



# The Sophia Sun

Newsletter for the  
Rudolf Steiner Branch (NC)  
Of the Anthroposophical Society in America

November 2010 Volume III, Number 7

## The Virtue For November (SCORPIO)

PATIENCE BECOMES INSIGHT  
*(Opposites: PRIDE, MEAN-SPIRITEDNESS)*

### Calendar of the Soul

32<sup>nd</sup> week (November 10-16)

I feel my own force, bearing fruit  
And gaining strength to give me to the world.  
My inmost being I feel charged with power  
To turn with clearer insight  
Toward the weaving of life's destiny.

*Rudolf Steiner*



*St. Martin and the Beggar*

### *In This Issue...*

Calendar.....	2
Calendar Details.....	3
Study Groups.....	4
All Souls' Observance.....	6
Christian Community News.....	7
Announcements.....	8
Ita Wegman Study Group.....	9
News from Tammy in China.....	10
New Name for our Branch.....	11
Report from Waldorf Teacher.....	13
Revelations About Dying Old and Young.....	14

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

## Calendar of Events November 1-30, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> EWS SG 8:45-9:45a CC Steering Committee-2p Roscroix Maritime SG 7p	<b>3</b> Eurythmy Classes 8:30a Rose Cross SG-7:30p	<b>4</b> Asheville Steiner SG-7p	<b>5</b>	<b>6</b>
<b>7</b> CC SG and Potluck-11a 22Goethean Conversation SG-3p Asheville Soul-Weaving SG-2p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	<b>8</b>	<b>9</b> EWS SG 8:45-9:45a Near Death Experience SG-7p Roscroix Maritime SG – 7p	<b>10</b> Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:30p	<b>11</b> MARTINMAS Asheville Bio-dynamic SG-10a Festivals Committee Meeting-7:30p	<b>12</b>	<b>13</b> EWS Yard Sale 8a-12n
<b>14</b> Meeting of the First Class-10:00a (Review follows) CC SG and Potluck-11a The Goethean Conversation SG-3p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	<b>15</b> ASNC Board Mtg-7:30p	<b>16</b> EWS SG 8:45-9:45a NDE SG-7p Roscroix maritime 7p	<b>17</b> Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:30p	<b>18</b> Asheville Steiner SG-7p Reading to the Dead 7:15 p	<b>19</b> CC 101 Conversation-7:30p	<b>20</b> CC Public Priest Talk-7:30p
<b>21</b> CC Act of Consecration of Man-10:30a The Goethean Conversation SG-3p Asheville Handwork SG-2p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	<b>22</b>	<b>23</b> EWS SG 8:45-9:45a Roscroix Maritime – 7p	<b>24</b> Rose Cross SG-7:30p	<b>25</b> <b>Thanksgiving Holiday</b>	<b>26</b>	<b>27</b>
<b>28</b> CC SG and Potluck-11a The Goethean Conversation SG-3p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	<b>29</b>	<b>30</b> EWS SG 8:45-9:45a Roscroix Maritime 7p				

## Calendar Details: November 2010

### Rudolf Steiner Branch (NC)

**Nov. 6 - All Soul's Observance** at Marie Nordgren's. See article on page 6 for further details.

**Nov 11, 7:30p – ASNC Festivals Committee** meets at the home of Peg Carmody. Please join us if you are interested in continuing to bring the Festivals to our community. For more details contact Peg Carmody at 919-537-8142 or [mcarmody@nc.rr.com](mailto:mcarmody@nc.rr.com)

**Nov 14, 9:30a – The School for Spiritual Science, Meeting of First Class.** New Times begin this month! 10:00am - Class Lesson 3. Following a 5 minute break, we will have Conversation. For more information, please contact Suzanne Mays at 919-929-1073 or [mays@ieee.org](mailto:mays@ieee.org).

**Nov 15, 7:30pm - ASNC Board Meeting** – Meeting at the home of Board President Peg Carmody. For more details contact Peg Carmody at 919-537-8142 or [mcarmody@nc.rr.com](mailto:mcarmody@nc.rr.com). To contact the ASNC by mail: PO BOX 16024, Chapel Hill, NC 27516.

### Christian Community

**Nov 2, - 2p - Christian Community Steering Committee meeting** at the home of Mary Beth Mueller.

**Nov. 19-21** - Priest visit. See article on page 7 for details.

### EWS

**Nov 13 - 8am-12noon - EWS Yard Sale:** the high school senior class is holding a yard sale at Lockhart's Trading Post on Saturday, November 13 from 8:00 a.m.- 12:00 p.m. If you are cleaning out for the holidays, please consider donating good usable furniture, household goods, working small appliances, good books, purses, jewelry, sports equipment, artwork, pottery, antiques, and interesting curios. (No clothing please.). Please contact Kelley Wiley ([emersonian@emersonwaldorf.org](mailto:emersonian@emersonwaldorf.org)) or Peter Moyers ([papamoyers@gmail.com](mailto:papamoyers@gmail.com)) to arrange where to bring your donations by Friday, November 12. For information about other EWS events, please see the detailed school calendar at: <http://www.emersonwaldorf.org/community/calendar/>

### Other Activities of Interest:

**Nov 16, 7p - NDE Study Group** - a once-a-month study group, on the 2<sup>nd</sup> Tuesday of the month, for near-death experiences (NDEs). the Raleigh/Durham Friends of IANDS group, part of the International Association for Near-Death Studies. This is part of our research work in the fields of consciousness studies, neuroscience and NDEs. We welcome all people who are interested in NDEs, especially those who have had an NDE are invited to share their experience with the others. At the home of Robert and Suzanne Mays, 5622 Brisbane Dr, a few miles north of Chapel Hill, just north of I-40, off Mount Sinai Road. See this Google map for directions. For more information, please call us at 919-929-1073 or [mays@ieee.org](mailto:mays@ieee.org). Our meetings for the remainder of the year will be: November 16, December 7, January 11, February 15, March 15, (no meeting in April), May 10, and June 14.

## 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](mailto: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](http://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 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 at (336) 292-7947 or Judy Boyd (336) 454-2451.

**Ita Wegman Study Group** – Wednesdays 11 am at the home of Kathleen Wright. First reading: “On the Work of Michael” by Ita Wegman; then: *Rudolf Steiner’s Mission and Ita Wegman* by Margarete and Erich Kirchner-Bockholt. This group studies the writings of Ita Wegman as well as her life. For more information, call Kathleen at 309-9622 or email at [sophiasun@peopelpc.com](mailto:sophiasun@peopelpc.com)

**Reading to the Dead Group – Thursday, November 18 - 7:15 pm.** We are reading *The Inner Nature of Man and Life Between Death and a New Birth* by Rudolf Steiner. 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 Joanna Carey at 919-403-7060 or 617-970-9236 for more information.

**Renewing the Culture of Death** – Meets once a month. 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](mailto: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.

**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: “Roscroix Maritime Abbey”**, Tuesdays 7:00 pm at the home of Alicia Marroquin 118 S. 6th St. #B, Wilmington, NC. Book: *Cosmic New Year* by Rudolf Steiner. For more information call Alicia at 910-874-7200 or email: [maritimeabbey@gmail.com](mailto: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](http://www.azaleamountain.org) for more info)**

**Steiner Study Group** – 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 7-9pm. Currently reading *The Mission of the Archangel Michael*. Contact Todd Crowe at 828-216-3226 or email: [oddwitha\\_t@hotmail.com](mailto:oddwitha_t@hotmail.com)

**Soul-Weaving Study Group** for parents - 1<sup>st</sup> 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** – 4<sup>th</sup> Sunday of the month 2 pm; contact Emily Ankeney for location 828-505-1566

**Study Group Leaders:** Please keep information about your group current. Send any new information about your Group by the 20<sup>th</sup> of the month preceding publication to: Linda Folsom @ [lfolsom@nc.rr.com](mailto: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](mailto:sophiasun@peoplepc.com)

**REMEMBRANCE OF THE DEAD:  
ALL SOUL'S OBSERVANCE  
NOVEMBER 6<sup>th</sup> at 4PM  
AT MARIE NORDGREN'S**



All are welcome to attend the annual All Souls Day gathering to remember our Loved ones who have crossed the Threshold. It will take place on **Saturday, November 6th at 4 PM** at the home of Marie Nordgren. The program will be a simple one:

music, a short talk and candle lighting for those who have died in recent years. If you would like to bring a picture of your loved ones who have passed, feel free to do so.

Following the observance, there will be a Soup and Bread Dinner provided by the Festivals Committee.

For more information, please contact Marie at **544-9184** or email her at [amnordgren@aol.com](mailto:amnordgren@aol.com). Her address is

**3928 Hope Valley Rd.  
Durham 27713**

### Verses for the Dead

May love of hearts reach out to love of souls.  
May warmth of love ray out to Spirit-Light.  
Even so would we draw near to you  
Thinking with you the Love of Worlds,  
Consciously at one with you,  
Willing in silent being.

- *Rudolf Steiner*

We were united with you.  
Stay now united in us.  
So shall we speak together  
In the language of eternal Being  
So shall we work together  
Where deeds find their fulfillment.  
So shall we weave in the Spirit  
Where human thoughts are woven  
In the word of eternal Thought.

-*Rudolf Steiner*

## **CHRISTIAN COMMUNITY ANNOUNCES NEW PRIEST VISIT NOVEMBER 19-21**

Rev. Craig Wiggins will be our visiting priest in November. Both Nora and Patrick have other commitments this month, but we look forward to welcoming Craig to our community.

Rev. Wiggins has been working in Devon, PA since Advent 2009. Born in Missouri in 1953, Craig studied German, “for reasons unbeknownst to me at the time” at the University of Missouri. In his early twenties, he lived in Chicago and Detroit “in a semi-monastic setting, studying esoteric Christianity and working in the Sears Tower as a messenger for a law firm and in Detroit as a cook’s helper.” In his mid twenties, he moved to Cologne, Germany where he married and the first of his four children was born. He worked there as a translator and teacher of German. He became acquainted with anthroposophy and The Christian Community when he moved to Amsterdam at 30, where he worked as office manager in a publishing firm. He was ordained in 1992 at 38, and has since worked in several congregations in Holland. He loves congregational work, youth camps and conferences, showing purebred dogs, translation work, and is intensely interested in the building up of The Christian Community.

### **Below is the schedule for the weekend:**

**Sacramental Consultation** or other private conversations with Craig

**Friday 11/19 and Saturday 11/20** (all day as scheduled in advance): Consultations will be at the home of Margit Gratzl, 519 Wheeling Circle in Durham. NOTE: Margit is scheduling the consultations. Please contact her as soon as possible if you would like an appointment: (919) 484-2764 or email at mgratzl@nc.rr.com

**Conversation led by Craig, “Christian Community 101”**

**Friday evening, 9/17, 7:30pm:** Christian Community 101 is a chance to share our questions about the community and get first hand news of the wider movement. All questions are welcome from deeply held inner questions about our own spiritual journey as individuals and a group to flat out physical questions about why things look or are done in a certain way. It is a wonderful evening of learning, sharing, and enjoying each others’ company no matter how loose or strong your connection to the Christian Community might be. We strongly encourage everyone who has even just a little bit of interest to attend Friday . Locale to be announced via e-mail reminder closer to the date.

**Priest Talk: “Community Building and the Act of Consecration of Man”** with Rev. Craig Wiggins. **Saturday, 11/20, at 7:30pm:** All are welcome. Held in the Fleming Building at New Hope Camp, 4805 Highway 86, Chapel Hill, NC 27514.

**Sunday Services and Children's Story**

**Sunday, 11/20:** All Sunday services will be held in the Fleming Building at New Hope Camp

**Children’s Story: 9:30 am - for children of all ages.** Everyone welcome.

**Children’s Service: 10am - for children ages 7 – 14.** Please bring a few books and toys to help occupy younger children and bring them to Child Care during this short service.



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

**Community Potluck: 12:15 pm in the Oak building** - Everyone is welcome! Please bring a dish to share. Beverages will be provided. We hope you can stay after the service to meet Craig and the members of the community.

**Note:** *Please do not park in the Church parking lot at new Hope. There is parking further down the road by the campsite. For map and directions: [www.newhopeccc.org](http://www.newhopeccc.org)*

***Upcoming Dates for Christian Community Priest Visits:***

**Jan. 21-23    March 18-20    May 13-15**

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## **Last Call for Beach Trip Registration!**

As of this writing, 8 people have signed up for the “Anthroposophy at the Beach Retreat” that will be held April 1-3 at Wrightsville Beach. That does not include the Bowmans, who live at the beach and will be booking the beach house for us, so we are really 10 so far. We are extending the deadline for registration to November 5. The cost of the retreat will be based on the number of participants. The more attendees, the lower the price. An ideal number would be about 12. Please contact Kathleen Wright if you are interested in attending or have further questions.: [sophiasun@peoplepc.com](mailto:sophiasun@peoplepc.com) or call 919-309-9622 or 919-672-0149.

## **Holy Nights Announcement**

The Festivals Committee has announced that the book we will be studying this year during the Holy Nights will be *The Fifth Gospel* by Rudolf Steiner. This is one of the most important lecture series that Steiner ever gave. It has been taken up a number of times in Study Groups in our community. This should not be a deterrent for people taking it up again. We must remember that Rudolf Steiner said over and over that it is better to read one book ten times than to read ten books once. Each time you read it, new insights and understanding should come.

It is not too early to sign up to host a particular Holy Night. It frequently happens that two or more people want the same night, so please book early. The most popular nights are December 31, January 1 and January 6. Please contact Kathleen Wright at 919-309-9622 or email at [sophiasun@peoplepc.com](mailto:sophiasun@peoplepc.com) to sign up.

## **Annual Holiday Party**

Mark your calendars now for our Branch’s Annual Holiday Party. It will be at Judy and Doug Frey’s home on Saturday, December 18. This is one of the most fun events of the year, so do try to make it. More details will follow in our next issue, so be sure to look for it!



## **NEW STUDY GROUP FOCUSES ON THE LIFE AND WORKS OF ITA WEGMAN**

By Kathleen Wright

The Ita Wegman Study Group got off to a fascinating start on Wednesday October 20 at 11 AM. Members of the group had been discussing her for a while before deciding to form an actual study group. Dr. Wegman was a most amazing woman. She accomplished more on a spiritual and social scale than she did during her life as Alexander the Great when she conquered most of the known world. Along with Rudolf Steiner, she was the co-founder of anthroposophical medicine and the School of Spiritual Science. She was a member of the Vorstand, as well as many other committees of the Anthroposophical Society such as being head of the Medical Section. She founded a few anthroposophical clinics, including one devoted to cancer and she founded the first therapeutic home for the handicapped which was known as Haus Sonnenhof. She developed the cancer remedy known as Iscador based on Steiner's indications. Today, it is an approved cancer treatment in Germany and studies on it are now being conducted in the US. Dr. Wegman also wrote several books, many magazine articles, and she was the founder and editor of a medical journal called *Natura*. We all could not help wondering how much more she could have accomplished had she not been ousted by a few Society members who were clearly acting out of jealousy, mean-spiritedness and in some cases, ignorance. We can only find comfort in knowing that before he died, Steiner foretold of the hardships that would happen to her, but comforted her with the words: "Next time it will be better."

The Study group began with a lecture which Ita Wegman had given known as "On the Work of Michael". It traces the history of Michael's influence on earth history. We learned many things we had not known before and were impressed with her writing ability. If you wish to read this lecture, you can download it for free at the Rudolf Steiner Archive website: [www.rsarchive.org](http://www.rsarchive.org) The group read about half of it at the first session.

The next meeting will be held on Wednesday, November 10. The group agreed to meet on Wednesdays because it is associated with Mercury, Raphael and healing. Rudolf Steiner had chosen the members of his Executive Council based on their relationship to the planets and Ita Wegman's planet, he indicated, was clearly Mercury. Please call or email if you would like to join us: 919-309-9622 or 919-672-0149 or [sophiasun@peoplepc.com](mailto:sophiasun@peoplepc.com)

### **A Verse Rudolf Steiner gave to Ita Wegman:**

Servant of Michael am I  
Through my choice and your choice  
In the name of our God.

Remain in Time and Eternity  
A Student in the Light of Michael  
In the Love of the Gods  
In the Heights of the Cosmos.

Yes, I am in Time and Eternity  
A Student in the Light of Michael  
In the Love of our Gods  
In the Heights of the Cosmos

## *News From Tammy in China:*

It was great to see some of you this summer when I returned to the United States. The time seems always too brief for these visits. However, the work in China is progressing so quickly that when I am away I feel the work increases so much. Since I have been back I have traveled quite a bit to support the various Kindergartens (The area I am now mainly working in is the southeast and the wider Beijing area). The last rough count of the kindergartens who consider themselves to be Waldorf Kindergartens is over 60, which given that the first Waldorf School is just starting its seventh year is quite amazing.

I am finding that the kindergartens which open now open in a stronger and more focused way. I feel as if there is an invisible thread which connects and makes the new ones healthier due to all the work that the first initiatives did. The training courses and centers are blossoming in the larger places. This year, more grade schools have begun.

With all this development, the international organizations have focused more attention on China. In early September, Nana Goebel of The Freunde der Erziehungskunst Rudolf Steiner e.v. and Claus-Peter Roeh from The Pedagogical section came to visit initiatives, discuss the grade school curriculum in light of the Chinese culture, and work with matters concerning the WECC, (this oversees early childhood trainings and mentoring in China). Then at the end of September, The Chengdu Waldorf School hosted a Kolisko Conference.

Numerous trainings are going on to support the grade schools. Ben Cherry, who has held the trainings in Chengdu for many years, is now being supported by many others from all over the world, just to mention a few: Yu Ning Yuan, a Chinese man who has taught in the US, and Robin Bacchus who directed the Taruna teacher training.

In the kindergarten work, I am helping mentors from many different places come into the kindergartens for 3 week periods to help the kindergartens develop. It is a great process to be able to help the kindergartens. In the future, I will write more about this. For now, I am including a picture as it is surely worth a thousand words. In the new Beijing Kindergarten on the grade school grounds I had the great pleasure to lazure the walls with their mentor, Shirley McLeod, whom I met some 18 years ago in Gainesville. We only taught together briefly, as she returned to Australia. Over time, we lost touch, but quite interestingly our lives came back in contact as she was involved in an Australian School with Ben and Thanh Cherry, who have been steady teacher trainers in China. When I picked her up at the airport, it was as if time had stood still, at least in our souls anyway!

The walls have a special story. As we began to paint, we started out with way too much color. As we worked, we realized we needed to tone the color down. Shirley suggested we sing. She began singing "Early One Morning I heard the song of a bird..." which she learned years ago at a conference at The Emerson Waldorf School, long before I came. By the back wall, we needed a new song, she suggested the school song, I thought she meant her Australian school song, as Ben had taught us the song "In the Valley we will build a home...". As we worked on the wall with much color, mountains came to the wall, and suddenly paint began to leave in one spot. This white very clearly became a dove over the mountains. Li Tao, who will take the class was so pleased with the warmth of the room, and Shirley and I felt we left a bit ourselves in the new kindergarten.

Warmest Regards,

*Tammy Hughes*



Shirley McLeod, Tammy Hughes and Li Tao

## **Festival of Naming Chooses 'Rudolf Steiner Branch (NC) of the Anthroposophical Society in America'**

by Kathleen Wright

After over a year of discussions and explorations about our branch's history, a group of 12 members decided on the name "Rudolf Steiner Branch (NC) of the Anthroposophical Society in America. The Festival of Naming took place in the Richards Room at the Emerson Waldorf High School on Saturday October 23, 2010 from 9:30am-4:30pm.

The day included a review of the 14 names submitted (see last month's *Sophia Sun* for a complete list), discussions about them, an elimination process, a catered lunch, Speech exercises with Bruce Bornhorst, more discussions and a final consensus. The meeting closed with a recitation of Steiner's "Motto of the Social Ethic".

Back in the late 1980's to the mid-90's our branch was known as the Central North Carolina Rudolf Steiner Branch, but many felt that the name was too complicated. Then when the branch decided to incorporate as a 501(c)3 it was decided that it would be easiest to choose a name that the IRS was already familiar with - the Anthroposophical Society - along with our location and so, on January 27, 1997 we became known as the "Anthroposophical Society in North Carolina" and the Steiner name was dropped. While many liked the ease of enunciating "ASNC" as our name, others felt that there was a spiritual loss when the spiritual being was replaced by a "legal name".

Choosing a name was not an easy process. Fourteen names were submitted, but it was difficult to find one that was suitable for everyone in our community. Because of this, many felt that it was the most obvious to choose Steiner himself, because everyone here is involved with bringing his ideas into the world with their many varied initiatives. Others countered that Steiner belongs to every branch and group and therefore using his name would not be "unique" - and that there are already several groups and one branch that have chosen his name; others feared it might make us sound like a cult to him if we chose Steiner.

Yet when we looked at the other names, there were objections that they didn't feel a relationship to the person mentioned, although a great deal of attention was given to the names Parzival and John the Beloved. Some felt it was good to choose Steiner because his name needed to become more known in the world and that when we advertise our group, he will become better known.

After viewing all the names, we realized that it was virtually impossible to come up with one that would please everyone. One person then said that perhaps "unique" names belong with the Study Groups, not with large branches, which are so diverse, and many nodded in agreement. In looking over the lecture that Virginia Sease wrote about choosing a name for one's branch, she related how many groups chose their names in the past; most were European examples. It was interesting how many of them selected their name based on their geography - e.g. the group in Basel chose "The Paracelsus Branch" and Steiner was very pleased with this name, saying they had recognized the "Genius" of their location. America does not have the rich spiritual history that Europe does, so we cannot do that so well, although our Waldorf School chose Emerson, who was one of a few American idealists we can relate to. One Scandinavian Group chose "Hans Christian Andersen", but many years later this was changed by new members who rightly claimed that Andersen has nothing to do with Anthroposophy.

When the group in New York City asked Steiner to name their group, he responded with “The St. Mark’s Group” and explained that he chose it because St. Mark had the kind of analytical thinking that Americans have. How many of us would have that kind of savoir-faire in picking a name? One group in the Southwestern US spent a long process studying the etheric geography of their location, along with some biography work and finally decided to name themselves after a plant in their region, which they felt had qualities like them. Ingenious, but somehow that wouldn’t work as well here in the Piedmont - Would we really want to be called The “Sweet Gum Ball Branch”? Yes, America is so much larger and more eclectic than Europe that it seems to be only appropriate to give spiritual names to smaller groups, who can truly identify with one particular spiritual being. Two of us from the recently-formed Ita Wegman Group remarked that we feel so close to dear Dr. Wegman, but we didn’t dare submit her name for the branch’s review, because we realized that most would not identify with her stream. So those who feel connected with her welcome her guidance every Wednesday.

The Festival of Naming was remarkably amicable (and this in spite of the fact that Venus is in retrograde right now, a time when people are supposed to be very self-centered and not very loving and supportive of others!), and a lot of humor was expressed as well. One name submission that was submitted in jest was “The Twelve Peasants Branch”, based on a fairy tale Steiner tells in one of the Mystery Dramas about a group of peasants who represent the 12 points of view. They spend all day arguing and as a result cannot seem to come to an agreement. At one point, someone suggested we call ourselves “Rudolf Steiner and the Twelve Peasants”. Another hilarious suggestion was made when discussing what locale to put in our name: “The Tar Heel Rudolf Steiner Branch”. This of course was followed by the Blue Devil Rudolf Steiner Branch and the Wolf Pack Steiner Branch. (Rudolf Steiner was reputed to have an amazing sense of humor, so we can feel certain he would be pleased that we were laughing rather than arguing with one other.)

It was decided by the Board that the legal name “Anthroposophical Society in North Carolina will remain the legal name for the time being, as it involves too much hassle to change. Therefore, if you have a check to write, please continue to make it out to “ASNC”. The Rudolf Steiner Branch (NC) name is the name we will go-by in our dealings with the public and the one with which we will identify.

## **Borrowing Books from our Phoenix Library**

**Our Rudolf Steiner Branch library, which is known as Phoenix Library, 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 Rudolf Steiner Branch (NC) 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](mailto: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 soon be on our website [www.anthroposophync.org](http://www.anthroposophync.org) soon.

## Teacher Training in New Hampshire

By Nancy Balasubramanian

July in New Hampshire is always going to be beautiful. Spending most of that month in Wilton, New Hampshire, at the High Mowing School, for my first summer training as a Waldorf high school teacher was remarkable. Although I have taught at Emerson Waldorf School for the past five years, and have taken a year of Foundation Studies, I found the summer program to be a revelation. I am so grateful to those who pushed me to embark on this journey and offered support to make it happen.

Being a student again myself may have been the greatest gift that I could receive as a teacher. To sit in classes puzzling over material, sharing questions and observations with my classmates, worrying over homework, and struggling to define and meet expectations (my own as well as those of the instructors!) gave me a fresh appreciation for what my students may experience on a daily basis, nine months out of the year. I hope that they find me a more compassionate guide in the classroom as a consequence!

For truly, just as the adolescents I work with at Emerson are in the process of “becoming,” I realized the depth of transformation that is in my future as I continue with work. To be sure, I had been told that the real work of the training isn’t so much in one’s subject as on one’s self, but I hadn’t really understood that until I got there. In Michael D’Aleo’s classroom, however, studying *Intuitive Thinking as a Spiritual Path*, I realized that my “striving” would encompass revisiting the nature of thought itself.

The scope of the work for the next two summers is so vast; it is both daunting and liberating. I look forward to my research as a teacher and a student once more.

## A Symposium on Anthroposophical Research

**November 5-6, 2010**

260 Hungry Hollow Road

Chestnut Ridge, NY 10977

What is meant when anthroposophy is referred to as a path of spiritual inquiry? How does one begin, and what capacities are necessary, to research one's deepest questions? The life of anthroposophy depends on individuals taking up the path of spiritual inquiry that builds upon, and yet goes beyond, book knowledge and belief. Join us for short presentations, panel discussions and small group dialogues to explore how one begins to research our questions and develop the capacities to do such research.

**Friday, November 5, 7:30pm, at Threefold Auditorium:** Introduction to the questions of spiritual scientific research. This free event will be followed by the opening of the 2010 Research Exhibition.

**Saturday, November 6, 9:00am-5:00pm, at Threefold Main House:** Presentations from long-time researchers as they share from their biographies how their research process has evolved, plus small group dialogue, exchanging questions and insights on the subject.

**Fee for the Saturday event: \$60/\$40 for students and seniors.** This includes lunch at Threefold Café.

**Information:** Contact **Jordan Walker** at **845-352-5020 x19** or [jordan@threefold.org](mailto:jordan@threefold.org)

**On-Site Registration:** Threefold Main House, 285 Hungry Hollow Rd., 8:30am on Saturday, November 6.

**Accommodations:** For on-campus housing, go to [www.threefold.org/housing](http://www.threefold.org/housing), or contact the dormitory manager: [holderhouse@threefold.org](mailto:holderhouse@threefold.org) / **845-352-9660**.

## Some Thoughts on Old Age and Death by Rudolf Steiner

“Incarnation in a physical form inevitably means that the human soul is to some extent joining forces with Ahriman. He will be able to keep the soul under his spell after death, unless the individual has lived through the weakness and feebleness of old age and gained the power that will help human beings to overcome Ahriman once they have gone through the gate of death.

Here between birth and death, we may indeed feel offended when we age prematurely. But we should be glad that we do age, for this will give us what we need in order to come to terms with Ahriman after death. (*Rudolf Steiner, 14 March, 1913, GA 150*)

As one becomes older here on earth, one cannot spoil the plans of the Luciferic powers...because, beginning with a certain age, the inward connection between what one has originally brought through birth and the present physical earthly life no longer exists...From a certain aspect and in a spiritual sense, getting old means that one squeezes out something spiritual here on earth. This in turn hinders Ahriman's plans.

Today the oppressing powers are hindered, as it were, by the following facts. When young people die, a certain gravity is sent to the spiritual world; thus Lucifer's plans are spoiled. When old people die, so much spirituality is squeezed out into the physical world that Ahriman's plans are spoiled (*RS 2 September 1918, GA 183*)

The souls of these human beings who have died in the later years of their lives do not lose, on their part, the souls of those who have stayed behind. Thus, while those who have remained behind do not lose the younger souls, the older people, after having passed through death's door, do not lose the souls of the living in spite of the latter's being here on earth. They take along with them, as it were, what they wish to have from us. (*RS, 14 February 1919, GA 174a*)

**Adolf Arenson** related this: A seriously ill woman, who was confined to her bed in a paralyzed condition and even needed to be fed, aroused such pity in another woman, a member of the Anthroposophical Society, that in a conversation with Rudolf Steiner, she expressed the thought that it probably would be better if the afflicted woman were freed from her suffering through death. With great earnestness, Rudolf Steiner replied: "No, every hour that she remains on earth is important for all mankind!"

**Carl Unger** wrote: "There is something remarkable about the few who become so old. Mrs. Van Deventer related a remark by Rudolf Steiner to us that we do not find in his lectures: it describes the force that forms the polarity to the unused forces in those who have died young. The latter, as you know, help realize future aims of mankind. According to Mrs. Van Deventer however, the facts regarding those who have become very old are as follows: the only reason the earth has not perished is that there are people who must hold on to the body for so long, that they thereby transform it. They help wrest the earth away from Ahriman's clutches."

From a lecture Steiner gave during World War I (no date given): "The youthful dead sacrifice not only the unused forces of the etheric body, but they also bring into the spiritual world unused earthly love. This lends the discarnate souls within the celestial sphere the necessary "gravity", so that after the World –Midnight they will strive toward a new earthly incarnation and reject Lucifer who wants to bring man to the point of no longer willing to return to earth. "To be satisfied with becoming an imperfect angel" is an additional formulation of this. (*continued on next page*)



Those who become very old, on the other hand, spoil Ahriman's plans, "wrest from him some of his efficacy." The earthly corporeality disintegrates; Ahriman, however, wants to change man completely into an earthly creature, thereby transforming the earth into his 'star'. Earthly immortality would be his goal, but something totally different occurs: man's freeing himself from the body increases to the extent that the corporeal diminishes: "In Christ, death comes to life!"

Finally, we have this interesting observation that applies to our current times, of which Wilhelm Pelikan wrote: "Since we live in an age that will advance Ahriman's incarnation, we may well understand why there are so many more old people than ever before. Our parents' generation reached a little over 70 years of age, and that was considered very old; our grandparents, the middle sixties. The average age when people died during Goethe's time was around 50."

*(Editor's Note; I have been observing the obituaries in my local newspaper for a few years now and have noticed that virtually every day there are many very old people and very young people. There are relatively few who die around 70, which is traditionally viewed as the end of life according to the seven year cycles. In today's (10/22/10) paper for example, the ages of those who have just died are; 98, 94, 93, 92, 88, 72, 65, 58, 50, 39, 27, and 23. There were no children in today's deaths; usually there are one or two. But you see the pattern – lots of very old and very young-yet few at the "normal" time. This pattern is unprecedented in history. Now we know why!)*

## Yard Work or Fall Cleaning?

The Class of 2011 is available for hire to do yard work for a class fundraiser. If you would like to support our senior class and get some work done around your yard, please contact Kelley Wiley at [emersonian@emersonwaldorf.org](mailto:emersonian@emersonwaldorf.org) to schedule some hard working students to make your yard or house beautiful and ready for the winter! Thank you! - Class of 2011

### *Please Note*

Updates on events may be publicized by sending out an email to the asnc list serve: [asnc-list@rtpnet.org](mailto:asnc-list@rtpnet.org).

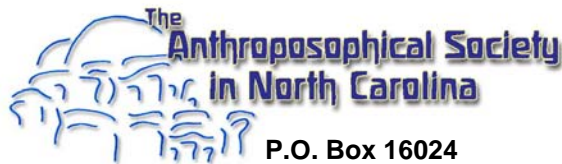
Please go to the ASNC website to learn how to join the list serve so that you will receive up-dates and events:

<http://anthroposophync.org/mailman/listinfo/asnc-list>



The Fairy Tale Moons Calendar for 2010 is available for purchase at [www.fairytalemoons.com](http://www.fairytalemoons.com). The cost is \$14.95. The calendar is full of beautiful pictures and stories as well as astrological and planetary information. It makes a great Christmas gift for young and old alike.





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## *The Sophia Sun*

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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](http://www.anthroposophyNC.org). If you wish to receive the newsletter by email, please write to the editor at: [sophiasun@peoplepc.com](mailto: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](mailto: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](mailto: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](http://www.anthroposophy.org) or our local website at [www.anthroposophyNC.org](http://www.anthroposophyNC.org)