



The Sophia Sun

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

December 2010 **Volume III, Number 8**

The Virtue For December (SAGITTARIUS)

Control Of Speech Becomes Feeling for Truth
(Opposites: Gossip, Slander, Moralizing, Dogma)

Calendar of the Soul

38th week (Christmas Mood)

The Spirit Child within my soul
I feel freed of enchantment.
In heart-high gladness has
The holy Cosmic Word engendered
The heavenly fruit of hope,
Which grows rejoicing into worlds afar
Out of my being's godly roots.

Rudolf Steiner



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

Calendar Details for December 1, 2010 – January 31, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:15p	2 EWS SG 8:45- 9:45a Asheville Steiner SG-7p Renewing the Culture of Death SG 7-9p	3 EWS-Choral Concert Grades 5 - 12 - 6:30p	4 EWS Holiday Faire 10a-6:00p
5 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	6	7 Rosecroix Maritime SG 7p	8 Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:15p	9 EWS SG 8:45- 9:45a Asheville Bio- dynamic SG- 10a Reading to the Dead - 7:30p Festivals Committee Meeting-7:30p	10	11 EWS Spiral of Light 5p
12 Meeting of the First Class-10:a(Review- 11a) 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	13 ASNC Board Mtg-7:30p	14 NDE SG-7p Rosecroix Maritime SG 7p	15 Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:15p	16 EWS SG 8:45- 9:45a Asheville Steiner SG-7p	17 Shepherd's Play 10:30a	18 ASNC Holiday Party
19 CC SG and Potluck- 11a 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	20	21 Rosecroix Maritime SG 7p	22 Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:15p	23 EWS SG 8:45- 9:45a	24 Holy Night 1	25 Christmas Holy Night 2
26 Holy Night 3	27 Holy Night 4	28 Holy Night 5	29 Holy Night 6	30 Holy Night 7	31 Holy Night 8	

January 2011 Calendar Details

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Holy Night 8
2 Holy Night 9	3 Holy Night 10	4 Holy Night 11	5 Holy Night 12	6 Epiphany	7	8
9 CC SG and Potluck-11a The Goethean Conversation SG-3p Asheville Soul-Weaving SG-2p WS Anthroposophical SG-5p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	10	11 NDE SG-7p Rosecroix Maritime SG 7p	12 Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:15p	13 EWS SG 8:45-9:45a Asheville Biodynamic SG-10a	14 CC 101 gathering-7:30p	15 CC Priest Public Talk-7:30p
16 Meeting of the First Class-10a CC Act of Consecration of Man-10:30a (Review-11a) 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	17	18 Rosecroix Maritime SG 7p	19 Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:15p	20 EWS SG 8:45-9:45a Asheville Steiner SG-7p	21	22 Branch Meeting 3p EWS Concert-5:30p Asheville Handwork Group-2p
23 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	24	25 Rosecroix Maritime SG 7p	26 Eurythmy Classes 8:30a Ita Wegman SG-11a Rose Cross SG-7:15p	27	28 Special Meeting Of the First Class 7:30p	29
30 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	31					

Calendar Details: December 2010 and January 2011

Rudolf Steiner Branch Activities:

Dec 9, 7:30p – 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

Dec 12th and Jan 16, 10a – The School for Spiritual Science, Meeting of First Class. Class Lesson at 10, followed by a Review at approximately 11am. For more information please contact Suzanne Mays at 919-929-1073 or mays@ieee.org.

Jan 28, 7:30p - A special meeting of The School of Spiritual Science - The First Class will be held at the home of Robert and Suzanne Mays. For more information please contact Suzanne Mays at 919-929-1073 or mays@ieee.org.

Board Meeting – Meeting at the home of Board President Peg Carmody. For more details, please contact Peg Carmody at 919-537-8142 or mcarmody@nc.rr.com. To contact the Branch by mail: PO BOX 16024, Chapel Hill, NC 27516.

Jan 22, 3p - **Branch meeting** - For more details contact Peg Carmody at 919-537-8142 or mcarmody@nc.rr.com

Christian Community

Dec 9, 2p - Christian Community **Steering Committee meeting** at the home of Mary Beth Mueller.

Jan. 14, 15, and 16 - **Christian Community Priest Visit** - further details with dates, times, and locations will be sent out closer to the date. Gatherings include an informal question and answer gathering on Friday evening called “Christian Community 101”, a public talk by the priest on Saturday evening, and The Act of Consecration of Man on Sunday. There will be a story and service for the children prior to the adult service, and a potluck afterwards. For more information, please call Mary Beth Mueller at 929-9791.

EWS

Dec 3, 6:30p - Choral Concert Grade 5-12, at Community Church of Chapel Hill Unitarian Universalist, 106 Purefoy Road, Chapel Hill, NC 27514.

Dec. 4 - 10am – 6 pm – **Annual Holiday Faire** (see article in this issue for details)

Dec. 11 – **Advent Spiral of Light** at 5 PM

Dec. 17 - **Shepherd’s Play** 10:30 AM in the Brown Wing of the High School

Jan 22 - 5:30p - **Instrumental Concert - Grade 6-11**.

For info about EWS events, go to <http://www.emersonwaldorf.org/community/calendar/>

Other Activities of Interest

Dec 14 and Jan 11, 7p - NDE Study Group - a once-a-month study group, on the 2nd 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 Chapel Hill. For more information, please call us at 919-929-1073 or mays@ieee.org

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 reading or lecturing, which many felt to be an outmoded form of Anthroposophical group life. We are employing this technique with the book *Learning to Experience the Etheric World: Empathy, the After-Image and a New Social Ethic* by Baruch Urieli and Hans Müller-Wiedemann. 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@peoplepc.com

Reading to the Dead Group – one Thursday a month at 7:15 pm. December 9 this month at the home of Robert and Suzanne Mays, 5622 Brisbane Dr., Chapel Hill; call 929-1073 for directions. We are reading *The Inner Nature of Man and the 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. Next meeting Thursday, Dec. 2; topic: “Letting Go”. 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 Untruthfulness Vol. I*. Newcomers are welcome! Please give call Judy at 928-8749 before attending the first time.

The Socially Resilient Child Study Group – Thursdays 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

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

Important Notice: During the Holy Nights, most Study groups do not meet, so that their members may participate in the Holy Nights. Please call your group to find out when the group is reconvening in January.

Study Group Leaders: Please keep information about your group current. Send any new information about your Group by the 20th of the month preceding publication 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

<i>Holy Nights Schedule 2010</i>			
Friday Dec 24 Christmas Eve	4:30- 8:00 pm	Singing to the Animals; Soup and Cider	Infinity Farm 1600 McDade Store Rd. Cedar Grove, NC 732-1840
Saturday Dec 25 Christmas		Chapter 1, <i>The Fifth Gospel</i>	OPEN
Sunday Dec 26	7:00- 9:00p	Chapter 2, <i>The Fifth Gospel</i> Singing	Joanna Carey 112 Solterra Way Durham, NC 403-7060
Monday Dec 27	7:00- 9:00 pm	Chapter 3, <i>The Fifth Gospel</i>	Robert and Suzanne Mays 5622 Brisbane Dr. Chapel Hill, NC 929-1073
Tuesday Dec 28	7:00- 9:00 pm	Chapter 4, <i>The Fifth Gospel</i>	Peg Carmody 11 Bolin Eights Chapel Hill, NC 537-8142
Wednesday Dec 29	7:00- 9:00 pm	Chapter 5, <i>The Fifth Gospel</i>	Judy Frey 55207 Broughton Chapel Hill, NC 928-8749
Thursday Dec 30	7:00- 9:00 pm	Chapter 6, <i>The Fifth Gospel</i>	Will Hicks 107 S. Nash st. Hillsborough, NC 407-0205
Friday Dec 31 New Year's Eve	9:00 pm- 1:00 am	Chapter 7, <i>The Fifth Gospel</i> Making of the Three Kings Prep	Infinity Farm 1600 McDade Store Rd. Cedar Grove, NC 732-1840
Saturday January 1 New Year's	3:00- 5:00 pm	Chapter 8, <i>The Fifth Gospel</i> Supper included	Margaretta and Bruce Bornhorst 5800 Prioress Dr. Durham, NC 824-7337
Sunday January 2	7:00- 9:00 pm	Chapter 9, <i>The Fifth Gospel</i>	Kathleen and Robert Wright 4615 Greenglen Dr. Durham, NC 309-9622; 672-0149
Monday January 3	7:00- 9:00 pm	Chapter 10, <i>The Fifth Gospel</i>	Marie Nordgren 3928 Hope Valley Rd. Durham, NC 544-9184
Tuesday January 4	7:00 - 9:00 pm	Chapter 11, <i>The Fifth Gospel</i>	Martha and Dirk Kelder 120 Kenan St. Chapel Hill, NC 942-2112
Wednesday January 5	7:00 – 9:00 pm	Chapter 12, <i>The Fifth Gospel</i>	Joy and Bob Kwapien 503 Bison Trail Hillsborough, NC 732-1840
Thursday January 6 Epiphany	2:00 pm	Chapter 13, <i>The Fifth Gospel</i> Spraying the Three Kings Prep	Infinity Farm 1600 McDade Store Rd. Cedar Grove, NC 732-1840

ABOUT THE HOLY NIGHTS

For those who have never been to a Holy Night or hosted one, here are some general remarks: Our community has been celebrating them as a community since the mid-1990's when Natalie Slapo first introduced the tradition here. The custom has been observed in Anthroposophical communities since the time of Rudolf Steiner. In the early days here, each host family did their own thing – each selected a theme and an artistic activity. Then five years ago, we began the custom which most anthroposophic communities practice - taking up one of the Gospel works of Rudolf Steiner, reading a lecture each evening. This enables folks who are unable to attend to continue the Study on their own. We have completed the four Gospel cycles, so this year we will be reading *The Fifth Gospel*.

Most evenings follow a simple format: lighting of a candle, Verse, reading the lecture, discussion, Verse, snuffing the candle and then refreshments and socializing. One is, of course, always free to alter the format, perhaps adding some music and singing or an artistic activity. Special programs occur on Christmas Eve, New Year's Eve and often on January 5th or 6th *The Three Kings Play* is read with members taking parts. (See below for more details)

IMPORTANT NOTE: While most Holy Nights are from 7-9 pm, some are at different times, even during the day. Please post the Holy Nights Schedule and check out the time to make sure you are attending at the correct time. It is also a good idea to let the host know you will be coming, although it is not necessary.

If this is your first time hosting, please do not take it personally if only a couple of people show up. There is a high variation in the number of attendees. Last year, the range was from 3 to 24. It is the particular night that is popular, not the host. During the first week of December, many go away to visit family, so attendance may be low. This is not to be regarded in a disappointing way. Often the most profound insights occur in small, intimate groups.

If you have never been to a Holy Night, do try to attend at least a few, especially try to make it to the homes of those you perhaps do not know so well. And if you cannot attend on a particular night, do keep up with the readings so that you can be with us in spirit!

Infinity Farm Continues Its Holy Nights Traditions

In keeping with the famous legend that on **Christmas Eve**, the animals can speak, we thank them by singing Christmas carols to them in the barn at Infinity Farm. Infinity Farm has cows, goats, chickens, dogs, cats and pigs. Joy Kwapien provides a delicious biodynamic soup, bread and hot mulled cider for supper. Do bring along some of your favorite Christmas music and please make at least 7 copies to share with others.

There are some new folks at the Farm who are staying in the main house, whom you should welcome to our community – Dave and Michelina Roth and their sons Gabe age 9, Nate age 7 and Joel age 5.

On **New Year's Eve** it is customary to mix the Three King's Prep, which consists of gold, frankincense and myrrh around midnight. We will gather around 9 for food and fellowship and start the mixing around 11:30. It should be done by 12:30.

Then on **Epiphany (January 6)** the Three King's Prep is sprayed on the farm around 2 pm.

All of these are great fun, so try to participate in as many as you can!

ADVENT SUNDAYS AT ROGER SCHULTZ'S



The Advent study will be at the home of Roger Schultz on four Sundays (**November 28, December 5, 12 and 19**). We will start promptly at **5 pm** - participants are encouraged to arrive at least 15 minutes before we begin - and end promptly at 6:30. We will then have dinner together – dinner is provided; it is not a potluck. If possible, please let Roger know a day in advance if you intend to come, so he can prepare the right amount of food.

Advent is a time of inner preparation for Christ's coming. Our Rudolf Steiner Branch would like to invite you to join us in this preparation. Working with indications provided by Sergei Prokofieff in his *Cycle of*

the Year, we will use the four Sundays of Advent to try to understand how opposing forces work in our soul to hinder our experiencing this most wonderful and spiritual season. We will also explore those qualities or virtues that enable us to resist such attacks.

Each week, however, the study will depend on those who come, and what they bring with them to share or discuss. By sharing personal experiences or bringing in art or literature that illustrate what we will be considering, our study will be able to delve more broadly and deeply into the issues we are considering. Through our study, we hope to bring to consciousness to what is working subconsciously within us; we hope to develop the understanding and strength to hold firm against the opposing forces, and increasingly to be able to unite ourselves with Christ as we approach His coming.

Please email Roger Schultz at rms333@nc.rr.com if you would like the materials for our Advent study. If you wish, he can also make available to you lectures by Rudolf Steiner and excerpts from Prokofieff's book that serve as the foundation for the study, but which will not be taken up directly. **Roger's address is: 5624 Earl Rd., Durham, NC 27712; 919-475-7180**

From the Editor

Twelve of us gathered at the home of Roger Schultz for the first Sunday of Advent. For several years now, this has been a tradition in our community and it has been evolving into an ever more heartfelt and meaningful experience for its participants. When it first began about five years ago, we read lectures by Prokofieff and Steiner about Advent and the Three Sacrifices of Christ and had discussions about them .

In the past two years, however, instead of the readings, we have simply applied the themes from Prokofieff's works and had conversations about how these themes are working in our lives at present.

This past Sunday, we spoke about how events in our own lives since Michaelmas have been manifestations of our Karma. It was enlightening to hear stories of both joy and suffering, as well as resolutions and balancing of old Karma. Many expressed their gratefulness to Anthroposophy for lighting the way to an understanding of their Karma. For some this season has been a time for joy about a new incarnation and for another, sorrow about an excarnation, although that sorrow has already been transformed into a higher joy because of the wisdom Anthroposophy.

More specifically, dear Roger revealed to us that he has been holding a secret for these past two months that he now felt ready to share. His beautiful 22-year-old daughter Maryshka crossed the Threshold on September 23, leaving behind her infant son. Instead of wallowing in grief, Roger has come to a profound understanding of the Karma of the situation and now feels closer to his daughter than ever. It has been inspiring to witness how Roger has been able to transcend what most would consider a terrible tragedy and create a new relationship with his daughter. By strange coincidence, Roger had read some of Steiner's writings about life after death shortly before his daughter's passing, and so felt prepared to deal with the situation. As he spoke, we realized that there were not 12 of us in the room but 13, and we welcomed Maryshka into our circle. – *Kathleen Wright*

You are cordially invited to the
Rudolf Steiner Branch's Annual Holiday Party
Saturday, December 18, 2010
6 PM
at the home of Judy and Doug Frey
55207 Broughton
Chapel Hill, NC 27515



Members, friends and their families are all invited to this fun event of the year!

Please bring a Pot Luck dish to share and three dollars which will be needed for a game. (If luck is with you, you will be taking home more than \$3.00!) If you have any questions, please contact Judy Frey at: 919-928-8749 or email her at damaris12@nc.rr.com

Rudolf Steiner Branch Announcements

NEXT BRANCH MEETING – January 22, 2011

Mark your calendars now! Our next Branch meeting will be at Peg Carmody's 11 Bolin Heights, Chapel Hill, NC at **3 PM**. After discussion, there will be a community Pot Luck. An announcement will be sent out on the list-serve as to the Agenda.

SPRING BIODYNAMIC CONFERENCE – FEBRUARY 11-12 at the Steadman Auditorium at Duke University's Center for Living. Theme: "Enlivening the Soil for Plants, the Garden and Farm" with **Gunther Hauck** and local farmers. Details to follow in our next issue, which will come out February 1.

NO SOPHIA SUN NEWSLETTER IN JANUARY. This is a double issue.

Please Note

Updates on events may be publicized by sending out an email to the asnc list serve: asnc-list@rtpnet.org. You must be a member of the list-serve in order to send out messages on it.

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>

Emerson Waldorf School Holiday Faire
Saturday, Dec. 4, 2010

10 am- 4 pm

6211 New Jericho Road,
 Chapel Hill, NC 27516



On December 4th, the Emerson Waldorf School will celebrate the coming of winter and the holiday season with our third Holiday Faire. The Faire is a special, magical celebration that provides a wide variety of crafts and activities for children of all ages, fantastic food, storytelling events, live music from students, and much much more. It is a family-run, family fun event for all, and supports our school's many endeavors. In addition to all the activities and events, the Vendor's Village is where beautiful, handmade, original crafts and works of art can be purchased for giving (or keeping!). We hope you will consider joining us from 10-4 on December 4th to be a part of this unique, wonderful event!

Vendors include: fine craft toys of wood and fiber, Waldorf-inspired nature folk, handcrafted jewelry and natural gemstones, fused glass, notecards, silk scarves, fiber art, and just in time for Christmas and Hanukkah-Waldorf-style dolls from a new vendor this year, as well as student and teacher artwork .

FAQs

Where can I park?

Parking is available in the kindergarten and lower school parking lots, as well as along New Jericho Road.

How much is admission?

Admission is free-to purchase food and the craft activities you must buy tickets, which will be available at the Lower School entrance and in front of the high school. Each ticket costs one dollar. You will not be able to buy food or an activity with cash.

Christian Community News.....

Many changes will be coming to the Christian Community now that the Seminary Training is moving from Chicago to Spring Valley, NY. One of these changes brings sad news to our community – our Dear Reverend Nora Minassian will be moving to the Devon, PA community and has already gone to Germany for some training prior to her move to Devon. Dear Nora will be sorely missed. Her presence was so healing. She really made an effort to get to know each one of us.

On the positive side, Rev. Carol Kelly will be taking her place. Many in our community already know and love Carol and we welcome her to our community. We wish Nora all the best in her new location.

Coming in April – Mark your calendars now!:

The evening of **Friday, April 15, Saturday April 16 and Sunday, April 17**
(Palm Sunday)

Reverend Gisela Wielki

Director of the Seminary of the Christian Community in Chicago

Will offer a weekend workshop: “Light, Life, Love and the Trinity”

Saturday Lunch included

The Act of Consecration of Man will be open to all on Palm Sunday

Camp New Hope

Chapel Hill, NC

More details coming soon!

Questions? Email us at christiancommunity.nc@earthlink.net

or check our website: thechristiancommunitync.org



News from Tammy in China

Dear Friends,

As you begin to celebrate Advent and prepare for Christmas, my life in China is quite different. Oh yes, we have all the outward trappings of Christmas, such as Christmas trees, reindeer and Santa displays in the mall, fake snow on the windows, etc. The five star hotels outdo themselves with beautiful decorations and Starbucks aims to make you homesick with the whipped cream-topped coffee and a smell of Christmas, along with the tasteful Christmas music.

In my kindergarten work, I have chosen to not bring Christmas as an outward mood. I feel for myself this has been a good choice, as I feel that I, along with the Chinese people, am exploring and reviving their culture. As I do this exploration of the culture with the teachers, and hold on to a thread of the anthroposophical study of Christmas, I hope that I can come to a more universal experience of what is this time of year.

An added challenge, or another broadening factor in my work, is that I work in two vastly different areas of China. In Beijing, it is already very cold, and windy with trees which look like skeletons against the grey skies with a feeling of a much earlier time in China. By contrast, in Shenzhen where I work in one quite well-off kindergarten, it is warm; all is green, and flowers are blooming in a sunny, and modern atmosphere. The teachers naturally draw on their environment as they create their festival.

The kindergartens are choosing to celebrate Dong Zhi, which is a mid-winter festival. I held two meetings, the first in my kindergarten in the South. In this meeting, the teachers revived their memories of Dong Zhi as children. Most of the teachers are from the South. It so happens to be Dong Zhi was a very important festival in the South, much more than in the North. The teachers talked endlessly of the food, and coming together of families for the making of the food. In Beijing interestingly, the meeting took a different form, teachers from the older kindergartens shared about their festivals. The numerous not yet-one-year-old kindergartens eagerly listened and took notes. The Chinese festivals often have a kind of food, which is formed with the hands, such as tang yuan, a round ball with a filling such as sesame, or dumplings with different vegetable or meat fillings. The making of these always brings the family together in a very nice way.

The teachers were very interested to know about the Advent spiral. The Chengdu School, as well as some other schools, have the spiral as a mid-winter event. We contemplated ways of including the spiral as part of a new festival form.

The number of schools keeps expanding. The deepening of the work continues as well. Recently I had the good fortune to attend The Nan Shan Waldorf School in Beijing, (Kindergarten, first, second and seventh grades). I was truly moved by the warmth, and sincere mood of the teachers and staff. The group was clearly striving on many levels. The seventh grade teacher led a dance. The teachers looked at how to form the agenda better. They asked me to talk about teasing and bullying, which I talked about in relation to forming class community. I was present for their Child Study, which happened to be a former kindergarten child of my previous school. The whole experience was very heart warming.

All good wishes for the holidays!

Love,

Tammy Hughes

NEWS FROM THE JUBILEE STORE

at Dr. Eisen's Office
900 Martin Luther King Jr Blvd
Chapel Hill NC 27514
Tel: 919-967-9452, Fax 919-932-5200.

BIODYNAMIC BOOKS ON SALE UNTIL DECEMBER 31, 2010

This is an incredible opportunity to get fourteen classic books on Biodynamic Agriculture which I have been able to get at prices at deep discounts. Some of these had prices of \$20-\$30. Not only will we have them for 15-30% under those prices, but I have re-priced them with an additional further discount of 15-30%. **After the end of the year, they will go back to the current retail prices.** We have bought as many copies of these as possible, so get over to the store and get them—they are great books and great prices!

Here are the titles and sale prices. A more comprehensive list is available at the office!

Chromatography Applied to Quality Testing	E. Pfeiffer	\$7.00
Nitrate An Ailing Organism-Calls for Healing		\$4.50
Readings in Goethean Science	Koepf and Jolly	\$5.75
Earth, Plant and Compost	- Brinton	\$9.50
Essentials of Nutrition	Schmidt	\$14 was more than \$25
Dynamics of Nutrition	Schmidt	\$14 was more than \$25
Earth and Man	Karl Koenig	\$10.50 was about \$15
The Plant VOI 1	Grohman	\$9.50 was about \$15
THE Plant Vol 2	Grohman	\$9.50s over \$15
Rudolf on Nutrition and Stimulants	Steiner	\$14 was over \$20
Planetary Influences on Plants	Kranich	\$9.50 was >\$15
Farms of Tomorrow Revisited	Groh and McFadden	\$12. was > \$18
In Partnership with Nature	Bockemuhl	\$9 was >\$15
Culture and Horticulture		\$12 was~ \$20

We will be ordering **the N. American BD Planting Calendars (Stella Natura)** this week and the **MariaThun Planting Calendar** as well. They will be !0% off. until 12-31-2010 also.

We will be replenishing books and will be glad to give you the traditional 15% discount on all Steinerbooks on in stock books and on Steinerbooks that you order through us before December 10 which will be prepaid by credit cards.

We are having our yearly Dr. Hauschka Moor Lavander Body Oil Sale of 10% off for one or two bottles and 15% on three or more bottles. We also have a number of Dr Hauschka products that are just near or recently out of date. These are on sale and marked down—these are excellent savers.

Many blessings for the Holiday Season!! Dr. Mark

School of Spiritual Psychology Offers New Course: “HEART INITIATION”

Dear Friends,

As the new Heart Initiation course beginning In February approaches, we will send short reflections that may help you in your decision to join the course.

Our way through the fears that seem to be approaching with greater and greater frequency and intensity, can be found in developing the capacities of heart-consciousness and presence. It is as if the world is going through an initiation event, taking us all into the experience of the unknown future. From now on, navigating the unknown will be the human task.



The physical heart, which is simultaneously physical, soul, and spiritual presence is comfortable living in 'not-knowing'. Each heartbeat takes us into the central depth of our being and, at the same time, out to the furthest reaches of the cosmos. That is why we are 'earthly spiritual beings.' Now, however, we are being asked to become conscious of what it is to unfold bodily, in the world, as creatures in resonance with the unknown but palpable patterning of the Whole.

If we are not able to come into alignment with what spiritual evolution is now asking, we risk either being torn apart by emotional tensions, overwhelming feelings of sorrow and longing, and irresolvable depressions, or worse, falling into a kind of simulated existence. Our first work in the course develops practices of aligning body, soul, and spirit with the perfect wholeness of the interior of the heart.

Here, within the heart that is also the soul of the world, we come to the presence of truth. While our mind can easily fool us concerning truth, the heart lives only in this dimension. It is not some outer version of truth, not some declarative absolute, but the rhythmic, resonant presence of coherence and music-like harmony, within us and in relation with others. We cannot develop such a harmonic sense of living true to being by our mind and our thinking. We can find what that is like by learning to enter the Silence of the heart. Then, such momentary 'visits' can develop into entirely new forms of conscious practical ways of being and acting.

Consider joining the invisible community of people who have engaged with us in this learning since 1992.

More to come. See the full description of the Heart Initiation course on our website:
www.spiritualschool.org

Warmly,

Robert Sardello, PhD. and Cheryl Sanders-Sardello-PhD.

The School of Spiritual Psychology

FOUNDATION STUDIES PROGRAM TO RESUME AT EWS

The Foundation Studies Program, which has been on hiatus for over a year, will resume on January 15. Sessions will be held twice a month on Saturdays from 9:00am to 1:00 pm through April. On the weekend of May 6-7 there will be an intensive weekend. This is a two-year program.

For information about registration, please contact Claire Viadro (967-8215) or email her at: Viadro@mindspring.com or contact Mary Leonhardi (967-1858 Ext. 14) or email her at: admissions@emersonwaldorf.org

THE MAYSES WELCOME FIRST GRANDCHILD LILIAN RAE MAYS ON NOVEMBER 3, 2010

Congratulations to Robert and Suzanne Mays on the arrival of their first Grandchild, a girl named Lillian Rae, who was born to their son Zephyr and his wife Jessica on November 3, 2010. The baby weighed 6 lbs. 2 oz. Lillian is a sweet and peaceful baby. Robert and Suzanne have been visiting her via FaceTime on the Internet. They will finally get to see her in person the first week of December when they head down to Pensacola, Florida for Zephyr's graduation from the US Coast Guard's Pilot Training.

Zephyr, Jessica and Lillian will then be moving up to Cape Cod, Massachusetts, which will be their new home.

At the right is Lillian's first picture: Isn't she adorable?



HELP REBUILD THE NEW ORLEANS WALDORF SCHOOL! APRIL 7-10 2011

Show New Orleans and the Waldorf School of New Orleans what All of us in Service can do! The Waldorf Community in Service to the World. . .

- Come on Thursday, leave on Sunday or Monday
- Work all day; experience New Orleans at night : French Quarter Festival/Old New Orleans/ Waldorf School of New Orleans
- Join us for hearty hors d'ouvres and cocktails on Saturday night at the Waldorf School of New Orleans
- Meet the Board of Trustees of AWSNA and the Waldorf School of New Orleans
- Team up for hotel rooms, bed and breakfasts
- Couch surfing and accommodations in homes possible
- Partial "Scholarships" for those who qualify (first come, first served)



Think about a gift of service at gift-giving time to get you and your friends to New Orleans on April 7-10, 2011:

- Give frequent flyer miles you might not need to someone who can come
 - Buy someone who wants to go an airline ticket along with you
 - Give a gift to a group of those who would like to help New Orleans
 - Organize a van pool to get there or lend a van
- Ready to come with us? Contact AWSN: **Anamyn Turowski at 518-672-7878 or at aturowski@awsna.org**

Veil Paintings S&N Prints by Alicia Marroquin Price List 2010

KNIGHTS:

Parzival 9 x 12.....	\$195
Templar Eques 9 x 12.....	\$225
St. Michael & the Dragon 9 x 12.....	\$175
Knight Rosenkreutz 9 x 12	\$225
Ego de Contemplator 14 x 20.....	\$225
Grail Knight 9 x 12.....	\$175

OTHERS:

Spiritu Partus 10 x 14.....	\$145
Southern Cross 10 x 14.....	\$175
Angelus 14 x 20.....	\$165
Neptunes Realm 10 x 14.....	\$145
Athena Queen of Heaven 14 x 20.....	\$165
Three Marys 9 x 12.....	\$145
Veils of Creation 9 x 14.....	\$225
La Pieta Nova 38 x 48 or smaller.....	\$325
Rose Garden 9 x 12.....	\$155
Spectrum of the Sun 24 x 30.....	\$325
Eleve de Spiritu 10 x 14.....	\$175
Uriel 9 x 12.....	\$145



Above are some samples of prints by anthroposophical artist Alicia Marroquin, who resides in Wilmington. In addition to being an artist, Alicia is a psychiatric nurse and a chaplain. Alicia will be coming to the Holiday Party at Judy Frey's on December 18, and will be bringing her 18 prints for any who are interested in her work. Alicia is open to making her art into postcards and greeting cards if you would like to purchase some. If you wish to contact Alicia, you may email her at maritimeabbey@gmail.com or call her at 910-874-7200.

Around the Nation....

**The Princeton Group of the Anthroposophical Society in America Presents:
"The Significance of Christmas for Rudolf Steiner"**

A Lecture by Virginia Sease,
Executive Council Member of the Anthroposophical Society

December 12, 2010 at 4:15 PM

At the Waldorf School of Princeton

1062 Cherry Hill Rd., Princeton, NJ 08540

Princeton is celebrating the 75th anniversary of its founding.

For more information, contact Herbert Hagens at: **609-921-8759**

"Cultural Creatives" A Film inspired by the Threefold Social Order

Independent filmmaker Frigyes Fogel has sent us an announcement of interest to Anthroposophists: His latest film is entitled "Cultural Creatives" and he says that it is "based on the Threefold Social Order". The term "cultural creatives" became popular several years ago - it refers to that segment of Society to which most Anthroposophists would identify - People who are into natural foods and fabrics, a simple, holistic way of life, liberal-progressive political views, deep concern for the environment, anti-corporate elite, "small is beautiful" thinking, etc. Fogel invites you to view the trailer for his upcoming film. Simply go to <http://vimeo.com/15252135>. You will be asked to give a **password** and it is **1684ag42**.

**The Nature Institute, The Biodynamic Farming and
The Gardening Association, and the Hawthorne Valley Farm Learning
Center Present:**

**A Biodynamic Winter Intensive
February 13-18 and 20-25**

At the Hawthorne Valley Farm Learning Center

Week One will be led by Craig and Henrike Holdrege of the Nature Institute and Week Two will feature Jean Paul Courtens of Roxbury Farm; Malcolm Gardner, editor of Steiner's Agriculture lectures; Walter Goldstein, research scientist at Michael Fields Agricultural Inst.; Eric Nordell of Beech Grove Farm; Claudia Knab-Vispo of the Farmscape Ecology Program; Hugh Williams of Threshold Farm and others.

Fees; \$25-450 for each week or \$400-480 for both weeks.

For more information, contact the Hawthorne Valley Learning Center at **518-672-7500** Ext. 232 or email **caroline@hawthornevalleyfarm.org**

Coming this summer – save the dates and save your pennies!:

Conference of the 19 Lessons of the First Class - August 7-12, 2010 at Rudolf Steiner College in Fair Oaks, CA

"Karmic Debt and the Double": A Mystery Drama Conference featuring a performance of the second Mystery drama, *The Soul's Probation*, at the Threefold Auditorium in Chestnut Ridge, NY August 17-21, 2011 call **Barbara Renold** for more information: **845-356-0674**

International News...

Update on Emerson College

For those of you who have been holding your breath since it was announced last year that Emerson College was closing due to financial problems, relax and breathe, it has been saved and metamorphosed! (Emerson College actually did close on March 27, 2010) An organization known as The Emerson College Trust, which has 7 trustees, held a meeting on October 13, 2010 and recreated Emerson College. They repaid the large debt that was owed by Emerson College, and are in the process of reorganizing the finances and land ownership. The Emerson Trust includes the College, the Conference Center, the Emerson Research Centre (including John Wilke's Water Institute) and the new Emerson Therapy Centre. In addition to this, friends of Emerson living in Forest Row have been offering Craft activities through an organization known as "Cottage Crafts". They have courses in crafts and exhibit local artists work in the North Dining Room.

To mark the development of the new Emerson, there will be a gala celebration on Easter Monday, April 25, 2011, which will coincide with an Easter Conference April 21-25. Keynote speaker will be Ute Kraemer of Monte Azul, Sao Paulo, Brazil.

To learn more about the new Emerson Trust and Emerson College and its upcoming activities, you should check out their website at: www.emerson.org.uk

All Aboard the Rudolf Steiner Express! February 24-28, 2011

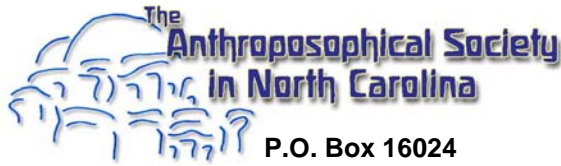
In honor of Rudolf Steiner's 150th birthday, there will be a "Rudolf Steiner Celebration Train Ride: A Birthday Journey from Cologne (Koln) through Kraljevec to Vienna". Details about this trip along with never-before-seen pictures of Steiner are on the website www.anthroposophy.org. Check it out! Sounds like an awesome adventure!

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 the 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 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**



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
Calendar.....Linda Folsom

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