



The Sophia Sun

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

SEPTEMBER 2011

Volume IV, Number 5

A Michael Meditation

Springing from Powers of the Sun,
 Radiant Spirit-powers, blessing all worlds!
 For Michael's garment of rays
 Ye are predestined by Thought Divine.

He, the Christ-messenger revealeth in you –
 Bearing mankind aloft – the Sacred Will of Worlds.
 Ye, the radiant Beings of Ether-Worlds
 Bear the Christ-Word to Man.

Thus shall the Herald of Christ appear
 To the thirstily waiting souls,
 To whom your Word of Light shines forth
 In Cosmic Age of Spirit-Man.

Ye, the Disciples of Spirit-Knowledge,
 Take Michael's Wisdom-beckoning,
 Take the Word of Love of the Will of Worlds
 Into your soul's aspiring, actively!

From *The Festivals and their Meaning*
 - By Rudolf Steiner



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

Rudolf Steiner Branch Calendar for September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Asheville Steiner SG-7p Festivals Committee 7:30p	2 IANDS Conference-9a	3 IANDS Conference
4 IANDS Conference Asheville Soul-Weaving SG-2p The Goethean Conversation SG-3p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	5	6 Rosecroix Maritime SG 7p	7 Ita Wegman SG-11:30a Rose Cross SG-7:30p	8 Asheville Biodynamic SG-10a	9 First Class Study-7:30p	10
11 Meeting of the First Class-10a, (Review-11a) The Goethean Conversation SG-3p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	12 RSB Board Meeting 7:30p	13 Rosecroix Maritime SG 7p	14 End-of-Life Documents 6p Ita Wegman SG-11:30a Rose Cross SG-7:30p	15 End-of-Life Documents 3p Asheville Steiner SG-7p Reading to the Dead Group-7:30pm	16	17
18 The Goethean Conversation SG-3p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	19	20 Rosecroix Maritime SG 7p	21 End-of-Life Documents 6p Ita Wegman SG-11:30a Rose Cross SG-7:30p	22 End-of-Life Documents 3p	23	24 Asheville Biodynamic SG Hands-On-10a
25 Asheville Handwork Gp-2p The Goethean Conversation SG-3p W/S-YValley SG-6p Pittsboro SG-6:30p Greensboro SG-7p	26	27 Rosecroix Maritime SG 7p	28 Eurythmy Classes 8:30a Ita Wegman SG-11:30a Rose Cross SG-7:30p	29 MICHAELMAS DAY	30 EWS Celebration of Michaelmas 1-3p	Oct 1 RSBNC Community Celebration of Michaelmas 12:30p

Calendar Details: September 2011

Rudolf Steiner Branch of the Anthroposophical Society

September 1, 7:30p – **Rudolf Steiner Branch Festivals Committee** meeting at the home of Margareta Bornhorst. 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

Sept 9, 7:30p - Special Meeting of the First Class to continue working with the text *A History of the School of Spiritual Science: The First Class* by Johannes Kierch. At the home of Kathleen Wright, 4615 Greenglen Dr, Durham. Phone 919-309-9622 for directions.

September 11, 10a – The School for Spiritual Science, Meeting of First Class. Review session follows the main lesson and begins at approximately 11am. For more information please contact Suzanne Mays at 919-929-1073 or suzannemays@gmail.com

Sept. 12, 7:30 p - 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. To contact the Rudolf Steiner Branch by mail: PO BOX 16024, Chapel Hill, NC 27516.

Christian Community

Please mark your calendars with the Christian Community priest visit dates for this year:

2011

Oct 22 and 23

Dec 10 and 11

2012

Jan 21 and 22

March 31 and April 1

June 2 and 3

EWS

For information about EWS events, check out the website at www.emersonwaldorf.org or see the detailed school calendar at:

<http://www.calendarwiz.com/calendars/calendar.phpcrd=emersonwaldorf&op=cal&month=3&year=2011>

Other Activities of Interest:

Choral Gatherings - usually the 1st Friday of each month, 7:30p - 9:30p. At the home of Joanna Carey, 112 Solterra Way in Durham. Bring a potluck snack if you desire. We welcome all ranges, especially altos. After some healthy warm ups, we will begin to work on some beautiful pieces from many traditions. Some will be rounds and some are part pieces. No previous singing experience is necessary, just a desire to sing with others. All are welcome. Please RSVP to Joanna Carey at 919-403-7060 or call for more information.

NDE Study Group - a once-a-month research group about near-death experiences (NDEs), on the 2nd Tuesday of the month about. There will be no meeting in September. Keep posted for the exact date in October 2011. The Raleigh/Durham Friends of IANDS group is 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. For more information, please call 919-929-1073 or email mays@ieee.org. The **2011 IANDS Conference** will be here in Durham, September 2-4. Please see website for full information: <http://iands.org/home.html>

Michaelmas 2011

**SATURDAY, OCTOBER 1, 2011
12:30 PM**

**AT THE COMMUNITY ROOM AT
SOLTERRA IN DURHAM**

BRING A POTLUCK DISH TO SHARE

We hope you can join us on Saturday, October 1, to celebrate Michaelmas as a community. Food, music, thought and artistic activity will provide an opportunity to enrich our individual and community life and sustain our efforts to live the teachings of Rudolf Steiner and Anthroposophy. We will begin by sharing a pot-luck lunch at 12:30 p.m. The Rudolf Steiner Branch will supply plates, napkins, flatware, cups and drinks. At 2:00 p.m., we will sing, hear some lyre music and work with a lecture by Rudolf Steiner, *Love and Its Meaning in the World*. Bruce Kirchoff will give a context for the lecture and artistic activity and the group will highlight the main ideas of the lecture. We hope you will be able to read the lecture beforehand, but this review will be enough to participate in the artistic activity to follow if you are not able to read the lecture beforehand. After the review, each person will

have time to draw an image of a meaningful idea inspired by the lecture that they wish to meditate more on. We will then present our pictures and explain what the image has to do with the lecture and our anthroposophic efforts. We will not analyze the drawings or critique artistic ability. This sharing should help us support each other's meditative life in a rich way. We will close with music and another song by 4:30 p.m.

For this festival, we will gather in a new place, a Common Space down the street from Joanna Carey's home. For directions, you can email Peg at mcarmody@nc.rr.com or Joanna at joannapcarey@gmail.com or use Joanna's address in your GPS: 112 Solterra Way. Pass her home on your left and go to the end of the street. It will end in the parking lot for the common space.

You may access the lecture through Rudolf Steiner archives by its title or contact Peg (919-537-8142 or mcarmody@nc.rr.com) to send you a hard copy. We ask a small donation of \$1 to cover the costs of the copying and mail if you can afford it. – Peg Carmody, Board President

ANTHROPOSOPHICAL SOCIETY'S THEME OF THE YEAR: ANTHROPOSOPHY - ROSICRUCIANISM IN OUR TIME

"Theme of the Year" for the 2011-2012 is "Anthroposophy - Rosicrucianism in our Time".

The recommended reading list includes:

Esoteric Christianity (GA 130) September 28, 1911 and October 1, 1911

The Spiritual Guidance of Mankind (GA 15) Dec. 15, 1911 and October 16, 1911

The Foundation Stone Meditation by Sergei Prokofieff, Chapters 6 and 11.

Rudolf Steiner and Christian Rosenkreutz by Peter Selg

An article on the theme written by Sergei Prokofieff can be found in the March issue of ***Anthroposophy Worldwide***. If you do not receive the magazine, you may find it online at our national website: www.anthroposophy.org



TWO END-OF-LIFE DOCUMENTS WORKSHOPS

Jenny Bingham will be leading two workshops on completing your five wishes through end of life documents in a casual group setting. At the completion of the workshop, your documents will be notarized. The workshops last for 5-6 hours and are given in two sessions a week apart. There are two choices of dates:

Wednesday evenings from 6:00 – 8:30 PM September 14 and 21
or

Thursday afternoons from 3:00 - 5:30 PM September 15 and 22

Cost: \$55.

Place: 208 Murray St., Hillsborough, NC 27278

For more information or to register, please contact: jennybingham@yahoo.com or call 919-241-4304

In October there will be a workshop on Home Funeral Care Education. The announcement will appear in next month's *Sophia Sun*.

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 to send an email to the list-serve.

Please go to the Rudolf Steiner Branch 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>

A Message From Dr. Mark:



Dr. Mark Eisen wants to thank all who have helped and supported him through his medical emergency in late July. He is recovering nicely and following his doctor's advice to take medical leave while he addresses his health and well-being. He will notify the community when he is seeing patients again.

INITIATIVE TO START A BRANCH HOME HAS BEEN RESURRECTED

This past Spring, Joanna Carey and Allen Barenholtz expressed their desire for our community to have a Branch Home. They brought their ideas to the RSBNC Board and then to the membership at large. As a result, the Branch Home Envisioning Committee was formed. A meeting was held on July 16 in which 10 members attended. A report on it follows. There was a follow-up meeting on August 23 in which 7 members attended.

This initiative is the second of its kind in our community's history. There was committee with a great deal of enthusiasm back in 1998-99 that did a lot of fundraising and ground work. Our branch still has a special savings account specifically for a branch home that has about \$18,000 in it which was raised back in the late 90's. The members of the committee invited a member of the Rudolf Steiner Foundation to meet with our branch in 1999 in order to see if we could work out a deal with them. The woman from RSF felt that our community was not ready to have a home. Members of the community were so discouraged by that meeting that the branch home committee disbanded and the fund raising stopped. Many of the most active members of that committee have since left our community.

Report of the membership of the Branch Home Envisioning Meeting July 16, 2011

Submitted by Allen Barenholtz, Joanna Carey and Edward Schultz

Attending: Mark Eisen, Peg Carmody, Lisa Stauffer, Margaret Heath, Melanie Maupin, Linda Folsom, Mindy Kash, Allen Barenholtz, Joanna Carey, Edward Schuldt

The purpose of the meeting was to initiate a larger conversation with the Branch membership of the matter of a physical home for the Branch. We started with three questions:

- Present: What can happen in a Branch home?
- Past: What have we not been able to do within the Branch that we would have been able had we had a Branch home?
- Future: What will we create?

Suggestions for activities within a Branch home included:

Cultivation of the First Class, study groups, a visible place for Anthroposophy, workshops, out-of-town guest accommodation, classes in Anthroposophy and the arts, focus and outreach, a performance space, a coffee house/retail store, library, anthroposophically based healing, biodynamic buying club, garden.

In the second half of the meeting, we turned to these questions:

- What are the necessary preconditions for establishing and sustaining a branch home?
- Do we, as members of the Branch, see the relationship between establishing a Branch Home and our individual inner lives?

It became evident in the course of this discussion that we do not know whether there is sufficient enthusiasm and will among the Branch membership to support a long-term physical presence. Without first ascertaining this, we cannot consider practical questions such a space requirements, location, and funding.

Our next period of activity will embrace two activities:

1. speaking with the members about their experience of the work of the Branch;
2. meeting regularly to

- a. take up a study of the life of anthroposophical groups as a basis for further action towards a Branch home. We will read *The Life, Nature, and Cultivation of Anthroposophy*, available online at http://wn.rsarchive.org/Books/GA026/English/ASGB1963/GA026_index.html; and
- b. understand the picture emerging from the conversations with the Branch members.

We will begin regular semi-monthly meetings on the second and fourth Tuesdays at 7-8.30 p.m. We will begin on the fourth Tuesday this month, August 23rd at 112 Solterra Way, Durham.

You are cordially invited to join us in this work.

PS. *The Life, Nature and Cultivation of Anthroposophy* is a selection of twenty-three of Rudolf Steiner's Leading Thoughts, given to the members in the weekly "Das Goetheanum" after the 1923/24 Christmas Foundation Conference. This content is therefore also available in GA 26, *Anthroposophical Leading Thoughts* (at one time also published as *The Michael Mystery*).

Infinity Farm's CSA Program to Expand

After much contemplation and discussion, I am offering partial-season CSA memberships for those of you who would like to receive biodynamic produce this fall but are not currently in Infinity Farm's CSA. Quite a number of people wanted to join the CSA in the beginning but held off for various reasons. The two reasons that I heard most often were because they are out of town in the summer, sometimes for extended periods and do not want to pay for unused food or try to find someone to take it when they are gone. Also I was told the sticker price for a share, although very affordable, looks intimidating because the cost for the full season is up front and all at once (or at least a deposit). Imagine having to pay for 6 months worth of groceries at one time with one check!

This offer of a Fall CSA circumvents these issues. Most everyone is in town in the fall and the cost is obviously a good bit lower than a full season membership. I have been spreading the word about this idea to gauge if it is worth doing and the response has been very positive, hence this invitation. Please let me know as soon as possible if you are interested and I will post your name on the Fall CSA list. As soon as I have a enough people on the list to warrant a Fall CSA (I'm looking at 15 members minimum and 25 maximum) I will sign you up. If enough people in a new area sign up, I am open to creating a new pick up site or two.

I will need to hear from you by September 1 at the latest. I will stop accepting members on that date (or when the maximum # of members is reached) and finalize any new pick up sites then as well. I would encourage you to contact me sooner rather than later to make sure you get a spot.

On the next page are the details for those interested and I have also attached a CSA sign up form.

Thank you!
Jon Lylerly
919-357-7453
919-357-7454



Hagen Stauffer, Jon Lylerly and Lisa Stauffer at a CSA Workday.

**EURHYTHMY CLASSES FOR ADULTS
RESUMES WEDNESDAY, SEPTEMBER 28
8:30-10:00 AM
IN THE EURHYTHMY ROOM AT EWS
\$10. PER SESSION.**

**CONTACT EVE OLIVE FOR MORE INFORMATION AT
919-489-2564**

SUMMER NEWS FROM OUR MEMBERS

Eve Olive has had a very busy and exciting summer. She has been putting the finishing touches on her book of poetry. She will give us an update soon as to when it will be published and how to get copies.

The big highlight of her summer was her trip to New Orleans with her husband Bill for the annual reunion of the 95th Infantry Division of the Army, of which he was a part during World War II. This group of men is also known as “the Iron Men of Metz” because they liberated the town of Metz, France in 1944. This unit was the second wave of men sent to land in Normandy. Eve reports that 150 people showed up for the reunion (this number includes the families of the men).Some of the men were in wheel chairs and there were considerably less men than in previous years.

One of the memorable events in New Orleans was Eve and Bill's visit to the new World War II Theater which is very realistic to the senses – the chairs shake as bombs are dropped; snow “falls” on you as you watch snow falling in the video; parachutes fall on you as you watch parachutes fall in the movie, and so on.

And lastly, Eve has some really “great” news to share – She and Bill are to become Great-grandparents for the first time in January when their grandson Remi's wife Kelsi gives birth to their first child.

(Below: Bill and Eve Olive with Renate Wend at her 83rd birthday celebration)



Renate Wend became a Great-grandmother for the first time on August 2 when her Granddaughter Sabrina gave birth to Brendan, who weighed a whopping 10 pounds 7 ounces! Renate was very excited about the event and says she feels very connected to the child. She sang ‘Is you is or is you aint my baby?’ to him when he visited her at Brookshire Nursing Home shortly after his birth.

Renate celebrated her 83rd birthday at Red Lobster with her family and a number of friends. Renate ordered crab cakes, which she had been craving all summer.

One special gift Renate received for her birthday was a beautiful poem from her friend Ernie Ruckert, who has written several amazing poems for her in the past. Ernie has an extraordinary gift for sensing the Higher Self within others, as well as their soul's mission. What inspired him to write this poem was a story Renate had told him (and others of us) that one day she was wandering the halls in her wheelchair and a nurse asked her what she was doing, to which Renate replied “I am prospecting for kindness.” Few of us can imagine the horrors Renate has been through during her life – Orphaned before the age of two, living through World War II in Germany, seeing friends and family killed and tortured, enduring endless bombings and starvation, being brutalized by Russian soldiers, not to mention the atrocities she suffered in hospitals such as snake venom injections, electroconvulsive shocks and insulin-induced comas, and now the roughness and hurriedness of the nurses and the loneliness she feels at the nursing home. Realizing this, one can understand that “prospecting for kindness” is truly as difficult as mining for diamonds amidst the dross matter in the mine which outweighs the precious stones 10,000 to 1.

Renate at 83

(The Prospector for Kindness)

My inward eye searches upward - and beyond -
for truth-vistas not beheld before,
while here imbedded I seek some acts of kindness,
whether spoken or acted out.
'tis a wearisome task,
this prospecting
for a seemingly non-existent strain of humanness.

On the other hand my roving mind
continues its life-long quest, aye thirst,
for immutables such as *life-forces, reincarnation, etheric forces, metamorphosis* –
and my “bucket-list” of probing questions goes on, and on . . .
As I have often said, “*You need more than one lifetime to find answers to your many questions.*”

Amidst physical limitations and unlimited mental searchings
I maintain my gentle, cheerful, humored demeanor as best I can.
I like people, especially when they try to be understanding, helpful, and wanting to learn with me of life's great
mysteries.
When those people come I savor the time we spend together,
and I suspect they do not leave empty . . .

Happy 83rd Birthday, Dear Renate
Ernie Ruckert
July, 2011

Linda Finigan published a novel she had been wanting to write for decades entitled ***Love and War***, which takes place during the Vietnam War era. Her book was written up in the *Herald Sun* and received favorable reviews. Linda has had a few book signings and readings for her book. It is available on Amazon.com. You can read more about Linda and her book ***Love and War*** on the Internet. Simply do a Google search on **Linda Hanley Finigan**. Better yet, why not show support for our friend and buy the book!

Suzanne Mays announced that her daughter Crystal has opened a Beauty Salon called reVision. She uses only all-natural products. The Salon is located at Andrea and Co, Salon at 587 Old Farrington Rd. in Chapel Hill. To learn more about the business, check out Crystals' website at: www.crystal-art.org or call her at 919-913-8278 or email her at salon@crystal-art.org

Lisa Stauffer sent us these pictures from the May Christian Community Confirmation ceremony:



Rudolf Steiner's Soul Calendar: Dates from Easter 2011 to Easter 2012

SPRING

April 24 #1 Easter Mood (2011)
 May 1 #2
 May 8 #3
 May 15 #4
 May 22 #5 Light from Spirit depths
 May 29 #6
 June 5 #7 Luciferic Temptation
 June 12 #8 Whitsun
 June 19 #9 + #10 toward summer
 June 26 #11 + #12 St. John's Mood
 July 3 #13

SUMMER

July 10 #14
 July 17 #15
 July 24 #16
 July 31 #17
 Aug. 7 #18
 Aug. 14 #19
 Aug. 21 #20 Luciferic Temptation
 Aug. 28 #21
 Sept. 4 #22 Light from Cosmic widths
 Sept. 11 #23
 Sept. 18 #24
 Sept. 25 #25
 Oct. 2 #26 Michaelmas Mood

FALL

Oct. 9 #27
 Oct. 16 #28
 Oct. 23 #29
 Oct. 30 #30
 Nov. 6 #31 Light from Spirit depths
 Nov. 13 #32
 Nov. 20 #33 Ahrimanic Temptation
 Nov. 27 #34 1st Advent Sunday
 Dec. 4 #35
 Dec. 11 #36

WINTER

Dec. 18 #37
 Dec. 25 #38 Christmas Mood
 Jan. 1, 2012 #39
 Jan. 8 #40 (Epiphany Jan. 6th)
 Jan. 15 #41
 Jan. 22 #42
 Jan. 29 #43
 Feb. 5 #44
 Feb. 12 #45
 Feb. 19 #46 Ahrimanic Temptation
 (Ash Wednesday Feb. 22nd.)
 Feb. 26 #47
 Mar. 4 #48 Light from Cosmic heights
 Mar. 11 #49
 Mar. 18 #50
 Mar. 25 #51 Anticipating Spring
 Apr. 1 #52 Palm Sunday
 Apr. 8 #1 Easter Mood (2012)

Note: The dates listed for 2011-2012 are intended as a guide for those individuals who follow the practice of beginning a new Soul Calendar verse each week on Sunday. We start with verse #1 at Easter in keeping with Rudolf Steiner's instruction. The Sunday method conforms to the way in which the 52 verses originally appeared in the first edition of the Soul Calendar (1912-13). The dating formula presented here allows one to adhere to the seven day astral rhythm of the soul and to stay in sync with the major festival moods. This approach also takes into account the seven preparatory verses leading up to Easter and the seven verses that follow from Easter to Whitsun. The year 2011 further makes it possible to work with verses that coincide with the four Sundays during Advent.

There are only 50 weeks from Easter 2011 to Easter 2012. This requires an adjustment in order to maintain the organic progression of all 52 verses. The solution being proposed is to double up verses 9 and 10 and verses 11 and 12. All four of these particular verses embrace one of the fundamental principles of initiation: "Lose yourself, that you may find yourself." This theme is very much connected with the mood and mystery of St. John's Tide.

The changing cosmic date of Easter requires the meditator to chart a new course through the 52 Soul Calendar verses every year, since there are never 52 weeks between one Easter and the next.

- **Herbert O. Hagens**

News From Tammy in China:

How I Spent My Summer Vacation

My home is in Shenzhen in Guangdong province, which is located in southern China, very near to Hong Kong. This summer the city saw many changes in part due to the opening of many new subway lines and in part to the Universiade games . The city went all out to make things more beautiful, spending incredible amounts of money. The event happened in my neighborhood. We benefited from new side walks, flowers, fountain ornaments; businesses have new signs, etc. In our local shopping area, the city planted a traditional vegetable garden as one would see in the countryside of Guangdong. It was a real mystery to see it! There was great expectation that business would be great. However, this seems to not have been the case. The local taxi drivers seem to have suffered the most, as the subway opened, schools closed early, people left town, and tourists didn't meet the anticipated numbers. A taxi driver lamented this week that this was the typical style: make everything look good on the outside. Now as the event has ended, the flowers are left to die in the hot sun.

The kindergarten where I consult at in Shenzhen had great difficulty knowing when it would have its summer holidays. The government education department decides this and pretty much at the last minute. This year's decision seemed later than ever due to the summer Universiade games. For our kindergarten, a large kindergarten, which is becoming more and more Waldorf, the timing was positive as it allowed many kindergarten teachers to participate in the Guangzhou three-year part-time training. (In China, there are now three part-time three-year kindergarten trainings ; the other two centers are Chengdu and Beijing. This is to try to meet the needs of the 120 Waldorf Kindergartens.). This huge task of kindergarten trainings and mentoring is sincerely guided by Thanh Cherry as director of the WECC.



In late June, our Southern China Kindergartens and Schools gathered at Zhuhai . The grade school met two days to exchange ideas and cooperate. The kindergarten managed one day as some of us have parent/child groups on Saturday. The kindergarten topic was meeting the needs of older children in the kindergarten. It was a lively meeting with about 50 participants from about 14 of the area kindergartens. The Chinese teachers are becoming more and more vocal about their needs and thoughts. It was our third meeting of the year, which fulfilled the goal of rotating the three meetings from city to city. Our next meeting in November will look at the needs of children and families when they join the kindergarten.

Ben Cherry, Yachih Cahn and Robin Bacchus at Guangzhou Teacher Training

In early July, I went to The Chengdu Waldorf School, which had just finished its seventh year. The growth in seven years has been very steady as the teachers, parents and visiting teachers have worked hard . The school presently has 6 kindergarten groups, and classes up to seventh grade. It will begin a double tracked first grade and there are plans to develop a high school in the future for which planning is already taking place. Chengdu has a continual flow of foreign teachers coming through for the grade school training, kindergarten training, rhythmical massage training, an annual workshop for medical and special needs and various other needs. One special teacher with a global mission, Johannes Matthiessen, has created a tree space with the children at the Chengdu Waldorf School. Below is a small excerpt from his website <http://sacred-landscapes.com/zh/>

[China: The 1st Earth-Children-Solidarity-Treedom in Chengdu, China 2011](#)

"In the center of the new schoolyard of the first Waldorf school in Chengdu-China, we created the first internationally connected Children-Tree dome . In the paintings of the young children of the first Waldorf school in China- they expressed their feelings and thoughts about the momentarily existence and the future of us and our planet in very interesting paintings. Have a look on some of these paintings, which in March

2011, I will take to the University of Dar es Salam in Tansania / Afrika. In Tansania, we will build the next Children Tree dom with paintings of children of the slum areas of the capital city of Tansania”

This summer, Johannes Matthiessen is going through chemotherapy for a rare form of bone cancer. The Chinese people have been deeply touched by Johannes’s warmth and vibrancy. Our hearts go out to him in this time. Please read about his fascinating tree/ art project. Maybe your school would like to participate in this meaningful cultural exchange for the earth. .

The Chengdu Waldorf School provided the space for representatives from the Grade school initiatives in China to meet in July. The organization of the meeting was held together by The CWF, China Waldorf Forum, a coordinating group for the grade schools. The theme was “The Nature of China in Body, Soul and Spirit” (A great report by Benjamin Cherry, a very important teacher trainer, will be available in *The Pacifica Journal* .) Claus-Peter Roeh from the Pedagogical Section in Dornach and Nana Goebel from the Friends of Rudolf Steiner’s Art of Education in Berlin attended the meeting, which was very positive to feel their interest and support from the organization which they represent. The task of helping Waldorf Schools develop and deepen is an ever expanding endeavor. At present, there are 9 grade schools in various stages of development and there are likely to be 18 by September 2011!

It is a great joy to see the children growing up and leaving the kindergarten, especially as more children have the possibility for Waldorf education. I attended four different kindergarten graduation ceremonies. All of the kindergartens celebrated the children and families in different ways, but seemingly drawing on what kindergartens in the West do for the year-end ceremonies and/ or other festivals. It was obvious that the teachers had all worked very hard with the children and loved them dearly. I did wonder if the events could be simplified, as the teachers must have been exhausted by all the preparation.



Lanternmaking at Maoming Kindergarten

As part of my WECC mentoring. I went to Haikou, on Hai nan Island. Life in Haikou is much slower than many parts of China which makes it quite a pleasant place to raise children. This kindergarten has developed from a hand full of very young children taught by mothers to a two group kindergarten with 22 children. As a lead teacher is expecting a second baby, the school is busy training two new young teachers.

I gave a workshop with a well-known gender specialist whom they invited to attract new parents.



In Beijing, many years ago, Wu Bei, an earlier supporter of Waldorf education and I would travel around the city to talk about Waldorf education. We would envision ten or so kindergartens in the future. Now it seems there are about 20 or so. It is hard to count in China; things are happening so fast! At the July regional meeting, there were about 50 participants . Various kindergartens shared their Fall circles and visited about their problems. It is great to see peer mentoring developing. In the Fall, there will be three grade schools which have kindergartens. I am looking forward to visiting them in September . I have traveled to Beijing many times over the years to support

teachers and good social working. In the past year, I have been hoping and looking for a kindergarten teacher who would have interest to live in Beijing and support the community development

In Dali, Yunnan the southwest China, Xiao Wang Ye , the founder of Lingxin School, who has been studying Anthroposophy and Waldorf education invited me to do the handwork for her workshop on Understanding Fairy Tales. Her workshops are somewhat like self-development courses, as she works with

10 participants at a time. In the morning, I would listen to her lecture in Chinese and in the afternoon, we would create handwork in order to experience the lecture in another way. We worked with simple materials, found objects from nature, wool fleece, wool felt, wire and thread. It was a very interesting experience to see creativity develop with simple materials as participants found new ways of looking at stories. As Dali is a beautiful town, it is a place where people from other parts of China go to escape the rat race of China. I ran into a few parents and teachers I knew while walking down the streets.



Southern China Kindergarten teachers meet in Zhuhai

In Kunming, Yunnan province, I went to visit the kindergarten teacher of a very small home kindergarten who has been trying to understand how to develop the kindergarten. Now there seems to be a new opportunity at a camp-like situation where there is hope of negotiating to rent a hall from the local owner. I visited one day when a teacher from The Chengdu Waldorf School was holding a summer camp at the site. Kunming is a place where there are not a great number of parents with new thoughts about education. There is a growing community of young people with children who are interested in intentional living, organic food, etc. In September, they have invited a rhythmical massage therapist to talk about child health.

As a WECC mentor, I travel to Maoming, which is five hours by bus south of Shenzhen. Maoming is in a very poor part of Guangdong province where sidewalks are in very poor repair and it is a common sight to see garbage piles, and trash blowing about. The five teachers in this three-story kindergarten, which had begun as a Montessori kindergarten, work long hours to provide an extremely different kind of education than what is available at other kindergartens in the area. Due to the economics of the city, the tuition is 500 yuan, which is low compared to 3,000 yuan in larger Chinese cities. It seems that only a handful of parents out of the 35 are really interested in the education. It seems the parents are at the kindergarten due to the love and care of the teachers for the most part. At the workshop I gave on Waldorf education with lantern making at my home, we had two van-fuls of participants from the new kindergarten in Zhanjiang, which is Harry Wong's home town, come to join the Maoming parents.

While in Maoming, I once again began to think about pen pal like friendships between Waldorf Kindergartens overseas and Chinese Kindergartens. Maoming is really in need of a good friend to send some supplies or lend a loving and caring hand.

I would like to create "A Friend in Need is A Friend in Deed" project. As we are all so busy and maybe can't take on huge administrative tasks, I'd like to suggest if you have a small toy and a toy pattern, you could send them to my parents' home in Florida. When I return in October, I would pick them up, and I'd bring them to kindergartens as I travel in China. If you are interested in participating, let me know at hughestammylynne@gmail.com

Summer has passed quickly. I am looking forward to a busy September. I am arranging the visit of Margareta Eichenholz, a master handwork teacher, 83 years old from Sweden who is wanting to share her wisdom with Chinese Waldorf teachers. She will visit the Guangdong province, and the Beijing area. I'll go to Chengdu for the school's seventh birthday, which is a joyous occasion to recognize how the school has developed and helped so many others develop Waldorf education in their own communities all over China.

- *Tammy Hughes*

Editor's Note: *Tammy will be visiting North Carolina in October. Keep posted to the list-serve for the exact dates and for times you can meet with her. Also, please remember Tammy and her work in China. You can make a contribution to "ASNC" earmarked "China Fund" to help with the work there.*

Waldorf Alumni Who Are Making a Difference:

By Kathleen Wright

A Waldorf education provides students with a balance of head, heart and hands, thus enabling the student to find his/her true vocation and to transform his/her ideals into action with a passion. Such is the case with the three Waldorf alumni profiled below: volunteer midwife in Haiti Reina Galjour, Environmental activist Alex Steffen and Norwegian Prime Minister Jens Stoltenberg.

Reina Galjour – Back in 1986, Reina Galjour entered my First Grade class at the Emerson Waldorf School. She was the most loving pupil I have ever taught. She loved everything we did in class. Now here it is 25 years later, and Reina is now my hero. She has taken her gift of midwifery to Haiti and has been there under dire Third World conditions for more than a year and a half. Her years in El Paso, Texas as a midwife were far more idyllic than she had realized. In the many years there she lost only one baby. In Haiti, death is virtually a daily occurrence. What seems to have shocked Reina most in the beginning, however, was how cruel mothers-in-labor were treated; many even being slapped to quiet them down. That is something that Reina has worked tirelessly to change and it appears that things have improved immensely since she brought her angelic heart to the people there.

I have been keeping up with Reina's blog, experiencing her heartbreaking trials and triumphal joys at; www.reinagaljour.blogspot.com. Do check it out. Reina is a good writer and really captures the feeling of the Haitian life. In spite of no running water or toilets, never enough medicines and blood, Reina has managed to find joy in Haiti – in fact, she has met the love of her life, Desauguste Johnson, better known as Blada, with whom she has become engaged. Reina has mastered the Creole language while there and has become adept at the local dances, which she loves.

Reina will be visiting North Carolina in September in order to fundraise for the organization for which she works – Midwives for Haiti. Reina assures me that this is a very reputable organization, far more so than the Red Cross. Please try to attend one of the fundraisers listed below. If you cannot, please try to send a donation to help improve the impoverished conditions that still exist in Haiti.

Here is the announcement that went out on Facebook about the Fundraisers:

“Reina Galjour is a midwife from our community, who has been living & working in Haiti since February 2010, training Haitian midwives with an organization called Midwives for Haiti (MWH). Please come to this illuminating presentation for an insiders' view into the present situation facing women who are pregnant/giving birth in Haiti, as well as the hope brought forth by this new wave of midwives. Reina will share stories and pictures, a 15-minute documentary about MWH, as well as entertain questions. Reina is collecting funds for MWH (Paypal & credit cards) and for direct patient care (cash or checks) at the public hospital where she works, which has no running water, no toilets, and scarce supplies/medications. This will be a fun and informative community event; EVERYONE is welcome, and ANY contribution is worthwhile! We will share beautiful Haitian music; dancing is encouraged!”



Blada and fiancée Reina

Haw River Ballroom
6pm Wed. Sept. 21
Saxapahaw Rd., Saxapahaw, NC

Carr Mill Mall (inside Weaver St. entrance)
4 PM Saturday Sept. 24
Weaver St., Carrboro, NC

Please make checks out to: **Reina Galjour, 3117 Twin Streams Rd., Chapel Hill, NC 27516** or for a tax-deductible contribution, go to www.midwivesforhaiti.org. Please indicate on the Paypal form under “Notes” that your check comes from the Reina Galjour Fundraiser. Thank you.

Waldorf Alumni Making a Difference continued:

Alex Steffen- Mari (Perkins-Yeager) Glaze, sent me a Youtube video of a lecture given by her former Green Meadow Waldorf School classmate, Alex Steffen, via Facebook. I was elated to see what a fine man Alex has become. I knew Alex back when he was a teenager. His younger brother Joseph was my son Danny's best friend. I recall well the day back in 1982 when I took Alex, Joseph and my three children, all of us clad in medieval costumes to a Society for Creative Anachronism (SCA) Festival. And now Alex is an environmental crusader, giving lectures all over the world. He has been featured several times in the *New York Times*, as well in nearly 600 articles in magazines such as *Good* magazine. *The Sun*, *Business Week*, *Fortune*, *Der Spiegel*, CNN, *The Guardian*, *Wired*, *Treehugger*, plus he has been on many radio and TV shows. Alex has his own website www.AlexSteffen.com and is featured on Wikipedia, Twitter, Facebook and Youtube.

Alex's website describes him as "one of the world's leading voices on sustainability, social innovation and planetary futurism. He is a writer, public speaker and strategy consultant. Alex was Executive Editor of Worldchanging.com from 2003-2010. Worldchanging was one of the world's leading sustainability-related publications, with an archive of almost 12,000 articles and a large global audience. Worldchanging reached over 8 million readers and was rated the second largest sustainability sites on the web by Nielsen Online in 2008." The website won many awards.



Alex compiled and edited a book called ***Worldchanging: A User's Guide for the 21st Century*** (Abrams 2006), a 600 page compendium of leading solutions from around the world with a foreword by Al Gore. The book has been updated and was released in March of this year. It is entitled ***Worldchanging 2.0*** and features a foreword by Van Jones and an introduction by Bill McKibben. Alex is also working on a third book. Alex gives lectures all over the country and has spoken to groups as diverse as Nike, Amazon, Ideo, Steelcase, Yahoo, Carrier, as well as at universities such as Harvard, Yale and Stanford. Do check out the write-up on Alex at Wikipedia, as well as his website at www.AlexSteffen.com. He truly is an amazing man. There is far more to his biography than we have space. Keep up the great work Alex!

Jens Stoltenberg – has been the Prime Minister of Norway since October of 2005. He is also leader of the Labor Party there. Jens was in the news this summer after the dreadful incident in which a religious right zealot killed 68 people at Utoya, an island where the Labor Party was holding its annual youth camp. That same day a bomb went off near the Prime Minister's office in Oslo and 8 people were killed. The Prime Minister was on TV stations all over the world after he quoted a young girl who said "if one man can show so much hate, think how much love we could show, standing together."



Jens attended Waldorf Schools in his youth and when asked by the news media what he thought of his Waldorf education, he replied: "It encouraged me to always strive to become a better human being." If more world leaders had this attitude and upbringing, there would be no wars. When Stoltenberg was in his teens, he participated in demonstrations against the war in Vietnam.

Hopefully in the future, more Waldorf graduates will seek world leadership. Sadly, there is much resistance to anthroposophically-minded aspiring politicians.

Nicanor Perlas lost the election in the Philippines where he ran for President last year, and an anthroposophist who was elected President of Georgia (in the former USSR, not America) was assassinated shortly afterwards.

Southeastern Anthroposophical Groups Gather

For Weekend Workshop Near Chattanooga Part I

By Kathleen Wright

One of the things I love best about being on the Eastern Regional Council is visiting with groups in the region and learning about what they are doing. I am happy to report that the Southeast is growing and thriving. Groups in Tennessee and Georgia gathered in Ooltewah (About 20 miles north of Chattanooga, TN) June 24-26, 2011 for a workshop entitled "What is Anthroposophy?" The keynote speaker was Michael Ronall of NY. The conference was sponsored by the Traveling Speakers Program of the Anthroposophical Society in America, the Epiphany Group of Comer, GA and the Southeastern Regional Branch. Music was provided by clarinetist Alan Drake and a recitation of the St. John Gospel was given by Robert Brock.

Adding color to the event was the presence of the Rudolf Steiner 150th anniversary panels, which were on display at the conference. (See them in the photo below behind the organizers of the conference.) About 40 people attended the workshop. There were several young people in the audience, which always gives us encouragement for the future. One of them was Bettina Hindes, daughter of the Christian Community priest. She has just left the army where she learned to speak Farsi.



Michael Ronall with the organizers of the conference: in foreground: Maria St. Goar, Rebecca St. Goar; Second row: Michael, Fred Coats, Edward St. Goar, Katherine Jenkins and Unknown participant.

Katherine Jenkins of the Epiphany Group of Comer, GA did most of the organizing for the conference. Her group consists of 9 people who meet monthly. They have been reading *From Jesus to Christ*. This past year they celebrated Easter together and hope to increase their festival work together.

Carmen Castro of Lawrenceville, GA has a small Study Group of about 4 people. They have been reading Prokofieff's book *The Encounter of Evil*. She also attends the Epiphany Group's monthly meetings.



In addition to my giving a brief talk about the work of the Eastern Regional Council, I did a lot of "circulating" to meet the various groups represented at the workshop and this is what I learned: Maria St. Goar, whom many regard to be the "Mother" of the southeastern region (encompassing Tennessee, Georgia and Alabama) leads the Southeast Regional Branch whose home is in Chattanooga. The group has been working on *The Fifth Gospel* this year. They have about 8 regulars and often more attend. Members travel from several states to attend the First Class lessons given by Maria. This past year, she has been training her son Edward to take her place as Class Holder, as she will be retiring soon. Maria will be 84 In January.

Marian Shearer of Forsyth, Georgia spoke to me about the GEMS Group, a long distance Study group headed by Margaret Shipman of California, of which Marian is a part. Several people in the southeastern group who are too far away to attend other Study Groups belong to this Saturday morning

group. They really feel united in spirit with others in the class. Marian is also active in Prison outreach and attends the First Class meetings in Chattanooga.

Helene Burkhard leads a study group in Auburn, Alabama. It has about 6 regulars. They have read *Theosophy* and *Esoteric Science*. They also have special festival readings.

Dorothy Robinson told me about the Anthroposophical work in Nashville, TN. There are two Study groups there. One is the Michael Study Group, led by Barbara Bittles, which has been working on the Karma lectures. There are 6 regulars in this group, including some Waldorf teachers. There is also a Foundation Studies Group at the Waldorf School there, which has been going on for two years and has 20 students in it. There is a Waldorf School in Nashville called the Linden Waldorf School. It has grades K-8 and about 175 children. The Study Group participants have been performing the Oberufer Shepherd's Play at the school each year. There is another Study group with a woman named Cathy Green, but she was not in attendance so I have no details about her group. There is a Gardening and Biodynamic group in Franklin, TN. This past year, Rev. Richard Dancey came to Nashville and gave three talks, which were well attended (25-40 people at each).

I had hoped to meet with the folks from Atlanta and Decatur, Georgia. They have a group there that is on its way to becoming a branch. Fortunately, there were people from other towns in Georgia who were able to fill me in on some of what's happening there. There is a 25 year-old elementary school, The Waldorf School of Atlanta, as well as a high school called The Academe of the Oaks, that has had three graduating classes already. They have a Study group that meets on Wednesday nights at the high school on *Karmic Relationships*. It is led by Evah Handschin. They will have a Foundation Studies group starting next year sponsored by the Center for Anthroposophy in NH. A Christian Community priest, Jonah Evans, comes down quarterly to serve their community. A group of 6 of them gather every other Sunday to celebrate the lay service.



Alan Drake on the clarinet

There was a great sense of warmth, as well as a great enthusiasm for Anthroposophy and a longing to experience more activities that I strongly felt from this group of people. I highly encouraged everyone there to try and make this conference an annual occurrence, which everyone seemed to agree.



Katherine Jenkins and Michael Ronall

I also was delighted that several of the participants knew people from my Chapel Hill community. I also ran into an old member of our community – Michael Mason who is now in the Asheville area. Asheville, while IN NC is actually closer to the Tennessee/Georgia communities than our NC Triangle area.

In the next installment of this report, I will summarize the wonderful talks given to us by Michael Ronall, as well as make a commentary on the artistic presentations of Robert Brock and Alan Drake.

**MINUTES OF THE ANNUAL GENERAL MEETING
OF THE RUDOLF STEINER BRANCH (NC)
MAY 21, 2011
2-5 pm
in the Brown Wing of the Emerson Waldorf School**

Prior to the AGM, a Pot Luck Luncheon was held.

Welcome: Peg Carmody, Board President, made the opening remarks and asked if there were any items to add to the agenda. Mark Eisen requested that the Foundation Stone Meditation be recited at the meeting. It was approved.

Verses: Verses for the day, week and month were recited.

Present: Peg Carmody, Roger Schultz, Bruce Bornhorst, Edward Schuldt, Melanie Maupin, Linda Folsom, Nancy Willson, Suzanne Mays, Kathleen Wright, Allen Barenholtz, Joanna Carey, Mark Eisen, Margaret Heath. (Herb Slapo and his daughter Ronnie were present just for the Lectern Dedication Ceremony.)

Remembering Members and Friends Who have crossed the Threshold this past year: Laura Carey, Faye Hardy, Roberta Meadows, Shirley Shay, Kelly Love, Jane Goldstone and Marlene Joyce's Mother. The Verse "We were united with you" was spoken.

Review of the past year. Peg Carmody presented a listing of the year's events and accomplishments: all the festivals we celebrated, the name change to Rudolf Steiner Branch (NC) of the Anthroposophical Society in America, the Parzival workshop, the painting workshops with Carol Brick, the Steiner Birthday Bash, our newsletter which is online, our growing list-serve (well over 100 members), the new enthusiasm for finding a branch home. Peg also remarked on how our community has grown spiritually over the years we have been together: there are intimate and personal sharings at meetings; a humility and appreciation for each other; many are struggling financially, physically and mentally and those who can are helping in every way they can. Upcoming events include: A branch meeting on August 27, Michaelmas on September 29 and All Soul's Day November 5 at Marie Nordgren's.

REPORTS FROM INITIATIVES:

FIRST CLASS OF THE SCHOOL OF SPIRITUAL SCIENCE

(Given by Suzanne Mays with approval by Eve Olive and Judy Frey)

Before giving a report of developments within the local First Class of the School of Spiritual Science, something should be said about the nature of the work within the First Class and how a person becomes a member. The following is quoted from the book *The School of Spiritual Science: An Orientation and Introduction* newly published by Temple Lodge. "In keeping with the transparency about the School that Rudolf Steiner required from the outset this book was published for anyone interested in the School. Rudolf Steiner established the School of Spiritual Science in 1924 within the framework of the newly refounded Anthroposophical Society. The School receives its essential spiritual-scientific content from the work of the First Class. At the heart of this Class are the 19 esoteric lessons – known as Class Lessons – that Rudolf Steiner held during 1924 at the Goetheanum. There were also seven additional lessons that take up and elaborate the content of the original lessons – these are the recapitulation lessons. In addition, several Class lessons were held in other places.

Each of these lessons describes a concrete spiritual situation that is offered in condensed form as mantric verse; these lessons provide indications for working meditatively with the verses. Unlike Rudolf Steiner's esoteric teaching prior to the 1923/24 founding of the School of Spiritual Science, the lessons of the First Class contain no general rules about how to live one's life. The activity of forming a meditative life remains in the hands of the individual member of the School. The indications in the Class lessons are

concerned more with describing the seriousness and appropriate attitude of the pupil in regard to the mood or situation expressed in a verse or group of verses.

When approached meditatively, these verses can become mantras that provide an experiential entry into the soul-spiritual reality they depict. The depictions begin in the first Lesson by describing a mood in which the human being in search of his true nature – his I – discovers that it is not to be found in the sense world. Based on this mood, he is led to the threshold of the spiritual world and to an encounter with the ‘Guardian of the Threshold’. As a result, he feels his existence is called into question; at the same time, he feels that a deeper level of self-knowledge is being revealed. Shaken but emboldened, he finds the further path of self-development opens up to him along with a spiritual knowledge of the world. The Guardian leads the human being to the threshold and across it. The meditant learns to experience himself in spiritual-cosmic situations and to encounter spiritual beings – the hierarchies – in them. The path culminates with the 19th lesson where the essential being of the individual, the I, knows it has reached the place of its primal spiritual origin. From there, the path leads back over the threshold, and the human being is strengthened for tasks in the sensory world. The Class describes a path of initiation for the I in the age of the consciousness soul. It is addressed to people who have decided to allow their lives and work to be consistently enriched by anthroposophy, to become a representative of anthroposophy and to work together with others in a community of researchers.” A person can apply for membership after having been a member of the Anthroposophical Society for two years.

This past year from Easter 2010 to Easter 2011 was a year of significant new happenings for the First Class of The School of Spiritual Science here in Chapel Hill, NC. The space that the First Class rents at the Emerson Waldorf School – the eurythmy room -- was lazured by the parent body last June. One new member joined the First Class last summer. Michael Howard was commissioned to build a handcrafted lectern for The First Class and for the Branch to use at other events. The lectern was finished and used for the first time in March which was also the first time that Judy Frey gave a lesson in her capacity as a newly appointed class holder. She gave another lesson in April and will give one in June.

The First Class meets once a month. Fortunately there were no snow days that forced any cancellations. The First Class had to work more closely with The Christian Community this past year to coordinate schedules. A priest now comes more frequently -- every other month. Some months are harder to avoid overlap, such as in May and so require at times adjustment of meeting dates, something that was done this month when The First Class rescheduled to a week earlier in order to not conflict with a confirmation service. Our last class lesson for the year is June 10th and we will begin again in September. The cycle of the 19 class lessons takes two years to complete. In June the first half will have been completed.

Last October the First Class called for a special meeting to discuss how to change the format of its meetings. As a result, in November a change was made to start the class meetings a half hour later with the giving of the class lesson and then after a five-minute break to begin a conversation around the lesson just heard. Just about every member who comes for the lessons now stays for the conversation instead of the handful of regular members who came for what was called the Review Session before the class lesson that had been done since the First Class started here in 1988. This new arrangement seems to meet most members need to meet later, receive a lesson, participate in conversation and still end by noon as with the old format. There are 22 active members and 11 inactive members of the First Class.

LOCAL INITIATIVES:

Dr. Eisen’s Medical Practice: Mark reported he may not be able to hold on much longer.

Suzanne’s Therapeutic Lyre Practice: Suzanne Mays plays once a week at UNC Hospital. This is her fourth year doing this. She mentors 4 students in music for Healing and Transition.

Infinity Farm- The CSA is in full swing and there will be a Biodynamic Conference with Walter Moora on the weekend of St. John’s. The annual St. John’s Festival will once again be held at the Farm.

Whitted Bowers Farm – no report given

Emerson Waldorf School - no report given

Triangle Nursery Groups – no report given

Choreocosmos Dance – no report given

Christian Community – Carol Kelly will be the main priest next year. This year there was a retreat with Gisela Wielki and 7 visits from priests. There is now a mothers group working with festivals for their children.

Werbeck Singing – Joanna Carey leads a group in monthly singing. They will not meet in July and August.

Foundation Studies – Margaret Heath was one of the teachers in the program. There were 19 students in it, only 2 of whom were men. Margaret gave a course on *Knowledge of the Higher Worlds*; Nathaniel Williams talked about *Theosophy* and another teacher came to talk about Emerson.

Renewing a Culture of Death Group – Margaret Heath spoke for Jenny Bingham's group. They had two workshops on the care of the dead, home funerals and filling out forms for end-of-life documents. There was an article in the local newspaper about their work

Reading for the Dead Group – Joanna has been leading this group at the Mays' once a month.

Rose Cross Study group – Ron Evans reported that the group has been working on the Karma of Untruthfulness Volume II. The group meets at Judy Frey's home and Ron joked that it is one of the few Study groups that has more men than women in it.

Ita Wegman Study Group – has been meeting about twice a month on Wednesday mornings at the home of Kathleen Wright. Although there are just 3 members, the meetings have been exceptionally good.

Other initiatives in North Carolina:

Winston-Salem – Beth Bean reports that her group has 8 people and has been reading *The Fifth Gospel*.

Asheville: Elizabeth Gilbert sent us the following report:

We had a very successful May Faire festival on Sunday May 1st. Our community festivals are a collaboration of the various early childhood programs here in the area along with Azalea Mountain, the school initiative. It was a wonderful day with children's crafts, puppet show, and potluck. We estimate we had around 100+ people.

The Foundation Study course is still going strong. The group has shrunk a bit from the original near 40 that began the program, but there are still over 20 students. The once a month class is organized through the Center for Anthroposophy and includes a visiting teacher and eurythmy each class. One of the highlights of this semester was having Torin Finser here in March. This fall will be the final semester for the program. A handful of students are already going on to take the teacher training programs; some par-time and some full-time.

There is a study group that evolved out of the Foundation Studies course, which meets twice a month. There was also another study group working with Occult Science, but I haven't heard much from the group, so I don't know if that is continuing or not.

The Azalea Mountain Cooperative School is planning for it's opening in August with kindergarten through 4th grade programs. Our grades will be combined. The 1st/2nd grade is being taken by Todd Crowe, a former teacher at the Waldorf School of Pittsburgh. The 3rd/4th grade will be led by Laura Coleman who completed her masters at Sunbridge about 10 years ago. We are especially excited to welcome our new kindergarten teacher, Kate Donnelly, who is coming to us from the Tucson Waldorf School. She has been teaching for over 15 years and is a long time anthroposophist and member of the First Class. I'm sure that you will see more of her once she arrives, as she is eager to make connection with all that is happening in Chapel Hill. There are lots of events going on around the school, such as festivals, potlucks, lectures, etc. The website is www.azaleamountain.org.

Finally, in August, we will welcome Brian Gray to Asheville. He will be teaching a class on the Seven Planetary Seals and Intro to Star Wisdom through the Vesica Institute. The dates of the class are

August 20-23. More information can be found at www.vesica.org/main/spiritual-science-home/courses or people can contact me at this email address.

Eastern Regional Council Report – given by Kathleen Wright

The Eastern Regional Council currently consists of Ed Scherer, Ann Finucane and Kathleen Wright. The Council had its annual in-person meeting on April 29, 2011 at the Guest House in Spring Valley. They have been having bimonthly phone conferences all year.

Last year they decided to divide up the eastern region amongst themselves as it would be more cost effective. As a result, Ed is responsible for New York, New Jersey and the New England States; Ann has the mid-Atlantic states of Connecticut, Delaware, Pennsylvania, Maryland and Virginia; Kathleen has the southern states of North Carolina, South Carolina, Georgia, Florida, Tennessee, and Alabama. Ed serves as the Treasurer for the Council and Ann is the representative of the eastern region on the General Council and Collegium. She reports back to the eastern region about the activities of these two bodies. Ed has also been active as the ERC representative on the Steiner Library Committee. Kathleen represented the Council at the Steiner Books Spiritual Research Seminar in NY in March. She will also represent the Council at a Workshop in Chattanooga, Tennessee, which will have members from groups in Georgia and Tennessee represented. In November, she will visit a group in Charleston, South Carolina. Ann will visit groups in Massachusetts this summer. Ann also represented the ERC at the AGM in Chicago this past October. This past year, only one group requested formal recognition as a group and that was in Pennsylvania.

The General Council has requested that the ERC increase its membership by at least two persons, and so the current council members are in the process of exploring this possibility. The Council has been writing thank you notes to those who have donated money to the ERC this past year. They also welcome new members to the Anthroposophical Society and are in the process of updating information about groups and branches in the region for the website and in the process create greater networking possibilities. The General Council has announced that the next AGM will be in Portland, Oregon in October 2011. The following year, 2012, the AGM was due to be in the east, as the three councils rotate hosting for the AGM's; however, because of the great significance attributed to the year 2012, the General Council wanted to have a very special conference that year and so it will be at the Society headquarters in Ann Arbor.

FINANCIAL REPORT was given by Peg Carmody. It is available as an Excel spreadsheet for dues-paying members upon request. We prefer not including this with the newsletter so that this information will not go online.

RUDOLF STEINER BRANCH REPORT: Peg reported that the terms of office for herself and Nancy Willson were up but that they were agreeable to continuing in their offices if the members approved. Kathleen Wright's term was also up and she wishes to step off the Board to devote her time and energy to the newsletter and Eastern Regional Council duties. Voting was to take place for the two of them as well as for three new applicants for the Board: Allen Barenholtz, Joanna Carey and Melanie Maupin. Members were asked to check yes or no on a ballot. All were approved for being on the Board, with three people receiving 2 of the 14 votes cast as "no". The group did not feel it necessary to name these three people as they received the confidence vote of the majority.

Dedication of the New Lectern: Next Kathleen Wright spoke about the lectern, which was a gift from the estate of Natalie Slapo and was designed and built by Michael Howard. Herb Slapo was presented with the plaque which was made for the lectern and will be attached to the inside of it. After this, members sang Happy Birthday to Herb whose birthday is in a few days. Members shared cake and pie as they took a short break from the Business part of the meeting.

The Meeting concluded with the recitation of the **Foundation Stone Meditation**.

The following message was received from Nathaniel Williamson:

THINKOUTWORD ANNOUNCES CALL FOR GRANT APPLICATIONS

August 15, 2011 --- Ghent, New York ---

The Credere Fund is thrilled to announce the beginning of its fourth granting cycle!

We work to provide community credit for artistic, social, and scientific initiative, guiding capital and resources to individuals with creative projects in art, social change, and Goethean science.

The name "Credere" is the Latin word for "credit," meaning to believe. In its essence "credit" signifies the community's belief in the ability and potential of any one of its members to create out of the future, and in so creating, to give back to the community. The seeds of new cultural initiative often lie dormant within individuals. The Credere Fund works with gift money from the community, the water that can sprout these seeds into a living, growing future. Credere grantees receive community capital to develop their ideas into concrete projects. The community recognizes that the development of this inspiration not only benefits the individual but also rays light out into the whole community.

The Credere Awarding Committee welcomes applications for each of the following three grants:

- Art & Anthroposophy: Awarding up to \$2000
- Social Change & Anthroposophy: Awarding up to \$2000
- Goethean Phenomenology (Sponsored by The Nature Institute, Ghent, NY - www.natureinstitute.org): Awarding grants up to \$1000

Applicants must demonstrate that support from the Credere Fund is essential to their initiative and that funds will be used effectively and responsibly. Preference is given to projects that are anthroposophically inspired, and while there are no age or geographical restrictions, young people in the northeastern United States are especially encouraged to apply. Application deadline: October 15, 2011.

To apply, please visit www.thinkoutword.org.

We also heartily welcome support for The Credere Fund, typically provided through individual gifts of \$5 to \$20. Large donations to our existing grants or towards the establishment of new granting areas are gratefully welcomed as well. Enliven your community!

The Credere Fund is a program of Think OutWord and is fiscally-sponsored by Hawthorne Valley Association. For more information, please visit www.thinkoutword.org.

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Rudolf Steiner's Vision: A Weekend of exhibits, presentations and conversation Celebrating the 150th birthday of Rudolf Steiner: October 21-13, 2011

Born 150 years ago, the man whose work continues to inspire Waldorf education, Biodynamic agriculture and the Camphill movement as well as new impulses in the arts, science, religion and social life, remains largely unknown. You are invited to learn more about his life and legacy at"

**Space 360
Warren St.
Hudson, NY**

For more information, please call 518-325-1113

Sponsored by the Berkshire-Taconic Branch of the Anthroposophical Society



How can we create a future worthy of the human being?

October 14 – 16, 2011 at the Portland Waldorf School

(with Youth Section events October 13-14)

Celebrating the 150th Anniversary of Rudolf Steiner's birth:

- The Foundation Stone Meditation in eurythmy
- a keynote by Virginia Sease:
"Rudolf Steiner's Vision for the Human Being:
Love Manifested through Spiritual Activity"
- speech with Kim Snyder-Vine, singing with Diane Rowley
- ten workshops on the conference theme
- and celebrations!

At this conference we want to understand how what Rudolf Steiner brought to the world is crucial to a future worth living, and how that vision can remain living and evolve. We will explore the contribution we each can make to gain and fulfill such a vision. Our explorations will proceed thoughtfully, artistically, and out of our own life experience. The goal of our time together is that we gain inspiration to bring something new into our life and into the future.

Our task in evolution is to become more fully human.

Anthroposophy supports this evolutionary path.

KEYNOTE SPEAKER

Dr. Virginia Sease:

**"Rudolf Steiner's Vision for the Human Being:
Love Manifested through Spiritual Activity"**

To register, go to the Anthroposophical Society website at www.anthroposophy.org



DEATH OF EWS ALUMNUS BRINGS REUNION OF FRIENDS

By Kathleen Wright



Leifwynn Martin Rego died on July 18 at Duke Hospital at the age of 33 and a third – the same age as Jesus Christ and so many vibrant and talented persons – Alexander the Great, Eva Peron, John Belushi, Karen Carpenter, Catherine of Siena to name but a few of a long list.

At his Memorial Service on July 23, the Barn at Valhalla was filled to overflowing - hundreds of friends and family united to give Leif a loving “send-off” and to reminisce about all the funny and wonderful things Leif did. Primarily he was known for being a great musician, but he also loved surfing and biking, and had a wonderful sense of humor. Up until recently he had been working in Santa Cruz, but he had moved back to Chapel Hill shortly before his death.

It was wonderful seeing so many people we hadn’t seen in years and to learn of people’s connections with Leif. The midwife who delivered him, Lynn Dickinson, spoke of her experience and she then read a letter from her son

Stewart, who was a close friend of Leif’s. Teacher Nancy Preitz spoke about what a character Leif was in her class, and a babysitter told a very humorous anecdote of the first time she came to babysit. Leif told her :”I don’t need a babysitter – I’m thirty years old!” (he was in fact just 9.)

There was wonderful music of many kinds, including drumming, and it was so good to hear Pomegranate Rose again - it has been at least 20 years ago that I last heard them perform. A beautiful color program was given to the guests, as well as a photograph of Leif as a keepsake.

I did not speak at the memorial, because I felt that there was already so much on the program, but I wanted to tell all how Leif actually helped me make a very important decision in my life. I might not even be in Chapel Hill if it weren’t for him! You see, back in 1986, I brought my children to Chapel Hill to interview for the position of First Grade teacher at the Waldorf School. My children sat in on classes to make sure the move was a good “fit” for them as well. I would not have moved here had not my children agreed that it was the right place for us. At the end of the first day, my then second grade daughter Colleen came home from her class (taught by the late Barbara Shell) and announced to me: “Mom we have to move here because I met the man I am going to marry – His name is Leifwynn!” While they got into all sorts of mischief together, they never did get married, but they remained good friends for many years. The last time I saw Leif which was probably in 2002, he gave me CD of his guitar music. His Spirit will live on in his music. I will treasure it always.

We wish for Leif a Great Adventure in the spiritual world and that he will return with great forces that will enable him to have a long and productive life next time!

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. It 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) 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**

Directory of Anthroposophical Initiatives in North Carolina

Branches

The Rudolf Steiner Branch (NC) of the Anthroposophical Society in America Serving Chapel Hill, Durham, Hillsborough, Pittsboro, Cedar Grove, Mebane and Raleigh

P.O. 16024

Chapel Hill, NC 27516

www.anthroposophync.org

RSBNC Board:

President; Peg Carmody 919-537-8142; mcarmody@nc.rr.com

Vice President: Nancy Willson 919-493-1091; nancywillson@myfrontiermail.com

Recording Secretary: Melanie Maupin 919 384-7338 melmaup@gmail.com

Correspondence Secretary: Joanna Carey 919 403-7060 joannapcarey@gmail.com

Acting Treasurer: Peg Carmody

Newsletter: *The Sophia Sun* (monthly 9 times per year) sophiasun@peoplepc.com

Groups

Asheville: Todd Crowe 828-216-3226; oddwitha_t@hotmail.com

Website: www.azaleamountain.org

Greensboro: Sandy LaGrega – 336-292-7947; sunsan52@aol.com

Wilmington: Anna Bowman - 910-338-0833; 919 792-0959

Alicia Marroquin - 910-874-7200; rosenhart@bluepearlarts.com

Winston-Salem-Yadkin Valley - Sarah Putnam- 336-972-8243; sputnam01@att.net

Education

Emerson Waldorf School (N-K-12)

www.emersonwaldorf.org

6211 New Jericho Rd.

Chapel Hill, NC 27516

Administrator: Joanna Andruscavage

Main Office: 919-967-1858

High School Office: 919-932-1195

Early Childhood office: 919-967-3362

Foundation Year Studies at the Emerson Waldorf School

(sponsored by the Center for Anthroposophy in NH)

Contact: Claire Viadro 919-967-8215; Viadro@mindspring.com

Home Nursery School Association (serving Durham, Chapel Hill and Hillsborough)

(There are currently 6 home nursery programs that utilize Waldorf principles)

Contact: Marie Nordgren 919-544-8748; amnordgren@aol.com

School of Spiritual Psychology

Benson, NC

www.spiritualschool.org

Robert Sardello and Cheryl Sanders-Sardello, Directors

Azalea Mountain Morning Garden (serving Asheville)

Contact: Kate Reese or Maria Allen 828-505-1350; www.azaleamountain.org;

Azalea Mountain School K-4, a Waldorf-inspired school plans to open in the Fall of 2011.

(see website for more info at www.azaleamountain.org)

Medical

Mark Eisen, M.D., anthroposophical family medical practice

900 MLK Blvd., Chapel Hill, NC 27514, 919-967-9452; mjepactic@aol.com

Jubilee – offering Anthroposophical books, Weleda remedies and toiletries, Dr. Hauschka cosmetics, True Botanica remedies, at the medical practice of Dr. Eisen

Margaretta Bornhorst, R.N. anthroposophical nurse; Rhythmical massage practitioner, 919-824-7337; healingrhythms@gmail.com

Divine Rose - Cory Roth, NC licensed/certified Dr. Hauschka esthetician; offers Dr. Hauschka facial treatments and make-up sessions; contact: 919-933-4748; Divinerose55@gmail.com

Biodynamic Farms

Whitted-Bowers Farm - Demeter certified – specializing in fruits and vegetables; 8707 Art Rd., Cedar Grove, NC 27231; 919-732-5132; Rob and Cheri Bowers, owners

Infinity Farm – uses biodynamic methods; CSA, organic goat milk, grass fed meats; organic eggs; vegetables. Jon Lyerly, director 919-357-7453; jlyerly2@gmail.com; 1600 McDade Store Rd., Cedar Grove, NC

The Arts

Eurythmy - Eve Olive - 919-489-2564; eveolive@frontier.com
Ann Calloway – 919-403-8678 callaway.lonaann@gmail.com

Werbeck Singing - Joanna Carey – 919-403-7060

Lyre Music- Joanna Carey – 919-403-7060
Suzanne Mays – 919-929-1073

School of Choreocosmos, Sophia Grail Circles

Kelly Calegar - www.eastcoastschoolofchoreocosmos.com

Marlene Joyce – mjoyce126@bellsouth.net

Christian Community

A Christian Community priest visits our Congregation bi-monthly. Currently, Rev. Carol Kelly and Rev. Patrick Kennedy are the priests we share with the Washington D.C. parish.

Contact: Linda Folsom, Steering Committee member, 493-8323. lfolsom@nc.rr.com

Website: www.christiancommunitync.org

Anthroposophical Lending Library

The Phoenix Library, Chapel Hill, NC 27517

Contact: Judy Frey 919-928-8749; damaris12@nc.rr.com

Study Groups:

Child's Needs Study Group – One Saturday a month 10 am-12 pm.; reading *Loving the Stranger: Studies in Adolescence, Empathy and the Human Heart*, compiled by Michael Luxford 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 11a - 1p 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: *The Trinity* by Hans Werner-Schroeder. 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 currently applying these principles to the book *Learning to Experience the Etheric World: Empathy, the After-Image and a New Social Ethic* by Baruch Urieli and Hans Mueller-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 11:30-1:00 at the home of Kathleen Wright. Currently reading: *Rudolf Steiner's Mission and Ita Wegman* by Margareta and Erich Kirchner-Bockholt. 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

Reading to the Dead Group – Thursdays, 7:30-9:00 pm. We are reading *Studies in Therapeutics* by Rudolf Steiner. We meet at the home of Joanna Carey at 112 Solterra Way in Durham. Any questions can be directed to Joanna Carey: 919-403-7060. Please RSVP that you will be attending.

Renewing the Culture of Death – 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. No meetings in September because of the workshops (see article in this issue) Jenny Bingham: 208 Murray St., Hillsborough, NC 27278. Phone: 919-241-4304 or email jennybingham7@gmail.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

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 is reading *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 or solas9@earthlink.net

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



The Rudolf Steiner Branch (NC)

Of the Anthroposophical Society in America

P.O. Box 16024

Chapel Hill, NC 27516

www.anthroposophyNC.org

The Sophia Sun

Editor.....Kathleen Wright

Calendar.....Linda Folsom

The Sophia Sun is the newsletter of the Rudolf Steiner Branch (NC) of the Anthroposophical Society in America, a 501(c)3 non-profit organization. It is published bi-monthly (no issues 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 as a Microsoft Word document 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 Rudolf Steiner Branch 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