sub-committee to think it through and make it happen. Our first meeting will be Wed. Sept. 10 at 7:30 pm at Peg's house, 711B W Knox St., Durham, NC 27701. Soup will be available after 6:45 pm so you do not have to worry about dinner. If you are able and willing to help plan this event and unable to come on Sept. 10, please let Peg know (919-768-7470 or mcarmody@nc.rr.com) and she will inform you of what was decided and the next step.

**Annual Michaelmas Festival
Friday, September 26, 2008:
“The Call of Michael – What Inspires YOU?”**

For our Michaelmas Festival this year, The Festival Committee proposes that members of the community share from their own lives - a work of art that helps you find the courage, centeredness and inspiration to meet life's challenges. This may be a painting, poem, part of a play, section of prose, prayer or verse, someone's biography, music, a dance, a Eurythmy gesture, etc. We hope to learn more about each other and the many resources we can call upon to inspire and sustain us.

Please join us in the **Richards' Room** of the Emerson Waldorf High School on **Friday, September 26. Potluck at 5:30p – please bring a dish!** Beverages provided. We are encouraging students, staff, faculty and board members of the Emerson Waldorf School to attend, as well as the Anthroposophical community. **The Michaelmas program begins at 7pm.**



Since the program will involve each person sharing what they have brought and how they have found the work meaningful, we would like to do some planning in advance to manage the time. **If you are bringing something to share, please call Peg Carmody at 919-768-7470.** If you get an answering machine, please leave your name, return phone number, and how much time you think you will need to fully share your contribution. Peg will call you back and verify how much time you have, once she hears from others who plan to bring something. It is our hope that many get to participate and that the evening still ends about 9:00 p.m. You may also have something for people to look at only, which does not require discussion. In that case you do not need to call before hand.

Where: Richard's Room, Emerson Waldorf School
When: Friday, September 26
5:30pm – Potluck
7pm – 9pm – Michaelmas Sharing

Report on the ASNC Second Branch Meeting

by Suzanne Mays

Twelve people attended the second Branch meeting which was held at the home of Roger Schultz at 10 AM on June 7, 2008. The content of the meeting was put together by Suzanne Mays, who facilitated the presentation and conversation. Four articles were used as a springboard for conversation from *ANTHROPOSOPHY WORLDWIDE (1/08)* and *NEWS FOR MEMBERS (2007 Number 4)*.

Two of the articles introduced the new General Secretary for Italy and the new Co-general Secretary for North America. The other two articles were Letters to the Editor. The group listened to a summary of all four articles and to a list of the questions each of the writers had asked. Then as an exercise, the group spent five minutes in silence to answer for themselves whether there was any common theme in the sets of questions from each of the four articles. Lastly, the group took turns letting each person share their answer. There was a general consensus among everyone that the four articles were pointing out the same issue having to do with world events and the need for these current affairs to be openly and actively engaged in during activities of the Anthroposophical Society. Here are some of the reflections shared during the conversation:

1. The articles highlight a need within the Anthroposophical Society for social comprehension of what is happening in the world.
2. Will we wake up?
3. There is an urgency right now for clarity with how to perceive world events. How do we locally prepare ourselves and how do we get the same message across to the national and international leadership of the Anthroposophical Society?
4. Nothing is being said outwardly by the Anthroposophical Society of how the Occult Brotherhoods are working behind the scenes in current world crises.
5. Social fabric is disintegrating in the world. How is this being addressed by the Anthroposophical Society?
6. How do we get past ourselves, to the other?
7. How relevant is the Anthroposophical Society? Do we as anthroposophists matter to others beyond ourselves? Do we reach out to the world around us?
8. The new general secretaries are calling for action and membership is calling for understanding of the world events.
9. When inviting speakers or workshop presenters, invite those people who are actually doing what they talk about.
10. How do we wake up to each other's will? What is each person's will and initiative? How do we take up more strongly biography work with each other?

11. Is the Anthroposophical Society a literary society or an action group?
12. What does a 3-Fold Branch look like?
13. 21 years from now, going forward, what will our Branch be looking like compared to the previous 21 years?

These questions will serve as the springboard for our next Branch meeting's conversation on August 31, which will be at Mark Eisen's home. Unfortunately, this issue of the *Sophia Sun* had to go to publication before the meeting was held. A report of the August meeting will appear in our October issue.

SCHOOL OF SPIRITUAL SCIENCE TO BEGIN YEAR WITH POTLUCK BRUNCH FOLLOWING CLASS LESSON

Following its summer hiatus, the School of Spiritual Science will commence the year on September 14 with the reading of Class Lesson I. Members are asked to arrive by 10:30 AM for the Lesson. After the Class, members will gather at the home of Suzanne Mays at 5622 Brisbane Dr. for a Potluck Brunch.

Assistance will be needed this year in setting up for the lessons. Please contact Suzanne at 929-1073 or suzannemays@gmail.com if you are willing to help with this.

Big Screen TV Needed for *Parzival* Video Viewings

Do you have a large TV screen and are willing to host one or more of our "Video and Popcorn Evenings" that we hope to sponsor during this Michaelmas Season? Our Branch has purchased a series of nine lectures on Wolfram von Eschenbach's *Parzival* on DVD by Ed Stone, a master Waldorf teacher, who taught the *Parzival* Course at Kimberton Waldorf School for many years. He was trained in the course by Walter Johannes Stein, one of Steiner's pupils.

We are hoping to show the videos on a series of Friday evenings during October and November. Please contact **Kathleen Wright at 919-309-9622 or 919-672-0149** or kathleenwright51@peoplepc.com if you would like to host one of these at your home.

Thank you. Hopefully, there will be a list-serve announcement soon about when these will begin as well as more details in next month's *Sophia Sun*!

*An Invitation to the Chapel Hill Community:
Please come meet our new priest!*

Friday, September 19-Sunday, September 21, 2008

The North Carolina Affiliate of the Christian Community is very happy to welcome our new priest, Rev. Patrick Kennedy, for his first visit. Patrick is an enthusiastic young priest who is currently assigned to the Washington, DC/Baltimore Christian Community. He plans to visit us every other month on an ongoing basis. We feel excited about this opportunity for new growth. More frequent priest visits will help the Chapel Hill community feel a sense of spiritual support, for both adults and children. Please try to come to one or all of the events and meet Patrick, especially the Friday night gathering, where he will introduce himself and have a conversation with our community about our hopes and desires for the Christian Community in Chapel Hill.

WEEKEND SCHEDULE FOR GATHERINGS and SERVICES

9/19-9/20 afternoons Sacramental Consultation or other private conversations, at the home of Margit Gratzl, 519 Wheeling Circle in Durham. Call 484-2764 to schedule. Please call as far in advance as possible to reserve your time with Patrick.

9/19: Potluck Dinner & Conversation 6 pm with the North Carolina Community. Potluck at 6 pm, Conversation at 7:15 pm, at the Emerson Waldorf School. Contact Linda Folsom, 493-8323, or lfolsom@nc.rr.com for details. Patrick asks the whole community to come and share with him our vision for the Christian Community in Chapel Hill. Since he will be visiting us more frequently than priests from the past, there will be possibilities for new programs. Perhaps study groups when he is here, and religious instruction for children. What would YOU like from the CC? Please feel warmly welcomed to join our potluck supper and/or evening conversation. Bring your questions, suggestions and concerns!

9/20 – Saturday, 7:30pm, Priest Talk: "Participating in Redemption: The Sacramental Impulse and the Michaelic Call to Religious Maturity", a public talk by Patrick, free and open to the public. Held in the Eurythmy Room of the Emerson Waldorf School, 6211 New Jericho Road, Chapel Hill.

9/21: Sunday, in the Eurythmy Room

9:30 am: Children's Service, for children ages 7 – 14 (please take younger children to childcare during this short service. Bring a few books and toys to help occupy them. We will provide an adult to watch over the children. Unfortunately, we cannot accommodate children younger than 3 y/o).

10:30am: Act of Consecration of Man - for adults and children over age 9 1/2. Please try to arrive early and enter the room reverently.

12:15 pm: Community Potluck - Everyone is welcome! Please bring a dish to share. Beverages will be provided. We hope you can stay after the service to talk Patrick and meet other members of the community. Please join us for a (hopefully!) sunny day of celebration and good fellowship!

For more information, contact Margit Gratzl, 919-484-2764/mgartzl@nc.rr.com, or Linda Folsom 919-493-8323/lfolsom@nc.rr.com

A Letter of Introduction from Reverend Kennedy, Our New Priest for the Christian Community

On April Fools 2006, in Chicago, Illinois, I was consecrated into the priesthood. It was the first ordination in the United States after over fifty years. Some two hundred people shared in this event, along with seven other Seminary students who are making their way through the priest training (two of whom were ordained in the last two years!). This means that we may see, in the next two years, the first priests ordained who went through the training at our new seminary in Chicago! This is a great hope for our movement as “the harvest is great, but the workers are few”.

I was born in Sacramento, California, there where an Austrian body builder is now governing and where the Gold Rush of the 1850's left its mark. But in 1976, there already was a Christian Community in Sacramento, and I was baptized at the age of six weeks. Amidst the emptiness of suburban California, the full life of community plays and religious services of the Christian Community was like an Oasis in the desert. I also attended the Sacramento Waldorf School through fifth grade and then spent most of sixth grade in the local public school until my family moved to Kimberton, Pennsylvania. There, Rev. Richard Dancey prepared me for Confirmation, and during high school, I attended every Christian Community Youth Conference I could. Those conferences were truly the most important weeks of the year: meeting young people from around the East Coast, discussing the deeper questions of life, playing games, and encountering four truly modern priests. Through them, I encountered the unending reverence and respect for the other, which becomes possible through the mystery of “Christ in you”.

It was then that the very first thought of wanting to become a priest began to dawn in me.

After high school, I returned to California to attend the University of California in Santa Cruz. There, amidst the beautiful redwoods and ocean breeze of the Monterey Bay, I went on to get a BA in Cultural Anthropology, engaging the cutting edge academic thinking of the times. It is there that I also met my wife, Kate. With my interest in working with children, I had also taken the time to fulfill all the requirements necessary to be a preschool teacher at the local community college, completing an internship in the toddler program at the school. At twenty years old, I had already changed my share of diapers.

By 24, in the year 2000, I was at the Seminary of the Christian Community in Stuttgart, Germany. More than anything, I attended the seminary to more deeply understand the nature of the Human Being and the purpose of life – and I hoped, that by understanding the mission of the Christian Community in the world, I might find out if I wished to become one of its priests. One of the greatest gifts of that time at the seminary are the many friends and colleagues – from around the world – that I now have.

Since November of 2007 I have been working fulltime in the congregation in the Washington-Baltimore area. There we have built our first building and temporary chapel on two acres near the University of Maryland and have regular services there, religious instruction and a full life of festivals for the first time in this congregation's fifty year history. Now, after less than a year, we are all excited to take up a devoted relationship with you, our brothers and sisters down South!

It is with great anticipation that I will be coming down to you in September. Not in only in the joy of getting to know the souls who have gathered around the healing power of the altar in North Carolina but in the knowledge of our movement's mission in America. One can not help but feel the great import of our time and the tremendous inner challenges we are facing. Therefore, it is with humble certainty that I write: what we build up over the next years will have great significance for the spiritual life of the country.

I am greatly looking forward to meeting you all soon and to discovering what it is that we will do together in service to Christ's working in our time.

Faithfully yours,

Patrick Kennedy

Rev. Patrick Kennedy
301-625-4804
cckennedy06@msn.com

THE BIRTH OF THE CHRISTIAN COMMUNITY
With Reflections from Some of the Founders
in Honor of our 85th Anniversary
by Patrick Kennedy

In September 1922, a group of 45 courageous, devoted, and enthusiastic men and women were gathered together in Dornach, Switzerland. There, with the help of Rudolf Steiner, the inaugurator of modern Spiritual Science or Anthroposophy, the events took place which led to the founding of what we have come to know as The Christian Community. For a year and a half, they had been meeting, planning and seeking for a way to renew the religious life. It was poignantly felt that one could not authentically pray and experience the Spirit in the traditional forms anymore. Many of them had been through the trench warfare and destruction of the First World War and had come home to a spiritual life that was bankrupt in the face of such horrors. Although the vast majority of them were under 30 (Emil Bock was 28, Rudolf Frieling, 21) all of them, young and old, had come to recognize the spiritual giant who could lead them to the wellspring and source of religious renewal: Rudolf Steiner.

Alfred Heidenreich, who pioneered the work of the Christian Community in England, North America and South Africa, tried to express what Rudolf Steiner meant to the movement in his moving and personal book on the events surrounding the founding entitled *Growing Point*:

"The significance of Rudolf Steiner for Christianity is not confined to the foundation of The Christian Community. He was himself, simply as a being, an event in the history of Christianity."

(continued on next page)

In the memorial article which Dr. [Friedrich] Rittlemeyer [first leader of the movement and one of the most well-known Lutheran ministers in his day] wrote after Rudolf Steiner's passing:

"In earlier ages, the fact alone that such an all-embracing genius gave witness to Christ as being the greatest reality in earthly history, would have had a profound effect. But in Rudolf Steiner, much more was present. One could put it like this: he comprehended all branches of learning so spiritually and so deeply, and he recognized Christ in such big and broad dimensions that eventually Christ shines forth as the true light in all spheres of life. He observed strictly the necessity for each sphere to form its own method according to its seven intrinsic laws. He never carried religion into anything from without. But he illuminated all realms of knowledge with such powerful light, that Christ became visible in it. A Christ, it is true, far greater than the Christ of the Churches; but a Christ related to the Bible and to the Christ of the early Christians.

Thus he advanced the science of language to the point where it could understand why Christ is called 'the Word'. Thus he carried medicine to the point where medicine could understand again 'the Body of Christ'. Thus he carried astronomy to the point where Christ became visible as the true 'Light'...he taught how science could again become reverent and devout. He built a temple for all sciences, so high and so broad, that their servants could work in it without sacrificing an iota of their personal freedom or of the special characteristics of their province. He united the learning of the age with Christ, and Christ with the learning of the age."

Rittlemeyer's description opens up a vista for the future. The condition of the Middle Ages when Church and civilization were identical is not likely to be repeated. If it were, it would be a relapse into a past phase of evolution. We must move towards a future where Christianity and civilization become identical; where the very methods of scientific research will be Christian, and where it will be felt that what is not Christian is not scientific.

In this civilization the 'Church' will have its special place. Like the mother whose children have grown up and become independent, the Christian Church of the future will be able to concentrate on its particular task. It will practice the personal meeting with Christ as a Being.

Heidenreich reveals the most important aspect of this founding in a last sentence. It was not a startling new teaching or religious philosophy that was formulated. If that were the case, our movement would long have faded away. No, at the beginning of a new Christian priesthood and sacramental stream stands an event: On September 16th, 1922, the first Act of Consecration of Man was celebrated by Friedrich Rittlemeyer, and in that moment the movement was granted the grace to work in Christ. "...The event was astounding. But the reality was as plain as a sunrise. You do not dispute the sun. You bow to its rays." (Heidenreich).

This experience became the bedrock of the founders' ability to proclaim Christ, for they had experienced Him. It was not an abstract theology, but an experience of the Divine in the ritual that became the foundation for their and all future work in The Christian Community.

On Sunday, September 16th, 2007, in congregations around the world, we celebrate together before the altar on the 85th anniversary of the birth of our movement and hope that we might be deeply united with those bold and visionary souls who began the work of The Christian Community.

News from Dr. Eisen's Medical Practice **Dr. Hauschka Skin Treatments at our Office**

We are very happy to announce that Cori Roth, a certified Dr. Hauschka Esthetician (2008) will be opening her office in our office suite on Martin Luther King Jr Blvd. She is licensed in North Carolina and is also a certified Aveda Institute esthiologist (2007).

Cori will be concentrating on giving Dr. Hauschka skin and body care treatments. She is well aware that the skin is an intricate organ that reflects all aspects of our health. The Dr. Hauschka products she uses, expertly applied harmonize and restore troubled or aging skin in a most natural way.

I (Dr. Mark here) could write a whole lot of poetic words about how great it feels, releases blocked Chi, absolves karmic debt, helps you find your soul mate and so on but that would be just a little too expansive, even for me.

What I can tell you is that Cori has a fine a perceptive way about her; she loves to do these treatments because of the full care she is able to provide for her clients. She has understanding, both native and intuitive of the benefits bestowed by these treatments. A few years back I had one of these treatments and I can assure you that you are not likely to find such a delightful experience as it is done with the Dr. Hauschka program.

For years I have been hoping to have a Dr. Hauschka esthetician even work in the local area, so I am delighted that Cori will be in our suite. Please schedule a time for a marvelous experience.

Starting this Fall, we will have a series of mini facial and other skin care workshops with the help of Dr. Hauschka Products. I am especially interested in the problem of blemished skin. If there is interest, we may be able to offer group classes for teens. Please let us know.

Cori Roth will begin working with us in early September. For more information, please call us at **919-967-9452** or call **Cori at 919-933-4748**.

September News from the Jubilee Store

We are always trying to bring new book offerings that are address significant issues in health, Waldorf education, science, cooking and foods, inner development, etc.

When I was recently in South Carolina for a medical conference, I saw Traute Page, MD, who was with us during John Alexandra's conference earlier this year about the post-9/11 times. Traute was very excited about a new book on Emerson, ***R.W. Emerson- the Infinitude of the Private Man***, by Maurice York and Rick Spaulding (an anthroposophical colleague and deeply involved in Emerson's work). Traute was insistent to all the participants that they read this book—she said it was an excellent treatment of formative years in Emerson's biography. I promised her I would include it in the Jubilee Store. I have two copies and can get more of them—it is newly in print. I read part of it and found it riveting—the struggles of a unique genius who suffered deeply from personal tragedy which led to the development of his deeper character. The cost is \$29.95. If there is interest in a group order we can offer 15% off (five or more copies-doesn't have to be from a single group—any total near or over five will get that whole group the discount). Please let us know. *(continued on next page)*

Another fine book is *The Last Well Person*, by Nortin Hadler, MD from UNC. This is an excellent book debunking many of the abusive practices in prescribing and test mania in conventional medicine. He is erudite and exact in his evaluations and reports about why and how the medical industry misuses research findings to create increased control in patients' lives and increase wealth for medical centers and practitioners. From the jacket, "Dr. Hadler skewers a self-serving medical industry....sick with worry, we are a culture panicked over unfounded illnesses". We have several copies. Cost is \$19.95.

The Secret History of the War on Cancer, by Devra Davis, Ph.D., Professor of Epidemiology at the U. of Pittsburgh, is a riveting journey of the complete mess (and miss) cancer research has made by focusing only on treatment once a cancer appears. This is done rather than stopping the constant flow of toxic substances in every area of life that has so debilitated our vitality and predilection to development of fatal disease. She is brilliant and knows her stuff (unlike most medical practitioners)! She has been on NPR and CSPAN. Well worth reading and passing on to as many others as possible! Cost is \$27.95.

We also have a very affordable autobiography by Helen Keller (\$4.95), one by Paramahansa Yogananda—a classic (about \$15), Gandhi's autobiography, *Experiments with Truth*, and some of my favorite books back on the shelf—*Zen Flesh, Zen Bones, My Grandfather's Blessing, Parzival, Wild Fermentation, The Fourfold Path to Healing, and Nourishing Traditions*.

We also want to alert our friends to a new line of Skin and Body care products being launched by Dr. Hauschka Products. If you join our Dr. Hauschka Club (it's free to do so), you will get automatic discounts on a variety of products whenever we place an order. We know that these products are expensive and this is a way we can offer ongoing price reductions to our friends and customers.

Two last additions to the store are a new Multivitamin produced by True Botanica, which has had very good reviews and a high quality Fish Oil supplement produced by PURE Encapsulations. I (Dr. Mark—generally a curmudgeon about supplements) have recently tried several brands of EPA/DHA Fish Oil from two trusted sources (Nordic Naturals and Pure) in order to observe their effects—many patients swear by these products or use them because they are replete in the media. I believe I have perceived some benefits after 6-8 weeks, but cannot be sure. The obvious effects of lower LDL and higher HDL are fairly clear but rarely experienced as conscious awareness. I am looking to see if it leads to reductions in inflammatory reactions, arthritis and tendonitis, etc. In the meantime we have decided to offer the Pure brand (180 Caps—2 daily for \$36/bottle). This works out to a 3 month supply for about \$.40/day. The professional who suggested this brand to me said they do rigorous testing for quality, absence of heavy metals, and have a very stringent purification processes. While I still am not yet clear on any palpable experiences, much of what fish oils do is more metabolic and less based on symptom control. I feel that for now this represents a reasonable choice for a high quality fish oil product. I hope you will give this a try, and please do give me feedback about this or any product you get from the store!

All the best for your health!

Dr. Mark, Kenyetta, and Marilyn!

NEWS FROM WHITTED BOWERS BIODYNAMIC FARM:



Whitted Bowers Fruit Farm had a wonderful first season. We started with pick-your-own strawberries. While we had not planned a pick your own, the berries were prolific and we needed a way to get them out of the field. Members of the Anthroposophical community were some of our first and best customers, so a huge thank you. We then moved into heirloom melons - early frame prescott was the most extraordinary looking melon but had a somewhat underwhelming flavor. We did have some delicious ones charentais and noir de carme (french dessert melons), bidwell casabas, a muskelon called schoon's hardshell, and a wintermelon called amarillo oro. The watermelons also did very well - Moon & Stars, Blacktail Mountain and a Golden Mountain Sweet. We had some seedless table grapes called Jupiter that were other- worldly. We will be putting in additional vines this coming spring and will be planting only the planet varieties (more Jupiter as well as Neptune and Mars). Because of the wet season, the biodynamic prep that has saved us has been equisetum.



We obtained our organic certification through Demeter and are working with them this fall for our biodynamic certification. There are very few certified biodynamic farms on the east coast, though we may be working with one of them in Atlanta to produce an amazing biodynamic compost for our local farms. This fall we will be putting in 45 fig trees (Brown Turkey and Celeste), 30 heirloom apple varieties and 30 pears in addition to the half-acre of strawberries. If you are interested in the planting or biodynamic prep application process, we would love to see you and show you what we are up to.

This season we sold our produce at the Emerson Waldorf School, the Weaver Street Market in Carrboro and Hillsborough, the Public Market House Farmer's Market in Hillsborough and the new South Estes Farmer's Market in Chapel Hill.

(Pictures above show our stand at the University Mall and Jon Lyerly putting up solar panels at the farm.)

**Rob, Cheri. And Tea Bowers
8707 Art Rd.
Cedar Grove, NC 27231
919-732-5132**

**"So the Earth may be healed!"
Rudolf Steiner**

Heard Through the Grapevine...



Cindy and Whitney Doty spent the summer traveling around Europe. They visited Belgium, Luxemburg, Switzerland, France and Italy. Cindy got to realize her lifelong dream of touring the Goetheanum. Whitney's comment on the Goetheanum: "It looks like a really big Waldorf School!"

Whitney strikes a pose in front of the Goetheanum.

Roger Schultz went to Ashland, Oregon for his daughter Chloe's wedding, which he says was "beautiful". Roger also visited and camped out in Yellowstone National Park, the Craters of the Moon and Cape Blanco. Roger has a new phone number: **919-475-7180**.



Roger, with daughter Chloe, son Osha and Osha's wife, Jeanine.

Grapevine continued...

Congratulations and Best Wishes to **Renate Wend** who celebrated her 80th birthday on July 5 this year! Renate says that it was her happiest birthday ever, made special by the many who contributed to the beautiful scrapbook Peg Carmody and Suzanne Mays compiled for her, the birthday party Eve Olive gave for her, and the many well wishes and luncheons she was given by our ASNC community. For most, turning 80 is simply a matter of good genetics or healthy living. For Renate, it is both a miracle and an act of Michaelic heroism on her part, for Renate has lived one of the most difficult lives a person can live and yet, she has maintained a great sense of humor and carried on with her environmental and spiritual causes with great fervor. Next month, there will be an article about Renate's amazing biography.



I would like with Cosmic Spirit
To enkindle all Human Beings
That a flame they would become
And with fiery Will unfold
The essence of their Being!

The other ones, they would like
To take from Cosmic waters
What would extinguish the flames
And pour watery paralysis
Into all inner being.

Oh joy, when human Being's flame
Is blazing, even when at rest!
Oh, bitter pain, when the human thing
Is put in bonds, when it would like
to be active!

Rudolf Steiner

EURYTHMY LESSONS FOR ADULTS

Starting September 18

In the Emerson Waldorf School Eurythmy Room

Thursday mornings 8:30-10:00

\$10. per class

Contact Eve Olive at 489-2564

BOOK REVIEW

By Eve Olive

How Past Lives Affect Your Child

By Carol Bowman

Bantam Books

I have recently read this remarkable book and can highly recommend it. It is interesting as a biography, a story of someone finding her destiny – a destiny of healing. It is revealing to discover how common the experience of spontaneous past life recall is in young children right here in America. The book is not written to try and persuade people of the truth of reincarnation. The author simply recounts one remarkable story after another and shows the healing effects these memories can have if the adults around the child, usually the Mother, know how to listen and handle the situation. These events usually happen between the ages of two and five, and often relate to a traumatic death at a young age. Phobias related to the past death are cleared up. It is this possibility for healing that most interests Bowman.

The book should be available soon at the Jubilee Bookstore at Dr. Eisen's practice and at The Woodland Shop at the Emerson Waldorf School.

From the book's jacket:

In this fascinating, controversial, and groundbreaking book, Carol Bowman reveals overwhelming evidence of past life memories in children. Not only are such experiences real, they are far more common than most people realize.

Bowman's extraordinary investigation was sparked when her young son, Chase, described his own past death on a Civil War battlefield – an account so accurate it was authenticated by an expert historian. Even more astonishing, Chase's chronic eczema and phobia of loud noises completely disappeared after he had the memory.

*Inspired by Chase's dramatic healing, Bowman compiled dozens of cases and wrote this comprehensive study to explain how very young children remember their past lives, spontaneously and naturally. In *Children's Past Lives*, she tells how to distinguish between a true past life memory and a fantasy, offers practical advice to parents on how to respond to a past life memory, and shows how to foster the spiritual and healing benefits of these experiences. Perhaps the most moving, convincing, and best-documented evidence yet for life after death, *Children's Past Lives* will stand alongside the classics of Betty J. Eadie, Raymond Moody, and Brian Weiss in its power to comfort, uplift, and transform our thinking about life after death.*

From Dr. Mark Eisen's Medical Practice

Dear Friends,

For many years I have tried to provide reasonably priced health care for my patients with extensive attention to the soul-spiritual aspects of illness and the healing processes occurring in the bodily and the soul members of the human being. No medical economic model has sufficed, and none has gained any degree of security for my employees and me, nor for my patients' finances. This in spite of a very high percent of our patients who regularly were seen with moderate to highly discounted costs.

Five years ago I was convinced by colleagues to work with a "billing" company to develop a relationship with insurers and thereby better meet the needs of those patients with insurance and with Medicare. This has been a disaster, the extent of which has only become clear over time. Though we had some complaints from patients, the company we contracted with would always "fix-up" the problems of the individuals in short order when we brought it to their attention. What was not clear was a pervasive inattention to the service of our patients and for honest reckoning of the accounts to us. The damage to the faith that my patients had that we would handle these billing issues for them has been incalculable. We suffered equally due to their incompetence in collecting funds due to us from insurers.

The pervasive abuse of patients and physicians by the insurance industry is widely known and reviled. We tried in the past year to take all billing in-house to see if we could do this ourselves and thereby better serve our patients' needs. What we have experienced curdles my blood--every step towards reckoning is beset with rejections over points of no clinical (i.e., real world) importance, rejection of codes, denials if a period or comma is misplaced leading to months of delay in reimbursement, arguments over an injection or a urinalysis and why it was done with refusal to pay. The problems go on and on. Without resources to hire a billing specialist it is impossible to win. Average practices have four or five employees per doctor, most working in claims and collection.

This cultural sickness is against everything that I carried as ideals from my youth through medical school and residency, through the four years I studied Rhythmical Massage, Therapeutic Eurythmy, worked in a Camphill Village, various anthroposophic medical hospitals, the Stuttgart Waldorf School's medical office, and the Weleda and WALA pharmaceutical companies.

Everything I gained through these experiences confirmed and strengthened my desire to help suffering human beings by never forgetting that we are all beings of soul and spirit on a sojourn through a life. This path meets us with the wonderful gifts and experiences that enrich us and also with trials and illness, the overcoming of which ennobles that same soul nature in its quest towards growth in the spirit.

The years that I have so imperfectly engaged with insurance billing and all the other institutionalized "rackets" implicit in the greed ridden quest for a bigger piece of the medical pie have been exhausting, even despairing and existentially unhappy for me.

I have decided that I can no longer participate in a system that is so flawed ethically, socially, and economically. It is a system that penalizes those who are poorest and those least well off. Therefore we will be instituting the following changes in the near future.

- My practice will shortly stop all insurance billing.
- Our work will be entirely between us and our patients.
- For those who have insurance policies we will present patients with receipts outlining the information necessary for you to file claims with your insurer.
- We will be transitioning to a medical practice that will be based on a certain number of patients electing to provide a kind of retainer fee that will allow the practice to exist.
- Visits will be highly discounted with co-pay as will certain services.
- This will not be a medical insurance plan, rather an attempt to enable patients to reduce their costs and to have access to the kind of care they wish for.

This will be:

- a perfect plan for those with limited resources or no insurance!
- perfect for individuals or families who have high deductible, restrictive provider insurance plans!
- perfect for those who have excellent insurance coverage who would rather get medical care from a practitioner who attends to their bodily illness, soul cares and spirit development;
- a great plan for teachers and families at the Waldorf School or Friend's school who have not been able to afford regular care at our practice (for which I am deeply sorry);
- great for small businesses to reduce insurance costs for employees. You will make sure employees and families have access to affordable care.

For those who still have outstanding insurance claims we will continue to see these through with your interests at heart.

For those on Medicare, we will continue to see you as patients and bill Medicare until we come to a decision about Medicare.

If you are interested in our new effort to help make your healthcare affordable, please contact our office at 919-967-9452, or email us at ofcmeister@aol.com. Please put in the subject line "About CSAM." Include ways (email, phone, and fax) to reach you and we will contact you as soon as we have more information.

I am so very grateful for all I have learned from my patients and for the honor of getting to know and care for you. For those who were discouraged by the problems in my foray into the insurance world, please accept my deepest apologies.

Many blessings and good health!

Dr. Mark

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What is Anthroposophy?

Anthroposophy is a human oriented spiritual philosophy that reflects and speaks to the basic deep spiritual questions of humanity, to our basic artistic needs, to the need to relate to the world out of a scientific attitude of mind, and to the need to develop a relation to the world in complete freedom and based on completely individual judgments and decisions.

Anthroposophy can also be called Spiritual Science. As such, it is an effort to develop not only natural scientific, but also a spiritual scientific research on the basis of the idealistic tradition, in the spirit of the historical strivings, that have led to the development of modern science.

Anthroposophy also is an impulse to nurture the life of the soul in the individual and in human society, meaning among other things, to nurture the respect for and interest in other people on a purely human basis, independently of their origin and views.

Various “daughter movements” of Anthroposophy are biodynamic farming, Waldorf schools (see European Council for Steiner Waldorf Schools and the Association of Waldorf Schools in North America for the largest Waldorf schools associations), Anthroposophical Curative Education (see European Council for Curative Education and the Camphill Association of North America) and Anthroposophical Medicine.

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