



The Sophia Sun

Newsletter of
The Rudolf Steiner Branch (NC) of
The Anthroposophical Society in America
Chapel Hill, NC
also serving groups and branches of the Southeast in
Alabama, Florida, Georgia, Kentucky
South Carolina and Tennessee

MARCH- APRIL 2013
VOLUME VI, NUMBER 1

Easter

*The Soul of the World lies outstretched
Upon the Cross of the World's Body.
In five out-beaming rays, luminously it lives
Through Wisdom, Love and Power of will,
Through All-awareness and ego-awareness.
Finding thus within itself
The Spirit of the World.
~Rudolf Steiner*



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Logo above: "Woman Clothed With the Sun" by Baron Arild Rosenkrantz

Rudolf Steiner Branch Calendar for March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at kathleenwright51@peoplepc.com by April 20, 2013.						
3 Clemmons SG-6p	4 EWS Steiner SG for Parents-9a Greensboro SG-3:30p Threshold Care Group-6:30p	5	6 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	7 Ita Wegman SG-2p Reading to the Dead Group-7:30p	8 AWSNA Conference at EWS	9 AWSNA Conference at EWS
10 Meeting of the First Class-10a, (Review-11a) Clemmons SG-6p	11 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	12	13 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	14 Ita Wegman SG-2p	15	16
17 Clemmons SG-6p	18 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	19	20 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	21 Ita Wegman SG-2p Reading to the Dead Group-7:30p	22 CC Palm Sunday Priest Public Talk-7:30p	23 CC Palm Sunday Retreat
24 CC Children's Service-9:30a CC Act of Consecration of Man-10:30a Clemmons SG-6p	25 EWS Steiner SG for Parents-9a RS Branch Holy Week Observance- Greensboro SG-3:30p	26 RS Branch Holy Week Observance-3p	27 RS Branch Holy Week Observance-3p Rose Cross SG-7:30p	28 RS Branch Holy Week Observance--6:30p	29 GOOD FRIDAY RS Branch Holy Week Observance-	30 RS Branch Holy Week Observance- Rudolf Steiner's Death Day
31 RS Branch Easter Sunrise Celebration - Clemmons SG-6p						

Rudolf Steiner Branch Calendar for April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at kathleenwright51@peoplepc.com by April 20, 2013.</p>						
	<p>1 EWS Steiner SG for Parents-9a Greensboro SG-3:30p Threshold Care Group-6:30p</p>	2	<p>3 Rose Cross SG-7:30p</p>	<p>4 Ita Wegman SG-2p Reading to the Dead Group-7:30p</p>	<p>5 EWS Conference: Threefold Society as a Social Experiment</p>	<p>6 EWS Conference: Threefold Society as a Social Experiment</p>
<p>7 Meeting of the First Class-10a, (Review-11a) Clemmons SG-6p</p>	<p>8 EWS Steiner SG for Parents-9a Greensboro SG-3:30p</p>	9	<p>10 EWS-Eurythmy-8:30a Rose Cross SG-7:30p</p>	<p>11 Ita Wegman SG-2p</p>	12	<p>13 AGM meeting 2:00-4:30 pm</p>
<p>14 Clemmons SG-6p</p>	<p>15 EWS Steiner SG for Parents-9a Greensboro SG-3:30p</p>	<p>16 IANS Group-7p</p>	<p>17 EWS-Eurythmy-8:30a Rose Cross SG-7:30p</p>	<p>18 Ita Wegman SG-2p Reading to the Dead Group-7:30p</p>	19	20
<p>21 CC Children's Service-9:30a CC Act of Consecration of Man-10:30a Clemmons SG-6p</p>	<p>22 EWS Steiner SG for Parents-9a Greensboro SG-3:30p EWS-Talk by Michael D'Aleo on Science in the Waldorf Curriculum-7p</p>	23	<p>24 Rose Cross SG-7:30p</p>	<p>25 Ita Wegman SG-2p</p>	26	27
<p>28 Clemmons SG-6p</p>	<p>29 EWS Steiner SG for Parents-9a Greensboro SG-3:30p</p>	30				



The Seven "I Am" Words of Christ

***Palm Sunday Weekend Retreat
with Rev. Carol Kelly***

***sponsored by the NC Affiliate of The Christian
Community***

Friday March 22– Sunday March 24, 2013

Camp New Hope, Chapel Hill

Schedule:

Friday 7:30 PM - Talk on the theme followed by Close of Day, including Taizé singing

Sat 8:30 am - Act of Consecration of Man, followed by breakfast
All day workshops and artistic activities on the theme
Lunch and dinner provided

7:30 pm - Talk on the theme followed by Close of Day ritual, including Taizé singing

Sunday 9:30 am - Children's story

10 am - Children's service

10:30 am - Act of Consecration of Man

Suggested workshop donation: \$75 (pre-registered) or \$85 at the door. *No one should not come because of cost.* Additional donations welcome!

CHILDCARE PROVIDED

For more information: **email:** christiancommunity.nc@earthlink.net or contact

Diana Haynes at 919-768-3969 or visit our **website:** www.thechristiancommunitync.org

The Seven "I AM's":

1. **The Bread of Life:** "I am the Bread of Life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." (John 6:35)
2. **The Light of the World:** "I am the Light of the World. Whoever follows me will never walk in darkness, but will have the light of life." (John 8:12)
3. **The Gate:** "I am the Gate: whoever enters through me will be saved. He will come in and go out, and find pasture." (John 10:9)
4. **The Good Shepherd:** "I am the Good Shepherd. The Good shepherd lays down his life for his sheep." (John 10:11)
5. **The Resurrection and the Life:** "I am the Resurrection and the Life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die." (John 11:25-26)
6. **The Way, the Truth and the Life:** "I am the way and the truth and the life. No one comes to the Father except through me." (John 14:6)
7. **The Vine:** "I am the Vine and you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." (John 15:5)

HOLY WEEK OBSERVANCES



The Festivals Committee is pleased to announce that Judy Frey has written some short plays for Holy Week that are re-enactments of the Gospel readings. Six of the seven days of Holy Week will be observed at various community members' homes and will include these dramatic presentations along with Scripture readings, passages from Emil Bock's *The Three Years* and in some cases, music.

On **Easter Monday, March 25**, there will be a re-enactment of the events that took place on the road from Bethany to Jerusalem.

On **Tuesday March 26** there will be a dramatic presentation of Christ Jesus's encounter with the hostile members of the Sanhedrin, Pharisees, Sadducees and lawyers as he entered Jerusalem. Linda Folsom will be hosting. Her address is: 3118 Dixon Rd. in Durham. Call 919-493-8323 or email lfolsom@nc.rr.com for more info.

On **Wednesday March 27**, the re-enactment will center on comparisons of Judas and Mary Magdalene.

On **Thursday March 28**, our community will gather at 6:30 PM at the home of Margaretta and Bruce Bornhorst (5800 Prioress Dr. in Durham, NC) for a ritual commemorating the Last Supper. Call 919-824-7337 or email healingrhythms@gmail.com for more information.

On **Friday, March 29**, there will be a Good Friday program at Camp New Hope followed by a labyrinth walk. Hagen Stauffer will provide music for this event.



On **Saturday, March 30**, Judy and Doug Frey will open their home to the community for a simple dinner of soup and bread, followed by a Holy Saturday program of readings, music and sharings of poetry and thoughts. Joanna Carey will be playing the piano for this evening program. Address: 55207 Broughton in Chapel Hill; email: damaris12@nc.rr.com.

On **Easter Sunday March 31** we will gather at sunrise to greet the Easter Sunrise, followed by a big breakfast and song.

More details about the times and venues will be forthcoming on the list-serve as we get closer to Easter. If you do not get email, please contact Judy Frey at 919-928-8749 for more information.

News From the Board

Greetings from the Board!

A current theme for our work on the Board at present is to clarify our policies and procedures. A subcommittee worked together last summer to amend the by-laws to be more consistent with how we conduct business in the 21st century. The Board has approved many of the committee's recommendations. The changes will be discussed at our Annual General Meeting on Saturday, April 13, in the Brown wing of Emerson Waldorf High School in Chapel Hill and voted on by the Board in May. We are also working on clarifications for dispersal of funds through our Scholarship and Heart Funds.

One of the recommendations from members at the AGM last March was to sponsor more events, speakers and workshops. As we attempted to do so, it became clear to us that to do so regularly and successfully, more hands, hearts and heads were needed than what we could muster. We have developed a set of guidelines for an events committee that will begin working this spring. If you are interested in joining, contact any board member or check the ASNC list-serve for meeting notices. You may join the committee as a standing member or as an ad hoc member (for a particular event). The committee will decide how they wish to receive ideas for speakers and events. We look forward to supporting their work and offering more opportunities for the local community (and those who wish to travel to this area) to deepen its understanding of and work inspired by anthroposophy.

Melanie Maupin has become our liaison with the Christian Community here in the Triangle area. Suzanne Mays and Viorica Comaniciu are liaisons between RSB and EWS. Will Hicks continues to be our liaison with Infinity Farm and Whitted-Bowers Farms. Edward is the only board member whose term is up this year; he has informed the board he is willing to serve another three-year term. If anyone else would like to join us, please contact Peg at 919-537-8142 or mcarmody@nc.rr.com. Election for the one board seat will take place at the AGM.

Thank you for your continued support and attendance at festivals, branch meetings, and other sponsored events. See you soon!

Peg

EMERSON WALDORF SCHOOL TO HOST 2013 REGIONAL CONFERENCE ON WALDORF EDUCATION

March 8th and 9th Chapel Hill, NC's Emerson Waldorf School, along with AWSNA (The Association of Waldorf Schools in North America) will be sponsoring the Southeast regional annual AWSNA Conference. Both teachers and parents will be attending this conference whose theme is "**What Makes a Waldorf Student Unique**"? There will also be a 90-minute presentation on what Anthroposophy is. Cost for the weekend is \$50.

The keynote speaker will be Jack Petrash. Jack is a class teacher at the Washington Waldorf School and has been teaching for over 30 years. He is the founder and director of the Nova Institute, an organization that helps promote Waldorf education to the wider world. He is also the award-winning author of *Understanding Waldorf Education: Teaching from the Inside Out*; *Covering Home: Lessons on the Art of Fathering from the Game of Baseball* and *Navigating the Terrain of Childhood: A Guidebook for Meaningful Parenting and Heartfelt Discipline*.

To register online, go to www.awsnasoutheastconference.eventbrite.com by March 4.

For more information contact: Jason Child at: jchild@awsna.org

All Branch Members are Cordially Invited to the

**ANNUAL GENERAL MEETING
of the Rudolf Steiner Branch (NC)
Saturday, April 13, 2013
2:00-4:30 pm**

In the Brown Wing of EWS High School
Pot-luck Lunch will precede our meeting from 12:30-2:00 pm

Agenda:

Opening Verses
Introductions
Remembrance of
Members & Friends Who
Have Crossed the
Threshold since March
2012
Review of Past Year
First Class Report
Local Initiatives Reports
Eastern Regional Council
Report
ASNC Board Report
Vote for Board Members
Discussion of Changes in
By-Laws
Preview of 2013
Closing Verse



THRESHOLD CARE GROUP OFFERS ALTERNATIVES AND SOLUTIONS FOR END-OF-LIFE QUESTIONS

Have you considered the many questions and decisions one needs to make regarding the dying and death process? If you become unconscious, do you have a proxy or legal guardian designated who will make final decisions for you? If you become seriously ill, should the doctors choose aggressive treatment or palliative care? Do you wish to have a traditional burial, a green burial or cremation? Would you like a traditional Wake and Funeral or would you like a 3-day Vigil at your home with no embalming and a Christian Community funeral or some variation? What music would you like played at our funeral? None of us are too young to be considering these questions and more. These are some of the many concerns of the Threshold Care Group which meets on the first Monday of each month from 6:30-8:30 PM at the home of Jenny Bingham in Hillsborough, NC.

Currently the Threshold Care Group is working on creating a form for members of our community to draw up their "end-of life" wishes. Such a document should be shared with one's family so that the family knows one's desires and may contact the Threshold Group for advice in implementing the requests if needed when the time comes.

The group's founder, Jenny Bingham, also holds workshops or individual sessions for members and friends to sign the five legal documents that have to do with end-of-life requests, such as the Living Will. Jenny is a Notary Public and can put her seal on the forms. There is a charge for her services; however, it is far more modest than a lawyer would charge for the same service.

Members of our community are encouraged to visit the group and even join if you are interested in helping out when a member of our community crosses the Threshold. Most of the meeting's time is concerned with practical work, but occasionally books are taken up. In March, Linda Folsom will be presenting what she has learned from the book *It's OK to Die*, written by an emergency room doctor. For more information, contact **Jenny Bingham** at **919-241-4304**.

REQUEST FOR HOUSING ACCOMMODATIONS FOR LYRE CONFERENCE PARTICIPANTS IN JULY

This is the first announcement of a Lyre Conference that is happening here in Chapel Hill July 20 through 24th (Saturday - Wednesday). The venue will be at the Emerson Waldorf School. This event is the first time that the Lyre Association is having a conference in the South. A more detailed announcement will be sent later. Somewhere between 60 -100 people will be attending, almost all coming from out of town. Joanna Carey and Suzanne Mays are the only lyre players in NC. Suzanne has been asked to be on the planning committee for the Lyre conference. Her first task is to find overnight accommodations for the many lyre players.

Who in our community has an extra bedroom and would be willing to have as a guest one or more lyre players?

Please contact me if you wish to rent bedroom space. Fees that attendees will pay are \$25-45/night, depending on the size of the room, single or double bed, amount of privacy, bathroom situation if it is private or not, and if breakfast is included or if there is access to kitchen to prepare breakfast. Many of the attendees have limited budgets and so have to live frugally instead of booking at a motel, in order to attend the conference.

Thank you in advance for any consideration you give about sharing your home with lyrists. There will be at least one public musical sharing during the conference. This will be a fantastic experience for our community to see and hear a lyre choir of 60-100 lyre players!

Please contact **Suzanne Mays** at **919-929-1073** or email: **suzannemays@gmail.com** if you can help or need more information.

News from Whitted Bowers Farm:



We are chomping at the proverbial bit. There is always a temptation this time of year to interpret the occasional days in the 60s ending with the chorus of peepers at night as sufficient to confirm that spring is here. And then, some arctic blast comes and pushes nights in the low 20's and reminds us that it's too early to get too excited. Nonetheless, we are too excited.

We have a greenhouse full of artichokes, cardoon, Asian greens, heirloom lettuces, hardy kiwis, bush cherries and other spring fare that will all be planted out in the next couple of weeks. In the ground all ready are onions, potatoes, sugar snap peas, garlic and of course, strawberries, waiting for consistent days in the 60's to begin to grow after their winter rest. Before too long, we will begin the annual dance in March where we need to protect strawberry blossoms from freezing in the early morning by covering with huge pieces of spun fabric, and then take the fabric off so the bees may feast on the blossoms and bring fruit. High drama indeed.

We are very excited about the season and looking forward to being back at the Carrboro Market in early March. While we are not out of the woods yet, we anticipate the strawberry pick your own will open in late April. This year, we will also be selling on farm so please stop by if you are in need of some biodynamic fare. We will soon have a web page on our site (www.whittedbowersfarm.com) that details all the things we are harvesting at the moment and will be for sale at the farm if you can't make it to market.

In off the farm news, Rob will be giving a lecture at the conference for the southeast chapter of AWSNA (Association of Waldorf Schools of North America). The conference takes place March 8 - 10 at the Emerson Waldorf School in Chapel Hill. Rob's talk is titled "Rudolph Steiner and Anthroposophy - Then and Now."

We hope we have the chance to see all of you soon! With thanks and gratitude for your support,

Rob, Cheri and Téa



Congratulations to Rev. Patrick Kennedy and his wife, Kate on the birth of their second daughter, Gwendolyn Rose, who came into the world on December 18, 2012. We wish them all the very best! Although Patrick is the Priest for the Christian Community in Washington D.C., he served as priest in the Chapel Hill area a few years ago and will forever remain in the hearts of those here.

News from Infinity Farm

There are two big news items at Infinity Farm: First is that the website has been renovated, so be sure to have a look at: www.InfinityFarmNC.com and see what's new.

The second announcement is that the farm will be sponsoring a Summer Camp for two weeks - June 10-14 and 17-21. The Camp will be for children ages 8-14. The main focus of the camp will be on learning about biodynamic farming with a hands-on approach. There will be other typical camp activities as well - such as stories, plays and crafts. The children will also be learning about good nutrition, cooking and they will be



bale to bring home fresh farm produce. The Counselors for the Camp will be Joy Kwapien, Jon Lyerly and Mary Leonhardi. You can download the camp brochure at the new website.

Infinity Farm is a 100-year old homestead. Since 2003 they have been growing organic and biodynamic produce, raising grass fed beef, selling milk from their goats, eggs from their chickens and wool from their sheep.

News From Dani Mouawad M.D.



In our October-November issue of the *Sophia Sun* we printed an article about Dr. Dani Mouawad's dream to have an Integrative Medical "eco-village" that would include anthroposophical as well as other alternative medical therapies. Dr. Dani had met with our Board and a request was made that all who are interested should contact him. We asked him for an update on the progress and this is what he wrote:

"The Integrative Healing Center Project (IHC) continues with its progress through the three phases (Residential, Healing Center and Art Studio). We just broke ground for the residential component and we hope to do the same for the Healing Center next year. The idea as you may know is to create a demonstrative and educational landmark of healing space taking into consideration the ecologically restorative and economically sustainable. As mentioned in our first interview (October-November *Sophia Sun*), we intend to see IHC Anthroposophically-inspired, thus we continue to invite and encourage our Anthroposophical community to participate in such formation."

Be sure to check out the new website for the Healing Center which is at: www.imevpc.com. The website includes their Mission statement, applications for becoming a patient, an explanation for the payment plan, a link to True Botanica and biographies of Dr. Dani and his wife Rula, who is also a part of the practice. While both doctors specialized in Pediatrics, they are now treating patients of all ages in their new Integrative practice. Dr. Mouawad is half-way through his certification in Anthroposophical medicine.

News from the Executive Council at the Goetheanum:



THEME OF THE YEAR 2013: "The I Knows Itself". Following on the question of "The Identity of the Anthroposophical Society" (the theme for 2012), we turn to the development of the human I in 2013. The individual I is both the eye of the needle and the focal point that serves to form our community and society - indeed all of the circumstances around us." (for the complete write-up see ***Anthroposophy Worldwide February 2013 No1/2***)

Recommended reading for the topic:

"Rudolf Steiner's Address for the Foundation Stone-laying at the First Goetheanum", in ***Rudolf Grosse's The Christmas Foundation: Beginning a New Cosmic Age***
The Michael Impulse from Rudolf Steiner's ***Approaching the Mystery of Golgotha***, lectures from May 18 and 20, 1913 in Stuttgart

The Age of the Consciousness Soul: Its Challenges and perils from Rudolf Steiner's ***From Symptom to Reality in Modern History***, lectures from October 20, 25 and 26, 1918 in Dornach

The Fifth Gospel by Rudolf Steiner, lectures from December 17 and 18th 1913 in Cologne

Rudolf Steiner and the New Mysteries by Sergei Prokofieff

The Riddle of the Human I by Sergei Prokofieff

Rudolf Steiner and the Fifth Gospel by Peter Selg

TWO CONFERENCES IN CONNECTION WITH THE THEME OF THE YEAR AND A CELEBRATION AT THE GOETHEANUM:

The Annual General Meeting and Conference will have the theme

"The I Knows Itself - Dimensions of the Foundation Stone Laying" March 22-24, 2013 (see details in the February 2013 issue of *Anthroposophy Worldwide*)

Conference: "The Renewal of Rosicrucianism through the Spirit of Michael": July 22-28; includes performances of all four Mystery Dramas

Commemoration of the 100th anniversary of the Laying of the Foundation Stone of the First Goetheanum, September 20, 2013 - 3:00 PM to 9:30 PM



PROKOFIEFF ANNOUNCES RETIREMENT FROM VORSTAND :
(Letter below reprinted from page 4 of *Anthroposophy Worldwide* February 2013)

Dear Members of the Anthroposophical Society,

Dear Friends,



With this letter I am providing you with further information about my health situation as I promised a year ago. Unfortunately serious complications have recently arisen that will have a number of consequences for my work on the Executive Council and the Collegium of the School for Spiritual

Science. In consultation with my Executive Council colleagues I have decided to become an emeritus Executive Council member effective at the coming Annual General Meeting (2013). This will mean that I will not be active at the Goetheanum (as in the past two years), and I will not participate in any sort of internal information or correspondence. My name will also no longer appear on Executive Council communications and documents.

In light of my condition, I ask for your understanding. My e-mail address at the Goetheanum should no longer be used—this means I must regretfully cease the worldwide correspondence I have tried to cultivate to a modest extent until recently. I will also be unable to answer letters and faxes.

I will be unavailable for meetings and personal conversations until further notice. Unfortunately I cannot hold the three lectures at the Goetheanum announced for February, March, and April.

The need to discontinue my lecturing is especially painful; it is the finest way to create a spiritual space for deepening anthroposophy together. In the hope that this Michaelic activity will be restored to me in the future, I will concentrate solely on my writing for now.

Based on my recent publications you can see that I have been anthroposophically active during the past two years of my illness. This will continue. I have written two more books that will appear this year—a book on the Michael Mystery (announced previously) and a continuation of my book on the School for Spiritual Science (this time with a more concrete discussion of the 19 Class lessons). Thus I will remain active in the service of anthroposophy.

In coping with my illness, I have— from the beginning—felt supported and carried by many, many friends throughout the world. Here I would like to express my heartfelt gratitude for that support.

Yours,

Sergei Prokofieff

Goetheanum, January 14, 2013

News from the Anthroposophical Society in America:

SAVE THE DATE: The Annual General Meeting (AGM) and Conference of the Anthroposophical Society in America will be held in **Keene, New Hampshire** **October 11-13 2013**. The theme of the conference will be "From Karma to Community". There will be a performance of the fourth Mystery Drama "The Soul's Awakening and the Youth Section will be participating in the Conference.

Because October is the peak tourist season in New England, it is advisable to book a hotel room now. More details will follow in a future issue of our newsletter.

MESSAGE FROM JOHN BECK, COMMUNICATIONS DIRECTOR ABOUT IMPORTANT NEW ITEMS ON THE NATIONAL WEBSITE :

Please check out this page link:

<http://www.anthroposophy.org/conference-2012.html>

or

<http://conference.anthroposophy.org>

which leads to a new page containing preparatory and follow-up materials relating to the August Leadership Colloquium, Members Conference, and AGM.

This includes, from latest to earliest,

- follow-up reports from the August members' conference and leadership colloquium
- conference presentations (Torin Finser, Paul Mackay, Jonathan Stedall)
- and pre-conference preparatory material from earlier in 2012.

Members should all have received the December report and September letter, but three items are newly distributed to members at large:

- Conference discussion groups synthesis (PDF)
- Colloquium facilitators report (PDF)
- Colloquium "staircase" analysis (PDF)

Training in Anthroposophical Medicine A Monthly Webinar Course From the True Botanica Foundation Date: First Wednesday of the Month starting April 3, 2013 First topic: Understanding Anthroposophical Potencies Registration Details: Coming Soon

In honor of R. Steiner's birthday, we are proud to announce the beginning of a webinar series that will allow participants to familiarize themselves with and deepen themselves into the Being and Practice of Anthroposophical Medicine. We hope in this way to answer some of those many questions that reach us so often. Many clarifications needed by those who want to apply AM in their daily practice, or daily practices, will be offered. As it develops month after month, we hope to satisfy the needs of both beginners and of those with more advanced experience.

The webinar series will cover general principles of anthroposophical medicine and anthroposophy (the fivefold organs, etc); the use of anthroposophical remedies for specific conditions; and presentations of up to date anthroposophical medical research. Topic sequence will be heavily influenced by the needs of the participants. More details to be given to those interested.

We are already offering workshops where we can meet like minded people face to face, "in the flesh," and we continue to believe that there is something very special in these personal encounters, but the distances and costs being what they are, this is an alternative that is meant to keep us as active as we can. Hoping you can join us.

For the Team at the True Botanica Foundation,
Ross Rentea MD

Please contact info@truebotanicafoundation.org with any questions.

Webinar sponsored by the True Botanica Foundation, a 501(c)3 not for profit organization.

EASTERN REGION EVENTS:

New York:

The 2013 Annual Steinerbooks Spiritual Research Seminar:

"Meditating, Praying, Thinking, Sensing, Living: Integrating Spiritual Practice into Daily Life" ,
March 15-16, 2013 at the Kimmel Center in New York City, featuring; Gertrude Reif-Hughes,
Christopher Bamford, Robert Sardello, Jane Hipolito, Marie-Laure Valandro and Jon McAlice

Washington D.C. Area:

Esoteric Christianity Series sponsored by the Christian Community:

"The Mysteries of the Heart: The Mission of the Broken Heart: How our Pain Becomes a
Doorway"

A Talk by Julia Polter, Priest from Boston, MA

Thursday, April 18

8 PM at the

Silver Spring Civic Building

1 Veterans Plaza

Silver Spring, MD 20910

"The Pulse of Freedom: the Mystery of the Healthy Heart"

A talk by Richard Dancey, Priest from Chicago, Ill.

Thursday, May 23, 2013 at 8 PM

same location as previous event.

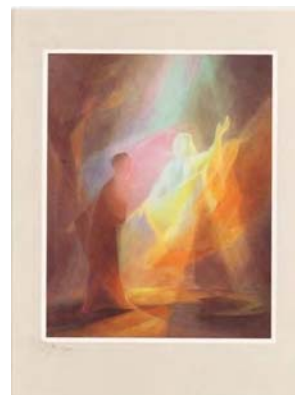
For more information, see www.ccgwb.org or www.thechristiancommunity.org

Christ and the Emerging Human-as-Healer

A course in four parts offered by
The School of Spiritual Psychology
Benson, NC

April 18-22, 2013
September 19-23, 2013
December 5-9, 2013
March 13-17, 2014

Facilitators: Drs. Robert Sardello and
Cheryl Sanders-Sardello
Email: soulschool@embarqmail.com



Session I – The emerging new imagination of Christ as Healer and coming to the soul awareness of the gift of this capacity for the sake of the Earth.

We focus on the work of spiritual researchers – Rudolf Steiner, Judith von Halle, Georg Kuhlewind, and Bernadette Roberts to introduce this work. In addition, preliminary contemplative practices of discovering the spiritual center of the soul and the Sacred Heart as healing presence are introduced.

Session II – The journey to the still point of the soul – Christ as God’s eternal oneness with the human, the spiritual human being. The spiritual human being as inherently a world-healing force. The journey of locating and entering into our spiritual human nature as healers. Contemplative practices of experiencing the presence of the Christ as Logos. How we are asleep to the Logos. Awakening to the Logos as our most constant companion beyond our own private knowing.

Session III – The Incarnation as the revelation of human destiny. Entering the transition and the process from ‘being’ a human being to being responsible for the creation of our human nature; Christ as the prototype of this transitional journey. The signs of having entered transiting to the new human nature – the new form of healing. Re-visioning our notions of healing and what it is to be a spiritual healing force of Earth. Contemplative practices.

Session IV – The world as the temple of healing – temple as ‘template’ – plan, and temple as ‘tempus’, time. The Templars as templates of the Christ-capacity of healing. The Christ-capacity as being-within-time as an actual force. The contemplative work of being within the heart and heart as the fourth dimension of time. Healing as Time Presence; Christ as Time Presence of the Eternal. The emerging human being as time presence. Contemplative practices.

Suggested Readings:

From Jesus to Christ by Rudolph Steiner

The Figure of Christ by Peter Selg

Illness and Healing and the Mystery Language of the Gospels by Judith von Halle

Wilt Thou Be Made Whole: Healing in the Gospels by Georg Kuhlewind

The Experience of No-Self by Bernadette Roberts

Costs: Tuition \$2600 for the four sessions (single session attendance not an option)
Board and Room: \$395 double room; \$495 single room (each listed price is per session)

Location: The program is held at the Spiritual Psychology Center located in Benson, North Carolina. The very comfortable Center for Spiritual Psychology is located on fourteen acres with a pond and a swimming pool, two labyrinths, a healing circle, a large garden, two dogs and a cat.

For more information email: soulschool@eambarqmail.com

SPIKENARD FARM HONEYBEE SANCTUARY ANNOUNCES CLASS SCHEDULE FOR 2013

Spikenard Farm Honeybee Sanctuary is pleased to announce our 2013 class schedule. **Class Location:** We are in the process of constructing a teaching pavilion at the Sanctuary this year. The anticipated completion date is May 2013. All classes through April 30th will be held at the Floyd Country Store.

Class Offerings:

Beekeeping Series: Getting Started: First Steps; Fundamentals of Biodynamic/Sustainable Beekeeping; Expanding the Apiary
Hive Health & Winter Preparation

Biodynamics Series: The Healing Landscape: Biodynamic Soils & Preparations; The Planets, The Cow, The Worm & The Bee; The Art & Science of Great Compost

Gardening Series: Beauty in the Landscape: Edible Art; Beauty in the Landscape: A Feast for the Eyes and the Pollinators



For questions please contact us at info@spikenardfarm.org or via phone at 540-745-2153.

News from Groups in the Southeast:

Florida:

The 9th Annual Florida Anthroposophy/Waldorf Ed. Conference:

"The World of Light, Color and Darkness: Contemplative Goethean Practice" with Henrike Holdrege, co-founder of the Nature Institute in Ghent, NY, March 15-17 2013 at the Cedarkirk Conference Center in Lithia, FL; Cost: \$160 (includes full conference fee plus lodging and meals.).

Other presenters include: Joseph Savage - Goethean Conversation; Judyth Pisani - Eurythmy and Barbara Bedingfield - singing. For registration call Barbara Bedingfield at 727-786-8311 or email Karen Maestrales at kmaestrales@aol.com

Weekend Workshop:

"Achieving Comprehensive Health with Anthroposophic Medicine" with Ross Rentea, M.D., March 22-24, 2013 in Sarasota Florida. Presented by: The True Botanica Foundation, The Speaker's Program of the Anthroposophical Society in America and Starflower Organic Spathecary; Workshop Fee: Only \$25. Talks include:

"Introduction to Anthroposophical Medicine: Understanding the Threefold Nature of Health and Illness Can Help Us Develop New Remedies"; "The Influence of the Major Seven Planets on our Mental and Physical Health"; "An Anthroposophical Medical View of Kidney, Liver and Heart Health"; "From Homeopathy to Anthroposophy - Breakthrough Research to Make Our Remedies Even More Effective"; "Polarities in the Human Nature - What are Anthroposophical Nutritional Supplements?"; "Esoteric Anthroposophy: The Meditative Path of Anthroposophy for Achieving our Full human Potential"; "Inflammation from an Anthroposophical Viewpoint" and "The Four Temperaments and the Resulting Health Concepts". For more information, go to www.starflower.com or call: 941-554-4292

South Carolina

News from the Charleston Group:

We are trying an experiment here in the Charleston area. Because we do not have the benefit of a localized community, and we all live greater distances than we wish to drive weekly, we have begun meeting "online" using a feature of Google Plus called "Hangouts", which creates a virtual online meeting room. We are able to upload text, graphics, etc. for study purposes that can be viewed by each member of the "Hangout." We have audio and visual capabilities. We are able to read a chosen lecture orally, each one taking turns, just like we were doing in our regular study groups. We are hoping to extend this group format and include one of our members who presently is in Germany earning her Master's degree in Waldorf Ed. This is still very new to us as we held our first online study group yesterday. We will see how it goes. While not ideal, as the social component is a bit artificial, we are hoping in time to become more comfortable with the technology. We believe it is part of the ever evolving communications of our time and that there is a huge potential upside for the growth of Anthroposophy. Our group is made up of 6 people, three of whom are relatively new to Anthroposophy. Our next chosen book to study will be "At the Gates of Spiritual Science". We also have a regular study group which meets on Monday mornings where we are studying "The Reappearance of Christ in the Etheric. If anyone has any questions please call me at [843-388-5259](tel:843-388-5259) All the best, Sue Mohler for Anthroposophy South Carolina www.anthroposophysc.com

Anthroposophical Initiatives in Kentucky

by Kathleen Wright

As part of our work with the Eastern Regional Council, we try to keep in contact with the work that is going on in the Southeast. This month's featured state is Kentucky. Now that we have made the connection with the members there, we hope to have an ongoing report from them.

The largest initiative in Kentucky is the well-known biodynamic **Foxhollow Farm in Crestwood, Kentucky**. It got a lot of publicity during the days when Dr. Steven Johnson headed an anthroposophic medical clinic there. (He is now practicing in Indiana.) But after visiting the farm's website www.foxhollow.com we learned that the 1300-acre farm is actually quite old, having been purchased by the Aunt and Uncle of current owner and Society member, Janey Newton, over 65 years ago. In 1972 Janey's Mother inherited the farm and moved her small family there. Janey's Mother transformed the farm into a health spa and Bed and Breakfast, and eventually it became an anthroposophical Medical Clinic and had a Yoga Studio. Today the farm is community to farmers, artists and other community members interested in sustainable farming. The farm has a store, a café, hiking trails and offers classes and guest speakers on Biodynamics and all manner of nature Studies. The farm sells grass-fed beef, has a CSA, a market garden and a learning center. On March 8, the Café will have a grand reopening after having been renovated and the community will be celebrating with a "Farm to Table" gourmet supper. Do visit the website, which is quite elaborate. It even has a video about the farm and biodynamics, which is very well done.

The BD program at Foxhollow is run by Laura Riccardi-Lyvers. Thanks to her efforts, the use of BD preps is spreading to other farms in the area - even conventional farmers are using them! For more information, check out the website mentioned above or call **502-241-9674** or write: info@foxhollow.com

Another **biodynamic farm** in the area is owned by Mary Ann Skillman. It is located 50 miles northeast of Nashville, but is in Kentucky. Mary Ann studied biodynamics and Homeopathy in Switzerland and Germany. While in Europe, she studied under Dr. Hans Flury of Dornach. She purchased her BD farm in 2006 with a contract from the Josephine Porter Institute. Her husband is an artist whose work has been displayed at the Anthroposophical Art Gallery in NYC.

The Waldorf School of Louisville opened its doors in 1993 and currently has classes Pre-School through 6th grade. It was founded by Janey Newton of Foxhollow Farm. For more information, contact the website at www.waldorflouisville.com or call **502-327-0122**.

There is an anthroposophical **Study Group** that meets at the Waldorf School of Louisville. It is currently studying **The Gospel of John**. Contact Gwendolyn Moss for more info at: gwendolynmoss@gmail.com

A second **Study group** in Louisville meets at the home of Fred Otto and is studying the **Foundation Stone Meditation**. His contact info is fredkate@insightbb.com

Georgia:

**SAVE THE DATE:
Third Annual St John's Festival
June 21-23, 2013
"UNDERSTANDING THE CHRIST IMPULSE FOR TODAY"
Jointly Sponsored by;
Southeastern Regional Branch of the Anthroposophical Society,
The Christian Community Movement for Religious Renewal,
The Anthroposophical Society in America**

Featured speakers: Rev. Jonah Evans and Herbert Hagens

Rev. Evans will be speaking on **"The Higher Self and Experiencing the Christ Impulse in our Time"**

Mr. Hagens will be speaking on **"The Christ Impulse as Revealed in Rudolf Steiner's Mystery Dramas"**

Location: The Waldorf School of Atlanta

827 Kirk Rd., Decatur, GA 30030

www.waldorfatlanta.org

Biographical information about our speakers:

Rev. Jonah Evans grew up in Sacramento, California and attended the Sacramento Waldorf School. Later, he received a bachelor's degree in Psychology from California State University in Sacramento. He then attended the Seminary of The Christian Community in Chicago and Stuttgart, Germany. In 2008 he was consecrated as a priest. He has worked as a community priest in Johannesburg, South Africa and currently in Spring Valley, NY. He is married and has two lovely daughters.

Herbert O. Hagens was raised in New Jersey. His grandfather, Henry Hagens, had met Rudolf Steiner and became an early practitioner of bio-dynamic gardening in Africa and America. Herbert attended the College of Wooster in Ohio and holds graduate degrees from Middlebury College and Princeton University. He was a German instructor for more than 30 years and teaches in the Anthroposophical Studies in English program at the Goetheanum in Dornach, Switzerland. He lives with his wife Adelaide in Princeton and lectures widely to groups and branches of the Anthroposophical Society.

Tentative agenda: Friday Evening: Lecture; **Saturday:** First Class of the School of Spiritual Science (members only) held by Herbert Hagens, Lectures, Discussions, Artistic Activities; **Sunday:** Children's Service, and Act of Consecration of Man

Watch your email in the future for additional details, or contact:
Katherine Jenkins katjenks@negia.net 706-540-5871 (cell)

How the Liwanag World Festival
January 29-February 2, 2013 in Davao, Philippines
Relates to the Concept of Threefolding of Society
by Truus Geraets

The initiator of this Festival and of the concept of Mission is anthroposophist Nicanor Perlas, who ran for the Presidency of the Philippines in 2011. All combined contributions of the hundreds of presenters, artists and volunteers behind the scene at the events show that Nicanor is a networker par excellence, especially when one becomes aware of the fact that all gave their time and expertise without remuneration.

Nicanor has been introducing the idea of Mission (Movement of Imaginals for Sustainable Societies through Initiative, Organization and Network). He has been holding seminars throughout the 7000 islands for people who want to join the Mission on an independent base. Their basic goal is Personal Mastery and Social Transformation.

In the 5-day Festival many outstanding individuals from the political, the cultural and the economic spheres presented their work with titles like "The Strategic Importance of Independent Media" by Maria Ressa, who for 20 years was a journalist with CNN, or "Climate Change" by an Al Gore-trained presenter and Gina Lopez on "Mobilizing Business to Defend Nature" to name only a few. The Logo of three interweaving spheres, representative of the three spheres of society, is enhanced by the addition of the inner flame, the inspiration that carries us forward into the future. For more details of the program see www.worldliwangfest.org.

Many Anthroposophists may be familiar with Nicanor's book *Shaping Globalization*, but may not be aware of the fact that this book has had an impact way beyond the anthroposophical world. The title of his latest book of 350 pages (ISBN # 978-971-02233-2-0) is *Mission Possible!* (the exclamation mark belongs to the title) and as subtitle: *Sow Courage; Harvest a New World*.

Here we have a man, who is an Anthroposophist, but who at the same time is a man of the world. He has been in situations under the Marcos regime, where he chose to follow his conscience and so face the possibility of death. The strength of this decision is tangible. This grand Social Forum and these specific approaches want to prepare us for the very different tasks we will need to fulfill in the future. Are we prepared to face attacks to our humanity through genetic engineering, nano-technology and artificial intelligence?

So far Missions have mostly developed in the Philippines, but this message goes way beyond the country of Nicanor's birth. The name World Festival expresses already the scope. Yet, it is not for nothing that this grand scheme could unfold like this in the Philippines. I experienced the people as genuine, ready for compromise and to overcome their tumultuous past. The message, however, clearly is for all of humanity.

Similar efforts have been made around the world with Social Initiative Forums in Brazil, in South Africa, in California in 2001 and 2012. In preparation are Social Forums in Bogota, in India (November 2013) and at the Goetheanum in Switzerland, where all the different Sections of the Anthroposophical Society will cooperate to host the **World Social Forum October 16 – 19 in 2014**.

Truus Geraets,
E-mail: truus.geraets@gmail.com
Costa Mesa, CA
To get more information: www.imaginalmission.net

ASTROSOPHIST MARY STEWART ADAMS SHEDS A LIGHT ON THE STARS:

[Editor's Note: We had read that there will be a conjunction of several planets in Pisces in March and that it would bring a wave of healing compassion and love to the planet. I wanted to hear if Astrosophy concurs with this, hoping there would finally be an end to the period of trials and tribulations most of us have been going through these last few months, so I wrote to Mary Adams. She not only answered my question, but gave us some other fascinating insights about what is coming up this year:]

Yes, there will be six celestial bodies in **tropical** Pisces next month, a bit of stone soup! On March 11, the Sun and New Moon will be at 21 Pisces; Mercury retrograde mid-Pisces at the same time, and passing by Venus, which will be just six degrees from Sun and Moon on the 11th. Mars has been in Pisces since February 2, a place not suited to Mars, and will just be leaving Pisces for his "home" in Aries on the 12th. Neptune moved into Pisces February 2012 and will be there until 2026! Pisces is the place of sensitivity and the virtue associated here is magnanimity.

With Mercury retrograde you could say the Piscean New Moon will sensitize us to be mindful of what's now behind us as we make ready for Spring's opening later in the month. Sun and Mercury meet on March 14 at an inferior conjunction, but to tease out the 'message' in the encounter, you must consider the whole cycle, starting with superior conjunction January 18, 2013 and fulfilling with superior conjunction May 11, 2013. These dates are significant in the festival cycle as they take in the Epiphany weeks through Lent, Easter and fulfill during the ten days from Ascension to Pentecost. Can we find the red thread of continuity and cosmic mystery in current events, historically and personally?

The really big news in March is the possible visibility of **Comet Panstarrs** on March 10, emerging from the water region of the southern sky near the star Fomalhaut, and heading north to Cassiopeia.

Mars and Uranus will be quite close to one another just after Equinox, but Uranus is not visible to the naked eye and since this is quite close to Sun, it will be difficult even in telescopes.

The seven planets engaged in an interesting aspect with one another actually comes around July 29, 2013. It is called a GRAND SEXTILE, which is to say, the planets are not all lined up, but they are at successive degrees of the zodiac that, if you were to draw lines between them you would end up with the geometric figure of a six-pointed star, or hexagram. In the tropical zodiac, the seven celestial bodies involved will all be in what are referred to as 'feminine' signs, earth and water signs, and they include:

Moon in Taurus trine Venus in Virgo trine Pluto in Capricorn (all Earth signs)

Mars in Cancer conjunct Jupiter in Cancer trine Saturn in Scorpio trine Neptune in

Pisces (all water signs); Mars conjunct Jupiter is opposite Pluto (from Cancer/water to Capricorn/Earth); The Moon is opposite Saturn (from Taurus/Earth to Scorpio/Water)

Venus is opposite Neptune (from Virgo/Earth to Pisces/Water).

An imagination on the hexagram figure can be found in Willi Sucher's book ***Cosmic Christianity and the Changing Countenance of Cosmology*** where he references this form relative to the planet Mercury. Mercury makes approximately three retrograde loops each year, meaning it comes three times to superior conjunction with the Sun (it is on other side of Sun from Earth), and three times to inferior conjunction with Sun (between Earth and Sun). If you connect the outer conjunctions, you have a large triangle that is over against the smaller triangle created by the inner conjunctions. You will notice that Mercury is not involved in the GRAND SEXTILE described above, but Mercury has, as though, etched out the hexagram over and over through the celestial spaces around us. Mercury will have just completed its second retrograde of 2013 ten days before the Grand Sextile on July 29.

So how do we understand this kind of gesture? What Willi Sucher describes is that the smaller triangle can be imagined as the human being reaching up toward higher spiritual knowledge, while the larger triangle is the gesture of response from the spiritual world toward that human striving. But given that it is Mercury, this activity must be wakeful in the human being, else mischief enters in. Looking through the lens of spiritual science, we learn that at Old Moon stage of Earth evolution, the seed of individualized ego consciousness enters into the astral body of the human being. This is referred to as the 'Fall', and while it opened the door for this individualizing process, with that opportunity comes the threat that human beings will separate completely from the reality of their spiritual origins. This threat is inscribed in the Mercury sphere. So here is an imagination of what lives behind the gesture of the ancient god of communication ~ Mercury, Hermes, Thoth, Loki ~ the threat that human beings will separate from the spiritual world too completely.

As 'antidote' to this threat, Rudolf Steiner performed a cosmic ritual at the laying of the Foundation Stone into the hill at Dornach, September 20, 1913~100 years ago this year. When the stone was laid into the Earth, it included a document that named only the planet Mercury, among all the celestial bodies. It was written that this deed was done as the planet Mercury, as evening star, stood in the sign of Libra, the balance. This is a reference to Mercury, which we recognize as the closest planet to the Sun, in the tropical zodiac. We can imagine, then, that the laying of this Foundation Stone, and the home of the human spirit that was built upon that stone (the first Goetheanum), was a deed undertaken to stave off the threat of human beings separating too fully from the spirit. This human gesture is inscribed into the cosmic spaces, and specifically into the Mercury sphere.

The planets now sounding out from the Earth/Water feminine signs of the zodiac, in the gesture cosmically inscribed by Mercury, can be regarded, in light of what has been shared, as a gesture of the Divine Feminine, or as the seeking of the Divine Feminine for the speaking of humanity to the starry worlds out of this cosmic ritual. In other words, perhaps it is as a cosmic invocation toward humanity to awaken in the conversation continually taking place between human and cosmic worlds. Spiritual Science regards this Divine Feminine as the Being of Anthroposophia. In the February 3, 1913 lecture "The Essence of Anthroposophy" (also 100 years ago), Rudolf Steiner described this Being:

I am not making any interpretive statement about the sextiles or conjunctions or oppositions. I am creating an imagination out of the configuration, based on research in Anthroposophy. I will be speaking about this at an upcoming conference on the **Being of Anthroposophia at Dornach, February 22-25, 2013.**

I thank you for your question, and hope that this is helpful information. As we move toward the aspect, the imaginations will grow, so it is helpful, I believe, to start with the deeds undertaken in consciousness of our on-going relationship with the starry worlds, as they fortify our knowing that we are speaking to the stars.



Also, and perhaps especially because it seems a 'feminine' gesture, it is helpful to contemplate life in 9-month rhythms, the normal length of human gestation. So, to take hold of what is drawing toward us in such a gesture, we can look at least nine months ahead of it and see what is occurring, individually and historically:

Nine months ahead of July 29, 2013 is October 29, 2012. You will recall that this was the season of Hurricane Sandy, when the partially eclipsed Full Moon was at perigee.

This is not to suggest a repeat of that kind of weather, but to sense/see whether there is an opening or opportunity for consciousness resulting from such experiences. - *Mary Stewart Adams*

Anthroposophy on the Web

Dennis Klocek website: Have you ever wanted to attend a conference with Dennis Klocek, but then realized that the cost of airfare to California, staying at a hotel, meals and conferences fees would total around \$2,000? While you realize that his teachings are priceless, you simply cannot afford it. Well, now that has all changed - you can attend a (virtual) Dennis Klocek Conference in your own living room for a very small price. Simply log onto Dennis's website www.Dennisklocek.com and there you will find a feast of offerings: videos of Dennis's conferences and lectures which you can download on your iPod (ranging in price from free-\$89.99 and everything in-between); there are articles and lectures you can print out for free, and you will see Dennis's beautiful water color paintings, available for sale as prints on canvas or card stock, or as greeting cards or e-cards, all at very reasonable prices.

This website is an answer to our prayers. With so many of us now living on miniscule fixed incomes, we now have a way of sharing in Dennis's wisdom in the next best way to seeing him in person. We hope that more Anthroposophical teachers will follow his lead. Steinerbooks also offers down-loadable videos of their Spiritual Research seminars on their website www.steinerbooks.org, as does popular speaker Frank Chester offer his research at www.frankchester.com. If you know of others, please contact the editor at: kathleenwright51@gmail.com and we will write them up in this ongoing column.

Below are samples of Dennis's work. We have chosen paintings with the Easter theme:



BOOK REVIEW: *Cultivating Inner Radiance and the Body of Immortality* by Robert Powell

*[Editor's Note: Kelly Calegar sent us the following book review which was printed in the **Eurythmy Association of North America's** newsletter, Volume 83, Autumn 2012 pages 33-34, which we print with the permission of the author.]*

Review by Cheryl Mullholland

2012 is the 100th anniversary of the birth of Eurythmy. Eurythmy came into the world through Rudolf Steiner simultaneous to the building of the first Goetheanum and his proclamation of Christ's descent into the etheric aura of the earth. Over the last 100 years, Eurythmy has developed as a performing art, and as therapeutic and pedagogical practices. Now in 2012 a new vista of Eurythmy is being realized - Eurythmy can become a path to Christ in the etheric realm.

In honor of the 100th anniversary of the birth of Eurythmy, Dr. Robert Powell has published a new book - ***Cultivating Inner Radiance and the Body of Immortality***. Dr. Powell's book describes Eurythmy as a sacred path. The book includes practical exercises which he calls "the Inner Radiance Sequence". The sequence is a spiritual practice comprised of Eurythmy exercises that emphasize the cosmic and universal dimension, and the "Christ dimension" of Eurythmy.

Eurythmy is the universal language of the etheric realm - born from the Divine Word - from Christ. Dr. Powell cites Rudolf Steiner's statue, the "Representative of Humanity" as one example of Christ 'speaking' through the gesture-language of Eurythmy. Many more examples can be found in classical art. As Rudolf Steiner predicted, people in our time are beginning to have experiences of Christ in the etheric realm. Judith von Halle is one such person. She, (and others) often describe Christ appearing in a Eurythmy gesture, and 'speaking' through the gesture. The gesture is experienced as an emanation of great Cosmicforce - a flow of love-permeated substance.

Dr. Powell explains that when Eurythmy gestures are done in a sacred manner, we are speaking the language of Christ in the etheric realm. Through practicing Eurythmy as devotional sacred movement, we can experience the radiance of the Etheric Christ as an instreaming of grace - of love-permeated etheric substance. The Inner Radiance Sequence is a practice of aligning oneself with the glorious Resurrection body of Christ in the etheric realm. With profound humility, Dr. Powell explains that the Inner Radiance Sequence is an inspiration from Christ to serve the ultimate goal of our conscious spiritual evolution - to spiritualize our physical, astral and etheric seats into higher members of Manas, Buddhi and Atma. This work of transformation is undertaken consciously as a co-creative work with Christ and the spiritual hierarchies. Through the insights of Dr. Powell, we can understand the role of Eurythmy in this unfolding work.

The Inner Radiance Sequence has a further important implication as a protection against the negative influences modern technology is unleashing in the environment. These influences increasingly weaken and harden our life forces. This is an encounter with Ahriman and the great crisis of our time to which Rudolf Steiner alluded in his last address. It is through the power of the regenerative life-forces of Christ that we will overcome this trial. Practicing sacred gestures in alignment with the etheric Christ as offered through the Inner Radiance Sequence provides an antidote to the anti-life stream of Ahriman, whose forces work against the Divine Plan. Christ has assured us: "I will be with you until the end of time." Yet, we are free sovereign beings. We must choose to partake of what he offers, and co-participate with Him in unfolding the plan of Divine Creation.

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 919-885-7569 joannapcarey@gmail.com
 Acting Treasurer: Peg Carmody
 Board members-at-large:
 Allen Barenholtz
 Margaretta Bornhorst
 Edward Schuldt
 Will Hicks
 Suzanne Mays

Newsletter: *The Sophia Sun* sophiasun@peoplepc.com

First Class of the School for Spiritual Science

Class holders: Eve Olive, Suzanne Mays, Judy Frey

Other Groups in NC:

Asheville: Marie Davis - marieoliviadavis@gmail.com or Ricey Clapp at: 828-505-1018; email:
ricey.clapp@gmail.com
 Website: www.azaleamountain.org

Clemmons (near Winston-Salem) - Sarah Putnam- 336-972-8243;
sputnam01@att.net

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

Education

Emerson Waldorf School (N-K-12)

www.emersonwaldorf.org

6211 New Jericho Rd.

Chapel Hill, NC 27516

Main Office: 919-967-1858

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 are Waldorf-inspired)
 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 School (K-5, a Waldorf-inspired school)
 587 Haywood Rd.
 Asheville, NC 28806
 (828) – 575-2557
 Contact: Kate Reese or Maria Allen 828-505-1350; www.azaleamountain.org;

Biodynamic Farms

Whitted-Bowers Farm - Demeter certified – specializing in fruits and vegetables; 8707 Art Rd., Cedar Grove, NC 27231; 919-732-5132; email: whittedbowersfarm@mac.com website: www.whittedbowersfarm.com Rob and Cheri Bowers, owners

Infinity Farm – uses biodynamic methods; organic goat milk, grass fed meats; organic eggs; vegetables. Jon Lyerly, director 919-357-7453; jelyerly2@gmail.com; 1600 McDade Store Rd., Cedar Grove, NC

The Arts

Eurythmy - Eve Olive - 919-489-2564; eveolive@frontier.com

Werbeck Singing - Joanna Carey – 919-885-7569

Lyre Music- Joanna Carey – 919-885-7569
 Suzanne Mays – 919-929-1073

The Sophia School of Movement, Sophia Grail Circles
 Kelly Calegar - www.sophiaschoolofmovement.org; 919-824-9948
 Marlene Joyce – mjoyce126@bellsouth.net

Christian Community

A Christian Community priest visits our Congregation bi-monthly. Currently, Rev. Carol Kelly is the priest we share with the Washington D.C. parish. **Contact:** 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

NC Anthroposophical Study Groups and Working Groups:

Rudolf Steiner Branch:

Child's Needs Study Group – One Saturday a month 10 am-12 pm.; reading *Man on the Threshold* by Bernard Lievegoed. Please call Lauren Mills Nyland for further information –919-968-7721, or mills.lauren@gmail.com

Emerson Waldorf School Steiner Study Group for Parents Mondays 9:00 AM at the home of Ingeborg Boesch; reading *Beetroots to Buddhism* by Rudolf Steiner. For more information, email marylou909@bellsouth.net

Eurythmy Classes for Adults taught by Eve Olive – Wednesday mornings 8:30 -10:00 am in the Eurythmy Room at the Emerson Waldorf School; dates: Cost: \$10 per class. For more information, please contact: Eve Olive at 919-489-2564.

IANDS (International Association for Near Death Studies) Group meets once a month on Tuesdays at 7:00PM at the home of Robert and Suzanne Mays, 5622 Brisbane Dr., Chapel Hill, NC; research and discussion in the fields of consciousness, neuroscience and near-death experiences; call **919-929-1073** for more information.

Ita Wegman Study Group – Thursdays at 2 PM at the home of Margaretta Bornhorst, 5800 Prioress Dr., Durham; Book: Peter Selg's *I Am for Going Ahead: Ita Wegman's Work for the Social Ideals of Anthroposophy*. Call Linda Folsom at 919-493-8323 or Kathleen Wright at 919-309-9622 or Margaretta Bornhorst at 919-824-7337 for more information. New members welcome.

Readings for the Dead Group – every other Thursday, 7:30-9:00 pm. We are reading *Life Between Death and Rebirth* by Rudolf Steiner. music, verses, reading and conversation. We meet at the home of Joanna Carey at: 605 Jones Ferry Rd. Apt. UU5 in Carrboro. Any questions can be directed to Joanna Carey: 919-885-7569. Please RSVP if you will be attending.

Rose Cross Study Group – Wednesdays, 7:30 pm, at the home of Judy Frey, Currently reading *Spiritual Beings in the Heavenly Bodies and in the Kingdoms of Nature*. Newcomers are welcome! Please give call Judy at 919-928-8749 before attending the first time.

Threshold Care Group– a conversation group that meets **one Monday each month** from 7-9 pm to share experiences and concerns, ask questions and become active in our community in our relationship to death and dying; meets at the home of Jenny Bingham, 208 Murray St., Hillsborough; contact Jenny at jennybingham@yahoo.com for exact time or call 214-4304.

Elsewhere in North Carolina:

Asheville Study Group – Thursdays at 7:30 p.m. at the home of Marie Davis reading *The Philosophy of Freedom* on alternating Thursdays; on the other two Thursdays is Mandala Making Group; Contact Marie at marieoliviadavis@gmail.com

Clemmons Study Group – every Sunday from 6-8 pm. This Study Group meets September through May, currently finishing up *Esoteric Science*; will begin *Macrocosm and Microcosm* soon; at the home of Sarah Putnam, 7719 Whitehorse Dr., Clemmons, NC. Call 336-972-8243 for information. (Note: The closest large city to Clemmons is Winston-Salem)

Greensboro Study Group – Mondays 3:30-5:30 pm., Currently reading *The Reappearance of Christ in the Etheric* by Rudolf Steiner. Contact Sandra LaGrega at (336) 908-4664 or Judy Boyd (336) 454-2451. Please call before attending as the location alternates between Judy and Sandra. All welcome!

Anthroposophical Groups in other Southeastern states:

Alabama:

Auburn, AL Study Group – meets on Thursdays; currently studying *An Outline of Esoteric Science* contact Helene Burkart at hburkart@att.net or Bob and Betty Hare at 336-253-6431 or bobandbettyhare@gmail.com; A Christian Community is active in this area as well.

Birmingham - there is Waldorf School: The Alabama Waldorf School at 1220 50th St. S., Birmingham, AL 35222; phone : 205-592-0542 but as far as we know there are no anthroposophical study groups in Birmingham; please let us know if one starts.

Florida:

Michael Group of Miami (currently has five study groups and a Waldorf School with grades K-6); contact Yvonne Cumming at yvonnecumming@gmail.com or call 786-277-5630

Clearwater, Florida (close to Tampa Bay) - **Steiner Circumstudies**; group leader is Dr. Steven Salamone; contact Barbara Bedingfield at: bedingfield2000@yahoo.com or call 727-581-6195.

Boca Raton Group; contact Karen Maestrales at kmaestrales@aol.com or 561-733-0522: Nearby is the Sea Star Initiative, a Waldorf-inspired school (grade N-K-5) see their website at: www.seastarinitiative.org

Jacksonville Beach - Persephone Healing Arts Center, a holistic and anthroposophical medical center; Director: Dr. Howard Pautz. Contact: HowardPautz@gmail.com; clinic phone: 904-246-3583; website: www.Dr.Pautz.com; hosts talks about Steiner; there are Eurythmy classes and Dr. Hauschka facialdemonstrations.

Palm Harbor - Suncoast Waldorf School (K-8) has Foundation Studies in Anthroposophy; contact Barbara Bedingfield at 727-766-8311 or email her at bedingfield200@yahoo.com; website: www.suncoastwaldorf.org

Sarasota, FL has a “Waldorf Sarasota School” with grades K-4; no study groups as of this writing. Likewise Jacksonville, FL has a Pre-K and K Waldorf initiative but no anthroposophical study groups.

Georgia Anthroposophical Study groups and Initiatives:

Anthroposophy Atlanta – meets Wednesday evenings at the Academe of the Oaks (a Waldorf High School); contact Eva Handschin at 678-576-3241 or email her at: evah@academeatlanta.org

The Epiphany Group of Comer and Marietta, GA; contact **Katherine Jenkins** at 706-540-5871 or email at katjenks@negia.net

GEMS Group (a long distance online group) that meets on **Sat. mornings** led by Margaret Shipman) , **Forsyth, GA;** contact Marian Shearer at 478-492-3877 or email: octavia1810@hotmail.com; To find out more about GEMS contact Margaret Shipman at her email address: shipman2005@sbcglobal.net

Lavonia: Northeast Georgia Study group – contact Betty Jones at cprepsb@windstream.net

South Carolina Anthroposophical Study groups:

Charleston vicinity: meets **Monday mornings at 11:00 a.m.;** contact **Gabrielle Heatherdale** at 843-688-4816 or email heatherdale@gmail.com or **Peggy Pearl** at 843-554-7166 or email at peggy.pearl@yahoo.com; reading *The Reappearance of Christ in the Etheric*; new website at: www.anthroposophisc.org

A Steiner "Hangout" (a Google online virtual meeting) is reading *At The Gates of Spiritual Science*; Anyone is welcome to join. Call Susan Mohler for more information at 843-388-5259 or email at: susanmohler2012@yahoo.com

Tennessee Anthroposophical Study Groups and Initiatives:

The Michael Study Group of Nashville, TN ; contact Barbara Bittles at blbittles@comcast.net
The Nashville Group has its own website: www.anthroposophynashville.org

The Rudolf Steiner Group of Nashville, TN - meets every other Tuesday evening at the Unitarian Church on Woodmont Blvd. in Nashville; currently reading *The Riddles of the Soul*; Contact person: Cathy Green; for more information email: cgreen@grasslandaquatics.com

Linden Waldorf School Steiner Study Group, Nashville - meets on Mondays 8:30-10:30 at 3201 Hillsboro Pike, Nashville, TN 37215 and is currently studying The Philosophy of Freedom. For more information, contact: Anne Nicholson at annenich@gmail.com or 615-426-3395

Nashville Biodynamic Study Group – meets monthly and is studying *The Agriculture Course*; contact: Jeff Poppen at 615-698-2493; check website: www.barefootfarmer.com

Southeastern Regional Group of Chattanooga. led by Maria St. Goar; contact: mstgoar@yahoo.com or call 423-266-6204

Class lessons of the School of Spiritual Science are held monthly in **Chattanooga**; persons from Tennessee, Alabama, Georgia and western North Carolina attend there; Edward St. Goar is the Class Holder; contact Edward at: estgoar@bellsouth.net or estgoar@yahoo.com

Editor's Note; Please keep the information about your Study Group Current. Email Kathleen Wright at kathleenwright51@gmail.com to update your information. If you have a Study group that is not listed above or if you know of any more, please let me know. We are happy to list any Anthroposophical groups and initiatives in the Southeast.



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

Web Manager.....Robert Mays

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Submitting articles, letters, announcements and ads:

Please send UNFORMATTED text as a Microsoft Word document (no pdfs if possible) to kathleenwright51@gmail.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: kathleenwright51@gmail.com**

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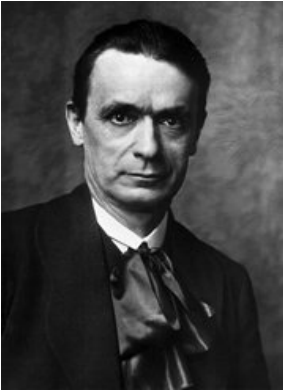
If you are interested in membership in the Anthroposophical Society in America, membership information is available on the website www.anthroposophy.org

You may also write to the Society at:

Anthroposophical Society in America
1923 Geddes Ave.
Ann Arbor, MI 48104-1797
or call: 734-662-9355



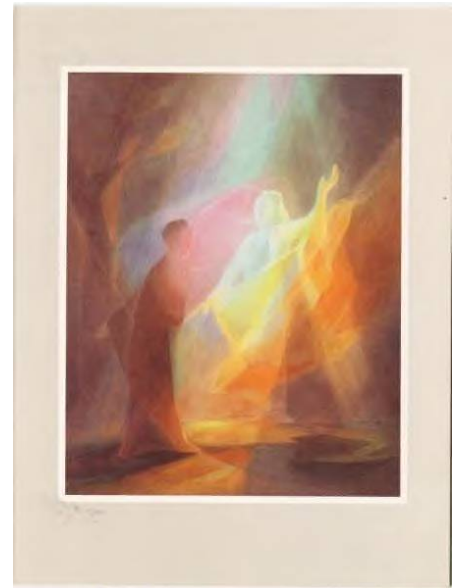
The Goetheanum in Dornach, Switzerland,
headquarters of the General Anthroposophical Society



Anthroposophy, which means “the wisdom of the Human Being”, 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 is 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

"As human beings become ever better prepared to receive the Christ ego or "I", it will pour in greater and greater fullness into their souls. They will then evolve to the level where stood Christ Jesus, their great exemplar and ideal. Then for the first time they will come to understand the full extent of Christ Jesus' great example for humanity. And having understood this, they will begin to realize in the innermost core of their being that the truth and assurance of life's eternity springs from the corpse hanging on the wood of the cross of Golgotha.



Those who are inspired and permeated by the Christ ego, the Christians of future times, will understand something else as well, something that so far has been known only to those who have attained enlightenment. They will understand not only the Christ who passed through death, but also the triumphant Christ of the Apocalypse, resurrected in the spiritual fire, the Christ whose coming has been prophesied. The Easter Festival can always be for us a symbol of the Risen One, a link reaching from Christ on the Cross to the triumphant risen and glorified Christ, to the one who lifts all humanity with Him to the right hand of the Father.

And so the Easter Festival opens up for us a long vista of the whole future of the earth, of the future evolution of humanity and is for us a guarantee that those who are Christ-inspired will be transformed from Saul people into Paul people, and will behold with increasing clarity a spiritual fire. Just as the Christ was revealed in advance to Moses and his followers in the material fire of the thorn bush and the lightning on Sinai, so truly he will be revealed to us in a spiritualized fire of the future. He is with us always, until the end of the world and he will appear in the spiritual fire to those who have allowed their eyes to be enlightened through the event of Golgotha." (**Rudolf Steiner, from a lecture given in Cologne, April 11, 1909**)