



# 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, Tennessee and West Virginia

MAY- JUNE 2013  
 VOLUME VI, NUMBER 2

## Whitsun

Where outer senses' knowledge ends,  
 There and there only is the Gateway  
 That leads to the realities of life.  
 The Soul of Man himself forges the key  
 When he rows strong in the battle  
 Which Cosmic powers with human powers wage  
 Upon the Soul's deep ground,  
 And by his own free will dispels the sleep  
 Which at the senses' frontiers  
 Plunges in spiritual night  
 His faculties of knowledge.

~Rudolf Steiner



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

## *From the Editor:*

Dear Friends,

This issue marks the end of the current academic year. We will be on Summer hiatus until September 1. This issue is chock full of events for the upcoming months, including the summer. We hope that you will get to at least one workshop in the coming months. They are truly food for the soul.

As you may have noticed, each month we include more and more news from Anthroposophical groups in the Southeast. As Eastern Regional Council member in service to the Southeast, I am making every effort to contact members in the region and to put them on email lists, not just so that they may receive the newsletter, but for whenever there is important news in the region, it can get to them quickly. My next goal is to contact members who do not use email, so that we can find a way to keep them in the loop as well. It is also my hope that this greater communication will not only inform, but inspire groups to ever more activity in service to Anthroposophia, as well as create more collaboration and exchange with neighboring anthroposophical groups. I am happy to report that anthroposophical initiatives and membership are growing in the South, and it is my hope that within the near future, the Southeast will become its own region, and not just be a part of the "Eastern" region. There is a distinct regional difference between North and. In addition, membershipwise, the Northeast is the largest region in the entire country and really should stand on its own.

While all this growth in the South is great and I know Rudolf Steiner and Ita Wegman would be so glad to see it (At the time of their deaths, Anthroposophy had not spread very far in America.), we must not lose sight of the main intention of the Society, which Peter Selg has really hit home to us in recent years - we must be a beacon for the world-at-large, and not merely hold activities for ourselves. Certainly, it is important to create positive karma for the future, heal old Karma, celebrate the Festivals together and create communities, but our primary task is to bring the Light of Anthroposophy to the world - the important spiritual messages of Karma and Reincarnation, the news of the Fifth Gospel and the fact that Christ has returned to the Etheric World, developing the Etheric Heart, the importance of Meditation in human evolution, as well as all the practical gifts of Anthroposophy - Biodynamic agriculture, Waldorf Education, Anthroposophical Medicine, the Threefold Social Order, Camphill Villages, the Christian Community. All these are necessary if the world is not to succumb to Ahriman's destructive enticements. We must further the work of the Sections in order to reach out to the outer world, publish more, and collaborate more with the 'unconscious' Michaelic groups. Take time to brainstorm and ask yourself: what can I do, either as an individual or with others, to further at least one of the causes? Hopefully this will give you much food for thought during the summer months, and you will be full of enthusiasm and energy when the Michaelmas meteoric iron showers return in September.

Best wishes for a productive Summer, and Blessings for Whitsun and St. John's tide !

*Kathleen Wright, Editor*

## Rudolf Steiner Branch Calendar - May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at <a href="mailto:kathleenwright51@peoplepc.com">kathleenwright51@peoplepc.com</a> by August 20, 2013.						
			<b>1</b> EWS-Eurythmy-8:30a Rose Cross SG-7:30p	<b>2</b> Asheville SG-7:30p	<b>3</b>	<b>4</b>
<b>5</b> Meeting of the First Class-10a, (Review-11a Clemmons SG-6p	<b>6</b> EWS Steiner SG for Parents-9a Greensboro SG-3:30p	<b>7</b>	<b>8</b> EWS-Eurythmy-8:30a Rose Cross SG-7:30p	<b>9</b> Reading to the Dead Group-7:30p Asheville SG-7:30p	<b>10</b>	<b>11</b> EWS Gala Auction-6p
<b>12</b> Clemmons SG-6p	<b>13</b> EWS Steiner SG for Parents-9a Greensboro SG-3:30p	<b>14</b> IANDS Group-7p	<b>15</b> EWS-Eurythmy-8:30a Rose Cross SG-7:30p	<b>16</b> Asheville SG-7:30p	<b>17</b>	<b>18</b>
<b>19</b> Whitsun Celebration 2-4p Clemmons SG-6p	<b>20</b> EWS Steiner SG for Parents-9a Greensboro SG-3:30p	<b>21</b> IANDS SG	<b>22</b> EWS-Eurythmy-8:30a Rose Cross SG-7:30p	<b>23</b> Reading to the Dead Group-7:30p Asheville SG-7:30p	<b>24</b>	<b>25</b>
<b>26</b> Clemmons SG-6p	<b>27</b> EWS Steiner SG for Parents-9a Greensboro SG-3:30p	<b>28</b>	<b>29</b> EWS-Eurythmy-8:30a Rose Cross SG-7:30p	<b>30</b>	<b>31</b>	

## Rudolf Steiner Branch Calendar - June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at <a href="mailto:kathleenwright51@peoplepc.com">kathleenwright51@peoplepc.com</a> by August 20, 2013.						
						<b>1</b> CC y Priest Public Talk-7:30p
<b>2</b> CC Children's Service-9:30a CC Act of Consecration of Man-10:30a Clemmons SG-6p	<b>3</b> EWS Steiner SG for Parents-9a Greensboro SG-3:30p Threshold Care Group-6:30p	<b>4</b>	<b>5</b> EWS-Eurythmy-8:30a Rose Cross SG-7:30p	<b>6</b> Asheville SG-7:30p	<b>7</b>	<b>8</b>
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<b>23</b> Clemmons SG-6p	<b>24</b> EWS Steiner SG for Parents-9a Greensboro SG-3:30p ST. JOHN'S DAY	<b>25</b>	<b>26</b> Rose Cross SG-7:30p	<b>27</b> Reading to the Dead Group-7:30p Asheville SG-7:30p	<b>28</b>	<b>29</b>
<b>30</b> Clemmons SG-6p						



Please join us for a  
**Whitsun Observance**

**Sunday May 19, 2013**  
**2pm - 4pm**  
**at EWS Brown Wing**

**Hors d'oeuvres served afterward**

The Rudolf Steiner Branch of the Anthroposophical Society invites you to a celebration of Whitsun.

The gathering will take place on the afternoon of Sunday, May 19th at the Emerson Waldorf High School

Please bring a flower from your garden for the Community Bouquet.

Order of program

Tone of the Day - Joanna Carey and Suzanne Mays  
Verse with Eurythmy  
Whitsun Verse  
Reading of the Gospel about Whitsun  
Reading  
Dialogue  
Whitsun table and lighting of candles  
Closing Song  
Social time with refreshments

For further information email [mcarmody@nc.rr.com](mailto:mcarmody@nc.rr.com) or call 919-537-8142

Sponsored by the Rudolf Steiner Branch  
of the Anthroposophical Society in NC  
PO Box 16024  
Chapel Hill, NC 27516

## NEWS AND EVENTS FROM IANDS GROUP:

From Robert and Suzanne Mays

The next meetings of the Research Triangle IANDS NDE Group will be:

**Tuesday, May 21, 7-9 PM:** Sharing of Near-Death Experiences

**Tuesday, June 18, 7-9 PM:** Speaker Dave Bennett will speak about his two NDEs and his survival of stage 4 lung cancer

**Wednesday, June 19, 7-9 PM:** Speaker Cindy Griffith-Bennett will speak about her book ***Soul Soothers: Mini Meditations for Busy Lives*** -- how to meditate every day while on the go

The meeting will be at the Mays home: 5622 Brisbane Dr, a few miles north of Chapel Hill, just north of I-40, off Mount Sinai Road. See Google map for directions. If you need more information or directions, please call us at 919-929-1073 or mays@ieee.org. Since it is dark at night and there are no street lights, it is a good idea to bring a flashlight.

### Other items of interest:

Study finds NDE memories are not of imagined events: Skeptics have long proposed that NDEs are dream-like memories of events that never happened or are altered memories of real events which are partly or fully imagined. A recently published study from the University of Liège in Belgium compared the memories of NDEs with memories of others who were in coma without an NDE. They found that memories of NDEs are significantly different from coma patients without an NDE. In particular they have significantly more characteristics, like visual details, memory clarity, self-referential information (being involved in the event) and emotional content. The researchers propose that NDEs can't be considered as imagined events, which have significantly fewer characteristics. NDE events are really perceived but since the events did not occur in reality and likely result from physiological conditions (e.g., neurological dysfunction), the events are actually hallucinatory (see also ULg video). This conclusion is based on assumptions that are inconsistent with other evidence from NDEs. Other interpretations are possible.

8th Annual Spiritual Retreat for NDErs, May 16-19: The 8th Annual Spiritual Retreat for NDErs will be held at the Mercy Center in Saint Louis, May 16 through 19, conducted by neardeathexperiencers.org. "As near-death experiencers we've been coming together every year since 2006 in St. Louis, MO for three consecutive days of opening our hearts and sharing our journeys, both on the other side and through our lives here on earth." The sign-up for the retreat closes on April 27 at midnight.

•"In Conversation with the Mystic: An Experiential Symposium on Optimal Health & Well Being". Dr. Tracy Gaudet and Dr. Mitchell Krucoff explore health and wellbeing with Sadhguru, yogi and mystic. Sunday, May 5 from 11:30 AM - 4 PM. Free to the public (suggested donation: \$25, \$10 for students). Location: Great Hall of Mary Duke Biddle Trent Semans Center for Health Education, 201 Trent Drive, Durham. Additional information here.

◦Dr. Tracy Gaudet is the author of two books: *Consciously Female*, a book on integrative medicine and women's health, and *Body, Soul and Baby*. She has written a regular column for *Body + Soul* magazine and is widely recognized as a leader in the emerging field of integrative medicine through her contributions to numerous journals, publications, and television programs.

◦Sadhguru is a yogi and mystic who has dedicated his life to helping individuals reach the peak of their potential. The word "Guru" literally means "dispeller of darkness." "Sadhguru" is one whose knowing and clarity stem from a deep, abiding inner experience.

◦Dr. Mitchell Krucoff is Director of the MANTRA Study Project examining the impact of noetic therapies—including intercessory prayer, music, imagery and touch therapy—on patients with heart disease. His work in this area has received international academic and media attention.

•Life Goes On, a three-part online course on the afterlife, featuring NDE experts Jeffrey Long, Pim van Lommel and Eben Alexander. To be broadcast on Wednesday May 8, May 15 and May 22, 2:00 PM - 3:30 PM EDT. Online streaming to your computer. Price \$150. All sessions will also be recorded and sent to everyone who is registered afterward.

◦Wednesday, May 8: Jeffrey Long, MD -- Spanning 10 years and involving more than 1,300 near-death experiences, physician and radiation oncologist Jeffrey Long's work has given him unique insight into the science and meaning of this phenomenon. He has found nine patterns in the experience of near death. In this session, Long will address these lines of evidence, which include crystal-clear consciousness, realistic out-of-body experiences, family reunions and children's memories, among others and relate how they have affected those involved.

◦Wednesday, May 15: Eben Alexander, MD -- Eben Alexander used to subscribe to a materialist view of the world, believing everything in our world could be explained by the interaction of electrons, protons, and neutrons, until a near-death experience opened him up to a new belief: Our consciousness is not tethered to our gray matter but to something much larger, richer and fuller. Alexander believes that while we're typically focused on the physical world around us, we have an amazing capacity to reach beyond those borders. The proof, he says, is the fact that those who have near-death experiences are so ready to leave their Earthly identities behind.

◦Wednesday, May 22: Pim van Lommel, MD -- Before former cardiologist Pim van Lommel launched his groundbreaking study of near-death experiences, he thought of dying as the end—the end of identity, of life, of consciousness. But spending time with those who had touched death and returned left him certain that patients have consciousness-expanding experiences even when their brains register no activity. Modern science can't explain it, he says, but these patients remember seeing and hearing things that occurred during the time of "death" that can't otherwise be explained.

## BOOK SIGNINGS TO PROMOTE EVE OLIVE'S NEW BOOK



Four local poets will gather to read from Eve Olive's newly published anthology "Cosmic Child: Inspired Writings from the Threshold of Birth" at the Purple Crow Bookshop, Hillsborough on Wednesday, May 8 at 7:00 pm.

Inspired by the coming of her first grandchild 33 years ago, and poems which Olive wrote at that time, the book now gathers together writings from around the world and across the ages including translations from nine different languages. Each of the poems and little stories has a sense of pre birth awareness.

There are poems by Mary Oliver, Langston Hughes, Wordsworth, Rumi and many others both well known and less well known.

The book makes a perfect gift for an expectant couple, a new grandparent or anyone interested in contemplating the great mystery of our coming into being.

Olive will be joined by Jaki Shelton Green and Maura High who also have poems in the book. Poet Vandorn Hinnant, will lend a deeper tone to the presentation. A book signing will follow.

Eve will be at the Regulator Bookshop at 720 Ninth St. in Durham, NC on Wednesday, May 15th at 7 PM for another Reading and Book signing.

**Please join us!**  
**The Emerson Waldorf School's**  
**Annual Gala Dinner and Auction**  
**Fields of Fun**  
**Saturday, May 11, 2013**  
**6:00 - 11:00 p.m.**  
**at the Murphy School, Durham, NC**

Please join us for an evening of great food, live music featuring Cyril Lance, and bidding to support the Emerson Waldorf School. Many exciting items will be available in both the silent and LIVE auctions!

**Where:** Murphy School, 3717 Murphy School Rd., Durham, NC 27705

**Cost:** \$40 per person, \$75 per couple

**Attire:** Jeans to Pearls!

To reserve your tickets and be charged through TADS please use the following link: <http://ews2013gala.eventbrite.com/#>

You can also contact Kelley Wiley in the lower school office, [kwiley@emersonwaldorf.org](mailto:kwiley@emersonwaldorf.org) to reserve them



•Another year of delectable food and open bar! This year, produce for our delicious meal is being donated by Whitted Bowers Farm, and the cooking and preparation will be provided by Vimala of Vimala's Curryblossom of Carrboro. Complimentary wine & beer included.

•Cook with Vimala! If you've been in the Chapel Hill/Carrboro area, you may have known Vimala's cooking before Curryblossom. She's amazing! We are so fortunate to have Vimala's talents and community spirit for our event. She is donating her time and recipes with the agreement that community members volunteer and cook with her. Email [Joelleramos@mac.com](mailto:Joelleramos@mac.com) if you're interested in this chance of a lifetime!

•Awesome music and dancing! Jam Band of blues and rock, Cyril Lance will be performing and providing the entertainment. Sit back and listen with friends, your partner/spouse, or plan to bust-a-move on the dance floor!

See you at the GALA!

May 6 - Online Auction begins





NC Triangle Affiliate of The Christian Community  
**Upcoming visit with Rev. Carol Kelly**  
 May 31-June 2, 2013

Consultations and private conversations with Rev. Kelly. If you would like a consultation, please schedule the time directly by emailing [carolkelly.cc@gmail.com](mailto:carolkelly.cc@gmail.com) or 845-803-2071. The meetings will take place at the home of Margit Gratzl, 519 Wheeling Circle, Durham, NC 27713, [mgratzl@nc.rr.com](mailto:mgratzl@nc.rr.com) or phone 919-484-2764.

Saturday, June 1, 2013

7:30pm: Public Talk ~ "Living in Two Worlds"

We are in this world but we are not "of" this world. We experience in every newborn baby how we have come to the earth from another realm. Every morning as we emerge from sleep, we bring to our daily lives what has inspired and refreshed us from the spiritual world. But then, we forget. How do we remain conscious of the "other world" while walking in this one, every minute of every day?

Sunday, June 2, 2013

9:30am: Children's Story

10 am: Children's Service

10:30am: The Act of Consecration of Man, followed by potluck brunch

All events will be held in the Fleming Building at Camp New Hope  
 4805 NC HWY 86,  
 Chapel Hill, NC 27514

For more information: <http://www.thechristiancommunitync.org>



**ALL ARE INVITED TO  
THE ANNUAL ST. JOHN'S FESTIVAL  
SATURDAY, JUNE 22, 2013  
5:00- 9:30 PM  
AT INFINITY FARM, CEDAR GROVE, NC**

Events will include:  
A Potluck Dinner  
Bonfire  
Singing

Hope to see you there!

### More News From Infinity Farm:

Don't forget to sign your child or grandchild up for Infinity Farm's Summer Camp Program June 10-14 or June 17-21. Children will learn all about farming and nutrition, plus have lots of camp-style fun: games, stories and crafts.

Infinity Farm is now available for all your event planning - weddings, retreats, etc. Please give Joy Kwapien a call to inquire more. Her phone number is **919-732-1840**.

Check out the farm's website at: **[www.InfinityFarmNC.com](http://www.InfinityFarmNC.com)**.

Infinity Farm is hosting a benefit Trail Ride for the North Carolina Therapeutic Riding Center on Sat. May 4th from 9am to 4pm.

You don't have to hop a horse to come out and enjoy a grass fed hamburger plate, including fresh strawberry shortcake, and watch some of the Center's horses and riders in action. 1600 McDade Store Rd. Cedar Grove, NC 27231 [919-619-3440](tel:919-619-3440)

Also just arrived for pick up: grass fed beef, steak, broth bones, roasts and other cuts. So come out to the farm and get some.

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## **STRAWBERRY PICKING**

**AT WHITTED-BOWERS FARM**

**8707 ART RD.**

**CEDAR GROVE, NC**

**BEGINS FRIDAY, MAY 3**

**STOP BUY THE FARM**

**TO PICK YOUR OWN OR GO TO**

**THE CARRBORO FARMER'S MARKET**

**SATURDAY MORNINGS OR WEDNESDAY AFTER NOONS**

**check out the website at: [www.whitttedbowersfarm@mac.com](http://www.whitttedbowersfarm@mac.com)**

**or call 919-732-5132 for more information.**



**LYRE ASSOCIATION OF NORTH AMERICA PRESENTS  
A SUMMER CONFERENCE,  
JULY 20th THROUGH 24th  
IN CHAPEL HILL, NC:**



The Lyre Association of North America (LANA), a non-profit organization that promotes the modern lyre and supports the lyre community, is holding a Summer Conference, "The Lyre and the Human Voice," from Saturday, July 20, through Wednesday, July 24, in Chapel Hill, NC. Guest presenter is Thomas Adam, Werbeck singer and Director of Werbeck Therapeutic Singing trainings in this country, Germany, and Brazil.

**No previous lyre experience is necessary in order to participate in this conference. All welcome!**

This will be a very significant event, as this is the first time that the Lyre Association has had their annual conference in the South, and this year marks the 30th anniversary of promoting the lyre, new instruments and new music in America.

There will be a public sharing of the various lyre groups (including a children's group from the Emerson Waldorf school) on the last morning of the conference (Wednesday, July 24th at 10 AM) This will be a great opportunity for Waldorf parents and community members to hear for the first time what a lyre choir of around 50 lyre players can do!

**Housing for participants is needed.** If you have a room to spare, please call Suzanne Mays at 919-929-1073. You will be given \$25-45. per night depending on the kind of accommodation you can offer. On the other hand, if you need accommodations, please call Suzanne for that as well.

The modern lyre came into being in 1926 out of a search for a musical instrument to accompany the new art of tone eurythmy. Tone eurythmy seeks to make musical tone or singing visible through movement called "Eurythmy as Visible Singing." Sculptor Lothar Gärtner and musician Edmund Pracht, were inspired to create an instrument that could adequately support the etheric movement in this very young art. Thus the modern lyre was born.

During the conference, breath, sound development and articulation for the human voice will be addressed. These same processes will then be applied to the playing of the lyre. At the center of this activity lives the development of inner listening. The special nature of the lyre stimulates the movement of inner listening as no other musical instrument can.

The cost to attend the conference, which will be held at the Emerson Waldorf School, is \$250 for LANA members and \$275 for non-members, if registered by June 10. After that date the cost is \$275 and \$300. Per diem rates and meal packages are also available, along with affordable lodging options in private homes and school classrooms. Nearby hotel lodging is also available.

For further conference information including registration and payment, go to [www.lyre2013.eventbrite.com](http://www.lyre2013.eventbrite.com), or mail payments and registration forms to Margo Ketchum, 13 Morgan St., Phoenixville, PA 19460, by July 15. For later registrations, please call 610-608-9281 before mailing.

Interested individuals are encouraged to become members of the Lyre Association of North America. Members not only support the work of the Lyre Association but also receive a subscription to *Soundings: A Lyre Review* and discounts on conference and workshop fees. Membership is \$50 for supporting members and \$40 for regular members. Go to [www.lyreamerica.net](http://www.lyreamerica.net) for the membership form.

## **WERBECK SINGING WORKSHOP CHAPEL HILL, NC JULY 25TH-29TH, 2013**

There will be a Werbeck Therapeutic Singers Retreat happening from July 25th-28th. This will follow the Lyre Conference which will feature, among other things, a concert and nightly events. The singer's retreat will offer a concert on the 27th. All concerts are open to the public and will be held, along with the conferences at EWS.

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## *The Souls' Awakening: Taking Responsibility for Destiny*



### **Mystery Drama Conference and Performance August 14-18, 2013 Threefold Educational Center, Chestnut Ridge, NY**

**Lectures by John Alexandra, Daniel Hafner, Stephen Usher,  
and Sherry Wildfeuer**

**Full Performance: August 17, 9:30 am to 9:30 pm  
(with meal breaks)**

**Conversation groups, acting workshops, evening  
performances, and more**

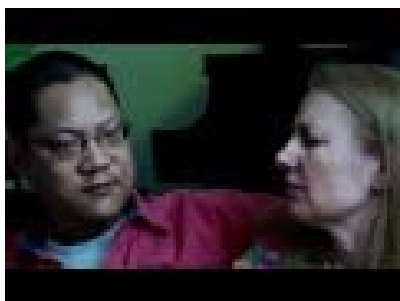
Registration is now open for the 2013 conference and performance of *The Souls' Awakening*. We hope you will join us for the culmination of this series, which has journeyed through Rudolf Steiner's Mystery Dramas over the past four years.

The Rudolf Steiner Branch (NC) of Chapel Hill is proud to announce that one of our own members, Edward Schudlt, will be performing in the Mystery Drama.

For more information about registering for this great event, go to [www.threefold.org](http://www.threefold.org) or write: [mysterydrama@threefold.org](mailto:mysterydrama@threefold.org) or call 845-352-5020 Ext. 18

## Jenny Bingham Appears in "A Will for the Woods" A Green Burial Documentary at Full Frame Festival

The Full Frame Documentary Film Festival is an international event that welcomes filmmakers and film lovers from around the world to downtown Durham every April. Some of the best documentaries go on to win Academy Awards.



and his wife.)

Almost 400 people from across the country were in the auditorium of the Durham Convention Center for a showing of a documentary film titled "A Will For the Woods". The film tells the story of a local man, Clark Wang, a 49 year old psychiatrist, whose diagnosis of cancer led him on an intentional search for a funeral and burial that helped him find meaning in death. Jenny Bingham helped Clark investigate home vigils and green burial and appears in the film demonstrating how to prepare the body for home vigil after death. (Picture on left shows Clark Wang

A green burial is a simple and natural alternative and is becoming increasingly popular as more people understand the environmental problems of cremation and traditional burial. The deceased is laid to rest in the earth in a biodegradable casket or shroud, without a vault, in a woodland or other natural setting, and with a fieldstone or indigenous plant marking the grave. This practice can be used as a conservation tool, enabling the acquisition, restoration, and stewardship of natural areas. It was prevalent for thousands of years (and still is in some parts of the world, including in traditional Muslim and Jewish burials) before the contemporary funeral industry propagated expensive and elaborate funerals as traditional.

You can visit the film website and learn more about this important and growing movement at <http://www.awillforthewoods.com/>

Please feel welcome to contact our local Threshold Support Group if you would like to discuss your concerns and needs around the issue of dying. The group meets monthly to become active in our community in our relationship to death and dying. Contact Jenny Bingham [jennybingham@yahoo.com](mailto:jennybingham@yahoo.com) or phone her at 919-214-4304. She can tell you more about the group and give you the next meeting date.

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Be sure to mark your calendars for the Annual General Meeting of the Anthroposophical Society in America which will take place in Keene, NH October 11-13. the topic of the Conference prior to the meeting is "Karma and Community". Be sure to book your hotel reservation early.



## ***Shambhala and the Sacred Heart***

**A 6 1/2-day workshop with Dr. Robert Powell  
with Choreocosmos  
(Cosmic Dance)**

**Holden Beach, North Carolina  
Monday, July 22 – Sunday, July 28, 2013\*\***

**\*\*Monday – Wednesday Abbreviated Program is an Option  
(See next page for more information)**

**Part I: Star Mysteries – “As above, so below”  
Part II: Preparing the Temple**

The new Grail Mysteries are now opening up to us at this extraordinary turning point in Earth evolution. As we tread this spiritual path of purification through movement, music, and esoteric wisdom teachings, we strive to become more and more sunlike—radiant and life-giving. Such is the Holy Grail. In service to the divine will we will explore what is needed now for inner harmony, harmony amongst human beings, and harmony between human beings and nature. Some of the topics we shall address are:

- Star Wisdom and the new Grail mysteries: The human being as grail vessel
- Shambhala and the Central Sun: The Earth as grail vessel
- The technique of remaining open to the grace of spiritual worlds
- Evolving toward a new experience of being in time and space
- Our existential relationship to the Earth, the Solar System, and the Cosmos
- The Spiritual Breathing Process: Loving Sophia and cultivating faith
- Loving the evil Good: the co-creation of the future
- Consciously crossing the threshold of death: the mystery of resurrection

**Musical accompaniment by pianist and composer Marcia Burchard  
[www.SophiaFoundation.Org](http://www.SophiaFoundation.Org)**

## *A Message from Robert Sardello on* **"The Pope, Francis, and Emotional Healing"**

It is no accident nor just a personal 'quirk' that the new elected pope chose the name of Francis...maybe the time of healthy emotional spiritual life is now opening and becoming available in the world.

Emotions have a hard time feeling they have a place on the spiritual path. It was incredibly healing - healing for the emotional body -- to go to Assisi last fall and develop a contemplative connection with St. Francis and St. Clare.

When we visited the tomb of St. Francis, we experienced the power of the currents of love there. Completely overwhelming. And, it was as if emotional life finally had a true spiritual friend. Visiting the place where St. Clare died was also profound, though in a different way -- much more the depth aspect of emotion, feeling held and nourished.

The result of that pilgrimage is that we promised Francis and Clare we would provide a safe space within the endeavors of the School of Spiritual Psychology to explore emotional life and the life of desire as central to any spiritual journey.

And, there was an inwardly felt response to this promise -- a palpable sense that Francis and Clare will be with all those who come as we, together, explore the central place of the emotions in spiritual life - provided we do so with the deep simplicity that characterized their lives.

We are honoring that response -- by taking down the boundaries of a lot of the more 'cognitive' aspects that characterizes much of the work of the School, and working more directly, more immediately -- which also characterizes the School, but only now in a more concentrated way.

We are convinced that unless we feel a freedom in our emotional being, it is most, most, difficult to enter into our spiritual destiny. We explore, directly, the qualities of this freedom, how emotion is inherently the life of 'giving' -- when the wholeness of any emotion is allowed in -- the dark and the light, together, as one.



Francis and Clare are our guides in developing emotional soul capacities.

If you:

- Feel the presence of ongoing anxiety but cannot locate where it is coming from
- Find yourself constantly distracted, going hastily from one thing to another
- Feel low in vitality -- and yet there is nothing physically the matter -- yet
- Feel emotions 'seething' within and a sense that they may engulf you and there seems to be no way to gracefully encounter what is happening
- Feel as if you are 'head-weighted' but can't find the way out of thinking all the time, judging all the time, worrying all the time
- Are devoted inwardly to develop the spiritual dimension of your being, but are inconsistent in doing so, feel unworthy, feel blocked
- If you have trouble sleeping, or are uncomfortable around others, or feel you are not responding to an inner, and yet unknown longing
- Want more than anything to be of service in life, to feel a sense of being in harmony with your destiny, and want to feel accompanied by helpful spiritual presences:

CONSIDER – breaking through the procrastination. Find how there is a really important alternative to yet more therapy. Discover how feeling, emotion, desire – lie at the very heart of the spiritual life, not sequestered spiritual life, but open, alive, ‘in-the-world’ spiritual life – that our emotions are our desire for the divine, and for partnership with the spirits, the saints, the divine. Information about these four sessions follows:

## **Spiritual Therapeutics: Healing the Emotional Body The Way of St. Francis and St. Clare**



**An Offering in Four parts by  
The School of Spiritual Psychology  
May 2- 6, 2013  
September 5-9, 2013  
January 23 – 27, 2014  
April 24 – 28, 2014**

Therapeutic psychology approaches emotional suffering as something to find the way through, to relieve, to hopefully eliminate.

Spiritual therapeutics is not psychology, nor ‘therapy’. It is a form of individual and group spiritual work that approaches emotion in these sessions as the absolutely necessary entry into the unique qualities of spiritual presence. Healing here means entering into the wholeness of who we are as beings of body, soul, and spirit. The sufferings of emotion keep the searching for this wholeness living, and to focus only on emotional suffering and its cure rather than the seeking involved, severely risks taking a part of our being for the whole.

The prototypical imagination for working spiritually with emotional life is found in the lives of St. Francis and Claire of Assisi. They both knew exactly how to encounter the most difficult of emotions – and in fact, deliberately cultivated such encounters. They also knew and could inwardly track how to be inwardly present, stay with the difficult emotions, and when cultivated in a most careful manner, these emotions would always open to spiritual reality.

This offering is not a course, but a wholly practical working with emotions as the opening to spiritual experience. We will give descriptions of the emotional body as a way of locating where we focus attention when working with emotions. The main impetus of the sessions, however, is developing the capacities needed to be present with strong and sometimes difficult emotions. The work requires being able to differentiate ‘egotized emotions’, which we usually call emotion, but which is actually emotional reaction, from the soul activity of emotion itself. Then, when presence to emotion without ego holding the emotional content, negatively or positively occurs, being attentive to the opening of spiritual realms is the next capacity we seek to develop.

We will provide numerous examples from St. Francis and St. Clare, along with matters that have to be given particular attention when working spiritually in this manner. Our guide through the distractions that would keep us bound to emotional content or creating more emotional content when working in this manner, are the “Admonitions” of St. Francis.

Each session will consist of short descriptions of the emotional body that help develop the sense of emotions as movements of soul rather than reactive contents. Most of the time of a session will be inner contemplative working with specific emotions of a difficult nature that the individuals in the group want to work with. A most valuable aspect of the work is learning to do spiritual work of this nature in a group, differentiating it very clearly from ‘group therapy’, while it is still extremely specific and not generalized notions.



A most valuable reading that is assigned during this work is *The Ecstasies of St. Francis* by John Haule.

Individual spiritual therapeutic sessions between the group meetings can be arranged privately for an additional fee.

#### **The Facilitators**

**Robert Sardello, Ph.D.**, is co-founder and co-director of The School of Spiritual Psychology, which began in 1992, and co-editor of Goldenstone Press. He is the author of six books, including *Love and the Soul*, *Silence*, and *Acts of the Heart*. He has developed the form and practice of Spiritual Therapeutics, and has done individual work of this nature with people for the past 10 years.

**Cheryl Sanders-Sardello, Ph.D.**, is co-founder and co-director of The School of Spiritual Psychology. She is a teacher in the School and also administrative director. Her areas of writing and research are the development of the spiritual senses, a spiritual understanding of the primary illness of our time, such as Alzheimer's disease, and an understanding and methods of being with the 'so-called dead'.

She has maintained a practice of Spiritual Therapeutics with individuals for the past 10 years.

**Costs: Tuition \$2600** for the four sessions (single session attendance not an option)

Board and Room: \$395 double room; \$495 single room

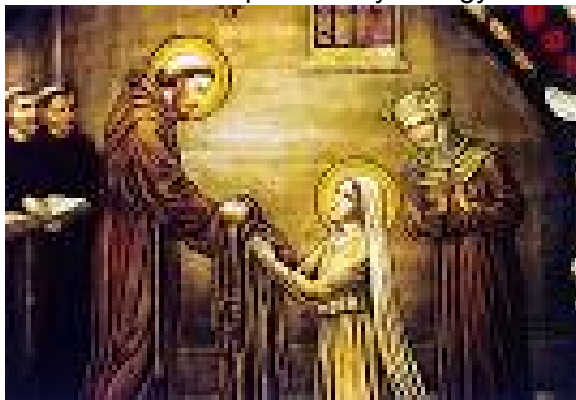
**Location:** The Spiritual Therapeutics program is held at the Spiritual Psychology Center located in Benson, North Carolina. Benson is an easy forty-minute drive from Raleigh where there is a major international airport (RDU). Benson is also located at the intersection of Interstate 95 and Interstate 40, and thus easy driving distance from north-south and east-west.

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:

**The School of Spiritual Psychology**

**P.O. Box 7, Benson, NC 27504**

**Email: [soulschool@embarqmail.com](mailto:soulschool@embarqmail.com); Phone: 919-207-0526**



## **VEIL PAINTING WORKSHOP IN NASHVILLE, TN**

Sent by Anne Nicholson

Anthroposophic artist Helen Chamberlain is teaching workshops on veil painting in the Liane Collot d'Herbois method. The workshops are monthly on Saturday afternoons at her "Studio in the Woods" in Nashville, Tennessee. Beginners are welcome - no previous artistic experience is necessary. For dates and information, call [\(615\) 356-0295](tel:6153560295).

Veil painting takes patience, moving the brush slowly and gently as transparent washes of color are applied to the canvas. Transparent layers capture the light, giving an inner luminosity that draws the viewer into the work. The veil painting method creates a "color space" where colors come into being, and there is a surprise each time as the painter never has a particular motif in mind. The color will sing through in different areas, and then certain images emerge. It is always a mystery – an exciting mystery – in that the artist never knows what is going to happen!

### Christian Community Events in Alabama:

On June 19th 2013, Rev. Jonah Evans will come to Auburn, Alabama. He will give two lectures.

In the morning at 10am: "The Etherization of the Blood in Connection with the Resurrection." After lunch his talk will be : "The Grave is Empty." For more information, please contact Helene Burkart at [\(334- 887-9911\)](tel:334-887-9911) or email at: [hburkart@att.net](mailto:hburkart@att.net)

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### IMPORTANCE OF THE YEARS 1911, 1912 AND 1913

Helene Burkart of Auburn, Alabama writes to us that she attended a workshop in Los Angeles April 5-7, during which Virginia Sease spoke on the importance of the years 1911, 1912 and 1913 in connection with Christian Rosenkreutz, and she wanted to share with our readers these important dates and events:

**December 15, 1911** - Rudolf Steiner engaged in an 'attempt for an Endowment of a theosophical Way of Life and Art" as Marie Steiner noted later

**Spring 1912** - THE Calendar of the Soul was printed

**December 28, 1912** - the founding of the Anthroposophical Society as an impulse connected with Christian Rosenkreutz

**September 20, 1913** - the laying of the Foundation Stone for the first Goetheanum on the Dornach Hill

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**Editor's Note:** We were delighted to receive the following poem from Marian Shearer of Forsyth Georgia:

### 'Man's Gift'

In Golgotha, we stand in spirit and in mind.  
Feeling the Earth tremble, becoming body of Light,  
At the time His side was pierced,  
And the world stood very still,  
His blood ran down-under, with His Spirit True-Divine  
Gifting man forever, bonding us, with Christ!

~ **Marian Shearer of Forsyth, GA**



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If you are interested in membership in the Anthroposophical Society in America, information is available on the website [www.anthroposophy.org](http://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



**Goetheanum in Dornach, Swizerland, headquarters of the General Anthroposophical Society**

*The Southeastern Regional Branch of the Anthroposophical Society,  
The Christian Community Movement for Religious Renewal,  
And The Anthroposophical Society in America Present:*

## **The Third Annual, St. John's Festival Conference**

**June 21 - 23, 2013**

**"Finding the Christ Impulse in Our Lives"**

**FEATURING:**

**Reverend Jonah Evans, Christian Community Priest  
Herbert O. Hagens, Anthroposophical Leader and Lecturer  
at The Waldorf School of Atlanta**

**827 Kirk Rd.,**

**Decatur, GA 30030**

**For information and directions see: [www.waldorfatlanta.org](http://www.waldorfatlanta.org)**

### **CONFERENCE SCHEDULE**

#### Friday, June 21

Time: 6:30 pm Registration with light refreshments and time to socialize

8:00 Weather permitting: bonfire, singing, and reflection on St. John's Day -  
lead by Rev. Evans

#### Saturday, June 22

Time: 8:15 Joint sessions:

First Class (Members Only-Blue Card required) Lesson 14 by H. Hagens

Non-First Class attendees: (To Be Determined – lead by Rev. Lisa Majoros)

9:00 Registration, coffee, fruit and pastries.

10:00 Lecture by Herbert Hagens: **"The Christ Impulse as Revealed in Rudolf Steiner's Mystery Dramas"**, followed by questions and guided discussion

11:30 Lunch – on your own

1:30 Singing with Rev. Evans

2:00 **"Anthroposophy and the Christian Community"** by Rev. Evans

3:00 Break with refreshments furnished

3:30 Lecture by Rev. Jonah Evans: **"The Higher Self and Experiencing the Christ Impulse in our Time:** How do we experience the Christ Impulse? Is the experience a blissful feeling? An amazing thought? Or do we experience it when we do a good deed? In this hour we will explore an archetypal process that lives in human experience, human biography, that when lived through awakens in us an awareness of what can be called "The Christ Impulse". We will find that we don't necessarily have to have some earth shattering revelation deep in meditation, or be clairvoyant, but that we can find the Impulse of Christ in our everyday experience. Through the story of the prodigal son and selected biographies we will reveal this Christ Impulse, this archetypal process, which each and every one of our hearts longs for; longs to find; longs to live.

4:30 Adjourn for Supper - on your own

6:30 Further discussion on themes of the day with Rev. Evans and H. Hagens

8:00 Adjourn

Sunday, June 23

Time: 9:45 **Act of Consecration of Man** (Open to the public. Conference attendance not required.)

\*\*Consultations with Rev. Evans may be scheduled with him on Thursday 6/20 and Friday 6/21, by appointment. Contact email: [jonahc.evans@gmail.com](mailto:jonahc.evans@gmail.com)

**ACCOMODATIONS:**

Email Katherine Jenkins for a list of local hotels, if needed.

**CONFERENCE FEE:** \$50.00 (make your check payable to Katherine Jenkins)

Fee includes the scheduled activities listed on page 1. No meals will be included, but there are a number of eating establishments for casual dining or fast food in the area.

Additional donations will be welcomed and will be used to first cover expenses and then to further the work of the Christian Community and Anthroposophical Society.

**QUESTIONS?**

**Contact Katherine Jenkins:** [katjenks@negia.net](mailto:katjenks@negia.net) or 706-540-5871 cell phone

**Please return the Registration Form, by June 1, 2013** (even if you are unable to send your payment with it).

Mail to:

Katherine Jenkins  
59 Watson Mill Rd.  
Comer, GA 30629

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## **What Is Happening in the Anthroposophical Society Today?**

**A Conversation with Members  
of the General Council and  
the North American Collegium**

**Co-Sponsored By Threefold Educational Center, Sunbridge Institute,  
& The Threefold Branch  
Monday, May 13, 7:30pm**

Members and friends of the Anthroposophical Society are invited to join members of the North American Collegium of the School for Spiritual Science for an evening devoted to recent developments in the society.

Highlights will include a report on the recent AGM at the Goetheanum from those who attended • reports on current work in the Sections and in the General Council • and open conversation.

**Location: Brookside, 285 Hungry Hollow Rd., Chestnut Ridge, NY.**

**Admission: Free.**

**Information: 845-352-5020 x18 or events (at) threefold.org.**

**The Mysteries of the Heart: The Pulse of Freedom**  
**"The Mystery of the Healthy Heart":**  
**A Talk by Rev. Richard Dancey**

Thu, May 23 2013 8:00 PM

Location: **Silver Springs, MD**

Hosted by The Christian Community  
 All are welcome.

**Talk begins at 8pm** and takes place at the  
**Silver Spring Civic Building, 1 Veterans Plaza,**  
**Silver Spring, MD 20910**

[www.ccgwb.org](http://www.ccgwb.org) / [www.thechristiancommunity.org](http://www.thechristiancommunity.org)



Painting: Paul Klee's "Federpflanze"

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**Special Report from US General Secretary Torin Finser**

March 31, 2013

Dear Members and Friends –

Having just returned from a series of meetings and events in Dornach, I am writing to both report and extend warm Easter greetings on this day of resurrection and renewal. As described so beautifully in the first soul calendar verse of the new cosmic year:

When out of world-wide spaces  
 The sun speaks to the human mind,  
 And gladness from the depths of soul  
 Becomes, in seeing, one with light,  
 Then out of selfhood's sheath  
 Soar thoughts to distances of space  
 And dimly bind  
 Man's being to the spirit's life.

(Pusch translation)

Out of death comes new life, a theme that seemed to especially pervade the AGM held recently at the Goetheanum. Gone were the dry, hairsplitting proposals and motions that seemed to make sense only to a few members and often succeeded in confounding everyone else. Instead of a mostly business meeting, the AGM had many human interactions, reports from around the world, and initiatives that members wanted to bring to our consciousness. The whole event had more of a conference feeling, with many innovations: a small group from outside the Goetheanum had helped Paul Mackay and Justus Wittich plan the AGM. They built in more time for breathing, and motions were introduced one day and then tabled until the next day to allow for overnight reflection. So in one case, a member initiative to stimulate member activity actually merged with another initiative and they came back to report on a cooperative plan. Another

change was that the General Secretaries opened the AGM with a simple eurythmy piece they had practiced that week with Margarete Solstad, and then they were asked to remain on the stage throughout the first sessions to allow for more interaction and sharing with members.

The AGM also featured a wonderful eurythmy performance the first evening and then a remembrance of the dead. This second evening featured the chorus of the dead by Conrad Ferdinand Meyer, two movements from a Bach concerto, the Pater Noster and then a piece by Edvard Grieg. Sue Simpson from New Zealand and Virginia Sease shared recollections of individuals who had passed recently, and then the above pieces were repeated in reverse order, all once again in eurythmy on the large stage.

There are two aspects of what Virginia brought that I would like to share. She mentioned the importance for the evolution of our present civilization that we each spend some time each day with a spiritual thought. Imagine, she asked, what effect this might have if each of our 47,000 members worldwide were to do this each day! Secondly, she estimated that since 1924 there have now been 30,000 members who have crossed the threshold. This means that these friends are now in all planetary spheres, both on the way out and on their way back. This is a mighty cosmic reality.

One a more mundane level, the General Secretaries were once again given the annual statistics for 2012 in terms of membership. The interesting picture that emerges from studying these numbers is that on a superficial level the situation seems static: membership worldwide grew by 37 last year. But when one looks more carefully, one sees that in the large membership countries closest to Dornach, the numbers have declined significantly, mostly due to deaths: Germany -356, Holland -100, Switzerland -84. But in virtually all other countries around the world, membership has grown, such as Brazil +38, Australia +28, Italy +55, Japan +26, Romania +97, Russia +108, USA +98. In some countries, resignations exceed deaths, thus provoking questions about retention and some of the above mentioned initiatives regarding member activity. Also, there were reports of an increasing number of members who are celebrating 100 year birthdays!

In the three days of meetings of the General Secretaries that preceded the AGM, there was much conversation on the theme of the year: "the I knows itself." It was fascinating to hear reflections from around the world on how different peoples and cultures relate to this theme that goes to the heart of this age of consciousness soul. At the risk of shortchanging what was a spirited exchange of several days, I want to attempt to capture a few comments from various perspectives without using direct quotes, but rather just showing the kind of flow that happens when 50 people from around the world take up a theme:

- Hans Mulder gave an extensive report on Anthroposophy in China, describing the pre-Mao spiritual traditions, the Mao era from approx. 1947 to 1978 in which there was a kind of annihilation of the I, and the post Mao era in which China has rushed to catch up with the age of the consciousness soul, with mixed results. He mentioned how children are stressed with too much formal education, obesity is now growing with the introduction of western foods and companies advertising products such as milk (which were not part of the traditional Chinese diet), and the environmental dangers from over fertilization and the loss of organic matter in the soil. In 2007 there was one Waldorf elementary school in China, now there are dozens and several hundred Kindergartens. Schools are often founded with a simultaneous impulse to have a school farm, since nutrition and education are seen as part of the same equation. Those adults who have children are drawn to Anthroposophy, others not so much. China is waiting.....are we ready to help?

- From Norway came the question: is anthroposophy Eurocentric? Is the consciousness soul just a European phenomenon, or how is it in other countries and cultures?

- This prompted someone to cite Rudolf Steiner as having said that if the east only receives western materialism, then there will be a huge, catastrophic clash. But if the east also receives spiritual content from the west, then there can be cooperation.

- From Australia came the question: what can we learn from cultures in the East that have had less emphasis on individuality?
- From the pedagogical section: Chinese schools struggle to represent themselves to the government – if they are not religious, what is their identity?
- There are members in China and Taiwan, but they do not have national societies....there is no urge to formalize relationships in a national society, so the members register directly with the Goetheanum.
- From Japan: in China and Japan there is a different concept of evil.....people can accept Christ but Ahriman is problematic.
- From India: language development, and particularly the introduction of English, influenced the arrival of the consciousness soul.
- What is the relationship to freedom in the East?
- In the West, freedom is seen as an inalienable right, whereas in the East, it is earned through spiritual development.
- From Canada: Four streams flowing together: First Nation, French, English and now recent immigrants. Each stream carries it's I consciousness differently.
- From the USA: the term "Eurocentric" when used in relation to anthroposophy is actually also a form of indirect criticism of Rudolf Steiner, who as we all know was European in his most recent incarnation. But modern Europe today is actually very diverse, and nationalistic labels demean people wherever they are used. We need to look at things in light of reincarnation. And there was much more.....

My report would not be complete without mentioning Sergei Prokofieff, who was not physically with us, but whose presence pervaded almost all we did. Virginia reported on the past year and meetings with the Vorstand leading up to Sergei's January 14, 2013 letter carried in Anthroposophy Worldwide. At another point in the meetings of General Secretaries, someone asked for a few minutes of silence so we could all be with Sergei in full consciousness. At another time his Russian colleague and representative from Moscow reported on a phone call that day with Astrid, in which she said, "He is very weak, but we still have hope."

On a personal level, it was often an inner struggle to walk around the Goetheanum bustling with the vitality of 300-400 people and yet know that just a few hundred yards away, such a great champion of the human spirit was fighting for his life. A natural impulse in any human being who has been touched by his great work would be to go and see him, and yet that was not possible. We were reminded that Sergei never lingered to accept thanks and commendations after a lecture. It was as if he did not want anything that was attributed to him personally. His focus was on the urgent need to bring anthroposophy in all its richness and depth to human beings who would hear it. So I came away with the conviction that we honor Sergei Prokofieff when we summon the courage to defend the integrity of anthroposophy and whenever we focus heart and soul in doing the work of anthroposophy.

To that end, I would like to invite all members and friends of anthroposophy to take our next step in the human encounter and the work of anthroposophy on this continent by meeting at our own AGM next October 11,12,13, 2013 in Keene, New Hampshire. We will be joined by Constanza Kaliks from Brazil, the new leader of the Youth Section, who will give a talk and play an active role throughout the weekend. There will also be a panel discussion with several illustrious individuals, scenes from the fourth mystery drama, artistic workshops and much more. Our planning committee, in addition to Marian and myself, includes Nathaniel Williams, Ray Manaças and Hannah Schwartz. The complete program will be published soon.

Please join us next October!

Yours,

*Torin M Finser*

General Secretary

## ...DENNIS KLOCEK TO GIVE STORYTELLING WORKSHOP

At The Green Mountain Branch  
of the Anthroposophical Society in America  
Friday May 10th evening and Saturday May 11th

Cost: All day \$75

Friday lecture only \$15

At the Lake Champlain Waldorf School

**Dennis Klocek**, artist, scientist, teacher, researcher, gardener, and alchemist, will lead a workshop on a process of imaginative self-discovery through storytelling. This process can help us to connect with our own higher mission.

To register by email or for more info contact

**PauleBezaire:greenmountainbranch@gmail.com**

Send your name, address, email and phone.

To register by mail send name, address, email and phone with a check made out to the Green Mountain Branch of the Anthroposophical Society.

c/o Ingrid Nuse

657 Maple Hill Rd.

Johnson, Vermont 05656

### Initiation Through Storytelling



The process of initiation in the mysteries was known alchemically as *solifactio*, that is; becoming like a Sun. Becoming like a Sun requires that a person journey towards an intuition of what Rudolf Steiner calls the “mission” of the I Being. The mission is transcendent and Sun-like and links one life, through the portal of death to the next life. However, in each new incarnation the transcendent mission loses some of its luster and manifests as a unique symbolic story that, Moon-like exists as reflections in the creative but unconscious state of every individual. To reveal the story that accurately reflects the solar mission was the task of the past mystery teachers who, like Christ, taught through parables, myths, legends, and stories. In fact the structure of such archetypal stories always involves some form of journey where a hero or heroine is challenged to bring the story and the mission into contact. When this happens courage, wisdom and capacity to overcome fear and doubt, results in new capacities for creative insight.

Dennis Klocek has designed a workshop that allows people to explore these symbolic journeys towards the distant goal of *solifactio* through a storytelling process called say, see, do. Say, see, do utilizes principles of initiation present in storytelling, to provide a rich and empowering glimpse into the complex weavings of biography, myth, dream and dialogue. Working with such archetypes as Job and Demeter we will explore the creative sources of belief structures that frame the personal story. The process of say, see and do that forms the foundation of this work allows for adults to come into contact with the rainbow bridge between the forgotten Moon imagery of childhood and the potential symbolic healing force of Imaginative cognition that helps adults to dream, once again, of being like the Sun.



## Message From Michaela Glockler, M.D. About ELIANT:

*The child must know  
that he is a miracle,  
that since the beginning of the world  
there hasn't been,  
and until the end of the world  
there will not be,  
another child like him.*

~Pablo Casals

Dear ELIANT-friends,

With this lightful picture and the words of the Spanish artist Pablo Casals, we would like to send you our warm greetings.



These thoughts of Casals about the uniqueness of each child, of each human being are pathbreaking for us. They are the foundation for the conference that takes place from October 23 till 26 in Brussels: „The Unfolding Conference - Creating a culture that allows each and every child to unfold their unique potential and to engage in society“. The Alliance ELIANT is, together with other organizations, responsible for the preparation of this event. We engage in this following our working motto from Goethe's fairy tale „One alone does not help, but rather he who unites with others at the right moment“. We would like to invite you to take part in this inspiring event. Read more

The Alliance ELIANT is working towards the further development of direct democracy in Europe, with the support of more than 1 million European citizens who signed the ELIANT charter, and together with many like-minded organizations. The first transnational instrument of this new form of civil society engagement, the European Citizens Initiative, celebrated the first anniversary of the coming into force of the legal regulations. On this occasion, ECAS, Democracy International and IRI Europe published a policy scoping. An extended analysis can be downloaded here.

We are very grateful that you accompany the Alliance ELIANT with positive thoughts and, wherever possible, also support with small financial contributions. Here, you can become a supporting member

With warm greetings from Brussels and Dornach

Michaela Glöckler, Ueli Hurter, Susanna Küffer Heer, Andreas Biesantz and Michaela Sieh

ALLIANCE ELIANT  
194 rue du Trône  
1050 Brussels  
Belgien Tel: 0032-16 84 33 34  
info@eliant.eu  
www.eliant.eu

### *Waldorf News from Tammy Hughes in China:*

The enthusiasm for Waldorf education and related anthroposophical work is ever increasing in China. In our area of southern China, we had the good fortune to have the Stuttgart eurythmy troupe visit. It is impossible to meet all the demands of requests for workshops or mentoring. However the difficulties are numerous, lack of teachers, not enough land, high costs and registration issues. The will of the Chinese people is strong when it involves the well-being of their children.

My work at the kindergarten has changed in the last half year. I am still at the large 3 floor kindergarten which is in an apartment complex in Shenzhen. I now take care of 5 mixed age Waldorf classes and run two parent-child classes with mothers who want to become teachers. We closed our prep class for first grade. The seven other classes in the school are participating more and more in training that is given at school and in the local training centers. The school as a whole is moving towards Waldorf. We are already enjoying the benefits of less taped music on the playground!

Our parents continue to be more supportive of Waldorf education.. We offer a wide variety of parent education. We are using ***Simplicity Parenting*** and ***Heaven on Earth*** as reading material because these books are translated into Chinese. Many parents are making changes in their homes. Even though Shenzhen has three grade schools, it is difficult for most of our parents to send their children there due to distance and the parents' various anxieties such as school stability or children's reentry into mainstream education.

Recently, teachers and parents have attended courses which they found very beneficial which included Spring Valley's school training in Beijing, kindergarten training in Malaysia led by Taiwanese teachers and an Administration training.

I recently went to a new community, Ningbo, to give a workshop. Ningbo does not yet have a kindergarten, but was able to create a beautiful workshop which 70 people attended just from their qq group, an Internet communication group.

I continue to do my child and family observations in cafés and restaurants in China. Electronics are a growing problem.

Good wishes to all for the summer.!

*~Tammy*



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**DEEPENING ANTHROPOSOPHY** has a new web address. It is:

**deepening@wegmaninstitut.ch**

This is the address you should use if you wish to subscribe to this excellent email newsletter which includes lectures by prominent Anthroposophists in Europe, as well as in the US. All are invited to submit articles on topics of interest or concern to the Anthroposophical Society. If you aren't already a subscriber, we highly recommend that you subscribe today by writing to its editor, Thomas O'Keefe, at the address above..

## 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](http://www.anthroposophync.org)

#### **RSBNC Board:**

President; Peg Carmody 919-537-8142; [mcarmody@nc.rr.com](mailto:mcarmody@nc.rr.com)

Vice President: Nancy Willson 919-493-1091; [nancywillson@myfrontiermail.com](mailto:nancywillson@myfrontiermail.com)

Recording Secretary: Melanie Maupin 919-384-7338 [melmaup@gmail.com](mailto:melmaup@gmail.com)

Correspondence Secretary: Joanna Carey 919-885-7569 [joannapcarey@gmail.com](mailto:joannapcarey@gmail.com)

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Board members-at-large:

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Margaretta Bornhorst

Edward Schuldt

Will Hicks

Suzanne Mays

**Newsletter:** *The Sophia Sun* [sophiasun@peoplepc.com](mailto: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](mailto:marieoliviadavis@gmail.com) or Ricey Clapp at: 828-505-1018;

email: [ricey.clapp@gmail.com](mailto:ricey.clapp@gmail.com)

Website: [www.azaleamountain.org](http://www.azaleamountain.org)

**Clemmons (near Winston-Salem)** - Sarah Putnam- 336-972-8243;

[sputnam01@att.net](mailto:sputnam01@att.net)

**Greensboro:** Sandy LaGrega – 336-292-7947; [sunsan52@aol.com](mailto:sunsan52@aol.com)

### Education

#### **Emerson Waldorf School (N-K-12)**

[www.emersonwaldorf.org](http://www.emersonwaldorf.org)

6211 New Jericho Rd.

Chapel Hill, NC 27516

Main Office: 919-967-1858

#### **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](mailto: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](http://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 336-263-7685; 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](http://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](mailto: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](mailto: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](mailto: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.

**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: 4207 Neal Rd., Durham 27705. 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](mailto: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](mailto: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!

## Southeastern States

### Alabama:

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

**Birmingham-** The Alabama Waldorf School at 1220 50<sup>th</sup> St. S., Birmingham, AL 35222; phone : 205-592-0542 but as far as we know there are no anthroposophical study groups in Birmingham.

### Florida:

**Michael Group of Miami** (currently has five study groups and a Waldorf School with grades K-6); contact Yvonne Cumming at [ivonnecumming@gmail.com](mailto:ivonnecumming@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](mailto:bedingfield2000@yahoo.com) or call 727-581-6195.

**Boca Raton Group**; contact Karen Maestrales at [kmaestrales@aol.com](mailto: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](http://www.seastarinitiative.org)

**Jacksonville Beach - Persephone Healing Arts Center**, a holistic and anthroposophical medical center; Director: Dr. Howard Pautz. Contact: [HowardPautz@gmail.com](mailto:HowardPautz@gmail.com); clinic phone: 904-246-3583; website: [www.Dr.Pautz.com](http://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](mailto:bedingfield200@yahoo.com); website: [www.suncoastwaldorf.org](http://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](mailto:evah@academeatlanta.org)

**The Epiphany Group of Comer and Marietta, GA**; contact **Katherine Jenkins** at **706-540-5871** or email at [katjenks@negia.net](mailto: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](mailto:octavia1810@hotmail.com); To find out more about GEMS contact Margaret Shipman at her email address: [shipman2005@sbcglobal.net](mailto:shipman2005@sbcglobal.net)

**Lavonia: Northeast Georgia Study group** – currently reading *The Apocalypse of St. John* by Rudolf Steiner; contact Betty Jones at [cprepsb@windstream.net](mailto:cprepsb@windstream.net)

## Kentucky

**Louisville** has two Study groups: one that meets at the Waldorf School of Louisville ([www.waldorflouisville.com](http://www.waldorflouisville.com)) and is led by Janey Newton and is currently reading *The Gospel of St. John*. For more information contact Gwendolyn Moss at [gwendolynmoss@gmail.com](mailto:gwendolynmoss@gmail.com)

The second Louisville Group meets at the home of Fred Otto and is studying The Foundation Stone Meditation. Contact Fred at : [fredkate@insightbb.com](mailto:fredkate@insightbb.com)

There are two biodynamic farms in Kentucky:

Foxhollow Farm in Crestwood, which has 1300 acres and is owned by Janey Newton. For more information, check out the website: [www.foxhollow.com](http://www.foxhollow.com) or call 502-241-9674 or write: [info@foxhollow.com](mailto:info@foxhollow.com)

The second farm is located 50 miles northeast of Nashville and is run by Mary Ann Skillman

## 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](mailto:heatherdale@gmail.com) or **Peggy Pearl at 843-554-7166** or email at [peggy.pearl@yahoo.com](mailto:peggy.pearl@yahoo.com); reading *The Reappearance of Christ in the Etheric*; new website at: [www.anthroposophy.org](http://www.anthroposophy.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](mailto:susanmohler2012@yahoo.com)

## Tennessee Anthroposophical Study Groups and Initiatives:

**Johnson City Group** meets twice a month on Thursdays, currently reading *Steiner's Philosophy of Body, Mind and Spirit*, has 12 members. Contact Sylvia Lagergren for more information at: [sylvia174@yahoo.com](mailto:sylvia174@yahoo.com)

**Knoxville Group** has been meeting for over 25 years, meets on Sunday mornings; currently reading *Intuitive Thinking*, although the group is most interested in Christology; this group of six core members, celebrates festivals together and also has a monthly Esoteric Conversations group that is based on their studies of the Class Lessons with the School of Spiritual Science, which they attend in Chattanooga; for more information, contact Charlotte Brakebill at: [charlotte.brakebill@gmail.com](mailto:charlotte.brakebill@gmail.com) or call her at: **865-414-1959**.

**The Michael Study Group of Nashville, TN** ; contact Barbara Bittles at [blbittles@comcast.net](mailto:blbittles@comcast.net)  
The Nashville Group has its own website: [www.anthroposophynashville.org](http://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](mailto: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](mailto: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](http://www.barefootfarmer.com)

**Southeastern Regional Group of Chattanooga.** led by Maria St. Goar; contact: [mstgoar@yahoo.com](mailto: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](mailto:estgoar@bellsouth.net) or [estgoar@yahoo.com](mailto:estgoar@yahoo.com)

**Editor's Note;** Please keep the information about your Study Group Current. Email Kathleen Wright at [kathleenwright51@gmail.com](mailto: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](http://www.anthroposophyNC.org)

The Sophia Sun

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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](mailto: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](mailto:kathleenwright51@gmail.com)**

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**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 meditant, 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](http://www.anthroposophy.org) or our local website at [www.anthroposophyNC.org](http://www.anthroposophyNC.org)



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