



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

DECEMBER 2013 - JANUARY 2014
VOLUME VI, NUMBER 5

Christmas Verse

I feel the Spirit-Child
Set free from spell in womb of Soul;
The Holy Word of Worlds
Has in the heart's clear Light
Begotten Heaven's own fruit of hope,
Which joyfully grows toward farthest worlds
Out of my being's godly ground.

(from Rudolf Steiner's *Calendar of the Soul*; translation
by Vivianne and Eliah Rael)



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

DECEMBER 2013 CALENDAR FOR THE RUDOLF STEINER BRANCH (NC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at kathleenwright51@gmail.com by January 20, 2014.						
1 Advent Observance-4:15p	2 Greensboro SG- 3:30p Threshold Care Group-6:30p	3	4 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	5 Reading to the Dead Group-7:30p Asheville SG- 7:30p	6 St. Nicholas Day	7
8 Meeting of the First Class-10a, (Review-11a) Advent Observance-4:15p Clemmons SG-6p	9 Greensboro SG- 3:30p	10	11 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	12 Asheville SG- 7:30p	13 Singing Gathering-7p Santa Lucia Day	14 CC Priest Talk- 7:30p
15 CC Children's Story-9:30a CC Children's Service-10a CC Act of Consecration of Man-10:30a Advent Observance-4:15p Clemmons SG-6p	16 Greensboro SG- 3:30p	17 NDE Mtg. 7:30p	18 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	19 Reading to the Dead Group-7:30p Asheville SG- 7:30p	20	21
22 Advent Observance-4:15p Clemmons SG-6p	23	24 Christmas Eve Singing to the Animals at Infinity Farm	25 First Holy Night Pisces	26 Second Holy Night Aquarius	27 Third Holy Night Capricorn	28 Fourth Holy Night Sagittarius
29 Fifth Holy Night Scorpio	30 Sixth Holy Night Libra	31 Seventh Holy Night Virgo				

JANUARY 2014 CALENDAR FOR THE RUDOLF STEINER BRANCH (NC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at kathleenwright51@gmail.com by January 20, 2014.						
			1 Eighth Holy Night Leo	2 Ninth Holy Night Cancer	3 Tenth Holy Night Gemini	4 Eleventh Holy Night Taurus
5 Twelfth Holy Night Aries Clemmons SG-6p	6 Epiphany Spraying Three King's Prep Greensboro SG- 3:30p	7	8 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	9 Reading to the Dead Group-7:30p Asheville SG- 7:30p	10	11
12 Clemmons SG-6p	13 Greensboro SG- 3:30p	14	15 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	16 Asheville SG- 7:30p	17 Singing Gathering-7p	18
19 Meeting of the First Class-10a, (Review-11a) Clemmons SG-6p	20 Greensboro SG- 3:30p	21	22 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	23 Reading to the Dead Group-7:30p Asheville SG- 7:30p	24	25 Painting Workshop-3p
26 Clemmons SG-6p	27 Greensboro SG- 3:30p	28	29 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	30 Asheville SG- 7:30p	31	

RUDOLF STEINER BRANCH'S ADVENT SUNDAY GATHERINGS AT ROGER SCHULTZ'S HOME

Once again Roger Schultz has graciously offered to host the Advent Sunday gatherings, although the fourth Sunday will be at the home of Joanna Carey. Advent begins on Sunday, December 1. Roger sent us the following about the structure of the observances:



During the course of the Advent Sundays we will try to deepen our understanding of the changing spiritual reality we all experience, albeit unconsciously, between the 1st Sunday of Advent and Christmas. A spiritual reality underlies our world and weaves itself into our experiences, into our thoughts, feelings and actions. Through insights derived mainly from Steiner and Prokofieff, each week we will strive to make a conscious connection to those experiences. We will briefly characterize the inner tendencies of each week, then discuss our own experiences and consider them with respect to those tendencies. The following is a brief summary:

A Review of the time between Michaelmas and Advent:

During this period the emphasis is on affirming ourselves as spiritual beings

1st week of Advent

Freeing ourselves from our physical perceptions and needs

2nd week of Advent

Freeing ourselves from our habits, especially those operating unconsciously

3rd week of Advent

Freeing ourselves from our passions, fears and anxieties

4th week of Advent

Freeing ourselves from our lower ego, from impulses derived from our physical, etheric and astral bodies that blind us to our real nature

The Sunday schedule (12/01, 12/08, 12/15 and 12/22)

4:15 – 4:30 - arrival and conversation

4:30 – 5:00 - lighting of the Advent wreath and singing led by Joanna Carey

5:00 – 6:30 - the week's study and discussion

6:30 – 7:30 - dinner, prepared by the host (a donation basket will be on hand)

The first three Sundays will be at the home of **Roger Schultz, 5624 Earl Rd, Durham, NC**. The last Sunday's study will be at the home of **Joanna Carey, 4207 Neal Rd., Durham, NC**.

Contact Roger Schultz with any questions, or to indicate dietary needs. Also, there is preparatory material available to those who wish it.

919-475-7180 or rms333@nc.rr.com



Advent Christian Community Priest Visit December 14 – 15

**Saturday Evening Talk by Rev. Carol Kelly:
"Crossing the Threshold: From Here to Beyond"
December 14 at 7:30 PM**

What happens when the old values have disappeared and no new ones have arisen in their place? This can either lead to despair or to total transformation. The stirrings of the initiation of all humanity can be seen on a grand scale, from the disturbances of our young people, to the spiritual awakenings of those who have had "near death" experiences. How can we make way for the new human being to be born in us out of spiritual fire? Is this the birth we are awaiting?

Sunday morning services, December 15:

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.

Please note the building change – this visit's talk & service which will be in the Dining Hall

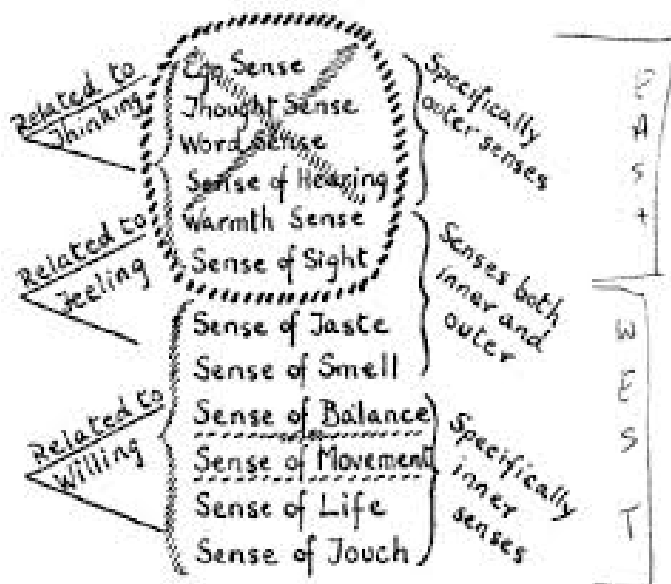
THEME FOR THIS YEAR'S HOLY NIGHTS:

Transformation of the Twelve Senses:

How can we use them to meet the spiritual in the world around us?

Why study them during the Holy Nights?

What can they offer us within the context of our own daily lives?

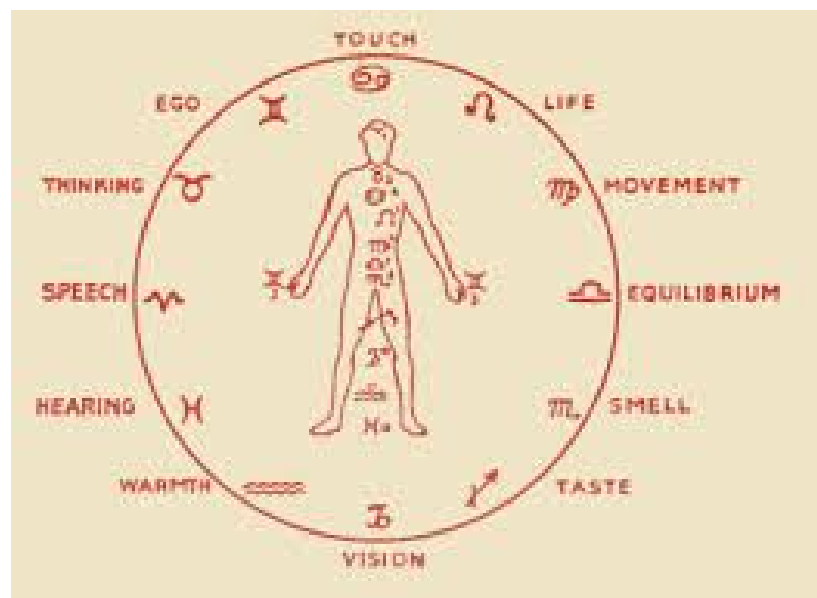


Our senses have become bombarded and stressed out by the general conditions of daily life in this consciousness soul age. Materialistic thought is a very powerful part of our thinking, feeling and willing because of our own education and culture. We have a more surface experience of our senses, if we are aware of them at all. During this year's Holy Nights, we will explore the possibility for each of us to have a deeper and more intimate relationship with our senses.

By experiencing our 12 senses consciously, we hope to strengthen our sentient body and

soul to become better aware of how we live our daily lives and to bring healing to the often disturbed nature of our multiple perceptions. Through the portals of our 12 senses, we can learn to cross the threshold of our more surface perceptions into the etheric nature of our senses. This enables us to have a more seamless connection with the hierarchies and the greater spiritual world within and without us. Lifting ourselves out of the daily, surface relationships brings much longed for and needed clarity and sanity to our daily lives.

How is a study of the 12 senses related to the Christmas season? Whatever we study during the Holy Nights and Days will be enriching because of our unique relationship with the Hierarchies during this time. Steiner did not make connections between the senses and the zodiac signs explicit. Three schemes are found in his notes but no one connection is mentioned in his lectures or writings. We will see if through our



combined efforts we can find a connection between a sense and the hierarchies associated with the zodiac sign of the day.

Each day, a person will present a short introduction to one of the twelve senses. The sharing is meant to be a general introduction to the sense and our thoughts about a particular sense from the works of Steiner, other anthroposophists, and others who have spoken about the sense. We will then, as a group, engage in some kind of exercise or activity which will be determined by the presenter to help us clarify and sharpen our perception of a particular sense. Many of the activities will involve some kind of artistic process. Then we will share our findings and experiences through open dialog.

We will begin each gathering with a musical experience with the lyre and a verse and end our time together with a verse. The time in between will be used to explore how a particular sense is a key to unlock the mystery of our relationship with the physical and spiritual world. We hope that all will engage in sharing their experiences from the processes offered. Refreshments will be served after each event.

Whatever we focus on and share intimately with each other in a spiritual way during the Holy Nights can bring insight and clarity to our lives for the whole year. Our moral development is enlivened by engaging in these kinds of exercises because by bringing attention to something like this, we deepen our love for what lives outside of us. Whatever we work with here on earth enriches not only our own individual and collective lives, but also nourishes the spiritual world. We hope you will join us for many of these gatherings. Please arrive fifteen minutes early so you can greet the others who are attending and are seated comfortably when the music begins. ~ *Peg Carmody*

EPIPHANY

BY ADAM BITTLESTON

In grace there streams from starry heights
Heaven's compassion for mankind.
The holy tree of life within,
Unfolds its leaves to feel your touch.

Substance of wisdom, living gold,
Glow in our thankful thoughts of Christ.
And clouds of incense lift our prayer
To meet with joy the Spirit's will.

May we so live that in our deeds
Some part of all the healing strength
Which Christ has brought from stars to earth
May work like myrrh to mend the world.





2013-2014 *Holy Nights Schedule*

Date	Time	Event	Host and Location
Tuesday December 24 Christmas Eve	4:30p-9p	Singing to the animals. Hot cider, soup and snacks served. Please bring the whole family.	Joy and Bob Kwapien at the Barn at Infinity Farm 1600 McDade Store Road, Cedar Grove, NC 27231 919-732-1840 jrkwapien@gmail.com
Wednesday December 25 Christmas Day	*	The 12 Senses Pisces Taste	Susan Seidman 1828 Affirmed Way Cary, NC 27519 allonespirit@gmail.com
Thursday December 26	3 pm	The 12 Senses Aquarius Smell	Peg Carmody at the home of Joanna Carey 4207 Neal Road Durham, NC 27705 919-537-8142 mccarmody@nc.rr.com
Friday December 27	7 pm	The 12 Senses Capricorn Balance	Allen Barenholtz in the Eurythmy Room at Emerson Waldorf School 919-308-4314 allenbarenholtz1@gmail.com
Saturday December 28	7 pm	The 12 Senses Sagittarius Movement	Kelly Calegar In the Eurythmy Room Emerson Waldorf School kcalegar@earthlink.net
Sunday December 29	7 pm	The 12 Senses Scorpio Life Sense and the Madonna Sequence	Joanna Carey in the Eurythmy Room at Emerson Waldorf School 919-885-7569 joannapcarey@gmail.com
Monday December 30	*	The 12 Senses Libra Touch	Joy and Bob Kwapien at Infinity Farm 1600 McDade Store Road, Cedar Grove, NC 27231 919-732-1840 jrkwapien@gmail.com

Tuesday December 31 New Year's Eve	3 pm	The 12 Senses Virgo Sight	Martha Kelder at the home of Joanna Carey 4207 Neal Road Durham, NC 27705 919-885-7569 joannapcarey@gmail.com
	9p - 12:30a	Making of the Three Kings Prep	Jon Lyerly 127 Union St Hillsborough, NC 919-357-7453 jelyerly2@gmail.com
Wednesday January 1 Christ Day	3 pm	The 12 Senses Leo Warmth	Phyllis Morris at the home of Joanna Carey 4207 Neal Road Durham, NC 27705 919-885-7569 joannapcarey@gmail.com
Thursday January 2	3 pm	The 12 Senses Cancer Hearing	Dirk Kelder at the home of Joanna Carey 4207 Neal Road Durham, NC 27705 919-885-7569 joannapcarey@gmail.com
Friday January 3	3pm	The 12 Senses Gemini Speech	Linda Folsom 3118 Dixon Road Durham, NC 27707 919-493-8323 lfolsom@nc.rr.com
Saturday January 4	3pm	The 12 Senses Taurus Thought	Kathleen and Bob Wright 4615 Greenglen Rd Durham, NC 27705 919-672-0149(c) h-309-9622
Sunday January 5	3pm	The 12 Senses Aries Ego	Lynn Jericho at the home of Joanna Carey 4207 Neal Road Durham, NC 27705 919-885-7569 joannapcarey@gmail.com
Monday January 6 Epiphany	2p-4p	Spraying of Three King's Prep We will meet at the barn. Please wear good walking shoes. Depending on how many come, it will take about 2 hours or less.	Jon Lyerly the Farmhouse at Infinity Farm 1600 McDade Store Road, Cedar Grove, NC 27231 jrkwapien@gmail.com

★ Some information was not available at the time of publication. Please stay posted to the list-serve or contact the Host of the event to find out when/where the event is happening. If you wish to attend Christmas Day, please contact Susan Seidman so that she will know how many to plan for.

Decorating a Christmas Tree Anthroposophically

For those new to Anthroposophy, you may be surprised to know that Rudolf Steiner gave indications for making a Christmas tree more spiritually meaningful. These are his recommendations in my words: Instead of the usual ornaments, place symbols in gold or copper (gold paint on cardboard is perfectly acceptable) of the 7 planetary signs (Saturn, Sun, Moon, Mars, Mercury, Jupiter and Venus) and the 7 spiritual-symbolic signs : the five-pointed star, the Ankh (the life of ancient Egypt), the Tarok or Taurho (the destiny of ancient Egypt), the Alpha and Omega (symbols of Christ), a Triangle and a Square (symbolic of the sevenfold human constitution.)

Arrange these symbols on the tree as follows:

From the top in a straight line down, place: the Star, the Ankh, the Tarok, the Triangle and the Square.

In the middle of the tree in a horizontal line place the Alpha, Mars, Mercury and the Omega.

From the Alpha to the bottom center of the tree: Moon, Sun and Saturn.

From the Omega toward the Star at the top: Jupiter and Venus.

Near the top of the tree; arrange 3 white Roses, symbolic of the Christ's life on Earth.

All around the tree, place 30 red roses, symbols of the 30 years of Jesus's life before the Christ incarnated in him.

It is fine to use candles, but best not to have electric lights. Above is a picture of a tree at one of our member's homes. It includes all but the planetary symbols.



LANDS NEWS:

On Saturday, November 23rd Robert Mays moderated a one-day special event: at the New York Open Center "A Journey to Heaven & Back: A Symposium on Near-Death Experiences (NDE)" featuring Eben Alexander, MD, Lorna Byrne, & Anita Moorjani. Below is an article Robert wrote on his blog. Do check out his website on www.selfconsciousmind.com. You will find lots of fascinating articles, videos and a radio interview Robert gave on WBAI-FM. The next LANDS meeting will be on December 17 at the Mayses home in Chapel Hill. Please call for details at 919-929-1073 or mays@ieee.org.

What Near-Death Experiences Tell Us

by Robert Mays, B.Sc. www.selfconsciousmind.com



In 2008, Eben Alexander came down with acute bacterial meningitis and was in deep coma for 6 days, with little chance for survival. Although his brain was severely compromised, he had a profound, ultra-real experience of an exquisite, heavenly realm. High above him shimmering angelic beings arced across the sky in glorious song, raising him higher and higher. He entered an immense void. In the presence of God, he received profound transcendent knowledge. The doctors told Eben's wife that if he survived, he would almost certainly have severe brain damage. Nevertheless, he had a miraculously rapid and complete recovery, with a profoundly different view of life. Eben Alexander had what we call a near-death experience.

A near-death experience or NDE is a profound psychological event that may occur to a person who is close to death or who is in a situation of physical or emotional crisis. Because an NDE frequently includes transcendental or mystical elements, it is a powerful event of consciousness that has profound, long-lasting effects on the person. The estimates are that between 4 and 5 percent of the general population have had an NDE. In the U.S., that comes to about 15 million people. While NDEs are fairly common, only about 20% of people who come close to death experience one.

Lorna Byrne suffered a miscarriage in the third month of pregnancy. She felt her soul lift out of her body. She was carrying her baby's soul and going to a beautiful light. Her physical pain was gone and she was traveling through an enormous tunnel formed by circles of glowing white angels. Lorna was met by a brilliant white angel who told her in a gentle, compassionate voice that she had to return. Looking back down the tunnel, she saw her husband shaking her lifeless body and pleading with her to come back. She kissed and hugged her baby and reluctantly put him in the angel's arms. When Lorna re-entered her body, she experienced horrific pain.



During an NDE, near-death experiencers frequently sense their consciousness separating from the physical body; they feel no pain. The NDEr may hover near the ceiling and observe the efforts to revive them. They may pass through a tunnel to a heavenly realm and meet a spiritual being or deceased relatives. They may have a life review. The NDEr may be given a choice or told to come back to their body. On re-

entering the body, their physical pain returns but they have been profoundly changed. They no longer fear death. Even with a brief NDE, with only a few of these elements, their outlook on life is completely changed.



In 2006, Anita Moorjani had end-stage lymphoma and was admitted to the hospital. She was in a coma, near death, yet she experienced an expansion of her consciousness where she became aware of everything and everyone around her. She felt surrounded by unconditional love, filling her with ecstasy. Anita met her deceased father who counseled her that it was not her time to die, but that she could choose not to return to her disease-ridden body. Because of her insight into her true nature as a spiritual being, Anita realized that if she did choose to return, she would be healed rapidly and completely. She decided to return and her cancer was miraculously healed within a few weeks. Anita was able to recite verbatim conversations among her family members and doctors, even those that occurred outside her room and in waiting areas, and to describe accurately procedures that she underwent and who performed them, all while she was in coma.

In many cases after an NDE, the NDEr has a very rapid recovery from illness or traumatic injury. Also, many times, the NDEr can accurately report seeing and hearing things that they could not have seen or heard by ordinary means. These so-called “veridical perceptions” are a strong indication that the NDEr’s consciousness has somehow in fact separated from the physical body.

Common Elements

The accounts of NDEs are remarkably similar over a wide range of physiological and pathological conditions that trigger the experience. NDEs can occur from acute trauma or illness, an allergic reaction, a severe depression or simply the perception that one is in danger of dying. Yet each of these experiences has many of the common elements—a feeling of peace, a sense of separation from the physical body, traveling through a tunnel or dark space, being in a heavenly realm, meeting deceased relatives or spiritual beings, seeing a loving being of immense light, having a life review, visiting a place where all knowledge exists, having a choice or being told one needs to go back, and returning to the physical body.

Not hallucinations or illusions

NDEs are not hallucinations. People looking back on hallucinations typically recognize them as unreal, as fantasies, whereas people typically describe their NDEs as ultra-real, more vivid and real than waking consciousness. Hallucinations tend to be illogical, fleeting, bizarre or distorted, whereas the vast majority of NDEs are logical, orderly and comprehensible. People tend to forget their hallucinations, whereas most NDEs remain vivid for decades. NDEs often lead to profound and permanent transformations in personality, attitudes, beliefs and values, something that is never seen following hallucinations. Furthermore, people who have experienced both hallucinations and an NDE describe them as being quite different.

What NDEs tell us

The similarities among all NDEs, regardless of the conditions that triggered them, imply there is a commonality among all of the cases that is not tied to specific physical or physiological conditions. Moreover, the common element appears to be the state of the NDEr’s consciousness: vivid, ultra-real perceptions, lucid thought processes, freedom from pain and the limitations of the body, and the sense of separation from the physical body with veridical perceptions of the NDEr’s surroundings from a vantage point outside the body.

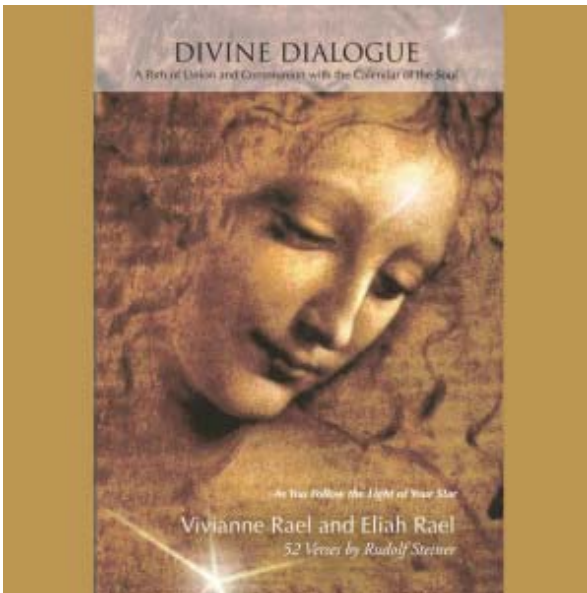
All of this strongly suggests that the NDEr's consciousness in fact separates from the physical body and operates independent of it during the NDE. And that implies that a person's consciousness is an objective, autonomous entity in the world. The conventional scientific theory is that consciousness is produced by the brain's electrical activity, but an equally valid interpretation—one which also explains NDE phenomena more fully—is that the person's "mind" or "soul" or "spirit" interfaces with the brain to produce consciousness. This interpretation opens up a completely new way of viewing the nature of reality—that we are indeed, as Teilhard de Chardin put it, "spiritual beings having a human experience".

Robert Mays, BSc, is an award winning, former senior software engineer for IBM, who has also served as a chemistry instructor at several Waldorf Schools in the U.S. He is currently the treasurer of the International Association for Near-Death Studies (IANDS) in North Carolina, and is an NDE researcher who has studied NDEs for over 35 years. His research centers on NDE and its relationship to the "hard problem" of consciousness, and the mind-body connection. In addition to research papers on NDEs, he has written several commentaries on the interpretation of NDEs, including a rebuttal to the recent *Esquire* article about Eben Alexander. www.iands.org, For video clips visit: <http://selfconsciousmind.com>



NEW BOOK ACQUISITION AT PHOENIX LIBRARY: Divine Dialogue: A Path of Union and Communion with the Calendar of the Soul

Authors Vivianne and Eliah Rael have donated a copy of their book *Divine Dialogue* to the Rudolf Steiner Branch's Phoenix Library which is housed at the home of Judy Frey in Chapel Hill. Members of the branch may borrow books for free. If you are not a member and would like to receive the book, it is available at the Rael's website: www.fifthstream.com



The book includes the 52 verses from Steiner's Calendar of the Soul with translations by the Raels that are both beautiful and clear. The couple has been working with the verses for over 35 years and this book is a guide for working with the verses. It contains extensive background material as well. *Divine Dialogue* would make an excellent Christmas gift for you or any dear friend of yours who would like to develop a spiritual practice. Please contact Judy

Frey at damaris12@nc.rr.com or phone 919-928-8749 if you wish to borrow a book.

(Editor's Note: The following is an abridgement of a Talk which Joanna Carey gave at the All Soul's gathering on November 3, 2013:)

The Seed Within

by Joanna Carey

Dear Friends,

At this time of year we experience the seed as we do in the spring. All plant life tends toward building its future through the seed. In its quiet fruition and seeding, all of life allows what has been to become anew after a certain dormancy. All archetypal forces for each seed are within it. Seeds are full of potential.

Steiner says that each seed has an empty space within where chaos resides. In that little opening, that empty space, cosmic forces are invited to enter in order to give the seed what it needs to realize its potential. Chaos is defined as : a formless, void state preceding the creation of the universe or cosmos. And... a gap created by the original separation of heaven and earth.

The seed knows that it must have a space available to receive cosmic forces. This undifferentiated space is the key to all life and not just for the plants.

All kingdoms of nature including human beings have a space of chaos within wherein cosmic impulses can enter. If we observe the kingdoms of nature, we can observe this.

In human beings, of course, because of the gift of freedom given to us, we have the greatest potential for living or not living into this space. The nature of human beings is that we are so complex- we think and feel and do and there are many results both great and small within these capacities.

We as human beings of the earth can and must go through a process similar to the seed in our daily life on earth. Allowing our own emptiness or chaos to reside in peace and becoming conscious within us, provides an opportunity for receiving whatever we need or wish to know from the spiritual world.

Rather than the spinning pinball nature of our thoughts, feelings, reactions, actions, we can honor and acknowledge the quiet, still place that is always there waiting for our attention. In this space, we gather forces for pure thought and feeling. And from there we must do something. In order to have a relationship with the spiritual world, with supra sensory beings, we must do something. We must provide a grounding element, a willingness to become co-creators in the evolution of the earth and humanity.

Part of that opening/receiving mode that has become so essential for our lives, is our relationship with the Dead.

Quote from Christopher Bamford in ***Staying Connected***:

"To communicate with the Dead, we need a common language- a living language, not a dead language of old thoughts, unconscious habits and mechanical emotions. Thoughts sent to the dead must be in a language they can understand; what we think must have meaning for them. Thus it must have meaning for us too. To communicate with the dead therefore requires freshness, spontaneity, creative intention and truly felt feelings. The First approach to this must include the understanding that the language must be "spiritual," not "material."

The dead cannot understand dead, materialistic thoughts but only living, spiritual thoughts. Spiritual thoughts are those that we make our own."

We need to become gardens ourselves where our own seeds of thought and those of our dead can grow into living relationships with each other. Christopher

Bamford again: "Since this work is an aspect of cosmic evolution as a whole, it involves the entire spiritual world and all the beings in it."

Last year I spoke about the nature of relationships, both here on the earth and in the heavens and the border between both.

Through our group's study during our readings for the dead, we have learned and discovered much about Anthroposophy! And we've learnt more about the nature of the beings and different worlds and the processes that we all go through on each side of the threshold.

What I have come to understand most readily, is that the so-called Dead suffer from a kind of famine when there is little spiritual content available to them. As they are still very connected to the earth in the first few years after their deaths, they long for some way to connect with beings on the earth. For us, the nearly overwhelming nature of tasks, relationships, duties, and all the incessant stimulation that we are confronted with, causes us to be hard pressed to be at peace and find our way to our own spiritual natures.

However, working with our own spiritual lives on a daily basis provides sustenance and nourishment for everyone on either side of the threshold. While engaged in this process, our lives and the lives the Dead are enriched. The world is enriched!

Because the Dead do not have access to their senses, and live in a setting which requires spiritual content, the Dead rely on the living to provide them with spiritual content. This content can most readily come in the form of sense-free thoughts and developing our thoughts with real feeling. Reading for the Dead is a great balm that nourishes everyone involved, providing a free-flowing interchange. The Dead will then have a way of assisting us in our thought process or other issues in our lives when we remember them and include them in our thoughts or research or work.

It is here on earth where we have the freedom and the responsibility to assist in world evolution. What we do here on earth has huge ramifications for how we are able to assist in the evolution of the world. It also affects how our own experiences will be when we experience death once again.

Perhaps that sounds rather too much. But it's in the quiet, still moments that we cultivate with our own seed nature, that we transform our chaos into cosmos and become co-creators in spiritual life for the world. The point becomes the periphery. We in our small way bring immense forces to work for the evolution of the earth and the heavens.

Whatever happens here, happens there in a different way. Consider what the Dead can do for us. One must develop a kind of force that makes it possible to perceive the raying in of the supra sensory element. We can begin to learn what the Dead want for the physical plane. We can develop a free exchange between. With Spiritual Science, it's possible to bridge the gap between what is incomprehensible to both realms, thus helping to understand on both sides.

Another aspect is the relationships continually weaving between this world and the other. For instance, those who have lived an immoral life (which is open for discussion), are often relegated to perform destructive deeds upon people on the earth. These can come in the form of accidents, illnesses, etc. This is part of the great karmic process. But an interesting piece in this is that those who die young are actually able to offer their unused etheric forces to repair the souls of those who have lived an immoral life.

So it's such an incredible, paradoxical wonder that these activities and events are going on all the time within time and space. There is always a great healing process at

work though it may seem strange or unjust. Love is the force that works in all karmic events and we are a great part of that process.

Steiner says: "Those who believe that everything can be grasped by the day wisdom of the intellect are completely wrong. For the high spiritual light does not shine into the wisdom of the day, but shines into the darkness. We must seek this light in order to find our way in the darkness, where, nevertheless, cosmic wisdom is at work.

In addition to our individual experiences of the spiritual, there is a vast arena of relationships which we are continually involved in on the earth. Our relationships of all kinds are important for working on ourselves, experiencing the warmth of the love for others and for us, engaging in all the tasks that we often do together, and speaking, thinking and studying together can bring enormous life forces. When we speak from our ideals, the hierarchies take our content and work with it in the spiritual world. If we are attentive, they bring back some results. Working together in this way is nourishing for everyone.

Let us strive to contemplate the world with new eyes and ears. Our relationship with each other is deeply significant both here and there. When we speak and share spiritual phenomena, when we care, listen, hold others, we are held and supported by higher beings. The fruits of our living thinking, feeling and willing open the doors of communication with the eternal, where those we love reside. And our lives can be nourished and healed.

So let us remember our Dead everyday as we go about our living on the earth.

Save the Date...Looking Toward Summer 2014:

Chapel Hill, NC;



"The Journey of the Soul Into Incarnation", July 21-25, 2014 a 5-day workshop with Cosmic Dance with Robert Powell.

Public Lecture: "The Maitreya/kalki Buddha and the Merging of East and West in 2014" by Robert Powell Friday July 25, 7:30-9:00 PM at the Emerson Waldorf School in Chapel Hill, NC.

Holden Beach, NC - a 3-Day Beach Retreat with Robert Powell on "Meditations on the Tarot: A Journey into Christian Hermeticism" July 26th-July 29th, 2014. Participants must have worked extensively with the book *Meditations on the Tarot* prior to attending this workshop.

For more information on Powell's work, please contact Kelly Calegar at kcalegar@earthlink.net

News From Other Southeastern States

Georgia



Philosophy of Freedom Workshop

Led by Nathaniel Williams

Join us in Decatur, Georgia (near Atlanta) on Saturday, December 7, 2013 as we take up Rudolf Steiner's *Philosophy of Freedom*. We've invited Nathaniel Williams to be our guide for the day and look forward to a lively discussion and artistic work. Please email afoster@thirdbody.net for more information. .See the October-November issue of the ***Sophia Sun*** for more details online at www.anthroposophync.org

Save the Date!

Barbara Renold will be giving a workshop on **The Four Mystery Dramas** on Friday evening April 11 and Saturday, April 12 in Cartersville, GA, sponsored by the Southeastern Branch. Katherine Jenkins is the contact person. Details to follow...

Nashville, Tennessee:

The Central Tennessee groups are beginning the process of forming a branch. Their website is www.anthroposophynashville.org which features the branch statement of intention and lists upcoming events and resources in the Middle

Dr. Steven Johnson to Speak in Nashville December 7



Saturday, December 7 anthroposophical doctor Steven M. Johnson, D.O. will speak in Nashville. He directs the [AnthroMed Library](#) and practices integrative and internal medicine at [Evergreen Medical Centre](#) in the Louisville, Kentucky area.

Dr. Johnson's talks will be at Trevecca Nazarene University, 333 Murfreesboro Pike, Nashville, TN 37210 in the Boone Business Building. The morning talk at 10:45 a.m. will be on the relationship between food quality and health. The afternoon talk at 1:45 p.m. will be for parents who are interested in exploring children's nutrition from an anthroposophical perspective, and he will be available for

conversation afterward.

These talks are being given as part of the third annual Tennessee Local Food Summit. However, those who only want to attend Dr. Johnson's talks do not have to pay the full conference price but are asked to make a donation to help with expenses. For details, go to <http://tnlocalfood.com/>.

Nashville to Host Anthroposophical Medicine Workshop With Ross Rentea February 6-9

“Principles and Practice of Anthroposophic Medicine” a weekend workshop with Dr. Ross Rentae, M.D. will be offered in Nashville, Tennessee February 6-9, 2014.

“This should be an opportunity to deepen our anthroposophical life by carrying these impulses through several days and nights, meditating on the topic, and learning how to incorporate it in our daily life,” said Dr. Rentea.

The weekend begins with two public lectures, “Maintaining and Recovering the Health of our Children” on Thursday night at Linden Waldorf School and “Understanding our Health from an Anthroposophic Viewpoint” on Friday night at Sunflower Cafe vegetarian restaurant. The Saturday all-day intensive at Trinity Presbyterian Church will offer in-depth sessions on the topics of Anthroposophic Remedies and Metabolic Illnesses. Every session will include eurythmy and time for questions and answers.

For anthroposophists, Dr. Rentea will offer two additional talks: “Michael and our Karma Today” on Saturday night and “The Esoteric Basis of Anthroposophic Medicine” on Sunday morning.

Dr. Ross Rentea, M.D. has been a practicing anthroposophical family physician for over 30 years. He is co-founder of the Paulina Medical Clinic in Chicago, the True Botanica Company and the not for profit True Botanica Foundation furthering anthroposophy and anthroposophic medicine.



The price of the workshop is \$50, including a catered vegetarian lunch on Saturday. Pre-registration is encouraged. For information and brochure, go to <http://anthroposophynashville.org/> or call (615) 373-5173.

Scholar Frederick Amrine to Speak in Nashville February 28

Noted anthroposophical scholar Frederick Amrine will speak in Nashville, Tennessee on February 28, 2014.

“Now a century old, anthroposophy feels young. Steiner remains seminal. He planted the seeds of a new, humane civilization. Let us cultivate them,” said Amrine.



Amrine is a professor at the University of Michigan, where his research has been devoted primarily to Goethe and German Idealism. A life-long anthroposophist, he is a past editor of the Anthroposophical Society in America's newsletter. Among his many publications are “Discovering a Genius: Rudolf Steiner at 150” and “Anthroposophy in the Light of Goethe's Faust.”

The talk will begin at 7 p.m. in the chapel of Trinity Presbyterian Church, 3201 Hillsboro Pike, Nashville, Tennessee 37215. Admission is free of charge. For more information, go to <http://anthroposophynashville.org/> or call (615) 373-5173.

Spiritual Hierarchies Seminar in Nashville March 28-29

Margaret Shipman will lead a seminar on the Spiritual Hierarchies in Nashville, Tennessee on March 28-29, 2014. Eurythmy will be led by Gail Langstroth.

Shipman directs the Traveling Speakers Program and the Geographically Engaged Members Study (GEMS) Group for the Anthroposophical Society in America.



Langstroth is an internationally recognized poet, eurythmist and stage artist.

The seminar will begin on Friday night at 6 p.m. and continue Saturday from 9 a.m. to 4 p.m. in the chapel of Trinity Presbyterian Church, 3201 Hillsboro Pike, Nashville, Tennessee 37215. The price of the seminar is \$50, including a catered vegetarian lunch. Scholarships are available. For more information, go to <http://anthroposophynashville.org/> or call (615) 373-5173.

Eurythmist Gail Langstroth

Anthroposophical Community for Addicts and Mentally Ill To Open in Vermont next Year:

Inner Fire Update

Inner Fire is a proactive, healing community offering a choice for people to recover from debilitating and traumatic life challenges without the use of psychotropic medications.

At Inner Fire, the recovery of the physical body will be addressed through the detoxification program and the deeper body, soul, and spiritual rebalancing will be addressed through a work program in the mornings, individualized therapies and group activities in the afternoons, and cultural activities in the evenings.

Beatrice Birch and her husband Tom Kavet have purchased Grace Brook Farm, forty acres of forest and open land in Brookline, Vermont, just north of Brattleboro. By the spring of 2014, following sufficient fundraising, the building of Inner Fire's home will begin. Inner Fire plans to open in 2015.

In the meantime, a foundation group has been formed by those interested in Inner Fire's mission. We meet one Sunday a month from 3-6pm. During our time together, we

are studying Rudolf Treichler's Soulways, followed by a simple meal. Through study and the sharing of insights an etheric substance will begin to grow which, when Inner Fire opens, will help to create a nurturing environment conducive to the process of life transformation and deep healing so that individuals may dare to recover, becoming both medication free and able to reenter life as engaged and enthusiastic citizens.

With the support of a local biodynamic gardener, we have spread the preparations on the open land in anticipation of starting a BD farm in the future. We will need an

experienced gardener who feels connected to our seekers and is interested in the recovery process.

On December 7th, friends and potential donors will gather for our Celebratory Launching at Grace Brook Farm. After welcoming our guests, Beatrice will light a candle in remembrance for those who chose to express their freedom of choice by taking their lives rather than live their life under the fog of medication. We are very fortunate that

both Robert Whitaker and Sandra Steingard will be our guest speakers. Robert is the award-winning journalist, international speaker and author of *The Anatomy of an Epidemic* and *Mad in America* from which the website: www.madinamerica.com took its name. Sandra is an MD, sympathetic psychiatrist, professor, and medical director of the Howard Center in Burlington, VT. Following Tom Kavet and Jim Taggart's presentation of our capital campaign goals, we will tour the land and visualize where the Inner Fire home will be built. We are grateful and fortunate to have Dr. Lynn Madsen as our primary physician and other anthroposophically rooted therapists have expressed an interest in engaging with us.

We will be looking for 'guides' in the realms of BD farming/gardening, forestry, the art of housekeeping, and cooking with a broad knowledge of diet and nutrition, including lacto-fermentation and bread baking.

Therapeutically, we would like to be able to offer: Eurythmy, Rhythmical Massage, Spatial Dynamics, Speech/Drama, Music, Biographical Counseling, and Anthroposophical nursing. Beatrice will continue with the Hauschka Artistic Therapy.

Additional guides will be needed to help carry the group work as well as to assist with the morning programs. An essential aspect of Inner Fire is that it be available for individuals regardless of their financial situation, race, or religious beliefs. We want to meet each other in our deepest humanity. Volunteering for many years in two prisons, Beatrice refuses to turn her back on that population. Therefore, we need to develop a strong endowment so that all who are in need may engage. We will welcome anyone who is 18 years and older and wishes to be proactive in their recovery without the use of psychotropic medications. There are many places for those who wish for medicated treatment, but a place with the support we will offer is rare. Most residential treatment centers are for the wealthy. With an awareness of the year's cost for an individual at Inner Fire, we will encourage a contribution to Inner Fire rather than the more conventional approach of payment for services. We expect final IRS determination of our 501(c)(3) status to come through by the end of the November.

To conclude with an anecdote: Recently, in a prison where Beatrice has been painting with men for many years, Ian, a young prisoner, shared with her how difficult it was for him to describe to a friend on the outside what the art class was like: "In the end, I told him it was an art class, but it was really a spiritual class," Ian said. With a pause, he softly added, "this is what I was looking for on the outside... strange I had to come here to find it."

When we seek the divine creative self in those we meet, it is remarkable what dares to then be revealed, as the individual, maybe for the first time in her/his life, feels recognized. Folks who come to Inner Fire will not be referred to as clients nor residents but rather as 'seekers' for in Beatrice's experience, this is what folks wrestling with the traumas and challenges of life are. They are seeking that which they have not yet found. At Inner Fire, we are intent on helping them discover, experience and claim the Creator within themselves.

For further information please contact Beatrice Birch at [<beatrice.birch55@gmail.com>](mailto:beatrice.birch55@gmail.com)

If you wish to make a donation of any amount, please make a check out to Inner Fire, Inc. and send it to:

Inner Fire at Grace Brook Farm,
26 Parker Rd., Brookline, VT 05345

Thank you.

~Beatrice Birch

(reprinted from the December issue of *Chanticleer*)

BIG CHANGES AT RUDOLF STEINER LIBRARY!

Editor's Note: At the AGM in October, it was announced that the Carriage House, the long-time home for the Rudolf Steiner Library (since 1981,) is being sold and that a new location for the library is being undertaken. The building had been deemed unsuitable due to mold problems. In September head librarian Judith Soleil announced that she was leaving the library and would be moving to Maine where she had accepted a position as a Waldorf teacher. The Library Transition Booklet is available on line at: www.anthroposophy.org/fileadmin/library/RSL_vision_booklet-sm.pdf The following report from the Library Committee was received last month:



Starting in just a few short weeks, the Rudolf Steiner Library will begin a monumental once-in-a-generation journey. Books, journals, pamphlets, manuscripts—all 36,000 items in the library's care must be raised from the old wooden Carriage House, with its three floors and narrow stair cases, and moved down the road to a stone building with a single, open floor plan—an old church in the heart of Philmont, just four miles away. Once in this new space—where all of the materials can be arranged and seen at a glance

in a common area, and where proper work areas can be set up with sufficient space for processing large quantities of material at the same time—the massive project to arrest the forces of decay can begin. Every item will be cleaned, journals will be re-housed in sound boxes, brittle materials will be tested for acidic paper and set aside for deacidification, cataloging will be completed on materials that are currently invisible to the membership, and the whole collection will be reorganized. Of chief importance to ongoing efforts to increase access, the library will make a push to digitize all one-thousand linear feet of journals, which provide an unbroken record of anthroposophical thinking and research dating back to the 1920s.

In order to allow the staff of the library to focus their attention and will on accomplishing this great task, the library will need to suspend its lending and research services temporarily. The window of opportunity to move the library is rapidly closing—the goal is to have the library completed relocated before the Holy Nights begin—so we must move quickly.

To meet our goal, library lending and research services will be temporarily suspended on December 1st and the doors of the Carriage House will close to visitors. The library's intent is to reopen services as quickly as possible. In order to accomplish this mission, library staff need to focus all of their energies on cleaning and caring for the collection, a process that may take from six months to a year. Once the collection is settled in Philmont, the doors will be open to visitors and volunteers, though lending services will remain suspended because of the active cleaning and preservation activities.

We encourage you to request any books that you would like to use over the next year before December 1st. All requests received by the end of the day on December 1st will be honored and shipped immediately. Books will be shipped free of charge with a one year due date. All books that are currently checked out have automatically been extended to a one year due date.

For more information about the planning behind the transition, please download the transition plan booklet. You will soon receive the Annual Appeal letter, which is

focused on support for the library move and preservation activities. The next issue of being human will contain an article about the library transition with additional information and context about the library's move. You can follow every step of the library transition on our blog at <http://library.anthroposophy.org>.

This is an exciting time in the history of the library, a turning point that will provide a renewed foundation for expanded programs, services, and collections to support research and study in the Society and in the broader anthroposophical community.

Thank you for your patience and support as we undertake this endeavor !

Maurice York, Virginia McWilliam and Marian Leon

Library Transition Steering Committee

WALDORF COMMUNITIES MOURN THE LOSS OF A SUPERSTAR TEACHER

(Editor's Note: We were deeply saddened to hear of the death of David Blair, a well-renowned and beloved Waldorf teacher. He was my son John's Class teacher at the Green Meadow Waldorf School. It was David's first assignment as a Waldorf teacher. My son adored him and tried to emulate David's teaching methods when he himself became a Waldorf teacher. Below follows David's biography as it appeared on the Shining Mountain Waldorf School's website where he was the Faculty Chair, and the Obituary that appeared in the newspaper following his death.)



David Blair joined the Shining Mountain Waldorf High School faculty in 2004 after serving for 22 years as class teacher and in the high school at the Green Meadow Waldorf School in Spring Valley, New York. Born in Philadelphia, David grew up with dreams of pitching for the Phillies. After graduating in 1976 with a BA in Political Science from Rutgers University, David completed the Waldorf teacher training at Rudolf Steiner College in Sacramento in 1982. He has directed high school plays at GMWS and SMWS, and has written plays for grades 1-8. He also has had teacher training and mentoring experience. David enjoys sports and has coached baseball, softball and basketball in Waldorf high schools. He completed the Spatial Dynamics training and participated in the

Olympic Peace Project in Greece in 2001.

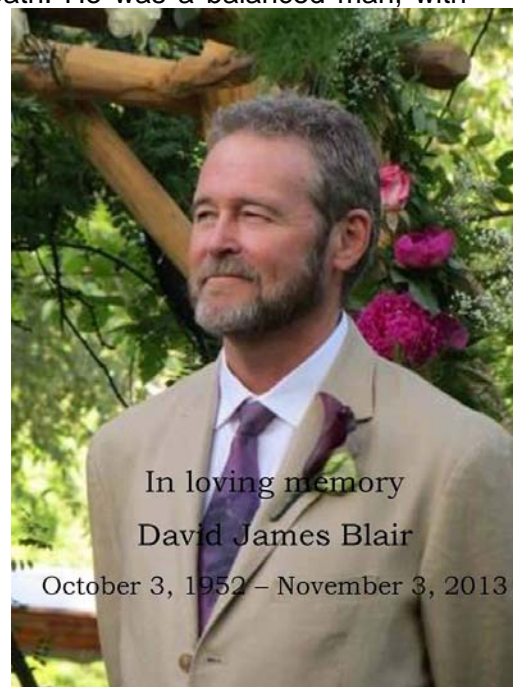
OBITUARY

David Blair, beloved Waldorf teacher, died November 3, 2013 at True Community Care Hospice Center in Louisville, Colorado from melanoma. He was 61 years old. David was born October 3, 1952 in Philadelphia, PA to John Thompson Blair and Margaret (Peggy) Patterson Blair, and grew up in Cinnaminson, New Jersey, a suburb of Philadelphia where his father worked. He graduated from Cinnaminson High School in 1970 and continued on to Rutgers University, where he majored in political science and graduated with a bachelor's degree in 1974. A good athlete and avid baseball fan, David pitched his way to a summer in the semi-pros. Discovering

that baseball at this level was not as much fun as he had imagined, he changed course and went to work in sales for Libby Glass, first in Philadelphia and later in Los Angeles. During that time, David began to study Anthroposophy, Rudolf Steiner's philosophy of human development and spirituality. Anthroposophy supports a well-rounded, dynamic school curriculum (Waldorf Education) based on Steiner's insights into human development and an artistically imbued approach to living. This quest led him to a training at Rudolf Steiner College in Fair Oaks, CA, where he discovered his life's vocation - teaching. David taught for 22 years at the Green Meadow Waldorf School in Chestnut Ridge, NY. David was also a trainer of Waldorf Kyra and Nyal McGee; brother and sister-in-law John and Anne Blair; and nieces Katie Oksenvaag and her husband Erik and Wendy Stephan, her husband Andrejko and their daughters Caitlin and Zoë. Funeral teachers, an anthroposophical adult educator and a curriculum presenter. He possessed a gift as a public speaker and brought warmth, humor and understanding through his eloquence. In 2004, David moved to Boulder, CO to continue his career as a Waldorf teacher at the Shining Mountain Waldorf School. On June 29, 2013, after a decade of intimate involvement, David married the love of his life, Thyria Ogletree, a Waldorf Eurythmy teacher. Two previous marriages to Susan Tew and Marjorie Rossiter ended in divorce. David had no biological children but considered all of his students his children. He said, "What perhaps strikes me more than anything is what an unusual path it is in life to accompany children for so many years who do not happen to be my own relatives. But in a certain way they live as deeply within me as relatives might in my life." In addition to loving Waldorf Education, David had a lifelong passion for the Philadelphia baseball team. He figured out many ways to incorporate the Phillies into his lesson plans, from American History to life lessons for his students about winning graciously as well as dealing with multiple losses. He loved riding his motorcycle and the feeling of freedom it afforded him. He was a rock music aficionado and a fan of the Grateful Dead in particular. David's spiritual depth and his warm sense of humor made him, and what he had to share, accessible to everyone lucky enough to cross his path. He was a balanced man, with great depth and humility and a sense of mischief that attracted people of all ages. He had high standards, yet he was forgiving of himself and others. His students adored him, as did their parents. His colleagues respected and depended on him. The followers of the website that informed his friends of his condition while he was ill numbered over 800, but the effect he had on his students and friends is unquantifiable, immense and everlasting. His parents, Jack and Peggy, preceded David in death. He is survived by his wife Thyria Ogletree and step children services will be held at 4:00 pm Thursday, November 7 at the First United Methodist Church, 1421 Spruce Street, Boulder, CO 80302. In lieu of flowers, please consider a donation to the David Blair Care Fund, PO Box 269, Hygiene, CO 80533 to defray family expenses; or in David's memory to the Shining Mountain Waldorf School, 999 Violet, Boulder, CO 80304; or in David's memory to the

Green Meadow Waldorf School, 307 Co Road 71,

Chestnut Ridge, NY10977. www.ahlbergfuneralchapel.com to share condolences.



ENLIVENING THE WORK OF THE FIRST CLASS: A BOOK REVIEW OF

A WAY OF SERVING: The General Anthroposophical Section of the School for Spiritual Science by Penelope Baring and Rüdiger Janisch
by Kathleen Wright

For years I have heard people criticize the School of Spiritual Science, saying such things as the School has lost its effectiveness because the lessons have been published or that the First Class was "unfinished" and therefore it was a failure, or worst of all, one former Class member told me that he no longer attended because "he had heard all 19 lessons and what else is there to do?" While I certainly disagreed with such comments and felt great pain at hearing them, I simultaneously felt that there must be more we could and should be doing that would prevent such thinking. I also frequently questioned why I felt such a sense of "disconnectedness" between lessons from month to month. If we are a modern Mystery Center, we should have more of a sense of belonging than a once a month class brings. But how, I wondered.

Then I began to hear talk about the General Section;- - People began to ask: what work should the General Section be doing besides simply passively listening to the Class Lessons, discussing them and going home to meditate on the mantras? All the other sections are involved in doing esoteric research and then publishing their results so that all the world might benefit. How does that apply to the School with its General Section?

Some articles were published in the news for Members several years ago about what the work of the General Section could do, and they have finally been put together in a booklet form. It has been published this year by Mercury Press for \$8.00. The title is ***A Way of Serving: The General Anthroposophical Section of the School of Spiritual Science*** by Penelope Baring and Rüdiger Janisch. The book includes a bit of history, Steiner's original intentions and many practical applications that First Class members could do to enliven their work. The booklet is very readable - just 1-3 pages per chapter. It might work well as a workbook for the esoteric discussions that follow the Class lessons. After reading the short chapter, members could discuss how they could implement the suggestions in the work of the Class.

Some of the suggested tasks in the booklet are: self-education, meditation, and community-building. Members of the Class are to "live and work out of the Spirit of our Time and out of the Spirit of humanity They are to be representatives of Anthroposophia both in their personal lives and in the world." Some specific ideas for accomplishing these goals are: asking oneself what question(s) are living in you - your life's quest or question. By discussing this with other members, we can help to awaken the answers within one another. Classes could take up the Karma lectures together in a living way or study ***The Leading Thoughts***. One can do "Action Research" or do artistic activities together. (one thought in this regard would be to do Eurythmy together following the Class Lesson.) The authors also recommend studying Steiner's "Social Laws" and thinking of ways to implement them. They talk about positive attitudes and last but certainly not least, ways of working with the Mantras.

This is truly a book that all First Class members will want to have, so that they may serve the School better. One might say that this sounds like far too much to accomplish during a Class Lesson Day, and yes, there probably should be more. Steiner originally intended for the Classes to assemble weekly, not monthly, as is the custom today.

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Dear Friends of the ELIANT Alliance,

In this newsletter we are reporting on the collaboration between ELIANT and the European Co-operation in Anthroposophical Curative Education and Social Therapy (ECCE)

ECCE is committed to fully representing the interests of people with special needs within Europe based on anthroposophical findings. ECCE was set up in 1992 in the Netherlands by the Council for Curative Education and Social Therapy.



The UN Convention on the Rights of Persons with Disabilities (UNCRPD), which came into force on 3rd May 2008, underlines this matter. This change promoting the right to self-determination is taking place mainly for ethical reasons and requires our awareness, empathy and support if it is to be culturally effective.

ELIANT supports the objectives of ECCE
 ELIANT advocates freedom of choice and the opportunity to choose for all citizens. ECCE represents approximately 30,000 European citizens with special needs. The majority is incapable of demanding their rights and need the help of others to do so. ELIANT is supporting this concern with one million signatures and presently 450,000 recipients of its newsletter. In the words of Goethe: "One alone does not help, but rather he who unites with others at the right moment."

How ECCE is helping

Member organisations of ECCE offer a wide range of facilities: employment and work placements in care homes and within outpatient facilities and services, support for affected families, home help services, plus vocational education and training. There are different types of therapy beyond basic medical care and treatment which improve the quality of life for those people affected: massage, exercise therapy, eurythmy therapy, plus various forms of art therapy. For this reason, ECCE also promotes anthroposophical medicine and therapy and, as part of its work with ELIANT, collaborates closely with biodynamic agriculture organisations and the Waldorf movement. Evidence and experience shows us that not only do we belong to a physical world but also a spiritual one which can be used to establish a basis for necessary ethical standards necessary for everyday life.



Respect for the dignity and freedom of individuals in relationships and work groups is becoming increasingly important in meetings and discussions between parents, curative educators and social therapists. Together they seek out the most appropriate and careful ways of guiding people with special needs in accordance with their innermost spiritual core. Since 1924, these have been the key topics of curative education and social therapy based on anthroposophical principles.

An example of successful lobbying by the ELIANT Alliance and ECCE in Brussels: To draw the attention of the European Commission in Brussels to curative

education and social therapy, ECCE has invited various Commissioners and Departmental Managers to its conferences, with some appearing as main speakers.

Together with other organisations, ECCE is developing a so-called “shadow report”. This discusses the official EU report and forms part of a set process that allows non-governmental organisations to submit a “shadow report” to the UN. The report will be published in spring 2014. ECCE will give full and detailed reasons for the legal equality of people with special needs. After all, disability is a question of rights and ethics and not discretion.

A diverse and multicultural society

Sustainable Inclusion means an approach that will guarantee a successful and long lasting living situation for children and adults with learning disabilities. The decisive factor will be a change in the attitude of all citizens in our multi-layered, multicultural society towards respectful recognition and association with individuals with disabilities. Real inclusion means participation in an open society: children with disabilities are surrounded by people who happily are caring for them. The consequence is that they can become adults with a happy life!

With our best regards

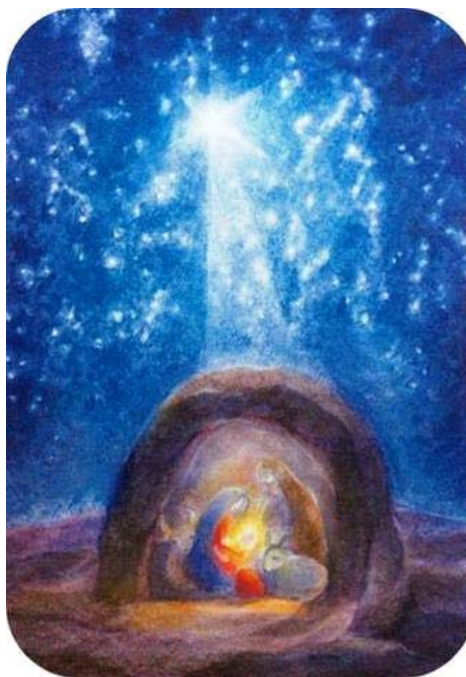
Michaela Glöckler, Ueli Hurter and Susanna Küffer Heer (Executive Committee);
Michaela Sieh (project management)

Alliance ELIANT | Rue du Trône 194 | 1050 Brussels | Belgium
Phone: +32(0)16 843334 | Mail: info@eliant.eu | Web: www.eliant.eu

Christmas

by Arvia Mackaye Ege

The ways of this great earth
Are wise and beautiful
Albeit rough and long.
The ways of man are mighty, gloriful -
Though heaped with wrong;
Wrought of woe and wonder,
Of suffering and song,
Ways of knowledge, love and hope,
Hammered in the heart's clear heat.
For long ago a star-bright baby
Trod the earth with tender feet,
Held within His heart the Sun -
The bright, all-gracious mighty One -
Walked the ways of death and night
To wake the world with living Light.
And now the heavenly host on high,
And all things that live and die,
Praise His name and mortal birth -
And He walks with every child
Who comes upon the earth.



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

Edward Schuldt

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, Director
 email: spiritualheart@embarqmail.com

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

The Arts

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

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:

Biodynamic Study Group - meets every other Tuesday evening at 7:00 PM at the home of Sandy Demeree, 819-B North St. in Durham (phone: 919-341-8934); reading *The Agriculture Course* by Rudolf Steiner, Please call Jon Lyerly for more details at 336-263-7685

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

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 *Staying Connected* Edited by Christopher Bamford. Dates for December are **December 5 and 19th**. We will take a break during the Holy Nights. 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 *Macrococosm 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 meets in Cutler Bay, currently reading *How to Know Higher Worlds* on Thursdays, 4:00-5:00 PM for more information, please contact **Annabelle Cooper at 305-278-2285** (Miami currently has five study groups and a Waldorf School with grades K-6);

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, an anthroposophical medical center; Director: Dr A. Schaeffer-Pautz, board certified in Internal and Holistic Medicines;. Contact: HowardPautz@gmail.com; clinic phone: 904-246-3583; website: www.Dr.Pautz.com; hosts talks about Steiner; Eurythmy classes, Dr. Hauschka products.in addition to the medical practice.

Jacksonville, FL has a Pre-K and K Waldorf initiative.

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 - Study group with Anne and Joe Savage has been meeting for over 10 years;,. currently reading *Theosophy*; meets every Monday at 7 PM at the Savages: 4753 Riverwood Circle, Sarasota, FL 34231; the group has 8-10 members; contact Joe or Anne at 941-926-8591 or email joe.savage@verizon.net

Sarasota has a “Waldorf Sarasota School” with grades K-4;

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 ; meets every other Tuesday afternoon at the Linden Waldorf School and is reading *Our Spiritual Companions* by Adam Bittleston; contact Barbara Bittles at blbittles@comcast.net

Nashville has its own website: www.anthroposophynashville.org

The Rudolf Steiner Group of Nashville meets every other Tuesday evening at the Unitarian Church on Woodmont Blvd. in Nashville and is reading *The Being of Anthroposophia*. Contact Cathy Green cgreen@grasslandaquatics.com

Linden Waldorf School Steiner Study Group, Nashville - meets on Monday mornings 8:30-10:30 at 3201 Hillsboro Pike, Nashville, TN 37215 and is currently studying *How to Know Higher Worlds* by Rudolf Steiner For more information, contact: Anne Nicholson at annenich@gmail.com or **615-426-3395**

Nashville Biodynamic Study Group – meets monthly and is studying *The Agriculture Course with the Enzo Nastati commentary*; contact: Anne nicholson at annenich@gmail.com or call 615-426-3395.

Southeastern Regional Group of Chattanooga. led by Maria St. Goar; contact: mstgoar@comcast.net 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@yahoo.com or call 423-265-3260

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 next issue of the *Sophia Sun* will be the February-March 2014 issue. Please have all articles, ads and announcements to the editor by January 20. Email to: Kathleen.Wright51@gmail.com

Due to the large size of this issue, it was decided to postpone the write-up of the October AGM until our next issue.

A Blessed, Safe and Peaceful Holiday Season to All our Readers!



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

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Submitting articles, letters, announcements and ads:

Please send UNFORMATTED text as a Microsoft Word document (no pdfs if possible) to kathleenwright51@gmail.com. Articles should not exceed 3 pages in length, and preferably should be 1-2 pages long.

Ads for goods and services: Dues-paying members of the Rudolf Steiner Branch are entitled to one free ad per year (quarter of a page). Please contact the editor for rates if you are not a member and wish to place an ad. If you have any questions, please contact: **Kathleen Wright, at 919-309-9622 or email: kathleenwright51@gmail.com**



Anthroposophy, which means “the wisdom of the Human Being”, is a spiritual philosophy and path to self-knowledge, which “leads the spiritual in the human being to the spiritual in the universe”, according to its teacher, Rudolf Steiner (1861-1925). **Rudolf Steiner** was a brilliant “Renaissance man” from Austria who was a philosopher, scientist, artist, playwright, architect, social activist, teacher and meditator, who had a direct perception of the spiritual worlds. Anthroposophy, which is also known as Spiritual Science, teaches, among other things, the laws of reincarnation and Karma. It is a Christ-centered view of world evolution. Steiner founded the School of Spiritual Science, as well as the General Anthroposophical Society, which he described as “a union of people who desire to further the life of the soul – both in the individual and in human society – on the basis of true knowledge of the spiritual world”. In addition to giving over 6,000 lectures, most of which have been made into books, he helped to found many initiatives that are still thriving today including: the Waldorf School movement, anthroposophical medicine, biodynamic farming, and Eurythmy. Based on his indications, hundreds of initiatives have developed such as: the Curative education movement, the Camp Hill Villages for the handicapped, Weleda remedies, Dr. Hauschka cosmetics, WALA, True Botanica, Astrosophy, Rhythmical Massage, the Alliance for Childhood, The Christian Community, Anthroposophic Prison Outreach, Lazure painting, Demeter, advancements in architecture, science, social and economic reform (The Threefold Social Order, community banks), mathematics and painting. In addition, there are many publishing houses and libraries dedicated to his works throughout the world. For more information, check the national website at www.anthroposophy.org or our local website at www.anthroposophyNC.org