



The Sophia Sun

Newsletter of the Anthroposophical Society in North Carolina

April 2009

Vol. II No. 3

The Virtue For April (ARIES)

Devotion Becomes Force of Sacrifice
(Opposites: Malice, Defenselessness)

Arise, oh Shining Light,
Take hold of growth and becoming.
Grasp firmly the weaving of forces.
Ray forth, awakening existence.
In face of resistance gain,
In the stream of time wane.
Oh, Shining Light, remain!
Rudolf Steiner



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(Logo: "The Woman Clothed With the Sun" by Baron Arild Rosenkrantz (1870-1964))

From the Editor:

Now we are at the most holy time of the year, when we experience the Heights and the Depths - the horror of the Crucifixion and the Glory and Joy of the Resurrection. And this we see reflected in our own lives, as well as in our community and the world at large.

There have been several deaths of family members and friends for a number of our members this past month. While in many of these cases, these deaths appear tragic, we may take some comfort in Steiner's insights into death. Those who die young will be reborn with all the forces they did not use up – in other words, they will be stronger, healthier, more aware of their purpose for being than they were in this life. Also Steiner tells that during Kamaloka, the suffering one endured during life will be experienced as bliss. And most of all, we must remember that we can learn to communicate with our Love Ones on the Other Side. They are still with us in Spirit, just not in the flesh. Those who have gone through Near-death experiences tell that it was so wonderful on the other side that they did not want to come back. So let us try to rejoice in their Bliss, which must be especially wonderful during the Easter season.

We hope that our readers will enjoy this issue. There is a full gamut of emotions you will feel as you read it from cover to cover - tragic things, inspiring things, funny things, announcements of Easter festivities, conferences, a new book, a large report on our Annual General Meeting, a new book, and articles about Parzival, which we hope will start up a renewed enthusiasm for his story, which is also *our* story in this Age of the Consciousness Soul.



Easter Blessings to All!
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 9 times a year (no issues in Jan., July and Aug.). 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 for free if you are a dues-paying member of ASNC, or if you are not a member, you may send a check for \$45. per year to **ASNC, P.O. Box 16024, Chapel Hill, NC 27516**. Back issues are \$5.00 per copy. This includes postage. **Note: On line, the newsletter is in color; mailed copies are in black and white, except for the cover; this is due to the high cost of color printing.**

Submitting articles, letters and ads: Please send UNFORMATTED text in Microsoft Word (never send a pdf!) to kathleenwright51@peoplepc.com. All calendar items should be sent to: lfolsom@nc.rr.com. If you have any questions, please contact: **Kathleen Wright, Editor** at 919-309-9622 or 919-672-0149 or kathleenwright51@peoplepc.com

ASNC and Initiatives, April 1 – May 2, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.						
			1	2	3	4
			CC Steering Committee-6:30p Rose Cross SG-7:30p	Adult Eurythmy-8:30a	Painting Lecture- 7-9p EWS Grandparents Day Contemporary Issues Group 7:30	Painting Workshop-8:30-5pm
5	6	7	8	9	10	11
Meeting of the First Class-10:45a (<u>Review-9:30a</u>) Fifth Gospel Study Group-3:30p Palm Sunday Study 7-9 pm <u>W/S/YValley SG-6p</u> Greensboro SG-7p	Meditations on the Tarot-7p	Near-Death Experience Study Group-7p	Rose Cross SG-7:30p	Adult Eurythmy-8:30a Biodynamic Study Group	Good Friday Observance 1-3p	Holy Saturday Observance
12	13	14	15	16	17	18
<u>Easter Sunrise at Judy's 6 AM</u> Fifth Gospel Study Group-3:30p <u>W/S/YValley SG-6p</u> Greensboro SG-7p	Meditations on the Tarot-7p		Rose Cross SG-7:30p			
19	20	21	22	23	24	25
Fifth Gospel Study Group-3:30p Elective Affinity Study Group-4:45p W/S/YValley SG-6p Greensboro SG-7p	Meditations on the Tarot-7p		ASNC Board Meeting – 7:15p Rose Cross SG-7:30p	Adult Eurythmy-8:30a		Biodynamic Study Group Hands-On Gathering-9a
26	27	28	29	30	May 1	2
Fifth Gospel Study Group-3:30p Elective Affinity Study Group-4:45p W/S/YValley SG-6p Greensboro SG-7p			Rose Cross SG-7:30p	Adult Eurythmy-8:30a	Contemporary Issues Group-7:30p	EWS May Faire

Study Groups:

Asheville Study group – currently reading *The Festivals and their Meaning* by Rudolf Steiner. It meets bi-weekly on Thursday evenings at the home of Clare Coriell. Please contact Clare at 828-225-1189 or email her at: clarestar@bellsouth.net.

Biodynamic Study Group – The Biodynamic Study Group is meeting twice a month. On the 2nd Thursday of the month they meet together from 7:30 - 9 pm to read Maria Thun's book: "*Gardening for Life: the Biodynamic Way*". On the last Saturday of the month, the group meets for work mornings. Usually the work mornings are in member's homes, but sometimes there can be a community outreach. For more information and meeting locations contact Jon Lyerly at 357-1453 or Sandy Demeree, 341-8934

The Elective Affinity Study Group – Sundays at 5pm, check with Roger for dates. The Elective Affinity study group is dedicated to developing "the capacity for conceiving pictorially the other human being." We plan to do this by reading various lectures, sharing biographical details that emphasize how others have shaped us, and sharing meals together. We meet at 5 on Sundays at the home of one of the members, which changes weekly. The host provides the meal as a gift to the group. Dinner is at 6:30. Please contact Roger Schultz for more information: (919) 475-7180, or email rms333@nc.rr.com

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. Schoore*". Please call Lauren Mills Nyland with any questions – 968-7721, or mills.lauren@gmail.com.

Contemporary Issues Group –The group is currently meeting on the first Friday of the month, with the location changing. Rather than studying a particular book, the group has discussions about current issues such as the economy and agricultural concerns with an emphasis on "What can we do?" For more information, please contact Jon Lyerly at 357-7453.

Greensboro Study Group - Sunday nights 7 p.m. at the home of John and Judy Boyd, currently reading *Broken Vessels: The Spiritual Structure of Human Frailty* by Rudolf Steiner. Contact Sandy LaGrega (336) 292-7947 or 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. Currently reading *Supersensible Knowledge* by Rudolf Steiner. Newcomers are welcome! Please call Judy with any questions.

Fifth Gospel Study Group – Sundays at 3pm, at the home of Martha and Dirk Kelder, 120 Kenan Street, Chapel Hill. Phone: 942-4795. Please park as far down the driveway as you can go - no parking is allowed on the street. The Sunday Group is reading *The Fifth Gospel*, by Rudolf Steiner. We hope that everyone will feel welcome to join us.

Wilmington Study Group – Contact Anna Bowman, (910) 792-0959, for more information.

Winston-Salem/Yadkin Valley Study Group – The Winston-Salem/Yadkin Valley Study Group meets from 6-8 every Sunday at the home of Sarah Putnam, 118 Fox Run Drive, Mocksville, NC 27028. Call 336-940-6004 for information and directions. We are currently reading *An Outline of Occult Science*, the 1972 edition, translated by Maud and Henry B. Monges and revised by Lisa D. Monges.

Please update the information about your Study Group by emailing Linda Folsom about any changes or new groups forming at: lfolsom@nc.rr.com

ASNC EASTER OBSERVANCES

Palm Sunday, April 5, 2009

7-9 PM

At the home of Margaretta and Bruce Bornhorst
5800 Prioress Dr.

Durham, NC

919-237-1021

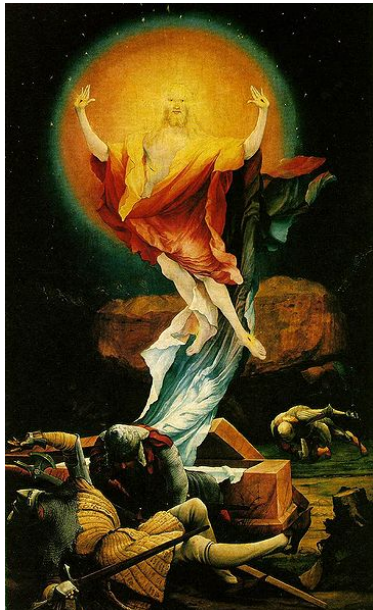
The evening will consist of a reading related to Parzival, egg dyeing and refreshments.



Good Friday

12:45-3 PM

at the home of Margaretta and Bruce Bornhorst
Readings from Emil Bock's *The Three Years* and
Judith von Halle's *Secrets of the Stations of the
Cross*, followed by a Meditation listening to
Wagner's *Good Friday Music* from his opera
Parzival.



Easter Saturday

7:30-9:30 PM

At the home of Judy Frey

55207 Broughton

Chapel Hill, NC 27517

Call 928-8749 for directions

There will be a inspiring music and readings followed by a supper of soup and bread. Those who wish to spend the night in order to experience the Easter Sunrise may bring sleeping bags. (see more details on next page)

Easter Sunday

6 AM

At the home of Judy Frey

We will rise early to experience the Easter sunrise while singing Easter hymns and sharing poems and readings related to Easter. This will be followed by breakfast.

HOLY SATURDAY AND EASTER SUNRISE

Saturday Night at 7:30pm, April 11: Along with other activities that are planned for our April Holy Week you are invited to the Frey's house for an evening gathering contemplating the place death has in the human condition and men and women's feelings toward it over the years. We hope to have a one-hour piano concert, but are still trying to locate a pianist. **Please call 928-8749** if you know someone willing to play for us. If you are willing, please bring a poem to share on how people regard death and loss. The presentation will be followed by a late soup and bread supper. If you are planning to return for the Easter Sunrise Observance, you may wish to spend the night. There is room for 5 people in beds and there are floor mattresses for another 4 people. You could also bring your own sleeping bag, as there is plenty of room for you to find a private space.

Easter Sunday, April 12, 5:45am to 6:46am. We will gather at the Frey's house to have a period of silent meditation in the dark before the rising of the Easter Sun/Son. Sunrise is at 6:46am, (but the horizon glow actually begins 6 to 10 minutes earlier) so be sure to arrive in plenty of time to appreciate the change from dark to light. Afterwards there will be breakfast and fellowship, discussion time and music. The Freys have moved so be sure to look for an email reminding you of the times and giving the directions to their house on 55207 Broughton in Governors Club. Please come! - Judy Frey



Editor's Note: For those unable to attend Good Friday's Afternoon gathering, you may want to hold a Memorial at your home at 8 PM, united in Spirit with other members of our community. Let us all join in a meditation on The Lord's Prayer. (see page 13 for Steiners' version.)

RAPHAEL - Archangel of Spring



Raphael, whose name means "God heals" is the archangelic Ruler of Spring. He is usually pictured in green carrying the caduceus. Steiner tells us that he is really Mercury in Christian terminology. He is known as the healing archangel and Rudolf Steiner has spoken of his influence on the Curative Care movement. Raphael is not mentioned in the New Testament and is only mentioned in the *Book of Tobit* in the Old Testament.

In his lecture series "The Four Season and the Archangels" Rudolf Steiner speaks of "Imaginations" or pictures that each of the archangels carries. For Raphael, it is the picture that Steiner depicted in his magnificent statue known as the Representative of Humanity. He writes of the Raphael Imagination: "So there appears before our eyes, between the Luciferic and Ahrimanic forms, the Risen Christ in his Resurrection form as the Easter picture; the Risen Christ, with Luciferic powers hovering above and the Ahrimanic powers under His feet." Steiner goes on to say that there should be a Mystery Play written about Raphael performed at the Goetheanum at Easter in which "man is taught by Raphael to see how far the Ahrimanic and Luciferic forces make him ill, and how through the power of Raphael he can be led to perceive and recognize the healing principle, the great world-therapy, which lives in the Christ -principle."

8 ATTEND PARZIVAL VIDEO SHOWING

by **Kathleen Wright**

An enthusiastic crowd of eight people attended the first of the Parzival video showings at my home on February 28. The afternoon began with a talk by me about Ed Stone and why the story of Parzival is so important for our times. Unfortunately, when we got half way through the video, we experienced technical problems. We had tried to avert this problem by requesting to borrow a modern TV, which Marie Nordgren kindly offered us. We had been told by the creator of the video that the videos had been made using a “minus R format” and that we needed the latest equipment to show it on. All of the videos were tried and all had the same problem. Afterward we did some internet research and found that the minus R format is actually inferior and older than the Plus R format, which is why hardly anyone has the minus R format. By a strange coincidence, my TV set blew up the evening after the video showing and as a result, my dear sweet husband offered to buy me not only a new TV set, but a DVD player that can play minus R Formats and guess what – **It works!!** So please contact me if you wish to see the videos. Our community has been so busy lately that it is hard to know what a good day and time would be. **(Call 919-309-9622 or 919-672-0149 or email kathleenwright51@peoplepc.com)**

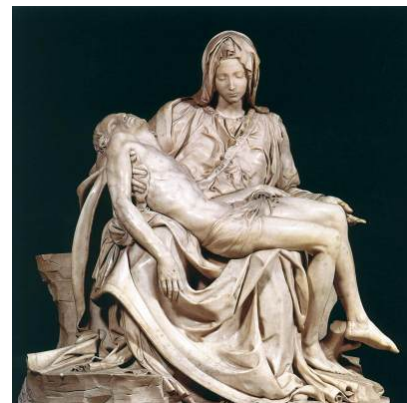
It is interesting to note that the Washington DC Anthroposophical community is also taking up the theme of Parzival this year. Their Easter Festival is entitled “A Journey With Parzival” and they are having a guest speaker, Frank Hall, who will speak on “From Darkness through Enlightenment to the Grail” on Sunday April 19 starting with a Pot Luck at 5:30, followed by a Festival Program.

A number of people called and wrote to say that they wanted to attend the Parzival video, but weren't able to, so I promised to do a detailed write-up on my talk and what we learned from Ed Stone. Here it is, plus a little more:

The Significance of Parzival for Our Time

Rudolf Steiner called *Parzival* a story for the Consciousness Soul Age. In the 16 adventures of this medieval epoch, we see symbolized the Path of Initiation that every human must go through in order to birth his own Consciousness Soul. Parzival was indeed a real human being and was the first to attain this level of Soul development. Steiner tells us that Parzival was an actual human being (not just a legend) who lived during the ninth century and that he was an Incarnation of the individuality who is to become the Maitreya Buddha. Other incarnations of this Being were: the Youth of Sais (Egypt) who fell down dead after lifting the Veil of Isis, Jeshu ben Pandira, the Son of the Widow of Nain (whom Jesus rose from the dead) and Mani. All of these men were sons of widows and that has occult significance.

There is a woman who has a website where she purports that Rudolf Steiner is to become the Maitreya Buddha; however, Steiner himself denied this emphatically and instead revealed that the Buddha was in incarnation during his time (many believe him to have been Peter Deneuv). Close friends of Steiner have identified another character in the Parzival story as being a past incarnation of Steiner's: that of Schionatulander, the knight who gives his life for Parzival, who is depicted in the story as lying in the arms of his Beloved Sigune. Steiner indicated that this image from Parzival gave Michelangelo the inspiration for his famous statue *The Pieta*. There is nowhere in the Bible



that tells that Mary held Jesus in her arms in the manner depicted in the Pieta, yet it is explicit in Parzival.

The basic steps in the Path of Initiation demonstrated in Parzival are : At first one is a Fool, or ignorant of the Spiritual world; as a result one commits sins of commission and omission (such as Parzival's slaying of the Red Knight and his failure to ask the question of the Grail King :”Brother, what ails thee?” when they first meet.) One needs to learn by asking questions, learning from one’s mistakes, going through much suffering and hard work, learning the importance of compassion, humility, patience and perseverance and finally reaching Enlightenment.

Walter Johannes Stein illustrates in his book *The Ninth Century* how the course of Parzival's adventures follows the Festivals. It is at Michaelmas that he first arrives at the Grail Castle, but he is not ready to become the Grail King and so he is banished, but is given the Grail sword (the Sword of Michael), but he cannot read the Script on it because he is still not spiritually awake. (i.e. he has not attained Imagination or occult rading). It is on Good Friday four years later that he meets Trevrizent and returns to the grail Castle now an Initiate. Stein points out that it is April 3, the same exact date as when Jesus Christ actually died.

One important theme in the book that is not so often talked about is the Arab-Christian implications, which are especially relevant for our times. In Parzival's father Gahmuret, we see a figure of Abraham, in that he had two wives who each bore him a son. Just as Sarah forced Abraham to banish his non-Jewish wife (Hagar) and their son Ishmael, who became the ancestor of the Muslims, Gahmuret's wife Herzeleide demands that Gahmuret never again see his black wife Belacane and their son Feirefiz. Feirefiz is depicted as being “polka-dotted” because of the mixed marriage. This cruel act of jealousy on Sarah's part has resulted in 6,000 years of enmity between the two groups. In the story, Parzival does fight with his brother when he first meets him, but then learns that they are brothers and eventually all is healed. This is symbolic of one of the goals of our age – to heal that ancient Karma that has done so much damage. Isn't it interesting that our President is of both races and religions like the character of Fereifiz? Let us hope he can help to heal the relations between the Muslim and Judaeo-Christian world.

The “Stones” of the Holy Grail

Legend tells that when St. Michael drove Lucifer from Heaven, his sword struck Lucifer's crown and a stone fell to earth from it. That stone was later fashioned into the Holy Grail. How incredibly remarkable that the three “Keepers of the Grail Knighthood” of our time are named: Steiner (maker of the Stone), Stein (stone) and Stone. Rudolf Steiner revealed the mysteries of the Holy Grail to his student Walther Johannes Stein, whom he commissioned to teach the Parzival story to 11th graders at the first Waldorf school in Stuttgart, Germany in 1919. Then, in the 1950's Stein passed on these teachings to Ed Stone (Ed had gone to Michael Hall in England to train to be a Waldorf teacher where Stein was his teacher). Then Ed brought the teachings to America, where he taught the Parzival story for 30 years to the 11th graders at the Kimberton Waldorf School. Who will be next? Any Stones out there?

I had the privilege to meet, hear and speak with Ed Stone at the Templar Conference in Pennsylvania last year. Of all the magnificent speakers there, I was most impressed with Ed. Ed is one of the sweetest, most humble, gentle people I have ever met, and yet he has met incredible adversity in his life. He called on us all to become “Warriors of Compassion” like Parzival at the Conference. I love that phrase. From

various sources I have pieced together an outline of some of the major events of Ed's life:

The Hawaiian Warrior of Compassion

Ed Stone was born in Pearl Harbor, Hawaii in the mid-1920's. His family lived on a beautiful plantation and were devout Catholics until one fateful day... Ed's seven-year-old sister, who suffered with asthma, became very ill one day, and as she lay in bed her Mother said to her, "I'm going to call the doctor!" but the little girl replied, "Oh, don't do that Mommy, because by the time he gets here, I will be gone." Her Mother worriedly asked: "What are you talking about? Where are you going?" The child responded, "I'm going away with my Angel. She's standing over there and she's calling me." The Mother turned around to see what her daughter was pointing to and seeing nothing, she turned back to her little girl and there she lay with a smile upon her face and she was indeed – gone! Ed's Mother was frantic with grief and inconsolable. She went to her parish priest and related the incident. She asked him "Why would God take my little girl?" All he could say was that it was "God's Will". This infuriated her and she said "You don't know anything about God's will and until you do, I will never set foot in a Church again!" And she didn't for many years.

Ed went to a school where most of the students were Japanese or Hawaiian. He admired the Japanese boys. They teased him good naturedly about how "bad" white people smell. Ed said he felt so dumb around them because they all got such good grades; nevertheless he liked to hang around them because he hoped some of that smartness would rub off. One day a group of the boys told him they were going to start attending Buddha School. Ed went home and asked his Mother if he could attend also and she said yes. At the Buddha school Ed learned about reincarnation and brought home the stories to his Mother. Eventually someone in the Buddha school told him about Anthroposophy and finally Ed and his Mother realized that the laws of Karma and reincarnation shed a whole new light on "God's Will".

Then that fateful day happened – December 7, 1941. Ed's family was miraculously spared. Although Ed had greatly loved and admired the Japanese people, he enlisted in the military and served his country. He did not share any details about the war, but he obviously was kept alive for a special reason.

When Ed returned from the war he headed to New York where he attended Columbia University. While there, his best friend became none other than William F. Buckley Jr.! The two became best buddies not because they had a lot in common, but because both like to debate. They were poles apart in their thinking. The two of them had an agreement. They would each study books together. Ed made Bill read Steiner and Bill made Ed read conservative ideologues. They would discuss the ideas together.

After college Ed married and moved to Texas where he got a very lucrative job with an oil company. The years went by and one day his wife Evelyn said to him, "Do you like your work?" He replied, "What difference does it make? I have to do it to support my family!" SO she said, "Well, let me put it another way: If money weren't an issue, what would you do with your life?" He smiled and said "Oh, that's easy. I would go to England and become a Waldorf teacher!" She replied, "I want you to go to work tomorrow and hand in your resignation. We are going to England!" And that's just what he did. Shortly before leaving for England, Ed's wife persuaded him to see Wagner's opera Parzival. It greatly moved Ed and stirred his interest in the story. Then a most serendipitous encounter occurred when Stone was on board an ocean liner to England for his teacher training. There by chance he met a Father on Breder, a Franciscan monk who was a good friend of the Jesuit Teilhard de Chardin. Ed and the priest discovered that they had a mutual passion for the Parzival story and when Ed mentioned that he

would love to visit the places associated with the Holy Grail and Parzival, Father von Breder informed him that he had already made a map of the sacred places. Ed eventually got to visit all of the places on Fr. Von Breder's map. Ed relished every moment of his time in England, attending every class that Stein gave and it was good that he did for it was Stein's last year of teaching.

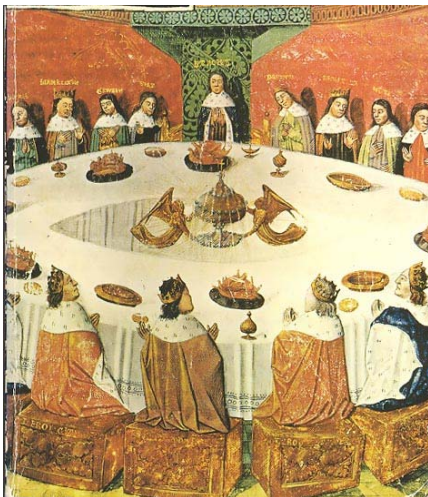
When Ed returned to America, he soon became the teacher of Parzival at the Kimberton Farms School. He loves to tell the story of how one year a bunch of rowdy boys joined the school and Ed was warned about their rude behavior. The other teachers advised him to "shock" them. Ed did so by telling them a fairy tale – Little Red Riding Hood. As he told the tale, the young rascals made signs and faces to each other indicating they thought their teacher was insane; however, when the story was over, Ed gave them a second "shock": "Now it's your turn to tell me what it's all about." They were totally baffled and didn't know what to say. He began for them: Little Riding Hood is present day humanity. Her Grandmother represents the past, the ancient clairvoyance." And so began a three-day discussion on Little Red Riding Hood, whom Stone revealed to be the child's version of Parzival (there are amazing parallels) and he won over the class.

Ed taught Parzival at Kimberton for 30 years and never grew tired of telling the Parzival tale. Sixty years after Ed witnessed the "Day of Infamy" at Pearl Harbor, his love and compassion was once again tested on September 11, 2001 when his daughter's husband was killed in the Twin Towers. Rather than being filled with hatred and desire for vengeance, Ed said that the antidote to terrorism is to become "warriors of compassion". – Kathleen Wright

An Introduction to Parzival

By Margaretta Bornhorst

The story of Parzival (English: Percival) is considered to be a classic medieval romance, accepted as one the great modern works of world literature from the medieval period. Wolfram von Eschenbach's version of *Parzival* tells the story of the spiritual strivings of a young man as he attempts to bring understanding and meaning to his life and relationships, and so much more. The story is commonly thought to be the story of the spiritual path of the modern human being as he or she moves toward the attainment of new evolutionary spiritual faculties and organs of perception, on our own journey to our personal and community 'quest for the Holy Grail'.



I'd like to share with you a few relevant and interesting bits and pieces from the book *Parzival: An Introduction* by Eileen Hutchins, to perhaps whet your interest. (Please forgive me for not being original, but it is said so well by Ms. Hutchins.)

"Rudolf Steiner showed that in our present epoch the loss of spiritual wisdom and the coming of materialism were necessary so that out of the void man could awaken his own powers to regain the knowledge he had lost. In this respect we can consider Parzival as a **forerunner of our time.**" (pg 65) "In childhood he received no preparation for his future calling....out into the world....trial and error.....but

in the wild forest where he grew up he had experienced wonder.....delight in the world, revealed to him through his senses, he was gradually able to develop judgment." "Through his natural warmth of feeling Parzival was able to sympathize with those whom he saw suffer." (65) **"The awakening of sympathetic understanding among young people today is of more importance than the teaching of currently accepted facts which will probably be superseded within a generation.** Many of our apparently insoluble problems have been brought about by the complete lack of human relationships." (66)

"We may now perhaps consider whether the qualities attained by Parzival are being developed among men today."(68)

"...But Rudolf Steiner has shown that we can achieve a cognition that transcends that of our senses".....In this way we can recognize our thinking as a living activity. **We find that our thoughts grow and mature, and the ever- changing forms of nature illustrate for us the striving of the human being to unfold his higher powers. The one who can develop this faculty strongly enough becomes capable of receiving Imaginations such as those experienced by Parzival in the Grail Castle.**" (69)

"While politicians seem powerless and the industrial magnates have no solutions for our economic problems, we see that there are spheres in which individuals can be effective. **New impulses for the future are not brought about by legislation or by military force; they can come only through the development of those powers which were first acquired as personal capacities by Parzival and are slowly appearing among human beings today.**" (72)

"In the opening lines of his poem, Eschenbach describes his hero as 'a brave man slowly wise', and as a commentary on his gradual development, it is perhaps fitting to quote here a verse composed by Rudolf Steiner:

We are not granted
A rest on any step;
The active man
Must live and strive
From life to life,
As plants renew themselves
From spring to spring,
So man must rise
Through error to truth,
From fetters into freedom,
Through sickness and through death
To beauty, health and life." (verse by Rudolf Steiner, pg 73)

We have undertaken a journey, too: that of understanding the meaning of a quest such as this by undertaking together in this community the study of the Parzival story. This year we will begin our sharing of Holy Week with the painting workshop ***The Resurrection of Sophia*** on Palm Sunday weekend, April 3-4. On Palm Sunday itself we will meet at the home of Bruce and Margareta Bornhorst at 7 PM for a short reading for Holy Week, to include an introduction to Parzival. For those who would like to, we will be decorating (already- blown) Easter eggs to be hung on your own Easter Tree at home or on a community Easter Tree at the home of Judy and Doug Frey on Easter Sunday morning following the Sunrise Service. We would like to invite you all to join us, and suggest that this might be the year for you to undertake to read or re-read Wolfram von Eschenbach's ***Parzival*** (Next spring our spring conference will be related to the arts and Parzival; you'll hear more as the year progresses.

CINCINNATI WALDORF COMMUNITY IN GRIEF AND SHOCK OVER BRUTAL MURDER OF ANGELIC STUDENT

Our dear friend and Board Vice President Nancy Willson had some very sad news to share with us. As most of you know, Nancy has been in Ohio for over a year and a half now caring for her dearest friend, Leslie Poindexter, who had cancer, until Leslie crossed the Threshold on January 31. Nancy was unable to rejoin our community at that time because of serious back problems that resulted in her having surgery last month. She still needs to undergo another surgery before she can return to us. Before Nancy can have the surgery, she needs to recuperate from a severe flu that has had her and many of her friends bedridden this past month.

Leslie Poindexter was adored by the Waldorf community and the Unitarian Universalist community in Cincinnati and they were still mourning her, when an even more tragic death occurred. A dear sweet 13 year old former Waldorf student who had sung for Leslie every night of the Holy Nights named **Esme Kenney** went out jogging on Saturday, March 7 and never returned home. Esme was a very reliable young woman and would never stay out without permission, so her Mother and step-father knew right away that something was amiss. The following day her body was found, strangled and burned to death. Within a day, the murderer was found with Leslie's cell phone and iPod. He apparently had murdered and burned several other women.

Three Memorial services were held for Esme. 900 showed up for one of them and a few hundred for another with hundreds having to stand outside because there was no room inside.



Esme Kenney was in the 7th grade at Cincinnati's School for Creative and Performing Arts. She was a gifted singer and cellist. All her friends described her as loving and giving, so excited about life, so helpful to others, someone who "lighted up your day". Her school plans to make a permanent Memorial to her and the community is doing a march to raise money for the National Center for Missing and exploited Children. Esme's fellow students decorated her locker with notes, flowers and stuffed animals.

Her funeral was held at the St. John's Unitarian Universalist Church in Clifton, OH
May Esme rest in Peace and God grant comfort to her family for this most horrible of blows.

"The arising of wisdom and beauty out of suffering is comparable to a process in nature – to the birth of the valuable and beautiful pearl...As the beauty of the pearl is born out of disease and suffering, so are knowledge, noble human nature and purified human feeling born out of suffering and pain...From the Crucifixion of Jesus, came the Holy Spirit to all the World!"

- Rudolf Steiner

From the Board....

We were glad for those who were able to attend our Annual General Meeting in March. Various initiatives gave or sent reports of their activities for the past year. Clare Coriell came from Asheville and it was good to be able to meet someone from that area carrying on the work Peter and Lucille Clemm began several years ago.

If you have not received your Membership drive letter, and wish to have one, please email Peg at mcarmody@nc.rr.com or call her at 919-768-7470. Thank you for sending in your contribution. Dues cover the newsletter expenses, scholarships, our local library, our Festival celebrations and other get-togethers we have throughout the year, our Heart Fund that helps members in times of need and outreach to new members.

We are fortunate to have Martha Loving Orgain visit us at the beginning of April. She is an exceptional watercolor artist who is trained in Art Therapy and has studied Steiner's indications for painting for years. She will be available for individual sessions on April 2, 3, 6 and 7. Friday night, April 3, she will give a lecture in the Brown Room at EWS High School on "The Resurrection of Sophia" and will conduct a workshop on Saturday, April 4 in the Richard's room at EWS High School. We hope you take this opportunity to meet and work with Martha and nourish your artistic side.

Easter celebrations will begin on Palm Sunday and continue through the week, finishing with a sunrise gathering on Easter Sunday at Judy Frey's new house. Our next Branch meeting will be on Saturday, May 23, at the home of Bruce and Margaretta Bornhorst.

Finally, don't make any other plans for the weekend of Oct. 9-11. Steven Usher will be in town and will shed some light on the current financial troubles and possible ways to meet it that will further human progress.

Warmly,
Peg Carmody
President, ASNC Board

The Cosmic Lord's Prayer

Father, Thou Who Art, Who wast and will be
Within the innermost Being of us All.
Thy Being is praised and glorified within us all.
Thy Kingdom widens in our actions and in our way of life.
Thy Will we execute in the activities of our life,
Even as Thou, O Father hast laid it in our innermost heart.
The Food of the Spirit, Bread of Life, Thou givest us in superabundance
In all changing conditions of our life.
Let compassion be the compensation for sins committed by others in our being.
Thou dost not let the Tempter work within us beyond the Power of our strength.
For in thy Being temptation cannot exist, because the Tempter is only deceit and
delusion out of which Thou, O Father, lead us through to the Light of our consciousness.
Thy Power and Glory work within us in the Aeons and aeons of time.

- *Rudolf Steiner*

ASNC ANNUAL GENERAL MEETING

MARCH 21, 2009

Opening Verses: Aries Virtue, Calendar of the Soul Week 49; Saturn's Day Resolve

Present: Peg Carmody, Kathleen Wright, Renate Wend, Allen Barenholtz, Mark Eisen, Robert Mays, Mindy Kash, Bruce Bornhorst, Margaretta Bornhorst, Clare Coriell, Kelly Calegar, Ron Evans

Welcome and Introductions: given by Board President Peg Carmody

Remembrance of Members and Friends Who Have Crossed the Threshold since March 2008: Natalie Slapo, Ruth Pearson, Eric Diener, Geoff Southworth

First Class Report – read by Robert Mays for Suzanne Mays who was not present due to attending a Class Holders Conference. Report is attached

Eastern Regional Council Report – given by Kathleen Wright. The ERC currently consists of Herbert Hagens, Ed Scherer, Ann Finucane, Kathleen Wright and Ruth Bruns. The group has been given a \$4,000 budget for the coming year. The ERC meets with two areas per year in the Eastern Region. Last year they met with us in February (the South) and the Northeast (Maine, Vermont, Massachusetts and New Hampshire) in May 2008. This year they will meet with the Mid-Atlantic States in April and possibly more Southern states later on in the year. The ERC has monthly telephone conferences and one of our members, Ann Finucane is our representative on the General Council. In April the ERC will be meeting with the Planning Committee for this year's national AGM and in May, there will be a Communications Summit with all newsletter editors and John Beck in Spring Valley. There is a great desire to increase communications between all groups and branches within the Society as well as to provide greater outreach in the world.

ASNC Report given by Peg Carmody – Peg reviewed the events of the past year: the ERC visit, the John Alexandra Conference, the major Festivals, the initiation of monthly Branch meetings, liaisons begun with the Waldorf School and the Christian Community. News about Nancy Willson who has been gone for over a year and a half caring for a friend who recently died from cancer: Nancy has undergone back surgery and needs another operation. A card was sent around which members signed. Peg announced that last year we had the highest number of members ever: 64 dues paying members. Membership renewal forms have been sent out. Announcements about future events were then given: In April we will have a Painting Workshop with Martha Loving Orgain and in October there will be an Economics Workshop with Stephen Usher. Branch meetings will continue and we hope to revive the discussion about starting a branch Home. Last year our Branch Home CD earned \$500. and we are investigating options to have it earn even more. Peg then gave a financial report, which is attached. It does not include the Branch Home Fund money, which is over \$16,000.

Emerson Waldorf School Report; Kelly Calegar read the report that was submitted by Benjamin Trueblood, the EWS Liaison to the Board. Ben wrote:

“The state of the School is very Spring-like, lots of initiatives and projects, everyone bustling and busy. We are still accepting applications for many of the grades and have recently hired Alice Armstrong to do outreach. In these unstable economic times, many of our families are feeling the pinch. Having said this, we are striving to help everyone continue to be a part of our community. We are on the verge of hiring a strong candidate for the Educational Support Coordinator position and have been exploring a renewed Eurythmy program. As with the rest of the world, this is a time of testing. With all our work (including accreditation and the Social Inclusion process) we hope to find our way to the lives of the children and families that need us. In this way, EWS is reminded of its role as an agent for social renewal. We are thankful to ASNC for their gift of the painting workshop with Martha Loving Orgain and would like to explore more possibilities for weaving our movements together.” Some ideas he suggested for collaboration with ASNC are: St. John’s celebration, Early planning for Michaelmas with a possible Potluck in the evening, Jon Lyerly doing a BD garden at the school.

Margaretta Bornhorst reported about her visit to the EWS Parent Organization Meeting this past week. She said that there were close to 50 parents present and that they were all enthusiastic about the school, as well as the idea of having joint Festivals with the Anthroposophical Society. She told a humorous story of how the EWS Basketball team, although officially called “The Eagles”, actually refers to themselves as “The Gnomes” and before each game begins, they yell “Go Gnomes!”

Medical Practice of Dr. Mark Eisen: Dr. Eisen reported that his subscription medical program is growing well. He explained that it is similar to a CSA. He said that his store, Jubilee, is “waddling along”, but that it is not really supporting him. The book turnover is about once every four years. The cosmetics and body care products sell better than the books. Esthetician Cori Roth now works there doing Dr. Hauschka facials.

The Christian Community – Margaretta Bornhorst gave the report. See attached.

The East Coast School of Choreocosmos – This initiative was given by its founder, Kelly Calegar. Please see attached.

Study Groups:

Ron Evans reported that the Wednesday Night **Rose Cross group** is reading *Supersensible Knowledge* by Rudolf Steiner.

The Elective Affinity Group, which meets on Sunday evenings has assorted readings on the topic of reincarnation and Karma and the members discuss their biographies and the biographies of those who have influenced their lives.

No report from Infinity Farm was given, but it was noted that they are hoping to hire a couple to farm there. Members are encouraged to buy their produce and meats. Mark Eisen spoke a little about the Whitted Bowers biodynamic Farm, which has strawberries and fruit trees. They sell at the Estes Farmer’s Market.

No reports were received from our other Study groups, such as the Current Events Group and the Apocalypse Group.

Asheville Group – Clare Coriell from Asheville attended and reported that the founders of their group, Peter and Lucille Clemm, moved away last year. There are 4 biodynamic

CSAs in Asheville. There is growing interest in starting a Waldorf School there. Todd Crowe, a trained Waldorf teacher has been working with a preschool coop there. They also have a trained Eurythmist, Elizabeth Gilbert. A Festival Study group and a Handwork group are active. They also have a chat group on the Internet. Clare is thinking of going to Spring Valley to study Speech.

Winston Salem/Yadkin Valley group sent a report by email from Sarah Putnam. The group has been meeting for three years and now has 14 regular attendees at their Sunday Study Group, which is reading *An Outline of Occult Science*. They are in the process of starting a group to work with "Crossing the Threshold". They have a meeting and workshop scheduled for March 22 to begin the work. Its focus will be on natural, home-based death care. It will be for the community at large, but will also have an anthroposophical perspective to it.

Wilmington - Anna Bowman came to a Branch meeting a few months ago and reported that the group is very small in Wilmington and that they meet monthly to discuss the festivals. They would love to have visitors.

Greensboro Group: A report was emailed by Sandy LaGrega. Please see attached.

No report was sent by **the School of Spiritual Psychology in Benson**.

Margaretta suggested that maybe some of us could volunteer to do workshops for the small groups.

Peg reminded all of upcoming Festival events for Palm Sunday, Good Friday, Holy Saturday, Easter, Pentecost, St. John's, Michaelmas and All Soul's Day.

Future Branch meetings will be on May 23, August 29 and November 21.

Closing Verse: The Motto of the Social Ethic

The healthy social life is found
When in the mirror of each human soul
The whole community finds its reflection,
And when in the community
The virtue of each one is living.

Heilsam ist nur, wenn
Im Spiegel der Menschenseele
Sich bildet die ganze Gemeinschaft
Und in der Gemeinschaft
Lebet der Einzelseele Kraft,
- *Rudolf Steiner*

See pages 17- 24 for the reports that were given at the AGM

ASNC INCOME/EXPENSE REPORT 2008

INCOME

Branch Home	105.00
Cheng-Du Waldorf School	125.00
China Donation	1327.00
Festival Fund	80.00
First Class Donation	53.00
General Donation	1345.00
General Fund	378.30
Gift Received	150.00
Heart Donation	1230.00
Library Fund	45.00
Membership Dues	1910.00
Newsletter	170.00
Scholarship Income	50.00
Workshop Income	4501.98

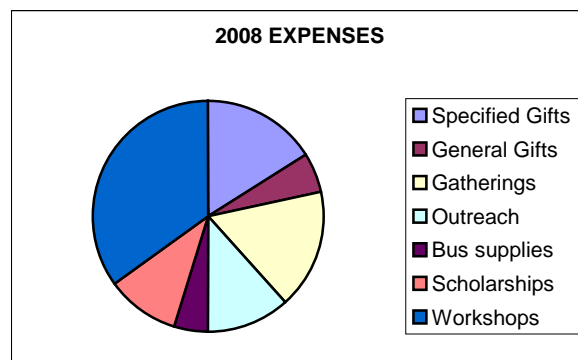
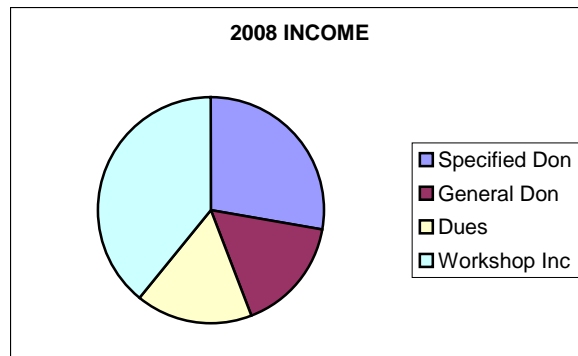
EXPENSES

Ads	170.00
China Donation	1327.00
Annual Gen Mtg	530.06
Cheng-Du Waldorf School	250.00
Eastern Reg Council	100.00
Festival Expense	256.58
First Class	396.21
General Fund Expense	85.92
Gifts Given	594.93
Heart Fund	200.00
Local Library	145.00
Misc. Business Expenses	328.92
Newsletter Expense	496.70
Postage and Delivery	244.51
Printing and Reproduction	148.07
Room Rental	550.00
Scholarship	1120.00
Business Supplies	102.95
Website	100.00
Workshop-Alexandra	2202.48
Workshop-Fourfold Path	1650.38

TOTAL INCOME 11470.28

TOTAL EXPENSES 10999.71

OVERALL BALANCE 470.57



FIRST CLASS REPORT FOR THE AGM MARCH 21, 2009

By Suzanne Mays, Class Holder

Twenty-one years ago on Sunday, March 5, 1988, regular monthly meetings of the School of Spiritual Science started here in Chapel Hill. Donald Bufano gave the rendering of the First Class Lesson at that time. He was here that weekend with the members of the Eastern Regional Council of the Anthroposophical Society. Seven local class members and the seven visiting ERC members attended that Class lesson. That weekend was the first time that members of the Society in NC had gathered and sat together in the same room. We all looked around at each other in amazement to see so many members assembled in the same space. This was in the current second grade classroom of the Emerson Waldorf School. Twenty-four members of the General Society were present. The events of that weekend were, in effect, the beginning of Branch life in the NC Triangle area.

Eve Olive became the Class Holder in the Fall of 1988 and shouldered this responsibility single-handedly until Dee Anne Lamb joined Eve as a Class Holder in November 2001 and then Suzanne Mays in October, 2005. It takes two years to go through the complete cycle of 19 lessons with our schedule of one lesson a month September-June. This means that in our community the cycle has been completed 10 times so far! Currently there are 35 Class members. Some members travel from as far as Winston-Salem, Greensboro, Laurinburg, Yanceyville, and Wilmington. One new member joined the class last September.

This weekend Eve Olive and Suzanne Mays are in Spring Valley, NY to attend a class holder's meeting. In the past several years, the circle of class holders has significantly enlarged. Many new class holders will be coming from all over the country for this weekend meeting. Virginia Sease and Ernst Katz will be present and will give talks on the history and future of class holdership, as well as talks about work with the mantras and the building of a mystery school today.

It seems auspicious that Eve and Suzanne will be at this meeting when it is the 21st anniversary time of the founding of the Class work here. The 21st year in a biography is usually a graduation time. The question is: "What will Eve and Suzanne bring home from this class holders' meeting that will take the class work here another step forward in its development?"

What the School of Spiritual Science is should be recognized and understood by all members of the Anthroposophical Society. The esoteric foundation of the Anthroposophical Society rests upon the work of the School of Spiritual Science. This esoteric school is the present day spiritual institution founded not by human will, but by the Spiritual Power of this age. The school is under the direct guidance of Micha-el. First Class members take on a commitment that is not expected or asked of Society members. The foremost endeavor of First Class members is to bring Anthroposophy out into the public as a necessary means to transform and heal all areas of human activity on Earth – whether in the economic, political, or cultural sphere.

Another responsibility that Class Members take on is to defend Anthroposophy, Rudolf Steiner and the practical initiatives that have grown out of Anthroposophy from the attacks of critics who level accusations of sectarianism, racism, pseudo-science, among other falsehoods. The Anthroposophical Society membership supports the School of Spiritual Science not just materially, but also collaboratively in working together to foster Branch life. In our community, there has always been a harmonious and generous support from the Society towards the First Class, for which Eve and

Suzanne which to express our sincere gratitude. We are always trying to find ways to explain to Society members what the Esoteric School is and hope to get better at this after each class holder meeting we attend. The greatest joy for us is experiencing a Society member, who out of his or her own free will, asks to join the First Class. Thereby lies the greatest strength for the Anthroposophical Society in North Carolina.

Report from The Christian Community

From Margareta Bornhorst

The Christian Community experienced many changes this past year, and has re-confirmed our commitment to growing and responding to the needs of this community. We welcome those who may be interested or called to join our Steering Committee.

We have been privileged and pleased to welcome Rev. Patrick Kennedy from the DC / Maryland congregation as our permanent priest. He has visited every two months for the past year, and has scheduled his visits for two-month intervals during the next year.

During these weekend visits Patrick gives an open casual community discussion class on Friday evenings, fondly called "Christian Community 101" (a tongue-in-cheek reference to basic studies and exploration taken in the freshman year) and a more formal structured talk on Saturday evenings. Sunday morning service the Consecration of Man, and Sunday morning children's service are offered. A Pot Luck follows the Sunday services.

Saturday and Sunday activities have moved to the Dining Hall at Camp New Hope on Rt.86. We have begun to develop a program and activities for children and their families.

Fund-raising initiatives will begin soon to enable us to purchase much needed vestments and the material to make full sets of them for the priest.

A weekly sewing circle is formed to repair those few vestments we now have and begin to make the ones we still need. This group is open to anyone in the community who can sew and would like to help support The Christian Community in a structured social atmosphere. (Thimble optional!)

A retreat / conference is planned for the weekend of May 14, 2010, at beautiful Avila Retreat Center in Durham. The topic being developed is "The Salt of the Earth". We hope to explore a deepened understanding of a Christ-centered relationship to the earth and her environment through study, art and prayer. This will be open to the whole community, and we are expecting some members of the DC/Baltimore community to join us as well.

The position of liaison between the ASNC board and the The Christian Community has proved to be beneficial to both communities. If you have any questions, comments, or concerns, which you would like to share, please contact me.

Margareta Bornhorst
919-824-7337

REPORT FROM The East Coast School of ChoreoCosmos

The purpose of this School is to guide individuals toward a stage of development in which the cosmos are birthed within the physical human being on earth. When the living stream of one's essential essence shining in the heights of heaven descends into one's physical being, all the way to the feet, then the evolutionary impulse of our current cultural age, the Piscean Age, becomes realized. Then, Heavenly Love becomes manifest on earth.

This movement path is unique from Eurythmy in that it has a unique intention. It is a devotional path, rather than a performing art. The movements are very gentle, expressing as far as possible the vertical dimension, with the intention of bringing heaven to earth. Through ChoreoCosmos, one learns to receive, through inner emptiness and receptivity, what is continually streaming in to earth from the cosmos. In order for this streaming of Divine Love to work into the earth, the human being needs to become the receptacles of it and channel it into the earth. The intervention of the human heart is the key in this regard.

Through the individual vessel, and as well through the community vessel that is formed through the geometric forms (etheric flowers) that are created through the dance, this in streaming of Divine Love has the potential to create an opening to the Mother Realm, and when this is achieved, the Mother responds, sending up Her most sublime Love and Warmth in a most blessed way. This experience is rare, and it is beyond words. But it is the goal. The gentle billowing up and out from the Mother Realm travels as a healing balm over the earth, and back up to the Father, from which it originated.

Through this song and dance of the Cosmos brought through the human being and into the earth the kingdoms of the Mother and Father are reunited, and the kingdoms of Nature receive new hope for their liberation. Through this most sacred dance between the Mother and the Father, facilitated through the human heart in the names of Christ and Sophia, the future is ushered in - peace on earth for the realization of our future.

The community building activity of ChoreoCosmos is extraordinary. It is a new social form that is deeply concerned with co-creation between humanity and the spiritual hierarchies, for Nature's sake. The mission of a Sophianic Community is to participate in bringing about the future, and to help fulfill Sophia's divine, peace-bestowing mission.

Dr. Robert Powell is the founder of the *Choreocosmos School of Cosmic and Sacred Dance*. *The East Coast School of ChoreoCosmos* is an affiliate of this school. Both schools are set up to graduate those participants who declare themselves to be students striving to become teachers. Within both schools of Choreocosmos there is an inner schooling for those who want to take the work to a deeper level, leading us closer to the realization of co-creation with God, vs. subservience to God.

With great gratitude for Rudolf Steiner, Robert Powell, and Valentin Tomberg, who are directly involved with this school,
Kelly Calegar, Founder

REPORT FROM THE GREENSBORO GROUP

At this time we have The Sophia Center for Life Studies, an Anthroposophical/Spiritual Psychology initiative, whose main work at the present is the Crossings;Caring for Our Own at Death work. We are at present sponsoring, planning and presenting at the "When Death Knocks" symposium which will be held March 27-28. Information concerning the symposium can be found at www.faihouse.org. I will make two presentations on natural burial/natural home death care at the symposium. We are excited to have Mark Harris, author of *Grave Matters: A Journey Though the Modern Funeral Industry to A Natural Way of Burial*, speak on Friday evening beginning at 6:30 PM.

The Crossing Care Committee is presently helping a local Friends Meeting form a death care committee. The Crossings Care Committee consults and educates groups and individuals interested in caring for their own at death.

Members of the Sophia Center for Life Studies endeavors to take their commitment to sacred service to what ever their work may be in the world, whether it be teaching art, consulting, web development or caring for aging or sick family members.

The Sunday night study group continues to meet on Sunday evenings at the home of Judy and John Boyd to study Anthroposophy. We are beginning soon Steiner's *Broken Vessels: The Spiritual Structure of Human Frailty*. We begin each evening's study with walking the labyrinth, that is in Judy's backyard and then reading "The Foundation Stone Meditation". The Monday study group, Staying Connected to the Dead, is taking a break for the present, not because of lack of interest, but lack of enough hours in the day to do all that we want to. All are welcome to attend these study groups.

I am also completing my last year of the Biography and Social Arts program at Sunbridge College. I hope to use this experience to enrich our work here in Greensboro.

Our Anthroposophical community is small here in Greensboro, but very much alive. We never forget the love and commitment that John and Janet Hampton put into this community and their presence is always felt.

The Greensboro Group would like to express their gratitude for all the work of the ASNC.

Blessings,
Sandy LaGrega

Anthroposophy in Asheville

By Clare Coriell

Our small town of Asheville, nestled in the blue-misted old mountains of WNC has become home to a quickly growing number of Anthroposophical groups and initiatives. Several different streams seem to have developed independently – starting with a number of Biodynamic farms and CSAs tucked into our lush, green coves and a long-standing Steiner study group hosted by Peter and Lucille Clemm (who have now, sadly for us, moved to New Hampshire). Two years ago, a large group who had studied sacred geometry and Rosicrucian studies then spun off into a second Steiner Study group. We were also lucky enough to have Elizabeth Gilbert finish her Eurythmy training at Steiner College and come back to teach classes. Currently we also have a trained Waldorf teacher, Todd Crowe, who is working with a local home-schooling group and a group of interested parents to consolidate a Waldorf school initiative. With all these wonderful projects going on, we just recently have recognized the need and have begun to coordinate these various groups and to form ourselves into a more coherent Anthroposophical community.

For those of you who may be near enough to join us or who just interested in lending us your good wishes, I have described the main activities currently going on in the Asheville area and also the contact person for each. Please come and join us!

Our local Steiner Study Group meets at the home of Clare Coriell biweekly at 7:00 pm on Thursdays (see our schedule in the Sophia Sun calendar). We have studied a wide range of books including *Occult Science* over the last few years. We are currently studying *Festivals and Their Meanings* and are enjoying the Easter lectures as we approach the Spring reawakening time. Anyone who is interested in coming to the group is welcome. Please contact Clare at 828-225-1189 or clarestar@bellsouth.net for information or directions.

Last fall a group of us came together dedicated to putting on seasonal festivals in Waldorf/Anthroposophical style. Using the skills of Elizabeth Gilbert, our trained Eurythmist, and Clare Coriell, currently in training in Creative Speech, as well as a host of other talented artists and organizers, we crafted a Michaelmas play complete with a fearsome dragon, Eurythmy gestures, harp music, and the participation of a large group of children and parents. Please enjoy the pictures below. Everyone had a grand time and we were able to begin to lovingly offer the powerful seasonal imaginations that Rudolf Steiner has given us into the hearts and minds of those present.



We also had a serene and very full Advent Spiral event at Christmas. We were all so touched to see the children's shining faces as they placed their candles on the stars set amongst the spiraling green pathway. Anyone interested in helping plan our future festivals should contact Clare Coriell at 828-225-1189 or clarestar@bellsouth.net. Our dream is to have a series of plays and enactments for each season, using Eurythmy and Creative Speech and Steiner's powerful spiritual images, that can be shared in local schools and adult groups, as well as within our own Anthroposophical and Waldorf settings.

Elizabeth Gilbert has been engaged full-time in mothering these days, after having offered a number of courses in Eurythmy locally over the last few years. She has a lovely daughter Alexandria who just turned 1 year old. Elizabeth hopes to offer more Eurythmy classes soon, perhaps this fall. Her one current planned offering will be a class on Eurythmy and the Planets. Please call Elizabeth at 828-296-8323 for details.

Elizabeth has been instrumental in organizing a Waldorf Study Group that meets one Sunday a month to study books on early childhood themes and the Waldorf approach to education. The group is currently reading *Kingdom of Childhood*, with occasional input and extra demonstrations by Todd Crowe (our fully trained Waldorf teacher). If you are interested in attending this group, please contact Emily Ankeney at 828-505-1566.

Another spin off from the Waldorf interest locally has been the Handwork Group. Parents and children come together one Sunday a month to learn various handwork skills and do projects together. Past projects include needle felting, Advent stars, and knitting. A Waldorf doll making session is coming up next. To get information and directions to this group, please call Elizabeth Gilbert at 828-296-8323 or email solas9@earthlink.net.

Over the years, more and more parents in Asheville, a home of alternative education, have been desiring to start a Waldorf School here. Currently, a local home school co-op, called Grow With Me, has incorporated classes in Waldorf-style electives three times a week, lead by Todd Crowe. These supplemental classes include woodworking, remedial movement, form drawing, general art, games, pentatonic flute and a first grade circle time. The kindergarten and pre-school teachers at Grow With Me are also working in this direction. For information on these programs for your children and also on the group meeting to do long term planning toward establishing a full Waldorf School in Asheville in the coming years, please call Todd Crowe at 412-378-8808 or email oddwitha_t@hotmail.com.

For people interested in networking or finding out about our local Anthroposophical activities, we have a Yahoo chat group called Asheville Waldorf and Steiner Study Group. We invite you all to join our group using the following link. At the Yahoo Group you can also read posts or post events you are offering in the Asheville area.

<http://groups.yahoo.com/group/AshevilleWaldorfandSteinerStudyGroup/join>

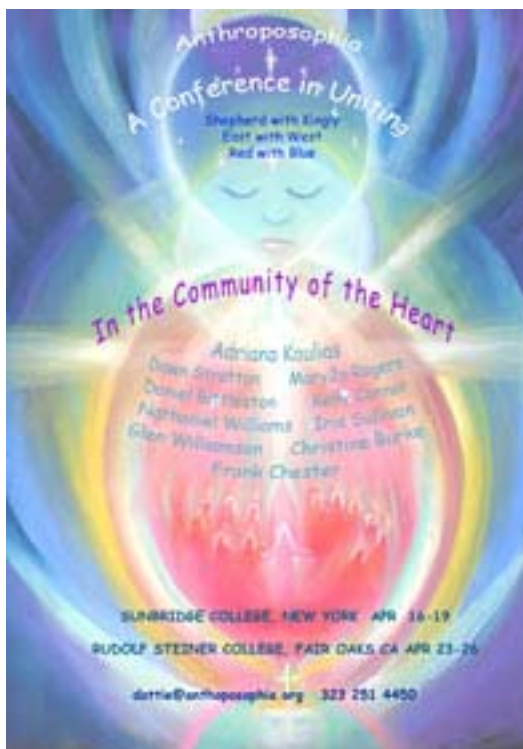
NEWS FROM INFINITY FARM

Joy Kwapien reports that things are really hopping at Infinity Farm already this year. She has been selling her biodynamic greens at the new Farmer's Market in Hillsborough, which is at the Home Depot on Route 86 (located just south of the entrance to Interstate 85). Soon she will have heirloom tomatoes available. Legs of lamb will be available for the Easter holidays, but please call Joy to reserve one, as the supply is limited. It is best to pre-order for all meats (beef, lamb and eggs are available) and then you can pick them up at the Farmer's Market from 8-12 noon on Saturdays.

Some plans in the works: a "Pick Your Own" at the farm later on in the season, plus canning and fermenting days at the farm – keep posted for updates! On April 18, Joy will be participating in Cedar Grove Crossroads Store's Historic Arts and Crafts Fair, where there will be demonstrations of the "old ways" of doing arts and crafts in North Carolina. Joy will be doing a Spinning demonstration.

Joy is keeping her fingers crossed that a young biodynamic farming couple will be accepting a position on her Farm soon.
Please call Joy at 919-732-1840 to reserve your meats and eggs!

ANTHROPOSOPHIA: A Conference in Uniting In the Community of the Heart



With Adriana Koulias, Daniel Bittleston, Nathaniel Williams, Iris Sullivan, Christine Burke, Glen Williamson, Kelly Connor and Frank Chester at Sunbridge College, NY April 16-19 Lectures include: Encountering Anthroposophia: On the Alchemical Path to Founding the Stone of Love in the Ground of the Human Soul; The Grail of the Heart and the Fifth Chamber; The Wisdom of Love in the Mystery of Death; How Do I Hearten to the Polarities in Myself?; Developing Heart Forces and the Foundation Stone Meditation. There will also be a dramatic reading of Gospel of St. John . Fee for the conference is \$75-125. For more information, please call Dottie at 323-251-4450 or email dottie@anthroposophia.org or go to the website at www.anthroposophia.org.



Knights Templars Inter-Branch Conference

St. John's Tide, 27th/28th June 2009, Hershey, PA
'Celebrating the Centennial of a Threefold Community'

The sweetest Michaelites on earth cordially invite you to join us in beautiful Hershey, PA for the third annual Knights Templars Inter-branch Conference at St. John's Tide. The 2009 conference will celebrate 100 years of threefolding in Hershey! We will examine "The Hershey Idea" in the light of three aspects of the Templar social impulse: the temple of the human soul, the temple of community life, and the universal world temple. Additionally, we will continue the quest for a modern Michaelic fulfillment of the Knights Templars Brotherhood as a social fabric of group and branch life today:

Those of you who have occupied yourselves even a little with the aims of our spiritual scientific movement know our main principle—to create the heart, the kernel, of a brother and sisterhood based on all-embracing human love that transcends race, sex, profession, religion, and so on. Thus, the Society has placed this principle of brother and sisterhood foremost, made it the most important of its ideals. (Rudolf Steiner, Berlin, 23 November 1905)

In 1909, American philanthropist and industrialist, Milton S. Hershey, founded a school for orphan boys on a twelve thousand acre farm campus surrounding both the world's largest chocolate factory, and model 'utopian' town known as Hershey, PA. The founding of the farm school effectively completed a 'threefold commonwealth' as Rudolf Steiner envisioned the free and beneficent working of the economic (factory), political (model town), and cultural (independent school) spheres. Nine years later, in a bold and Templaresque gesture—nearly coinciding with Steiner's publication of *The Threefold Commonwealth*—Hershey gifted his entire personal fortune and controlling chocolate company stock to three trusts which continue to serve the school and threefold community today.

The conference will feature a keynote address, "**Knights of the Temple—Defenders of the Rose Cross,**" group-study, "**The Lost Temple and Its Restoration,**" a Bard's Tale, singing, poetry, Nature walk, community potluck, and a gargantuan bonfire-on-the-meadow! On Sunday, an optional excursion to the nearby breathtaking campus of the Milton Hershey School will be offered, as well as a Class Lesson for members of the School of Spiritual Science. The rotunda of Founder's Hall, focal point of the school campus, is the world's second largest freestanding rotunda.

Last summer, representatives of six groups and branches experienced the awe-inspiring St. John's Templar bonfire as the festive highlight of the inter-branch conference. With flames rising upwards of thirty feet, members from Long Island, NY declared the Hershey bonfire *by far the most spectacular we have ever experienced!* Pittsburgh friends attested to the warm community spirit that is a hallmark of Corps de Michael events. For photos and a report of last year's conference, please visit our website, www.corpsdemichael.org and click the Knights Templars Conference link & then, "Templar Impulse Ignites..." or just click the following link to go directly to the report title page: http://www.corpsdemichael.org/SW_Michaelmas08_Web2.pdf

Space is limited! Please register early by telephone **717-964-3376**, or write:
thecorpsdemichael@yahoo.com

David Lenker, for the Susquehanna Corps de Michael—Anthroposophical Society in Hershey

THE CODEX ALIMENTARIUS:
IMMANENT DANGER FOR ANTHROPOSOPHIC
HEALING AND AGRICULTURE”

A TALK BY PETER HINDERBERGER, M.D.

7:30 PM, FRIDAY, MAY 8, 2009:

**AT THE GREATER WASHINGTON BRANCH OF THE ANTHROPSOPHICAL
SOCIETY**

What is the Codex Alimentarius? It is a “wolf-in-sheep’s-clothing” compendium of wide-ranging international regulations that when put into effect will eliminate free access to nutritious foods, herbs, vitamins, minerals, supplements, medicaments and will have profound negative effects on Anthroposophical medicine and biodynamic gardening and farming. The following words are excerpted from an on-line article by Dr. Joseph Mercola, who is not an Anthroposophic doctor, but who prescribes good nutrition and supplements to his patients. His excerpted explanation* of the Codex::

“If you’re one of the millions of people in Canada, the United States or Mexico, who has never heard of the Trilateral Union, the North American Union (NAU), or Codex, I’m afraid you may be in for a quite a surprise. But don’t feel bad, neither of our respective governments or major media outlets are speaking publicly or frankly about these plans....

“The [Codex Alimentarius Commission](#), conceived by the United Nations in 1962, was birthed through a series of relationships between The [World Health Organization](#) (WHO), the Food and Agriculture Organization (FAO), the World Trade Organization (WTO) as well as the American FDA and USDA... (It) itself is a compilation of food standards, codes of practice and guidelines that specify all requirements related to foods (whether processed, semi-processed, genetically engineered, or raw). Their purpose is to protect consumers’ health, ensure fair business practices within the food trade, and eliminate international food trade barriers by standardizing food quality. “Sounds good in theory, right? However, the two most potentially dangerous prospects of Codex are: 1) these standards are being devised as international rules intended for world-wide adoption, and 2) Codex has classified nutrients as toxins. Yes, toxins. That’s not a misprint... The Codex Commission decided—with the support of the United States—to use something called Risk Assessment, which assesses the maximum level of a substance – in this case a nutrient – that may be ingested without causing any discernable biological effect. “Did you get that one? Let me explain further. Risk Assessment is a branch of Toxicology, a.k.a.the science of toxins (as opposed to the science of nutrition). In a sane world, it is used to assess how much of a toxic substance you can safely eat without noticing any physical effects or problems. As soon as there is a biological effect, you have hit the upper, maximum limit for that substance. **Codex is slowly but surely shimmying into position to mandate the universal maximum “safe” level of every vitamin, mineral, supplement and herb that may legally be manufactured, used or sold -- with “safe” being a level that has no physical effect.”**

Reprinted from: *Free Newsletter* from Joseph Mercola MD, [www.mercola.com] August 1, 2008 issue.

THE APOCALYPSE CODE - UNVEILING THE PRESENT TIME: 2009-2012

Friday, July 24, 2009

7:30 - 9:00 pm

Chapel Hill, NC

Lecture by Robert Powell, PhD

Internationally known lecturer and bestselling author of *The Sophia Teachings*, *The Most Holy Trinosophia*, *Elijah Come Again*, and *Chronicle of the Living Christ* Dr. Powell will offer a larger context in which we can view contemporary events and the development resulting from them, and where we stand now in the course of evolution in a spiritual and cosmic sense.

Dr. Powell will apply the ancient wisdom of the stars in a new way, including a “stellar code” for unlocking the secrets of world evolution. Star wisdom helps to provide a metahistorical orientation that the world needs now as a new source of inspiration for understanding the past, present, and future. The challenges of the year 2009 will be addressed, as well as the period leading up to the year 2012.

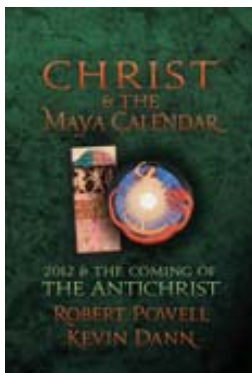
New release:

***Christ and the Maya Calendar: 2012
and the Coming of the Antichrist***

Robert Powell and Kevin Dann, bestselling authors

Robert Powell earned a Masters Degree in mathematics at the University of Sussex, England, and a Ph.D. in the history of astronomy from the Polish Academy of Sciences, Warsaw. He is a trained eurythmist and movement therapist, co-founder of the Sophia Foundation of North America, and founder of the Choreocosmos School of Cosmic and Sacred Dance.

Websites: www.sophiafoundation.org and www.astrogeographia.org



At the Door: \$10.00

Emerson Waldorf School ~ 6211 New Jericho Road

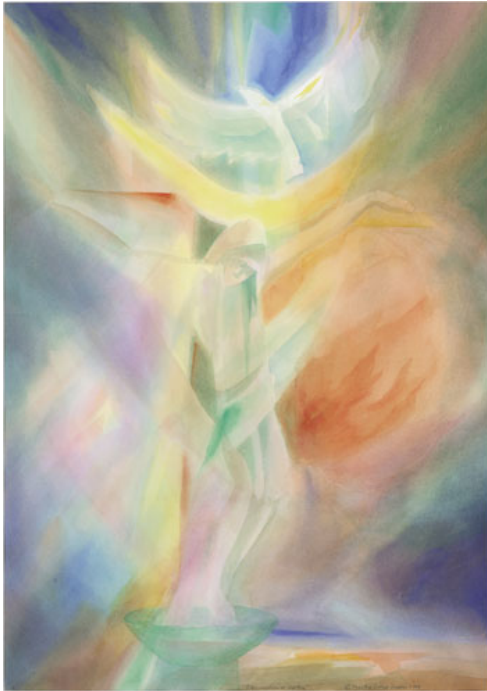
A weekend workshop will follow this public lecture.

For more information, contact

the East Coast School of ChoreoCosmos: 919-361-0691

kcalegar@earthlink.net

The Resurrection of Sophia



A Painting Workshop

with Martha Loving Orgain

April 3-4 2009

At the Emerson Waldorf High School
Brown Room and Richards Room

Sponsored by

The Anthroposophical Society of NC

\$80. for entire weekend, includes materials

Catered lunch \$10. additional

Friday evening lecture only:

\$10. suggested donation

Friday lecture – 7-9 PM

OPEN TO ALL

Saturday Workshop 8:30 – 5:00

("The Resurrection of Sophia", watercolor
by Martha Loving Orgain, printed with permission)

Note: By the time you are reading this ad, it will be too late to mail in your registration form, so please contact Peg Carmody at 768-8411 to see if there are any spaces open for the painting Workshop on Saturday. One does not need to register for the Friday evening lecture. There will be space for all.

What Is Painting Therapy?

Everyone, children and adults of any age, can benefit from the harmony, healing, and inner balance created through Painting Therapy. Conditions related to mental, emotional, spiritual, and physical health can be addressed; from birth trauma to ADD and ADHD, allergies to sleeping disorders to self-esteem and memory, Painting Therapy speaks to the whole human being.

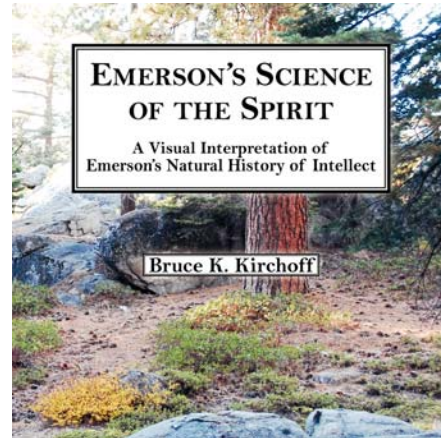
When Darkness meets Light, movement is created, and this movement becomes visible as Color, which acts in us as a catalyst for healing. Between our thinking processes (nerve-sense system, The Light), and the impulse for warmth, life and movement (digestive/metabolic system/limbs, The Darkness). lives the middle realm of circulation and breathing (cardio-vascular system), we create a "color space" of balance and harmony in the soul, the realm of our feeling and etheric/life force, by "weaving" Color between Light and Darkness.

Martha Loving Orgain will be available for several days before and after the painting workshop *The Resurrection of Sophia* for private Painting Therapy sessions for you and your children, as well as for private or small group lessons.

For more information or for questions, please call **Margaretta Bornhorst at 919-824-7337**. Martha's web site is www.lovingcolor.org; Blog: www.ThinkingwiththeHeart.typepad.com Ms. Loving can be reached: via email: lovingcolor@earthlink.net.

Just Published!

Emerson's Science of the Spirit: A Visual Interpretation of Emerson's Natural History of Intellect by Bruce K. Kirchoff, Tellus Book. ISBN: 978-0-9822715-0-6. List price \$44.95 (see below for a special introductory offer)



From the back cover:

At the end of the first third of the 19th Century there arose in Concord, Massachusetts a uniquely American voice, a voice that changed the face of American intellectual life and inaugurated a new understanding of both man and Nature. At the same time as Ralph Waldo Emerson was beginning to transform the American literary world, the great environmentalist and nature writer John Muir was born in Scotland. Muir would eventually settle in California where he would become one of the main personalities involved in the preservation of Yosemite Valley. Though they stem from the same source, the synthesis of Emerson's transcendentalism and Muir's natural theology was not destined to occur during their lifetimes. This book is part of that synthesis. It brings together the 1899 text of Emerson's last great work, *Natural History of the Intellect*, with photographs of Muir's beloved Sierra Nevada mountains. Quotes from *The Natural History* are matched with photographs to illuminate Emerson's deeper meaning. Muir speaks through Nature, Emerson through thought. A commentary on Emerson's text helps bring his thought into a contemporary context. We need the wisdom of these great men more than ever as we face enormous environmental and spiritual challenges.

"This book is a rich and bountiful harvest of the meeting between Emerson and John Muir that took place in 1871, near the end of Emerson's life. Muir's beloved Nature, as glimpsed through Kirchoff's lens, provides a vivid commentary on Emerson's life-long study of the Natural History of the Intellect. The words and images elevate the attentive reader to that higher Source that they share in common. There is much to behold in these pages." – Stuart Weeks, Founder, Center for American Studies, Concord, MA

"This is truly a stunning and absolutely beautiful work. I love it!" – Carol Hegedus, planning consultant for the Emmy Award winning PBS series, *Healing and the Mind* with Bill Moyers

"Kirchoff provides the opportunity for the reader to stop, pay attention and reflect on Emerson's vision. At a time when we are destroying each other and the planet that supports us, this is needed now, more than ever. An inspiration to consider." – Kevin Spelman, internationally recognized clinical herbalist, writer, and medical researcher

"I found the commentary on Emerson's work to be incredibly profound and exciting." – Jennifer Whitaker, Department of English, University of North Carolina at Greensboro.

Available from Amazon.com at list price (free shipping; search for “Kirchoff Emerson”), or until **May 1, 2009** at a 20% discount via the order form below.

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Order Form: Emerson’s Science of the Spirit by Bruce K. Kirchoff

_____ copies @ \$35.95 each (save 20% off list)	_____.
Shipping	_____.
Basic (no tracking or insurance) - free	
UPS Ground - \$9.50	
NC residents add 6% sales tax (\$2.16 per book)	_____.
Total	_____.

Shipping Information

_____ Your Name

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_____ email

Checks only, please. **Please make your check out to Metis, LLC.**
 Mail to: Metis LLC, 1110 Cedar Ridge Dr., Mebane NC 27302
 If you like the book, please consider rating it on Amazon.com.

Have you been receiving the Anthroposophical Society’s monthly E-news? Two issues have come out so far. If you have not received them, please contact the editor, John Beck, at : editor@anthroposophy.org and let him know that you would like to receive it in your email box. It is a really great publication and will keep you informed of all the latest around the entire country.

P.S. From Hogwarts Express

Did you notice that the next generation of Hogwarts' students, i.e. the children of Harry and Ginny and Hermione and Ron include a Lily and a Rose?

- Eve Olive

Editor's Note: For those who may not be familiar with the symbolism of the Lily and the Rose, they have many levels of meaning from ancient time to the present. J.K. Rowling has admitted that she has studied Alchemy with a passion. In alchemical terms, the Lily represents the Moon and the Rose, the Sun. They can be symbolic of polarities in general, e.g. the lily represents the female and the Rose the male, as well as East and West East and the West. Steiner has said that "the rose symbolizes the way in which the forces of darkness can be transformed into radiant light" and that the lily is a symbol of death. He tells how the medieval story of Fleur and Blanchfleur (believed to be the Grandparents of Charlemagne) is symbolic of the alchemical relation between these two flowers and what they represent.



We could not end this issue without a little April Foolery and to that end, we bring you this delightfully funny, yet very spiritually relevant article by a Master Punster, Swami Beyondanda:

THE SHIFT HAS HIT THE FAN: WELCOME TO THE SANE ASYLUM

By Swami Beyondananda

<http://www.wakeuplaughing.com/>

The shift has hit the fan! Humanity has shifted its Karma into surpassing gear, and political climate change has come to America. Thanks to a grassroots up-wising, we the people huffed and puffed together in the same direction and the winds of change blew in a breath of fresh air. And we can all breathe easier.

The vote in November was more than a vote for a new President. It was a vote for a new precedent, to overgrow the "lowest common dominator" paradigm and take a step towards government of the people, by the people, for the people where the government does our bidding, not the bidding of the highest bidder -- and where the Golden Rule can finally overrule the rule of gold. In the short term, the up-wising has been successful, and the American Evolution has begun. The first big shots have been fired, and we are on the road to recovering from an eight-year bout with Mad Cowboy Disease and Electile Dysfunction.

But now, if we want to heal the body politic of conditions like Deficit Inattention Disorder, Truth Decay and the deadliest one of all, an unchecked Military Industrial Complex, we must elect ourselves. Spiritually, it's time to quiet our barking dogmas and evolve past the Ten Commandments to an even greater realization " the One Suggestion: 'We are all in it together.'" Once a critical mass of us chooses to live by this credo, we can avoid the critical massacre called Armageddon, create Disarmageddon instead, and achieve fulfillment as a

Species - Humanifest Destiny. The End of the Age of Nefarious?

Every journey into the light is preceded by a dark passage, and our entry into the Age of Aquarius is no different. As predicted in the celebrated quatrain ("When the goon moves into Lincoln's house, and stupider aligns with Mars, then greed will guide the planet and fear obscure the stars ..."), the Age of Nefarious delayed the start of the new millennium. But now the quatrain is heading down a new track, and soular power is shining a light on the endarkened corridors of soulless power.

Just as the eight-year journey that took us from Whitewater to Blackwater was coming to an end, some overzealous Bush-bashers hurled footwear to give the departing regime one final boot. That was understandable, but unnecessary. Better we should keep our shoes on, and use them to stand together at a time when healing wounds is more important than wounding heels. Besides, without Bush there could have been no Obama. His alarming actions awakened more people than Buddha, and a body politic in a fear-induced coma miraculously regained consciousness. And now there is a new President: Barack Hussein Obama.

After eight years of insanity, we can proclaim to the world, "America has a President Hussein!" (who's sane!) So now, we must face another awesome truth: We are living in a world gone SANE. Welcome to the sane asylum. Trickle Down Goes Belly Up. It's a good thing our political fates are on the upswing, as our economy has taken a sharp downturn. The house of credit cards economy based on trickle down has gone belly up, and we must face another, sadder truth. Individually and collectively, we've been suffering from Deficit Inattention Disorder, and since we were unable to do the math, we must now do the aftermath. It's a buy-ological fact. You cannot spend more than you have. Nature knows this. We can use no more energy than what we have in reserve. We cannot charge energy on our Ascended Master Card and repay it next lifetime. So yes, the casino economy is coming down, but there is an upside to the meltdown. There is a great opportunity in the crisis. Consider this: when the dollar hits zero, we can pay off our entire \$10 trillion national debt and hardly feel it! Meanwhile, over the past eight years we have seen the fall of reptilian entities like Enronosaurus Wrecks, and most recently a character named Madoff made off with billions. Our entire economic system has been revealed as an extraordinary ponzi scheme where ordinary people are left holding the empty bag. Unfortunately, this is nothing new. It's the same old needy-greedy where our collective fear of not having enough -- "scare city" has empowered those privatizing privateers who are plundering our planet with their mining operations: that's mine, that's mine, that's mine. This mining has overmined the planet and undermined humanity. Thus, the emergency we face right now.

So, what do we do? I am glad I asked that question. We must go beyond the fear-based state of emergency, to a state of emergent seeing. That is where we emerge and see the genuine wealth that is all around us: the virtually infinite energy from Father Sun, the prolific nourishment Mother Earth brings us every season, the love we generate from our hearts, and the inventiveness of our minds. With this realization, we have a one way ticket out of scare city ...and we enter a state of a-bun-dance. That is where we get up off our assets, move our buns, face the music and dance together. In using our resources to create good goods and greater goodness, we can weave a web of mass construction that will make us all interdependently wealthy. Heartland Security and Purple People Power So ... how do we do this? How do we go from our habitual "every cell for itself" consciousness that has caused our current "mining disaster", to acting on the evolutionary truth that we are in reality "all cells in the body of humanity?" How do we shift from survival of the fittest to thrival of the fittingest?

First, we must move from the fear-based Homeland Security to the love-based Heartland Security, and realize our one True security is in the land of the heart. While the beliefs in our head fool us all the time, the love in our heart Is foolproof. When we face up to love, we can face down the fear. What this means in practical reality is that we Must step across the red-blue political divide that has kept us separate, and show our true colors as one purple people. Yes, we have all been wounded by polarizing politics, so let's give ourselves a purple heart, and take the

next courageous step to cohere around our shared heart core values and become ... we, the purple. I have a dream ... that the rednecks shall lie down with the blue necks, and we tune out the polarizing mainstream media, which is sadly a brainwashing machine stuck on spin. More than ever, we need forums not againtums, dialogue instead of debate. When the body politic stops mass-debating and chooses to have healthy, pleasurable intercourse, we will finally create a healthy brainchild together.

This February, we celebrate Abraham Lincoln's bicentennial, and our friend Richard Lederer (the Anagram master known as Riddler Reacher), tells us that **when we scramble the letters in "Barack Hussein Obama," we get "Abraham is back: One U.S."**

You don't have to be a Barack-backer to see that instead of relying on leaders from above, the next evolutionary step is for us to become the leaders we have been waiting for. I am Lincoln . You are Lincoln . We are Lincoln . And by linkin' together, we free ourselves from slavery to the divisive beliefs in our minds, and form a more perfect union in the land of the heart. Sure, these ideas may seem far-fetched, but we are nearer to fetching them than ever before. Remember, we are now living in a world gone sane. Change is ahead, change is afoot, and everything is changing from head to foot. Like it or not, we are destined to have heaven on earth. Might as well get used to it.

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APRIL FOOL FROM DR. STEINER

Rudolf Steiner had a very excellent sense of humor, which you may not realize from most of his lectures, which often have rather serious topics and even dire warnings. Here are a few anecdotes that illustrate his sense of humor.

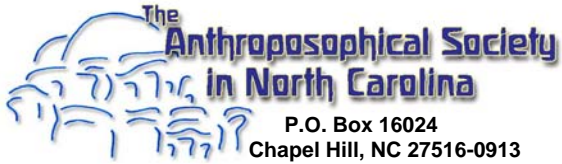
One time when an Anthroposophist woman was boasting that in an earlier lifetime she had been a Christian martyr, Steiner interrupted with: "And I was the Lion who ate you up!"

On another occasion a member asked Rudolf Steiner if one had to be a vegetarian to be on the spiritual path, to which Steiner replied: "Better to eat ham than to think ham!"

One day as Steiner was entering the home of a rather rambunctious little boy whom he was tutoring, the child greeted him with the words, "Well here comes two donkeys!" Steiner roared with laughter and loved to retell this story, because he thought it was so clever that the child had used Mathematics to make a joke.

Steiner once stated that if dogs could talk they would say: "I smell; therefore I am."

And let us not forget that in his most solemn work of Art, the Representative of Humanity, which depicts Christ standing between the figures of Lucifer and Ahriman, he has placed a "Rock Being" above all the figures, which has become known as the Cosmic Jester or Cosmic Joker, after Steiner explained that its purpose was to remind us of the element of humor in the Cosmos. It is something that we must never forget, no matter how difficult life may get. The best way to disarm Ahriman is with HUMOR.



What is Anthroposophy?



Anthroposophy, which means “the wisdom of man”, is a spiritual philosophy and path to self-knowledge, which “leads the spiritual in the human being to the spiritual in the universe”, according to its teacher, Rudolf Steiner (1861-1925). Rudolf Steiner was a brilliant “Renaissance man” from Austria who was a philosopher, scientist, artist, playwright, architect, social activist, teacher and meditator, who had a direct perception of the spiritual worlds. Anthroposophy, which is also known as Spiritual Science, teaches, among other things, the laws of reincarnation and Karma. It has a Christ-centered view of world evolution. Steiner founded the School of Spiritual Science, as well as the General Anthroposophical Society, which he described as “a union of people who desire to

further the life of the soul – both in the individual and in human society – on the basis of true knowledge of the spiritual world”. In addition to giving over 6,000 lectures most of which have been made into books, he helped to found many initiatives that are still thriving today including: the Waldorf School movement, anthroposophical medicine, biodynamic farming, and Eurythmy. Based on his indications, hundreds of initiatives have developed such as: the Curative education movement, the Camp Hill Villages for the handicapped, Weleda remedies, Dr. Hauschka cosmetics, WALA, True Botanica, Astrosophy, Rhythmical Massage, the Alliance for Childhood, The Christian Community, Anthroposophic Prison Outreach, Lazure painting, Demeter, advancements in architecture, science, social and economic reform (The Threefold Social Order, community banks), mathematics and painting. In addition, there are many publishing houses and libraries dedicated to his works throughout the world. For more information, check the national website at www.anthroposophy.org or our local website at www.anthroposophyNC.org