



The Sophia Sun

*Newsletter of the Anthroposophical Society
in North Carolina*

October 2010

Volume III, Number 6

THE VIRTUE FOR OCTOBER (Libra)

Contentment Becomes Equanimity
(Opposites: foolishness, complaining, dissatisfaction)

Michaelmas Mood

(from *The Calendar of the Soul*)

O Nature, your maternal life
I bear within the essence of my will.
And my will's fiery energy
Shall steel my spirit striving,
That sense of self springs forth from it
To hold me in myself.

Rudolf Steiner

(Translation by Ruth and Hans Pusch)



In This Issue...

From the Editor.....	2
Calendar.....	3
Study Groups.....	4-5
End of Life Workshop.....	6
Anthroposophy at the Beach.....	6
Festival of Naming.....	7
Jonathan Stedall Talk and Video.....	10
Community News.....	12
Scenes from Michaelmas.....	13
Michaelmas Poem.....	14
All Souls Day.....	15
Jubilee Sale on BD Books.....	16
Veil Painting Workshop in Mexico.....	17

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

From the Editor:

The big event this month for our community is the Festival of Naming, which will occur on October 23. While enthusiasm is high for some, others seem to agree with Romeo's line "What's in a name? A rose by another name would smell as sweet." While on the surface, this famous saying appears true, Shakespeare was actually referring to blood ties, not the significance of names, for if you look at the characters from virtually all his plays, the names are very significant: One can tell from the name of a character whether he/she is good or evil. First names or given names are associated with one's character, while the last name (which Romeo is referring to here) are associated with one's inherited name or one's bloodline. Therefore this line from Romeo and Juliet is referring to the fact that there should be no enmity between peoples just because they have different names (or colors, religions, etc.) The rose (symbolic of the soul) should be the criteria for which we choose our friends, family, etc., not our blood ties (last names).

Just as you certainly care about your own name or the name of your children, so should we have an interest in our community's name. In virtually all religions and ancient initiation ceremonies, names are very significant. In Catholicism, e.g. the parents give a name at the Baptismal ceremony and then at Confirmation, the child chooses another more spiritual name for themselves. Many initiation ceremonies from all lands involve the giving of a new name, which has a spiritual significance. Naming is very much like a sacrament.

If we count the beginning of our community as the year of the first Study group in Durham, which was in 1975, then our community is now 35 years old, the age of the Consciousness Soul. Surely it is an appropriate time for a meaningful name and a time for a great Festival to celebrate our 35th year.

What is unique about the name selection is that we have decided to reach consensus rather than do a vote. At first, I felt resistant to the idea, for I have seen too many attempts at consensus go to the will of the loudest person, or the person who was most popular or most feared. But after hearing discussions and then reading that Rudolf Steiner said "Voting has no place in the Anthroposophical Society!" I realized that this is a spiritual process and one we really need to learn and practice. It can and should be a community-building experience.

Recently, my eldest son and I were having a conversation about the Anthroposophical Society and how so many people (especially members) are attacking its very existence today. One reason they cite is the behavior of anthroposophists toward each other. My son offered an interesting thought of Steiner's, which I had never heard before that I would like to share. It was this (this is a paraphrase, not an exact quote): "By its very nature, an organization tends toward the ahrimanic, and to each organization (and that of course includes the Anthroposophical Society) there is assigned an ahrimanic archangel. The true Mission Statement of every organization is therefore, to redeem that ahrimanic archangel. This can only be done by the individual luciferic guardian angels of the members of that organization overcoming their differences between each other and learning to get along."

What interesting food for thought! This is the ultimate Manichean act that a community can perform. (Manicheanism teaches that the purpose of evil is to generate the good, and that the ultimate goal of the good is to redeem the evil ones. A famous Manichean saying is: "Good must be chiseled from the rock of evil". There is also that famous line from Faust, which Mephistopheles speaks: "I am the part of that force which would do evil evermore, and yet creates the good. ("Ein Teil von jener Karft, die stets das Böse will und stets das Gute schafft.") What better way to put this into practice than to come to consensus about an issue that has been difficult with so many different viewpoints expressed!

We hope that these thoughts will inspire more community participation, especially in this momentous task we have before us – naming our branch.

Warm regards and hope to see you at the Festival of Naming!

Kathleen Wright

ASNC and Initiatives, Oct 1 – Oct 31, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 CC SG 11-1 Asheville Soul-weaving SG-2p Goethean Conversation –3-5p W/S-YValley SG-6p WS SG 5p Pittsboro SG 6:30p Greensboro SG-7p	4 CC Steering Committee-12:30p ASNC Festivals Committee-7:15p Pittsboro SG 7:30p	5 EWS SG 8:45-9:45a Rosecroix Maritime SG 7p	6 Eurythmy Classes 8:30-10a Rose Cross Study Group-7:30p Biodynamic Study Group-7p	7 Asheville Steiner Study Group-7p	8	9
10 School of Spiritual Science-10:45a (Review-9:30a) CC SG 11-1 School of Choreocosmos 1-3 Goethean Conversation-3-5p WS SG 5p W/S-YValley SG-6 Pittsboro SG – 6:30p Greensboro SG-7p	11	12 EWS SG 8:45-9:45a	13 Eurythmy Classes 8:30-10:00a Ita Wegman SG 11a Rose Cross Study Group-7:30p	14 Asheville Biodynamic Study Group Reading to the Dead 7pm	15	16
17 CC SG 11-1 <u>Goethean Conversation</u> -3-5p WS G 5 p W/S-YValley SG-6 Pittsboro SG – 6:30 Greensboro SG-7p	18 Festivals Committee 7:30p	19 EW SG 8:45-9:45a	20 Eurythmy Classes 8:30-10:00a Rose Cross Study Group-7:30p ASNC Board Meeting-7:15p	21 Asheville SG 7-9p	22	23 Asheville Biodynamic Study Group-10a ASNC Branch Naming Festival 9:30a
24 CC SG 11-1 Completing Your End of Life Documents 1-5p Asheville Handwork Group-2p Goethean Conversation-33-5p WS G 5p W/S-YValley SG-6 Pittsboro SG 6:30p Greensboro SG-7p	25	26 EWS SG 8:45-9:45a	27 Eurythmy Classes 8:30-10:00a Rose Cross Study Group-7:30p	28	29	30

Study Groups:

Child's Needs Study Group – One Saturday a month 10 am-12 pm.; reading *The First Seven Years* by Edmond Schoorel; Please call Lauren Mills Nyland for further information – 968-7721, or mills.lauren@gmail.com

Christian Community Study Group: “Feed the Body, Feed the Soul” - Sundays 11 am-1 pm at the home of Jim and Mary Beth Mueller, 3105 Whitfield Rd., Chapel Hill. The group will spend the first hour reading and discussing and the second hour sharing a Pot Luck meal. Book: *Threefold Mary* by Emil Bock. One does not have to be a member of the Christian Community to join this group. All are welcome. Check the website for further details www.thechristiancommunitync.org or call Mary Beth at 929-9791.

The Goethean Conversation Study Group – Sundays 3-5 PM. Marjorie Spock, in her book "Group Moral Artistry", suggested substituting Goethean conversation for the reading or lecturing which many felt to be an outmoded form of Anthroposophical group life. The Goethean Conversation Study Group (formerly The Fifth Gospel study group) will begin its exploration of what Goethe considered to be the art of arts by reading Marjorie Spock's book. It meets at the home of Martha and Dirk Kelder in Chapel Hill. For more information please call 919-942-2112.

Greensboro Study Group - Sunday nights, 7 pm. Currently reading *The Fifth Gospel* by Rudolf Steiner. Contact Sandy LaGrega (336) 292-7947 or Judy Boyd (336) 454-2451.

Pittsboro Study Group - Focuses on the social question. We will be reading *Spiritual Science as Foundation for Social Forms*. The group meets at the home of Jeff Barney at 760 Millbrook Dr, Pittsboro on **Sundays at 6:30p.** Contact Jeff for more information at 919-260-0066 or email Jeff at ethicindiv@yahoo.com

Renewing the Culture of Death – See article on upcoming workshop: “Completing Your End-of-Life Documents” page 6. Please contact Jenny Bingham if you are interested in this group. The first half of the monthly meetings will be discussion, and the second half of the meeting will be around practical issues of creating a group who will be available to assist those in the community who want to care for their loved ones at home after death. Jenny Bingham : 208 Murray St., Hillsborough, NC 27278. Phone: 919-241-4304; Email: jennybingham@yahoo.com

Rose Cross Study Group – Wednesdays, 7:30 pm, at the home of Judy Frey, Currently reading *Karma of Materialism Vol. I.* Newcomers are welcome! Please give call Judy at 928-8749 before attending the first time.

Reading to the Dead Group – Thursday, October 14 - 7:00- 8:30pm. We are reading *The Inner Nature of Man and Life Between Death and a New Birth* by Rudolf Steiner. This group meets at the home of Linda Haas in the Solterra Community at 9 Blue Bottle Lane. If you like, bring a picture of your dead loved ones. There will be music, a recitation of verses by Steiner, speaking of the names of the dead and then the readings followed by a closing of music and verses. Please call 617-970-9236 for more information. Peace, Joanna Carey

The Socially Resilient Child Study Group – Tuesdays 8:45-9:45 a.m. in the second classroom in the Nursery School Building at EWS; to discuss “How can we support our children in social situations?” Contact Lauren Nyland at 968-7721 or mills.Lauren@gmail.com

Wilmington: “Rosecroix Maritime Abbey”, Tuesdays 7:00 pm at the home of Alicia Marroquin 118 S. 6th St. #B, Wilmington, NC starting October 5. Book: *Cosmic New Year* by Rudolf Steiner. For more information call Alicia at 910-874-7200 or email: maritimeabbey@gmail.com

The Winston-Salem Anthroposophical Study Group - Sundays 5-7 pm at alternating members' homes. This year we will be working on Rudolf Steiner's lectures on *The Gospel of St. John*. Our group focuses on awakening and strengthening the Christ and Sophia impulse in the world and deepening its presence in both a personal and universal way. All are welcome. Please contact Beth Bean (336) 924-8068 for further information.

Winston-Salem-Yadkin Valley Study Group -Sundays from 6-8 pm; This Study Group meets September through May, at the home of Sarah Putnam, 7719 Whitehorse Dr, Clemmons, NC. The group has just begun the book *Meditations on the Tarot*. Call 336-972-8243 for more information.

Asheville Study Groups: (see www.azaleamountain.org for more info)

Steiner Study Group – 1st and 3rd Thursdays, 7-9pm. Currently reading *The Mission of the Archangel Michael*. Contact Todd Crowe at 828-216-3226 or email: oddwitha_t@hotmail.com

Soul-Weaving Study Group for parents - 1st Sunday of the month, 2-4pm; contact Elizabeth Gilbert at 828-296-8323

Biodynamic reading group - 2nd Thursday, reading group and 4th Saturday 10-12am hands-on in the garden.

Handwork Group – 4th Sunday of the month 2 pm; contact Emily Ankeney for location 828-505-1566

New Group Forming in Durham :

Ita Wegman Study Group – We are hoping to meet on 2 Wednesdays per month from 11-12:30 and end with lunch. **Start-up date October 13**. As most of you know, Ita Wegman was a very important member of the Anthroposophical Society. Rudolf Steiner considered her to be the co-founder and co-leader of the School of Spiritual Science. But due to jealousies and prejudices against her, she was asked to leave the Society in 1935. Rudolf Steiner had foretold that if the “witch hunts” against her did not stop, it would destroy the Anthroposophical Society and it nearly did. Although the Society later apologized and admitted its error, the effects of the split that resulted because of that unfortunate deed resonate even today. How can we aright the wrong that was done to Ita Wegman and heal the Karma of our Society? We shall read works by Dr. Wegman and about her. Call Kathleen Wright if interested at 309-9622 or 672-0149 or email: sophiasun@peoplepc.com

Study Group Leaders: Please keep your information updated. Send any new information about your Group to: Linda Folsom @ lfolsom@nc.rr.com or call her at 493-8323. Don't see any groups that interest you? Why not start your own? Just write the editor for information about starting a new group: sophiasun@peoplepc.com

**Completing Your End-of Life Documents:
A Workshop with Carol Yongue
October 24 and November 7
1-5 PM**

The Renewing the Culture of Death Group will be sponsoring a workshop on completing end-of-life documents. The workshop leader is Carol Yongue, an end-of-life guide and home funeral educator who has been working for many years in Asheville.

The workshop will be in a casual group setting. Participants will complete the 5 end-of-life forms and have them notarized by the end of the workshop.

The fee and place have not been determined as of this writing. Please contact Jenny Bingham before October 10 if you are interested: jennybingham@yahoo.com or call 919-241-4304

**ANTHROPOSOPHY AT THE BEACH APRIL 1-3:
PLEASE SIGN UP NOW !!!**

Please mark your calendars and start making plans because ASNC is renting a house on the beach (probably in Wilmington) for a spiritual and fun retreat the weekend of April 1-3. The theme for the weekend will be the theme of the year: "The Destiny of the I in the Age of the Etheric Christ".

There will be a talk on the theme, readings from a few lectures, discussions, artistic presentations, all still to be worked out. Participants will also take turns preparing meals. There will be time for long walks on the beach and evening sing-alongs.

We will try to keep the cost as low as possible, knowing how tight budgets are these days. The cost is dependent on the number of people who will attend, so we need to know in advance how many will be coming. ASNC member Anna Bowman, who is a realtor in Wilmington, will get us a house just the right size for our group and the cost will be divided equally among the participants. Then of course there will be a food charge. Since we will make most of the meals ourselves, we will divide that cost as well. If you have any special dietary needs, please let us know. Added to this, will be a small fee for the artists. Spouses and friends are welcome. Special rate for those sharing a room.

If you would like to come please contact **Kathleen Wright at 309-9622 or email her at sophiasun@peoplepc.com**

.....

Have you voted yet?

Members of the General Anthroposophical Society have received ballots in the mail regarding proposed changes in the By-laws. Please send in your ballot as soon as possible. All ballots must be received before the Annual General Meeting on October 17. You may also vote on line. To read the current by-laws and the proposed changes, simply go to the Society's website www.anthroposophy.org and follow the links to the vote. It is important that every member participate, so please send your ballot in today if you haven't already done so. Thank you!

Attention All ASNC Members!
Please Come to our Branch's
Festival of Naming
Saturday, October 23rd
9:30 AM
The Richards' Room
EWS High School
Free catered Lunch!
RSVP by October 20!!
919-537-8142 or email: mcarmody@nc.rr.com

From the Board:

Over a year ago, Kathleen Wright asked the ASNC Board to consider a name change for two reasons: First, the name Anthroposophical Society in North Carolina implies that we are a statewide organization. Traditionally, anthroposophical groups and branches are citywide, not statewide. The only exceptions to the rule are Rhode Island, which is a very tiny state and New Hampshire, whose groups are all located within an hour of each other. While there were just a couple of small groups in NC at the time ASNC was incorporated, there are now many groups in the state, one in particular which is on the way to becoming a branch. Kathleen felt it was no longer appropriate for us to be calling ourselves ASNC, as it implies that all the groups in the state are under our jurisdiction. (Others on the board contend that persons in other areas of the state have chosen to become members of our branch and therefore it was appropriate.) Secondly, Kathleen stated that Rudolf Steiner had hoped that groups and branches would choose meaningful names that are significant for the spiritual work of their community, not simply a geographic locale. During his lifetime, Steiner himself named many groups. Therefore, it was proposed that members discuss what Beings might be suitable for our community.

When we began discussing this at our monthly branch meetings last year, people expressed other concerns about the name ASNC. We have discussed reasons to change it, reasons not to change it and what "it" actually is. We would like to bring these discussions to a close on **Saturday, October 23** at a "**Festival of Naming.**" We will begin at **9:30 am** in the **Richard's Room** at the EWS High School and meet until a consensus is reached by those present about a name. **A free catered luncheon will be provided for all who RSVP by Wed. Oct. 20 to Peg Carmody (919-537-8142) or mcarmody@nc.rr.com**). Please let her know when you RSVP if you have any dietary requirements.

The ASNC Board has decided not to change the name of the legal corporation, "The Anthroposophical Society in North Carolina" for the time being. We honor and recognize the intention of the founders of ASNC to be a statewide nonprofit organization. Our members live all over the state. The name we will decide on October 23rd will be the name we use in connection to the ASA and the General Anthroposophical Society in Dornach; a "spiritual name", so to speak, that we hope inspires and connects current members to current and future intentions and work.

The Process For Choosing the Name

The meeting will begin at 9:30 a.m.. We will discuss the process of selecting the name, read the name choices and the reasons for them. Members will be then be asked

to write their top five preferences on 5 cards. Each of the 5 choices must be different. If a person only connects to two names, then they may only give in two cards. After this, a snack break will take place, during which the cards will be sorted and names tallied. The results will be put on the board and a process of elimination will take place, based on the number of votes each name got. A discussion of the names will take place, and another narrowing of the choices will be made. There will be a lunch break. Further discussion and narrowing of the choices will continue until one name is left.

The ASNC Board has chosen consensus as the method of choice for this decision so that we come together as a group in respect and understanding for each others' vision of our work together. We hope each person shares his/her insight and enlarges the view each of us holds about our group. From this common understanding, we will then agree on a common name. We ask that you bring an open mind and heart for the process. It may be that individuals will need to set aside their own personal desires once they understand and can support a name different from that desire but consonant with a new vision they form that day as a result of our conversations. For this reason, we ask that you commit to being there for the whole process from the beginning. If you cannot attend on the 23rd, you may send a suggestion for a name and about 25 words why you think it is appropriate to Peg at mcarmody@nc.rr.com or to her home: 11 Bolin Hts., Chapel Hill, NC 27516. The suggestion will continue to be discussed as long as enough people present on the 23rd wish to consider it.

If you have any questions regarding this process, please contact any of the ASNC Board members: Peg Carmody (919-537-8142), Nancy Willson (919 493-1091), Kathleen Wright (919 309-9622, Suzanne Mays (919-929-1073), Margaretta Bornhorst (919- 824-7337) and Will Hicks (336- 599-5938).

Hope to see you on the 23rd!

Warmly,

Peg Carmody for ASNC Board

Name Choices So Far:

We solicited suggestions for names in August over our computer list-serve, and in the September edition of the Sophia Sun. The names sent in and the reasons given by the sender are (in alphabetical order):

ASNC (Anthroposophical Society in North Carolina)- Not prosaic or sentimental, not emulating the qualities of a lofty namesake, tells what and who we are, and what we do best.

Central North Carolina Rudolf Steiner Branch- helps the general public find that the branch is identified with anthroposophy because Rudolf Steiner's name is directly linked to anthroposophy-spiritual science.

Curative Communities in North Carolina- Individual and communal unfolding is basically curative in nature; this applies to education, medicine, agriculture, arts etc...

Kaspar Hauser - I see his soul lesson in many of our members: he came to earth with a great mission, but was thwarted & outwardly appeared to fail. Spiritually, he achieved much; earthly success will come at a later time.

The Michael-Sophia Anthroposophical Branch of North Carolina – Just a possibility.

North Carolina Rudolf Steiner Branch- because our community has a strong connection with Steiner's work as seen by all the study groups that have been going now for 35 years.

The "Parcivilians"- "Parzival" epitomizes where we have been, where we are now, and where we are going as individuals and community. We are all searching. We are all legendary.

Parzival - as representative of the Consciousness Soul age; our community embodies this consciousness soul very strongly in its positive and negative aspects. Name isn't controversial i.e. he comes for ALL humanity and isn't affiliated with East or West, Platonic or Aristotelian, etc.

The Parzival Community of Central N.C. "A brave man slowly wise...." Community working and learning together, reaching out to one another, beginning awareness of empathy and self-less love. We seek wisdom, as did Parzival, not in our heads but from our hearts.

Rudolf Steiner Healing Society in North Carolina Branch (optional tag line) ...enthusing the individual and the community- Steiner's well-known quote about the healing social life speaks to the heart of his work and expresses a global mission.

St. John the Beloved- many in our community are devoted to him in his incarnations as the Beloved and as Christian Rosenkreutz. We are living his Apocalyptic message now and our community strongly feels this.

The Twelve Peasants (from the story in the Mystery Dramas) - the peasants represent the 12 points of view and as a result, the peasants cannot make up their minds. It represents the diversity in our branch and shows a sense of humor that we have such difficulty agreeing about issues.

The Uriel Branch – Uriel is the guiding archangel of America, as well as the 4th 7-year period of Steiner's life, which was concerned with community and the Threefold Social Order. This cycle was cut short by Steiner's untimely death.

.....

"May the truth of the spiritual life be strengthened ever more and more in our own souls and reveal itself, in that when we are not together in space, we are still together, together through the fact that there lives in us the genuine enthusiasm which can light up our souls from an open-hearted and loving experience of our truth, together with a genuine, honest feeling of responsibility for what is to us so sacred and so necessary for the world. If we feel thus, we shall be always together in the Spirit. Whether guided by our karma, we be together in space, or whether our karma scatters us spatially for a while to our various occupations in life, we are still certainly together if we are joined by our enthusiasm and our feeling of responsibility. If we are, then we may have hope, trust and confidence in the future of our Movement; for it will then enter into our civilization, into the spiritual development of humanity, even as it ought to do; it will so find a home in it that we may perceive our Anthroposophy as a whisper out of the spiritual world, bringing warmth into our hearts... Let us endeavor through this spiritual community of ours to become so capable ourselves, that so far as in us lies, what ought to happen, what must happen, shall happen through us." (R. Steiner August 13, 1913

JONATHAN STEDALL DISCUSSES HIS PLANS FOR STEINER VIDEO

By Kathleen Wright

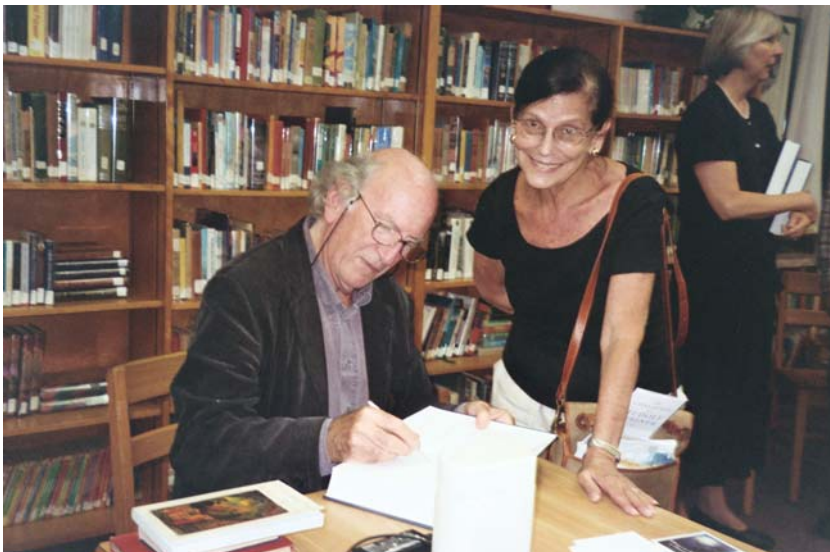
BBC documentary videographer Jonathan Stedall has been making a three-week tour of the US, selling his new book *Where on Earth is Heaven?* and drumming up interest and capital for his upcoming film on the life and legacy of Rudolf Steiner. Two ASNC members, Margareta Bornhorst and Kathleen Wright, drove up to Washington DC on Sunday, September 26 to hear Jonathan speak at the Washington Waldorf School in Bethesda, Maryland. Approximately 40 persons attended the lecture and video presentation there. Stedall's book sold out before all who wanted it could purchase it.

Jonathan began his talk with a favorite quote of his: "Writing a book is an opportunity to say something without being interrupted." He told the audience that his goal in making documentaries has been to show "ordinary people doing extraordinary things". These are the kind, simple, courageous people whom we rarely see on the news. He told us that the title of his book "*Where on Earth is Heaven?*" came from an actual question that his 7 year old son (now in his 30's) asked him long ago. The question stuck with Jonathan and he has spent the last 30 years trying to formulate the answer, which is the content of the book. It does not, however contain any maps, he joked, as someone inquired of him recently. An ad about the book states that it is "a personal journey that mirrors the remarkable upsurge of interest in spirituality today. Themes addressed include the evolution of consciousness, the seven phases of life, reincarnation and karma, life after death, eternity and infinity the seven phases of life, reincarnation and karma, life after death, eternity and infinity, angels and demons, creation and creativity, and the age-old saying "As above, so below".

Stedall remarked that the greatest influences on his life have been British Poet Laureate John Betjeman and anthroposophical physician Thomas Weihs. He made a documentary called "Time With Betjeman" in 1983 and he made several films about Camphill Villages, of which Thomas Weihs was one of the founders. Stedall remarked that Thomas Weihs left Germany in 1938, the same year Stedall was born.

A book that has greatly inspired Stedall was Paul Hawken's *Blessed Unrest*.

Following his introductory remarks, the audience was treated to a documentary of Stedall's works: favorite scenes from his greatest documentaries. It was called "Faith,



Hope and Love as Celebrated in the Films of Jonathan Stedall". The films highlighted in this documentary were: The Story of Carl Gustav Jung, Second Sight, All Africa Within Us, The Seven Ages, The Abbey, Tolstoy: From Rags to Riches, Gandhi's India and Candle on the Hill (about the Camphill Villages). It must have

been difficult for Jonathan to narrow down his favorites as he has made over 150 documentaries! Several persons in the audience remarked how impressed they were with the actual archival footage of Tolstoy's life, death and funeral, which Stedall managed to get from the Kremilin.

Jonathan Stedall then talked about his plans for the Rudolf Steiner film, which will be called "The Challenge of Rudolf Steiner". Jonathan plans to start shooting early next year. He has a few colleagues in Britain who are supporting this endeavor. He plans to make two 50-minute films about Steiner. The first will be about his life; the second about the works that have come about in the world because of him. Jonathan intends for this film to be aired on PBS and the BBC; it will come out on DVD and on the Internet and hopefully, will be shown film festivals and Art Houses. . He hopes to raise \$375,000, which is his estimated budget for the project. He will film all over Europe and in the US. In November, he will go to Weimar and Berlin to begin the task.

A question and answer period followed this. someone asked Jonathan what he thought of television today and he remarked how terrible it is that the TV stations underestimate the audiences and insult their intelligence. He also finds the fast pace of most shows as very disturbing.

Another participant asked Jonathan how he found out about Anthroposophy. He said that at the age of 21 an editor he was working with had children in a Waldorf school. They told him about the school's philosophy and methods and it piqued his interest, so he went to Michael Hall to visit. There he met Francis Edmunds. At the age of 28, he spent a Foundation Year at Emerson and even toyed with the idea of making a career in anthroposophical endeavors, but then decided that his path was to be out in the world as a documentarian. He has supported the work of anthroposophical endeavors through his films. He sited one called "In Defence of the Stork" which he made about Thomas Weihs's studies on embryology and the Story of Creation.

We look forward to seeing Jonathan Stedall's crowning achievement which he has wanted to film for over 40 years: *The Challenge of Rudolf Steiner*.

For more information, go to the website: www.rudolfsteinerfilm.com or go to www.jonathanstedall.co.uk

If you wish to help support the project financially, please send your tax-deductible donation to The Triskeles Foundation (earmarked for Steiner Film Fund) and mail it to:

The Triskeles Foundation
707 Eagleview Blvd.
Suite 105
Exton, PA 19341
Telephone: 610-321-9876
Email: info@triskeles.org

The USA contact for the Steiner film is Gene Gollogly at 212-414-2275 Ext. 11
 email: gene@steinerbooks.org

Here in North Carolina, It is our intention to have the film shown at the Carolina Theater, the Varsity Theater and we are open to suggestion of other venues. We will do extensive advertising, especially at our many local universities.

(Editor's note: In last month's Sophia Sun, we erroneously reported that Stedall's film on Steiner was due out in the coming year due to a miscommunication we received. We apologize for the wrong information and hope this article arights that error.)

EURYTHMY FOR ADULTS
With Eve Olive
Wednesdays 8:30 am-10:00 am
In the Eurythmy Room
Of the Emerson Waldorf School
Starting September 25, 2010
\$10. per session

Later in the semester we will be joined by Aileen Niessen, a eurythmist from Dornach, who will co-teach the class. This should be a real treat. I hope that some of you can join the dedicated band of parents at the Emerson Waldorf School.

For more information, call Eve Olive at 489-2564

It's Raining Baby Girls
For ASNC Members and Friends!

Last month, Rev. Patrick Kennedy and his wife Kate announced the birth of Maeve Ellen Kennedy, who was born to on August 5. She has since been baptized by Rev. Nora Minassian.

On September 15, Waldorf teacher Ben Trueblood and his wife Stephanie welcomed Lily Trueblood at 12:07 AM. She weighed 8 lbs. 5 oz.

On September 17 at 2:50 AM, Ella Julia Barney was born to Chef Jeff Barney and Cameron Ratliff.

On September 19 Kathleen and Bob Wright's nephew Brett welcomed daughter Regan into the world.

And it's not over yet...Robert and Suzanne Mays are expecting a new Granddaughter at the end of the month, thanks to Zephyr's wife, Jessica.

Congratulations to these proud parents and Grandparents and best wishes to all these little ladies!

Jeff Barney Featured in *Cooking Light* Magazine

New papa Jeff Barney has something else to be proud of: the October issue of *Cooking Light* magazine has an article "Eating in Raleigh-Durham-Chapel Hill, North Carolina" on pages 104-111, which features Jeff's Saxapahaw General Store. The article states:

"Butcher Jeff Barney brought fine dining way out into the country – and into and old, no-frills gas station 17 miles west of Chapel Hill – when he opened Saxapahaw General Store (saxgenstore.com) in 2008. The day's menu will likely be a mystery until you arrive, but expect dishes like hearty chickpea succotash or burgers made from goat raised just down the road."

Scenes from Michaelmas 2010



Herb Slapo and Margaretta Bornhorst



Suzanne Mays and Ron Evans



Joanna Carey and Suzanne Mays play the lyre.



Speech artist Bruce Bornhorst recites poem.



Carol Ann Williamson leads the Eurythmy with a drum. Participants do Eurythmy.

Over 20 people attended Michaelmas in the Richards Room in the High School. It began with a Potluck. There was lyre music, Eurythmy to G.K. Chesterton's poem about Michael, reading of Steiner's lecture about a Michael festival, and singing led by Joanna Carey.

To St. Michael in Time of Peace

G.K. Chesterton

Michael, Michael: Michael of the Morning,
 Michael of the Army of the Lord,
 Stiffen thou the hand upon the still sword, Michael,
 Folded and shut upon the sheathed sword, Michael,
 Under the fullness of the white robes falling,
 Gird us with the secret of the sword.

When the world cracked because of a sneer in heaven,
 Leaving out for all time a scar upon the sky,
 Thou didst rise up against the Horror in the highest,
 Dragging down the highest that looked down on the Most High:
 Rending from the seventh heaven the hell of exaltation
 Down the seven heavens till the dark seas burn:
 Thou that in thunder threwest down the Dragon
 Knowest in what silence the Serpent can return.

Down through the universe the vast night falling
 (Michael, Michael: Michael of the Morning!)
 Far down the universe the deep calms calling
 (Michael, Michael: Michael of the Sword!)
 Bid us not forget in the baths of all forgetfulness,
 In the sigh long drawn from the frenzy and the fretfulness
 In the huge holy sempiternal silence
 In the beginning was the Word.

When from the deeps of dying God astounded
 Angels and devils who do all but die
 Seeing Him fallen where thou couldst not follow,
 Seeing Him mounted where thou couldst not fly,
 Hand on the hilt, thou hast halted all thy legions
 Waiting the Tetelestai and the acclaim,
 Swords that salute Him dead and everlasting
 God beyond God and greater than His Name.

Round us and over us the cold thoughts creeping
 (Michael, Michael: Michael of the battle-cry!)
 Round us and under us the thronged world sleeping
 (Michael, Michael: Michael of the Charge!)
 Guard us the Word; the trysting and the trusting
 Edge upon the honour and the blade unrusting
 Fine as the hair and tauter than the harpstring
 Ready as when it rang upon the targe.

He that giveth peace unto us; not as the world giveth:
 He that giveth law unto us; not as the scribes:

Shall he be softened for the softening of the cities
 Patient in usury; delicate in bribes?
 They that come to quiet us, saying the sword is broken,
 Break man with famine, fetter them with gold,
 Sell them as sheep; and He shall know the selling
 For He was more than murdered. He was sold.

Michael, Michael: Michael of the Mustering,
 Michael of the marching on the mountains of the Lord,
 Marshal the world and purge of rot and riot
 Rule through the world till all the world be quiet:
 Only establish when the world is broken
 What is unbroken is the word.

Coming in November...

**All Soul's Observance
 And Pot Luck
 Saturday, November 6
 4 PM
 At Marie Nordgren's Home
 Mark your calendars now.
 More details in our next issue!**

**Annual General Meeting
 of the Anthroposophical Society in America
 and Conference:**

**TRANSFORMING SOCIAL CAPACITIES THROUGH
 SPIRITUAL EXPERIENCES OF NATURE
 OCTOBER 15-17, 2010
 AT THE CHICAGO WALDORF SCHOOL**

**Sponsored by the Chicago Waldorf School and the Natural Science Section
 and the Section for Social Sciences of the School of Spiritual Science
 Speakers include: Gunther Hauk, Jennifer Greene and Kim Snyder-Vine**

For more information, go to the Society's website: www.anthroposophy.org

JUBILEE HAS SALE ON BIODYNAMIC BOOKS

Dr. Mark Eisen has announced that he has received a special shipment of Biodynamic books that he will be offering at a big discount. Stop by Mark's office at 900 Martin Luther King Jr. Blvd. to view the books.

Among the titles are: *Chromotography Applied to Quality Testing* (\$7.00); *Readings in Goethean Science* (\$5.75), *Earth, Plant and Compost* (\$9.50), *Essentials of Nutrition* (\$14.00), *Dynamics of Nutrition* (\$14.00), *Earth and Man* (\$10.50), *The Plant* Vol. I and II (\$9.50 each). *Rudolf Steiner on Nutrition and Stimulants* (\$14.00), *Planetary Influences* (\$9.50), *Farms of Tomorrow-Revisited* (\$12.00), *In Partnership with Nature* (\$9.00) and *Culture and Horticulture* (\$12.50)

This is not a complete list. If interested in Biodynamics, you should definitely take this opportunity to get some great bargains, hurry down to Jubilee before they are sold out! Dr. Mark also has BD preps available at his practice as well.

Borrowing Books from our Phoenix Library

ASNC's library, which has well over 500 books, magazines, articles, and DVD's is housed at them home of Judy Frey. Donations to the library are always welcome. Simply contact Judy or our Board President, Peg Carmody.

1. You must be a member of the ASNC community in order to borrow books from the Phoenix library. Contact Peg Carmody if you wish to join our community at mcarmody@nc.rr.com or call 537-8142.
2. The best way to borrow is to visit the library directly. Call Judy in advance to make an appointment at 919-928-8749.
3. You can order books by phone or email, and Judy will mail them to you if you send the postage. Check with Judy for the rate. Judy's address is:

**Judy Frey
55207 Broughton
Chapel Hill, NC 27517**

4. The catalog of books will be on our website www.anthroposophync.org soon.

IMPORTANT NOTE:

Many people borrowed books at our Annual General Meeting in March, but very few have been returned. Also, several were borrowed during the Holy Nights that still have not been returned. The national Rudolf Steiner Library has a three-month limit on books and that is a fair amount of time. People tend to forget about the books they have borrowed if they wait longer than that. If you have a book out, please return it as soon as possible. If you do not have the time to drive out to Judy's, then please mail the books back. (See address above)

**FIVE-DAY VEIL-PAINTING
WATERCOLOR WORKSHOP
With Lois Schroff
February 7-11, 2011
on the Pacific Ocean
at Barra de Navidad, Jalisco, Mexico**

“**Veil Painting**,” for those unfamiliar with the term, is often referred to as “glazing” and is a particular technique whereby multiple layers (veils) of colored pigment are applied to dry paper or canvas. I teach the use of fluid watercolor paints on stretched watercolor paper that I learned in England and later in Holland when I studied painting as therapy with Liane Collot d’Herbois. (See my book, *Color, its Relationship to Soul and Spirit*, or my DVD, *Spirit in Watercolor*. Both available from me at the workshop or from Rudolf Steiner College Bookstore (916/961-3722) or (bookstore@steinercollege.edu).

Classes will run from 10:00am to noon, (2hour break) and resume from 2:00 to 4:00 daily from Monday, February 7 through Friday, February 11, 2011 in the sleepy old town of Barra de Navidad. They will be held at my home--only two blocks from the ocean. An easy walk to the beach allows excellent views of the Pacific where we will study sunsets, relating them to Goethe’s *Theory of Colors*. Class is limited to 12 students.

A list of nearby hotels (rates approx. \$25/night up) will be emailed upon registration. A computer search of hotels is recommended. Plan to arrive at least by 5:00pm on Sunday, February 6. This will be the high season so the earlier you reserve, the more likely you will be to obtain the hotel of your choice. Most hotels are within easy walking distance of the center of town (where I live and where we will be painting). It is unlikely that you will need a car. Taxis (about \$35US) are available at the Manzanillo airport for the thirty-minute trip to Barra.

Cost of the workshop is \$300US. Additionally, your costs will include airfare, taxis, tips, food, lodging, and art supplies. A list of art supplies will be provided upon registration.

The weather in February is delightful—80-degree days, 60s at night—little rain. I recommend summertime beachwear, sunglasses, hat and windbreaker. Shoes can be flip-flops, but stable enough to withstand cobblestones and broken sidewalks—whatever is comfortable. We do a lot of standing while painting, so please consider that. Of course, there are many interesting things to buy—jewelry, clothes, hats, shoes and handmade artesanias in Mexican **COLORS**. Local water taxis can be rented for exploration of the area.

If coming from outside of Mexico, you will need a passport. The closest airport is Manzanillo—about 20 minutes from Barra. Your credit card or check is not accepted everywhere. This is a cash society. Bring Traveler’s checks in \$100US denominations. There are many ATMs and banks. I recommend trip insurance.

To register: Mail check for **\$300US** made **payable to Lois Schroff** to:

Calle Allen Lloyd
149-89, El Parque Condos,
San Antonio
Tlayacapan, Jalisco, 45915,
Mexico.

It will arrive in a week or two. Questions? lois.schroff@gmail.com or my Virginia Vonage number 703/880-8831. Upon request, there will be a full refund (less \$50 handling fee) prior to 12/1/10, and half refund (less \$50) between 12/1 and 12/15. After 12/15, refunds only if your spot can be filled by someone else.

I look forward to seeing you on the delightful Pacific coast of Mexico!

-Lois Schroff



P.O. Box 16024
Chapel Hill, NC 27516-0913

The Sophia Sun

P.O. Box 16024
Chapel Hill, NC 27516
www.anthroposophyNC.org

Editor.....Kathleen Wright

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 view the newsletter electronically by visiting our website www.anthroposophyNC.org. If you wish to receive the newsletter by email, please write to the editor at: sophiasun@peoplepc.com **Note:** On line, the newsletter is in color; mailed copies are in black and white. To receive the newsletter by Postal service please contact the editor. **Cost is \$20. a year for members and \$40 for nonmembers.**

Submitting articles, letters, announcements and ads:

Please send UNFORMATTED text in Microsoft Word to sophiasun@peoplepc.com.

Articles should not exceed 3 pages in length, and preferably should be 1-2 pages long.

Ads for goods and services: Dues-paying members of the Anthroposophical Society in North Carolina are entitled to one free ad per year (quarter of a page). Please contact the editor for rates if you are not a member and wish to place an ad.

If you have any questions, please contact: **Kathleen Wright, at 919-309-9622 or 919-672-0149 or email her at sophiasun@peoplepc.com**



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