



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

SEPTEMBER 2013
VOLUME VI, NUMBER 3

Michaelmas

*There works in me the dragon's power
Which wants to drag me down.
I do not see it, I feel it as that
Which wants to make of me
What is beneath my being.
But I see in the Spirit the radiant Angel
Whose Cosmic task it has always been
To conquer the dragon.
I concentrate my warm-hearted feeling-will
upon this radiant figure.
I let its light ray into
My warm-hearted feeling-will.
- Rudolf Steiner*



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

From the Editor

As we approach Michaelmas 2013, we call to mind special events from 100 years ago that have helped shape this year's Annual theme: "The I knows itself".

Preparations are going on now in virtually every branch in the world for the first of these special events, 100th anniversary of the laying of the foundation stone of the first Goetheanum which took place on September 20, 1913.

The next special event of that year was the presentation of the Fifth Gospel lectures which took place from October through December.

The third special event of 1913 was the performance of the fourth Mystery Drama, *The Soul's Awakening*, from which the term "Ich erkennet sich" (the I knows itself) came.

In all three of these events, the central theme concerned the Mystery of the human I. The solving of this riddle is the main goal of the Age of the Consciousness Soul in which we live.

In our anthroposophical community here in North Carolina, we will be having a commemorative celebration of the laying of the Foundation Stone on September 20 - see the flyer that is in this issue (page 4) for the details. Please try to be there as this is a very special event in the Society's history. Many fascinating insights about the foundation stone will be revealed.

As far as our commemoration of the *Fifth Gospel*, plans are still in the works. Personally, we feel it would make a great theme for this year's Holy Nights. Yes, the book has been taken up before; however, Peter Selg's book on the *Fifth Gospel* would make an excellent choice for reading. In it, he summarizes very beautifully the content of the book and then goes on to tell the background of it, as well as the reactions the members had to it at that time. It was devastating to Steiner to hear their lack of comprehension. As a result, he never actually finished giving the lectures. Shortly before the end of Steiner's life, Rittelmeyer asked him to please continue the lectures, but Steiner turned away in despair. This leads us to ask the questions: Do we understand the lectures today? Do we have the desire and enthusiasm to learn more? Is there a way we can learn more on our own? Is there someone today who can shed more light on the subject? (Perhaps we could ask Judith von Halle to complete the lectures!) If Steiner were alive today, would we recognize him?

As far as commemorating the third event, *The Souls' Awakening*, many of us will have the privilege of seeing the drama performed at the Annual General Meeting in Keene, NH. We hope to see many of you there. Hopefully some of you attended the Mystery Drama in Spring Valley and saw the play there.

Lastly, we recall that the first Goetheanum was burned to the ground and the Society itself was in near ruins when Steiner decided to have a "re-founding" of the Society in 1923. The first Foundation Stone was a physical one; the second Foundation Stone was a spiritual one laid in the hearts of the members that hopefully will last forever. And so we are now looking forward to an even more important centennial in 2023. Please do read the article (page 9) about the 10-year plan the Swiss Anthroposophical Society has laid out for a renewal of the Society and its relationship to the world. It is hoped that every branch and member will do their part in this 10 year initiative.

May you be filled with Michaelic fire to do the tasks that await you this year! Yes, the Dragon is very powerful and is wreaking havoc everywhere, we look but we must not despair, but ever awaken in ourselves the Michaelic virtues of courage, hope and strong will to do good deeds for humanity.

Kathleen Wright

Editor

Rudolf Steiner Branch Calendar for September 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 September 20, 2013.						
1	2 LABOR DAY Greensboro SG-3:30p Threshold Care Group-6:30p	3 Biodynamic SG 7p	4 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	5 Soul SG-5p Asheville SG-7:30p Reading for the Dead 7:30-9:00p	6	7
8 Meeting of the First Class-10a, (Review-11a) Clemmons SG-6p	9 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	10	11 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	12 Reading to the Dead Group-7:30p Asheville SG-7:30p	13	14
15 Clemmons SG-6p	16 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	17	18 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	19 Asheville SG-7:30p	20 100th Anniversary of the Laying of the Foundation Stone 7-9p	21
22 Clemmons SG-6p	23 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	24	25 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	26 Reading to the Dead Group-7:30p Asheville SG-7:30p	27 EWS-Michaelmas Celebration-1:20pm	28 RS Branch Michaelmas Observance-7:30p
29 RS Branch and Biodynamics-Joint Michaelmas Gathering-11am Clemmons SG-6p	30 EWS Steiner SG for Parents-9a Greensboro SG-3:30p					

A COMMEMORATION OF THE 100TH ANNIVERSARY OF THE LAYING OF THE FOUNDATION STONE AT THE FIRST GOETHEANUM

Friday, September 20, 2013
At the home of Linda Folsom,
3118 Dixon Rd, Durham, NC
Time: 7pm - 9pm
919-493-8323; lfolson@nc.rr.com



One hundred years ago, on September 20th, 1913 at 7pm in Dornach, Switzerland, Rudolf Steiner led the members of the Anthroposophical community in a ceremony for the Laying of the Foundation Stone for the first Goetheanum.

The NC Rudolf Steiner Branch will recognize this important event with an evening of reading and discussion. Kathleen Wright will give a short presentation about the significance of this event and the meaning of the pentagonal dodecahedron copper stone. She will give many insights into the pictures below. Next will be a reading of an excerpt from Rudolf Grosse's book *The Christmas Foundation: Beginning of a New Cosmic Age*. We will have time for discussion and then close by reciting together the Foundation Stone verse. Light Refreshments (including a special anniversary cake) will be served afterwards. All are welcome.



SALVADOR DALÍ *The Sacrament of the Last Supper*



Michaelmas 2013

A Three Day Observation in the Chapel Hill Community

Friday, September 27

Join the Emerson Waldorf School Community for their wonderful annual Michaelmas Pageant. This is your best chance to see a dragon, if you wish to see one! If you do come please wear RED. Note: the festivities move from the Hinoki Theater to the Athletic field, and times given are approximate.



Trumpeters, Town Crier, Dragon Play and Song

Where: First part of the program: Hinoki Theater up by the Brown Wing

Time: 1:20pm

Slaying of the Dragon, Sword Stars and Spiral, dragon bread and much more

Where: Second Part of Program: Athletic Field

Time: 2:15pm

Saturday, September 28

7-9 PM

Brown Wing at EWS

sponsored by the Rudolf Steiner Branch

Our theme for this evening will be Fear, Courage and Love. Community members will bring a poem, verse, picture or song to share which relates to the theme. We will have discussion around the theme, lyre music and eurythmy. Kathleen Wright will speak briefly about Initiative 2023, a 10- year program for enlivening the work of the Anthroposophical Society at Michaelmas and Easter.

Sunday, September 29

11 AM - 4 PM at Infinity Farm

The program will start with a reading and discussion about Michael in his role as the "Fiery Thought King of the Universe". This will be followed by a potluck lunch and then an afternoon of Biodynamics. Jon Lyerly will tell us about a special biodynamic Michaelmas prep that he has made for the first time. Those who wish to help apply the prep at the end of the program will need to bring appropriate shoes and work clothes. You are free to attend any or every part of this day's activities, coming and going before, after, or during lunchtime from 12:30-2 pm.

Where: Infinity Farm, 1600 McDade Store Road, Cedar Grove, NC 27231; 919-732-1840

Time:
 11am- 12:30 pm: Study
 12:30- 2:00 pm: Potluck Lunch*
 2- 4 pm: Biodynamic talk and spraying

*The Festivals committee will provide: chili with biodynamic beef, split pea soup, chicken vegetable soup and dragon bread. Please bring either cheese, bread, a side dish or dessert.

CHRISTIAN COMMUNITY WEEKEND RETREAT OCTOBER 11-13, 2013



**Goodness, Beneficence and Infinite Mobility:
The Work of the Archangel Michael.**
A weekend of singing, thoughtfulness and prayer with
Rev. Carol Kelly and Rev. Richard Dancey

Tentative schedule:

Friday night, October 11: Coffee house/Café with music.
 Saturday, October 12:
 8:30 AM Act of Consecration of Man
 9:30 AM Breakfast
 10:30 AM Presentation by Rev. Carol Kelly
 11:30 AM Artistic Groups
 1:00 PM lunch and break
 2:30 PM Back to Artistic groups! Preparing for a presentation at the end of the afternoon. These groups also become discussion groups on the morning topic.
 5:00 PM Presentation of artistic work & thoughts arising from the discussions.
 6:00 PM dinner
 7:30 PM Talk by Rev. Richard Dancey
 October 13: Sunday morning services (open to all):
 9:30 AM Children's story
 10 AM Children's Service
 10:30 AM Act of Consecration

All events at Camp New Hope, Chapel Hill.
 More details soon! Please check our website: <http://www.thechristiancommunitync.org/>

FAREWELL TO TWO BELOVED MEMBERS OF THE RUDOLF STEINER BRANCH (NC)

We are sad to announce that two of the most long-standing and active members of our Chapel Hill community will be leaving this month. They are Margaretta and Bruce Bornhorst. Bruce suffered a stroke this summer and will be needing rehabilitative care, so the couple will be moving in with their daughter Mary Rose in Maryland.

The Bornhorsts moved to Chapel Hill in 1986 so that their two daughters could attend the Emerson Waldorf School, and that they could be in an active anthroposophical community. Bruce had attended the Waldorf Teacher training in Detroit and Margaretta was an anthroposophically trained nurse. During their first year here, Bruce directed the community in the *Shepherd's Play* and it has become a yearly tradition ever since.

Over the years the two were active in many facets of community life: Margaretta was active on the Board, the Festivals Committee and did much to encourage the arts especially painting and drama) in our community. For years she hosted a Mystery Drama Study group and they put on a performance here with the assistance of Barbara Renold. Margaretta studied Hauschka Massage under the direction of Frau Marbach and she worked for a while in Dr. Eisen's medical practice. Margaretta also gave classes and workshops in anthroposophical nursing to our community and to various anthroposophical doctor trainings around the country. Most recently she was a founding member of the Ita Wegman Study group. Both were active in the Christian Community here.

Bruce loved Speech work and often served as Speech artist for Eurythmy performances and in leading the community in Speech exercises. During the past Holy Nights, he directed a Speech Chorus in The Dream Song of Olaf Asteson.



We wish them good health and joy in their new home. They will be sorely missed!

Photo: Margaretta and Bruce Bornhorst with Renate Wend in Summer 2011

NEW BIODYNAMIC STUDY GROUP FORMING

The first biodynamic study group met for the first time in a long time at Sandy Demeree's house. They are studying Rudolf Steiner's *Agriculture Course*. They will also be deciding where they will be stirring and spraying our biodynamic preparations later in the month. The preparation schedule is below. Hope to see you at our next meeting!

Jon Lyerly

336-263-7685

**Biodynamic Study group
Tuesday September 3 @ 7:00 pm
Sandy Demeree's house
819 B North St.
Durham, NC 27701**

Fall Preparation Schedule

September 8 (Sunday) starting @ 3pm : Barrel Compost preparation

September 22 (Sunday) starting @ 3pm: Horn Manure preparation

October 12 (Saturday) starting @ 8am: Horn Silica preparation

October 27 (Sunday) starting @ 3pm: Equisetum preparation

TWO VISITORS TO OUR CHAPEL HILL COMMUNITY NEXT MONTH

Let us give a warm welcome to two anthroposophical Society members who will be visiting our community next month. they are **Robert Stewart** of Long island, NY and **Charles Gunn** of Falkensee, Germany.

Robert Stewart will be arriving shortly after Michaelmas and will be staying for several months while doing main lesson blocks at the Emerson Waldorf School, including Ancient History for the 10th grade; Dante and the Medieval World for the 11th grade; Economics for the 12th grade and Renaissance History for the 11th grade. Robert is a traveling Waldorf teacher and will be teaching in Pasadena, CA later this year as well. He was an anthroposophically-inspired Homoeopath for 30 years. Robert has been an anthroposophist for over 30 years and is a member of the First Class. He writes us that he would love to be a part of our Branch activities while here and that he would be glad to give us a presentation on a variety of topics he has researched, such as Threefolding and Associative Economics.. This will be coordinated with our Events Committee after his arrival and we hope to make an announcement with the details in our next issue

Charles Gunn wrote to Eve Olive saying that he will be in town next month and would love to give a Talk on October 7th or 8th on the topic of "Counterspace", an important concept of Projective Geometry.. While the details are not yet ready, do mark your calendar as plans are in the works. Charles is a native of NC and a graduate of UNC-CH. He has been interested in Projective Geometry and its relation to the world around us. He received a PhD from Technical University in Berlin in 2011. His life work ranges from R & D at Pixar Animation Studios to teaching mathematics at Green Meadow Waldorf School. He lives in Falkensee, Germany with his wife Edeltraud and his 10 year-old daughter Lucia. .Last Fall he gave a lecture at the Threefold Foundation in Spring Valley.



ASA Fall Conference & Annual General Meeting, Oct 11-13, 2013

at the **Monadnock Waldorf School**

98 S Lincoln St, Keene, New Hampshire

(603) 357-4442 www.monadnockwaldorfschool.org

Are the foundations of the Anthroposophical Society built upon individual relationships? At its heart, is the Society a place that is characterized by respect and acknowledgement that only individual relationships can spawn? These are aspects of society life, present since its inception, intended to bring healing forces into a dire century. It is a door that the spirit uses when coming to life on earth. This year's AGM conference and meeting, and the gatherings that precede it, are dedicated to life!

For more information and to register online, go to www.anthroposophy.org

SWISS ANTHROPSOPHICAL SOCIETY INAUGURATES A 10-YEAR COUNTDOWN TO THE 2023 CULMINATION

In the August issue of *Anthroposophy Worldwide*, plans were unveiled by the Swiss Anthroposophical Society for a 10-year program of events to re-enliven the Anthroposophical Society and bring greater awareness of Anthroposophy to the world-at-large in preparation for the 100th anniversary of the 1923 Christmas Conference. One of the members of the Swiss Council is Peter Selg, who has been calling for a return to "Steiner's original intentions" for the Society, the School of Spiritual Science and the Sections. In the conference he gave in Massachusetts last year, Peter had remarked that there may not be an Anthroposophical Society in 10 years if things don't change radically. (The simple fact that 90% of our membership is elderly makes this obvious.) He did say he felt there was hope, however, and in this very active proposal he and his co-council members have made, we see a concrete plan that holds promise for the Society's future as well as the world's.

The proposed plan will commence in 2014 and involves Annual General Meetings in February, as well as Michaelmases.

For the next 10 AGM's, the Swiss Council writes, "We will focus on the central motifs, themes and intentions of the Christmas Conference and work on each of them individually. They include Rudolf Steiner's understanding of the Esoteric Executive Council and the sections of the School of Spiritual Science, of the First Class, the Newssheet and the work in branches, the Mystery Streams, and the Karma community, the laying of the Foundation Stone, the Goetheanum Building and the By-laws." In February 2014, the first theme will be observed: "The Social Structure of the Christmas Conference".

The Michaelmas gatherings will focus more on the world at large and how anthroposophy has the means to help solve so many of today's world crises: "We will try to gain deeper understanding of the burning questions of our time and to find possible answers or therapies arising out of Anthroposophy." "we will look at challenges that concern the boundaries of the biography: the thresholds of birth and death and the attitude toward unborn life or the end of life. We will also look at the world of the media and how they interfere with our lives, and at economic questions." The first theme to be worked with in October 2014 is "The Life and Dying of the Bees".

While the Swiss Society has extended an invitation to everyone in the world to come to Switzerland for these conferences, for most of us it is out of the question financially. However, we would like to propose something, which we understand the Washington D.C. community has already done: they have formed a committee which they call "Initiative 2023" which will implement the 10-year plan in their own community. For the Swiss endeavor to be successful, we need every group and branch, as well as all individual anthroposophists, to hearken to the Call, as Washington D.C. has.

Let each large branch or perhaps several groups work together as one (perhaps on a state-by-state basis, or smaller states could unite with each other) in these next ten years. We will read Steiner's words and brainstorm how we can implement his intentions that have not yet been realized, both as communities and as individuals. While the Spring meeting will be more for members, the Fall gathering will be more Festival-like and will be mainly for the public to learn about how Anthroposophy can help remedy the problems of our times.

The Swiss group has promised to share their plans well in advance and we will update you as we hear more. In our next issue we will discuss more how we will take things up in our community.

- *Kathleen Wright*

**MICHAEL JUDGE TO PRESENT WORKSHOP ON
 "A NEW LIGHT ON EVOLUTION"
 NOVEMBER 1ST AND 2ND
 at the Eno River UU Fellowship
 4907 Garrett Rd., Durham, NC
 Friday evening lecture 7:30 PM
 Cost: \$15/\$10 students with ID
 Saturday Workshop 9:30-4:40 PM
 \$65/\$40 students with ID**

We are excited to bring Michael Judge to North Carolina to share his 35 years of research on evolution over a Friday evening lecture and a Saturday workshop, November 1 & 2.

You will be able to purchase your tickets at an "early bird" discount online. We will be sending out reminders and the link for the tickets in early October. And invite your friends as Michael's research and insights resonate with all those with intelligent and open minds regardless of their familiarity with anthroposophy. For more information, please contact Linda Folsom at 919-493-8323

Below is a review of a workshop Mr. Judge gave in Spring Valley on the same topic he will present here in NC:

"It was clear from the minute he started that Mr. Judge had deeply studied this subject matter for decades. His enthusiasm coupled with great knowledge, humility and humor made his a memorable visit. As the students would comment on afterward - a truly "mind bending" experience!

Mr. Judge presented evolution as described by Rudolf Steiner, discussing Lemuria, Atlantis, Post-Atlantean epochs and future epochs in great detail, then correlated Steiner's research to the fossil record and geological changes over millenia. He showed the development of homo sapiens via neolithic man and all the variations related to him, giving exact dates for all the developments and showing how this is connected to spiritual scientific data.

He illuminated the evolution of the human being in relation to the animals, thrust out of the human being according to Steiner, and found on the other side by natural science. He explained the flood in terms of the story of Noah, and in terms of geological occurrences and showed the relationship of the movement of tectonic plates in relationship to Atlantis and Lemuria. It was a true pleasure to hear someone who had done study in his field and then was able to speak out of his very own research, understanding preceding research, but adding genuine and startling new insights to his field of study.

Mr. Judge was always open to questions or challenges, and would take every comment on its own merit and take time to answer it thoughtfully. It was clear that he had thoroughly studied this subject on many levels and welcomed any of the scientists who questioned him on diverse points.

It was a truly eye-and mind-opening course of lectures for everyone. His lecturing will inevitably spark many new thoughts and initiatives."

- Barbara Schneider-Serio.

Artistic Director, Eurythmy Spring Valley

Look for our color brochure on this event in our next issue!

From the Board

The Board has accepted, with regret, the resignations of Will Hicks and Margareta Bornhorst. Each are in personal situations that call their attention elsewhere at this time. Each has served well during their terms and brought insight and experience that will be missed. We thank them for their service and hope their future endeavors will be fruitful and meaningful.

Will began his term as liaison with Emerson Waldorf School in connection with his work on the Parent Organization of the school. He continued his work as liaison with Infinity and Whitted-Bowers farms, biodynamic farms in our area. We will miss his 'can-do' attitude, beaming smile, and practical common sense.

Margareta served as liaison with the Christian Community and then on the committee that rewrote ASNC by-laws to make them more consistent with our current intentions and hopes for the future. We will miss her sharing from the latest Steiner work she has read, her attempts to bring this study alive in meaningful ways, and her earnest striving to live in accordance with how she understands Anthroposophy.

The Board is now composed of Suzanne Mays (liaison to Emerson Waldorf School and the School of Spiritual Science), Melanie Maupin (liaison to Christian Community and recording secretary), Joanna Carey (corresponding secretary), Nancy Willson (liaison to the farms and vice president), Peg Carmody (president, acting treasurer), Allen Barenholtz and Edward Schuldt (members at large). Please approach any one of us with concerns, compliments, or suggestions about nourishing the life of anthroposophy in this area.

Hope to see you all at one event (at least) marking Michaelmas the end of September, our next Branch meeting October 26, Michael Judge's lecture and workshop November 1 & 2, or our Remembrance of the Dead celebration moved to Sunday, Nov. 3!

Peg Carmody, for the Board

EURYTHMY CLASSES FOR ADULTS

Eurythmy for Adults will start up again Wednesday, September 18 and run through December 11 whenever school is in session (there will be no classes October 16, during Fall Break and November 20, Thanksgiving Break)

Cost : 11 classes for \$110, which can be paid in installments. Classes are held in the Eurythmy Room at the Emerson Waldorf School from 8:30 to 10:00am. No experience necessary. Come and enjoy "Movement in Tune with the Rhythms of Life."

Eve Olive to Do Book Reading at the Oasis September 23

On Monday September 23 from 7:00 to 7:45pm Eve will present a reading from her recently published anthology "**Cosmic Child: Inspired Writings from the Threshold of Birth**" at Oasis at Carr Mill Mall. Oasis is a recently opened tea, coffee, wine and dessert place, worth checking out if you haven't found it already. Robert Roskind, the owner, is a former Waldorf parent.

“The Lyre and the Human Voice” Conference, Chapel Hill, NC July 20-24, 2013



A Review by Suzanne Mays

The Lyre Association of North America chose the Emerson Waldorf School in Chapel Hill, NC to be the venue for its annual conference this year, a first time ever that a lyre conference has been held in the South, outside of areas in the Northeast where most lyre musicians live. Thirty-four lyre musicians came from the Western, Midwestern and Eastern regions of the country and Canada. They gave two concerts, one the opening night and the other the last evening of the conference.

Thomas Adam, the director of Werbeck Therapeutic Singing Training in Bochum, Germany came to the U.S. to be the lead presenter each day of the conference. Under his masterful guidance, he led the lyrists step by step to experience the connection between proper breathing and freed tone production that all musicians need to develop as singers and as instrumentalists.

The doorway to achieving such musicianship is through a clear understanding and active relationship to the heart center of the human being where the breath first goes, while playing the lyre and accompanying lyre with voice. The conference was a great success. The weather cooperated. It was not oppressively hot or humid with only a brief spell of rain one afternoon. The lyre players liked walking through the woods from the high school to lower school for meals. They loved the school campus and most of all felt truly welcomed by everyone who hosted them in homes and by the overflowing audience the first night.

IANDS NEWS

Dear Friends,

In July a journalist for Esquire magazine published an exposé about the Near-Death Experience of Dr. Eben Alexander and his book *PROOF OF HEAVEN*. Robert and Suzanne Mays wrote a rebuttal to the article showing how unscrupulous Luke Dittrich was as the author. This Esquire magazine article is a classic example of how the media and skeptics debunk whatever challenges their paradigm of reality. Anyone who wishes to follow the thread of these two articles can use the printed link here:

<http://iands.org/news/news/front-page-news/970-esquire-article-on-eben-alexander-distorts-the-facts.html>

In September, **two exciting 8-week online courses** will be starting, offered by the [Rhine Education Center](#), that you might be interested in:

- [The Wandering Mind: Out-of-Body and Near-Death Experiences](#) with [Dr. Nancy L. Zingrone](#) and [Dr. Carlos S. Alvarado](#) (Broadcasts every Monday September 16th - November 4th or watch the recorded classes)
- [Premonitions and Precognition](#) with [Dr. Carlos S. Alvarado](#) and [Dr. Nancy L. Zingrone](#) (Broadcasts every Wednesday: September 18 - November 6 or watch the recorded classes at your convenience)

These courses, **especially the first one**, should be of interest to those on our [Research Triangle IANDS NDE Group](#) mailing list:

In this **8 week online course** students will be given an in-depth look at the history, features, research, and implication of two related experiences, the out-of-body experience (OBE) and the near-death experience (NDE).

And there is a **reduced rate** for Rhine Members and students in a degree program, and for this quarter, the **Rhine will extend this reduced rate to IANDS members as well**. Any IANDS member who is interested in taking either of these courses may **sign up at the reduced "member's" rate**.

We hope that people on our list who are IANDS members will take advantage of this reduced rate!

Warmly,
Robert and Suzanne Mays

**The School of Spiritual Psychology Presents:
The Spiritual Design Project:**

Taking Heart and Soul to Work

a three-session course:

November 7-11 2013

February 6-10 2014

April 10-14 2014

at the School of Spiritual Psychology
Benson, NC (near Raleigh)

Session I - Empathetic Heart Listening

Session II - Creating

Session III - Delivering

Facilitators: Robert Sardello Ph.D. and Cheryl Sanders-Sardello Ph.D.

For more information, email: soulschool@embarqmail.com



"Only if I love something will it reveal itself to me....."

Rudolf Steiner

- How can we begin to source such a love from within our heart which Steiner tells us is the fount of our true Being?

- How can we free ourselves from our repetitive thoughts and emotional reactivity.....stop ourselves from entertaining every thought that shows up or indulging every feeling that arises?

- How do we build a truly resilient heart that will lead us

into our future with the intuitive intelligence we need to negotiate a rapidly changing world ? How will we guide our children to live from the fount of their true Being?

One very practical path is offered through the work and research of the Institute of HeartMath®. It's always a delight when science starts to catch up with Rudolf Steiner's vision! And a delight for me to make that connection.

If you are interested in knowing more about the work of HeartMath® and how it might benefit your personal, family, work or spiritual life, please contact:

Margaret Heath

Licensed HeartMath® & Stopping Emotional Eating Provider

Resilience & DeStress Trainer

Heart Empowered Living

trusting the compass of your heart.....

margaretheath@heartempoweredliving.com / 919-265-7981

Reports from Groups in the Southeast: News from Florida:

Conference organizer Karen Maestrales reports that work is underway in preparation for the **10th Annual Florida Anthroposophy/Waldorf Education Conference**. It will be held February 28-March 2, 2014 in Lithia, Florida. The keynote speaker will be Dr. Jean Schweitzer, who calls her initiative "Impulse Entelechy". She has been working on this for over 35 years! For more information, contact Karen at: kmaestrales@gmail.com or call her at 561-716-0416

News From Charleston, South Carolina:

We here in Charleston have continued to enjoy our book study with Traute Paige. We celebrated Traute's 94th birthday and we all are so grateful we are able to study with her. She is also our Class Reader.

We have a study group that meets online. We have been using Google's "Hang Out"...It is a little like Skype with both visual and auditory capabilities but in addition you can upload text, photos, etc. This allows everyone to read the same version of any given lecture. It's not ideal perhaps, but if you live in an area where there is no local group, it is wonderful to be able to connect with other Anthroposophists and enjoy a lecture together. We would like to extend a warm invitation to anyone who would like to join us or to just experience how it works. We had been meeting on Fridays at 6:00 pm, but the night and time can be adjusted to the needs of the members.

I am looking forward personally to the next time we can be together and join Carol Kelly in the Act of Consecration...Until then...I wish you Love, Light and Laughter!

Sue Mohler

Report From Atlanta:

We received a message from Katherine Jenkins, organizer of the joint Christian Community and Anthroposophical Society St. John's Festival conference which took place at the Waldorf School of Atlanta. Katherine reports that it went very well; there was good mixture of age groups present and many areas of interest were represented as well. Several lectures and discussions took place, led by Herbert Hagens and Rev. Jonah Evans. In the evening a bonfire was lit. Herbert gave a First Class Lesson and Jonah celebrated the Act of Consecration of Man. Lisa Majoros led a workshop on Festivals with an emphasis on St. John's for those who did not attend the First Class Lesson. Katherine concludes that it was a " great opportunity to experience community in a unique weekend of sharing."

Foundation Studies in Anthroposophy and the Arts- New class in Atlanta forming now!

A new Foundation Studies class is forming now and is scheduled begin in September. This is a two-year program that meets once or twice a month to take up the basic works of Rudolf Steiner and serves as a great introduction to Anthroposophy. It is a rewarding way to learn about the philosophy behind Waldorf education, practice some of the arts that Waldorf students are exposed to, and take new steps in the path of self-development, not to mention the fact that you work with amazing teachers, several from the Waldorf School of Atlanta, and make interesting new friends. This course can also serve as a foundation for taking up Waldorf teacher training. If you would like more information, please email Angela Foster at afoster@thirdbody.net

Report from Knoxville, Tennessee:

Charlotte Brakebill writes: "The summer was filled with weekly attempts to engage The Philosophy of Freedom and to see if we had matured a little in spirit since our last effort with the work. Our great joy was a visit from Dr. Renee Meyer and her Mother, Dr. Traute Page for a day of consultations and an evening of Questions and Answers about Anthroposophic Medicine. The discussion lasted late into the night. So much to understand! We are grateful to be in Dr. Meyer's care and for Dr. Page's generous gift of knowledge of Rudolf Steiner. We are now planning our Michaelmas Festival. If anyone cares to share theirs with us, we would love the connection!"
charlotte.brakebill@gmail.com

**18th Annual Southeast Biodynamic Conference & Celebration
September 27-29, 2013
Long Hungry Creek Farm,
2310 Long Hungry Rd,
Red Boiling Springs, Tennessee
37150**

**Three days of workshops - camping and 7 meals are included
Cost: \$125. for the entire weekend or \$50. for Saturday only
(sliding scale for those who cannot afford full price)**



The theme this year is Wholeness "A resilient and successful farm is more than the sum of its production. We celebrate the interaction of family, community, economy, soil life, plants and animals, fruits and vegetables, work and fun." - Jeff Poppen, www.barefootfarmer.com
(see photo of Jeff putting preps in a compost pile at last year's conference)
Check out our website at: anthroposophynashville.org or call 615-699-4676

A Summer Vacation Report from Helene Burkart of Alabama:

I visited with my family in Oslo , Norway this summer. We saw the Munch exhibition and his important work "The Scream"/ Munch' s diary contains an entry written in 1892 which recalls the scene:

"I was out walking with two friends - the sun began to set - suddenly the sky turned blood red - I paused, feeling exhausted, and leaned on a fence - there was blood and tongues of fire above the blue-black fjord and the city - my friends walked on, and there I still stood, trembling with fear - and I sensed an endless scream passing through Nature."

We also visited the park with statues by Norwegian artist, Gustav Vigeland. His art shows humanity as child, youth, adult and elder. We saw before us in granite the beauty of the varied human form." hburkart@att.net

**SWISS AUTHOR THOMAS MEYER DOING
SPEAKING TOUR OF US AND
CANADA THIS MONTH;
PLANS TOUR OF EAST COAST IN 2014
BOOK NOW IF INTERESTED!**



Thomas Meyer is an internationally known anthroposophical author of many books, a publisher, lecturer and novelist. Born in Basel, Switzerland in 1950, he has studied Philosophy and German and English literature. Later he completed Waldorf teacher training and was a Waldorf teacher. In 1990 he founded Perseus Verlag, which publishes anthroposophical books. Mr. Meyer is also the editor of *Der Europäer*, a monthly magazine that comments on current events and trends from the point of view of Spiritual Science.

He is the author of many books including *Milestones in the Life of Rudolf Steiner and in the Development of Anthroposophy*; *9/11 - The New Pearl Harbor*; *The Death of Merlin*; *Clairvoyance and consciousness*; *Rudolf Steiner's Core Mission*; *The Bodhisattva Question*; biographies of D.N. Dunlop, Helmuth von Moltke and Ludwig Pöder-Hoditz; and *The Unbroken Agreement*, which is a novel about the reincarnation of students of Rudolf Steiner in the third millennium. For a more complete listing of his books, check out the Steinerbooks website.

During this month of September 2013, Meyer will be giving a speaking tour in Sacramento, CA; Portland, OR, and in Vancouver and Edmonton in Canada. Among the topics he will be speaking on are:

"The Task of Evil Today in Relation to Occult Politics"

"The Work of Ahriman and Strader's abyss" (Meyer is an expert on the Mystery Dramas)

"The 12 Cosmic Viewpoints and the Seven Paths of Knowledge" (with Biographical Examples from history and the Mystery Dramas)

"The New Cain-Temple Legend and its Completion by Rudolf Steiner"

"Daniel Dunlop"

"Rudolf Steiner and His Work"

Fascinating Topics! If these are of interest to you or any of the titles of Thomas Meyer's books, do contact tour planner, Ann Watson, to arrange a Talk or workshop in your community! Her email address is: anncaspian@gmail.com

Do book soon as Ann is lining up the itinerary now for September 2014.

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

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 336-263-7685; jelyerly2@gmail.com; 1600 McDade Store Rd., Cedar Grove, NC, www.infinityfarmnc.com

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.

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 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!

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- 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.

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 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 – currently reading *The Apocalypse of St. John* by Rudolf Steiner; contact Betty Jones at cprepsb@windstream.net

Kentucky

Louisville has two Study groups: one that meets at the Waldorf School of Louisville (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

The second Louisville Group meets at the home of Fred Otto and is studying The Foundation Stone Meditation. Contact Fred at : 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 or call 502-241-9674 or write: 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 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.anthroposophysc.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:

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

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 or call her at: **865-414-1959**.

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 Heavenly Sophia and the Being anthroposopia* by Prokofieff; 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 AM beginning on September 9 at 3201 Hillsboro Pike, Nashville, TN 37215 and is studying *How to Know Higher Worlds*. For more information, contact: Anne Nicholson at annenich@gmail.com or **615-426-3395** or **Barbara Bittles at blbittles@comcast.net**

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

The Sophia Sun is the newsletter of the Rudolf Steiner Branch (NC) of the Anthroposophical Society in America, a 501(c)3 non-profit organization. It is published bi-monthly (6 issues per year; no issues July and Aug.). Members are encouraged to view the newsletter electronically by visiting our website www.anthroposophyNC.org. If you wish to receive the newsletter free-of-charge by email, please write to the editor at: kathleenwright51@gmail.com **Note:** On line, the newsletter is in color; mailed copies are in black and white. To receive the newsletter by Postal service, please contact the editor. **Cost is \$20. a year for members and \$30 for nonmembers.**

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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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 or our local website at www.anthroposophyNC.org



If you are interested in membership in the Anthroposophical Society in America, 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

NEXT ISSUE OF THE SOPHIA SUN - OCTOBER 1, 2013

Usually our newsletter is published every other month; however, since there are so many changes and new announcements that occur in September, we have been issuing an October issue, as it would be too long a wait to November. Therefore, please send in all notices about updates in your Study Groups, new Study Groups, articles, announcements and ads. Book reviews, editorials, poetry and other articles of interest are always welcome too. Please understand that it is up to the editor to use her discretion in choosing articles for the newsletter.

It is best to send your articles unformatted. We have a very old computer that does not work well with the new softwares. (We have Windows XP, Adobe Acrobat 6.0) It is best if you send articles as Word documents and pictures as jpegs. Anything else causes severe problems that can cause hours to remedy. The use of text boxes is the worst headache of all.

If you are not on our mailing list, and wish to be so for future issues, please write to kathleenwright51@gmail.com

To view back issues, go to our website: www.anthroposophyNC.org



How is Michael speaking to us today? Michael does not speak in words. His language, we might say, is one with lips closed. It is a language of radiations, of atmosphere, of a way of thinking that evokes the will. We must understand particularly today that although Michael is the Archangel of the Sun, he does not speak through the forces of Spring and Summer, but through those of the Fall. This means that Michael does not speak through the ascending life forces of nature. He does not speak through that which can be given to man from outside. He speaks earnestly and seriously to man's inner being. He speaks so that he entrusts to man an ever-increasing greatness. He calls to men who are no longer merely receivers, who no longer only want to take for themselves. He is looking far, far beyond those who are still selfish. Michael is seeking those who want to give, to bring about in the world what they wish for the world.....

Michael does not present us with anything, nor will he spare us heavy burdens. He does nothing to comfort us in the trying difficulties of life. It is not however, as if Michael were without pity and wanted us to suffer. When men meet with serious trouble, when they are in great need, Michael says:

"Through this men will develop. He who does not grow through it but breaks down, he who is too weak to endure the trial of the Great Autumn will perhaps join those who do, in a later life. Now I cannot use him." - **Emil Bock**, *The Festivals*