

The Sophia Sun

Newsletter of the Anthroposophical Society in North Carolina

APRIL 2008

Volume I, Number 1



In This Issue:

Holy Week Review.....5
 New Board President.....6
 Branch Meeting.....7
 Knights Templar Talk.....8
 Youth Section visitor.....9
 9/11 Workshop.....10

4fold Path to Healing.....13
 Dr. Mark Advice.....17
 Grapevine.....19
 Mystery Dramas.....20
 Nursing Workshop.....22
 Classifieds.....23

FROM THE EDITOR:

Dear Reader:

Welcome to the first issue of *The Sophia Sun*, the ASNC's monthly newsletter, which will be issued 9 times a year. There will be no issues during July and August and in December, Mike Senkpiel will honor us with an issue of our community magazine, *The Candle* in lieu of the newsletter.

Our hope is that this newsletter will not simply be a vehicle for news, but a reflection of the whole community with all its initiatives, needs and talents. We welcome ideas, articles, ads for goods and services. Even if you don't like to write, feel free to let us know what you would like to read in the newsletter. We hope to create something that you will want to read from cover to cover.

Suggestions for newsletter articles listed in the new *Handbook for Groups and Branches* are:

- Questions being carried by the members
- Struggles challenging friends and members
- Goals of groups or individuals
- Information on activities
- Calendar of Events
- Biographical stories about community members
- Current events in the light of Anthroposophy
- Accounts of past events
- Reports from traveling members on their experiences
- Special events

One member suggested to me that we have a Forum where people write in questions concerning Anthroposophy that they have had and others may answer it or give suggestions of readings that address the issue.

Another thing I would like to include is personal news from members such as new jobs, new children or Grandchildren, illnesses or surgeries for which one might like prayers, tragedies such as fires, moves to new houses or destinations, etc., so please let us know if there is anything new in your life that you would like us to share with the members. No "personal" announcements will be made about one, for which he/she has not approved.

Happy Reading and please keep those articles coming in!

In Warmest Fellowship,
Kathleen Wright, Editor

The Sophia Sun is the newsletter of the Anthroposophical Society in North Carolina (ASNC), a 501(c)3 non-profit organization. It is published nine times a year. The newsletter will not have issues during the months of July, August and December. In December, our illustrated magazine, *The Candle* will be issued instead. Members are encouraged to receive the newsletter electronically by contacting our website at www.anthroposophync.org. If this is not possible, you may receive a hard copy of the newsletter by mail by sending a check for \$30. per year to ASNC, P.O. Box 16024, Chapel Hill, NC 27516

Submitting articles, letters and ads

Please send all writing selections to kathleenwright51@peoplepc.com.

All calendar items should be sent to lfolsom@nc.rr.com. Ads for our Community Classifieds are free to members. Nonmembers will need to pay \$1. per line and \$10 for a picture. It is hoped that members will give a donation to the ASNC if their advertised item is sold. If you have any questions, please contact: **Kathleen Wright, Editor** at 919-309-9622 or 919-672-0149.

Cover Artwork: Baron Arild Rosenkrantz: "Woman Clothed With the Sun"

ASNC and Initiatives, April 1 – May 10, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Light's Gift Study Group-10a Threshold Group-3:30p	2 Rose Cross Study Group-7:30p Wilmington Study Group-7:30p	3 EWS-Adult Eurythmy-8:30a	4 EWS-8 th Grade Music Evening-6:30p	5 Apocalypse Study Group-3p
6 The First Class-10:45a (Review-9:30a) Winston-Salem/Yadkin Valley Study Group-6p Greensboro Study Group-7p	7 Staying Connected to the Dead Study Group-3:30p	8 Light's Gift Study Group-10a Threshold Group-3:30p ASNC Festivals Committee-7:30p	9 Rose Cross Study Group-7:30p Wilmington Study Group-7:30p	10 EWS-Adult Eurythmy-8:30a	11	12 Apocalypse Study Group-3p Mystery Drama Reading 9a
13 Winston-Salem/Yadkin Valley Study Group-6p Greensboro Study -7p	14 Staying Connected to the Dead Study Group-3:30p	15 Light's Gift Study Group-10a Threshold Group-3:30p NDE Study-7p	16 Knights Templar Lecture – 7:30p Rose Cross Study Group-7:30p Wilmington Study Group-7:30p	17 EWS-Adult Eurythmy-8:30a	18	19 Asheville Study Group-2p Apocalypse Study Group-3p
20 Winston-Salem/Yadkin Valley Study Group-6p Greensboro Study Group-7p	21 Staying Connected to the Dead Study Group-3:30p	22 Light's Gift Study Group-10a Threshold Group-3:30p ASNC Board – 7:15p	23 Rose Cross Study Group-7:30p Wilmington Study Group-7:30p	24 EWS-Adult Eurythmy-8:30a	25 ASNC Branch Meeting for all members 6:30p	26 Apocalypse Study Group-3p
27 Winston-Salem/Yadkin Valley Study Group-6p Greensboro Study Group-7p	28 Staying Connected to the Dead Study Group-3:30p	29 Light's Gift Study Group-10a Threshold Group-3:30p	30 Rose Cross Study Group-7:30p Wilmington Study Group-7:30p	May 1 EWS-Adult Eurythmy-8:30a	2	3 Nature and Rhythm workshop 8:30 a Apocalypse Study Group-3p
4 Winston-Salem/Yadkin Valley Study Group-6p Greensboro Study Group-7p	5 Staying Connected to the Dead Study Group-3:30p	6 Light's Gift Study Group-10a Threshold Group-3:30p	7 Rose Cross Study Group-7:30p Wilmington Study Group-7:30p	8 EWS-Adult Eurythmy-8:30a	9	10 Apocalypse Study Group-3p

For information about events, or to **add events** for upcoming months, e-mail: lfolsom@nc.rr.com, or phone Linda Folsom at (919) 493-8323. Please turn in calendar events by the 20th of the month for the next month.

Calendar Details: April 1 – May 10, 2008

ASNC

April 6, 9:30am – **Meeting of First Class**. Class 16 review lesson, 10:30 AM Class Lesson 17.

April 8, 7:30pm – **ASNC Festivals Committee** meets at the home of Linda Folsom, 493-8323. Please join us if you are interested in continuing to bring the Festivals to our community.

April 12, 9a-5p – **Mystery Drama Reading** at Mark Eisen. M.D. 932-1231

April 16, 7:30 p – **Lecture on The Knights Templar** with Andrew Linnell at EWS.

April 22, 7:15pm - **ASNC Board Meeting** – Meeting at the home of Peg Carmody. Contact one of the Board members for more details: Peg Carmody, (919) 768-7470 / mcarmody@nc.rr.com

April 25, 6:30 pm – Branch Meeting with dinner at the home of Roger Schultz 5624 Earl Rd., Durham.; 471-3573

Christian Community

Christian Community Lay Gatherings – Margit Gratzl is hosting weekly lay gatherings in her home – they include reading and discussion of the Gospels. Everyone is welcome. Margit's address is 519 Wheeling Circle, Durham, 27713. Please call Margit if you have questions - (919) 484-2764.

Other Activities of Interest

April 15, 7p - **NDE Study Group** - a once-a-month study group for near-death experiences (NDEs). the Raleigh/Durham Friends of IANDS group, part of the International Association for Near-Death Studies. This is part of our research work in the fields of consciousness studies, neuroscience and NDEs. We will be studying and sharing information on the near-death experience (NDE), depending on people's interests. We welcome all people who are interested in NDEs, especially those who have had an NDE are invited to share their experience with the others. At the home of Robert and Suzanne Mays, 5622 Brisbane Dr, a few miles north of Chapel Hill, just north of I-40, off Mount Sinai Road. See this Google map for directions. If you need more information or directions, please call us at 919-929-1073 or mays@ieee.org .

May 3, 8:30am-4:30 pm Workshop on "**Nature and Rhythm as Healing Forces: Moving and Breathing Into Health**" with Margaretta Bornhorst R.N., Margaret Heath, Suzanne Mays and Carol Brick; Call Margaretta Bornhorst at 824-7337 for more information.

Study Groups:

The Apocalypse Study Group – Saturdays at 3pm. Current book is Reading the Pictures of the Apocalypse, by Rudolf Steiner. Please check with Linda Folsom for gathering place – 493-8323.

Asheville Study Group – meeting the third Saturday on most months, at 2pm, at the home of Lucille and Peter Clemm, (828) 658-1423. Please call the Clemms prior to attending for confirmation of time and place.

Biodynamic Study Group – The Biodynamic Study Group is meeting once-a-month for Saturday work mornings (suspending the Thursday evenings for now). Usually the work mornings will be at our homes, but sometimes they can be a community outreach. It's important to get as many folks educated re: biodynamics and preps sprayed around as possible. For more information and meeting locations contact Sandy Demeree, 341-8934

Child's Needs Study Group - monthly, on a selected Saturday morning, from 10a – 12n. Location varies between Chapel Hill and Durham. Currently reading: Learning to Experience the Etheric World: Empathy, the After-Image, and a New Social Ethic. Also doing movement, speech, and storytelling. Please call Lauren Mills with any questions – 968-7721, or mills.lauren@gmail.com.

Greensboro Study Group - Sunday nights, 7 pm. Contact Sandy LaGrega (336) 292-7947; Judy Boyd (336) 454-2451.

Light's Gift Study Group - Call Carol Brick for schedule or information (336-694-5493).

Rose Cross Study Group – Wednesdays, 7:30p, at the home of Judy Granberry, 95133 Vance Knoll, Chapel Hill, NC 27517, phone 967-4671. Newcomers are welcome! Please call Judy with any questions.

Staying Connected to the Dead - study group meets on most Mondays from 3:30-5:30pm at the home of Sandy LaGrega or Jo Leeds in Greensboro. Please call Sandy at (363) 292-7947 or Jo at (336) 299-4361 for latest information. Threshold Group – Tuesdays, 3:30pm – contact Elaine Upton, (919) 928-8422. Reading The Michael Mystery, by Rudolf Steiner. We read to the so-called dead.

Wilmington Study Group – each Wednesday, 7:30pm. Contact Anna Bowman, (910) 792-0959, for more information.

Winston-Salem/Yadkin Valley Study Group – This anthroposophical study group meets Sunday evenings from 6-8 p.m. Call Sarah Putnam at 336-940-6004 for information and directions.

ASNC MEMBERS EXPERIENCE A MEANINGFUL HOLY WEEK

For the second year, members of our ASNC community joined together to share in the events of Holy Week. Emil Bock's book *The Three Years* provided the theme of the week with the chapter on Holy Week, which shows how the mood of the planets affected what transpired each day of the week.

Palm Sunday began with a delicious home-made dinner at Roger Schultz's home. Members then gathered in the living room where readings from Bock and the Gospel took place, followed by a discussion.

The Bornhorsts hosted Monday through Saturday. Monday's reading included some Easter legends, particularly one that related to the planetary mood of Monday. The story of the "Hare in the Moon", which illustrates how the Easter Hare was a prefigure of the Christ in ancient times.

Tuesday's Mars energy is reflected in the verbal wars the Scribes, Pharisees and Sadducees waged on Jesus. Following the readings, members related the events to their own lives.

Spy Wednesday, the day when Judas betrayed Jesus for 30 pieces of silver evidences the mercurial nature of Judas and Mary Magdalene. Following the Bock reading, two selections were chosen from the book *Bread and Wine*, which is an anthology of Easter sermons, lectures, poems and short stories, by some of the greatest writers and thinkers of all time. We read an Easter legend about Judas from Madeleine L'Engle and an essay by St. Augustine, whom Steiner has revealed is the reincarnation of Judas. It was interesting to note how the fiery, melancholic personality of

Judas was evident in St. Augustine as well.

Holy Thursday's readings were followed by a beautiful Communion ritual led by Margaret Heath.

By strange coincidence, fourteen persons attended on Good Friday when the 14 Stations of the Cross were commemorated with readings from Judith von Halle's new book *The Secrets of the Stations of the Cross and the Holy Grail*. The reading was long, taking nearly the entire 3 hours to get through it all. It was interspersed with beautiful, solemn music, which included Vivaldi's *Stabat Mater*, Wagner's "Good Friday Music" from *Parzival* and Robert Mays sang a beautiful a cappella "Were You There When They Crucified My Lord?" During the discussion time, it was noted that today the Full Moon occurred exactly at 3 PM, the time of Jesus's death.

The theme of Holy Saturday was "The Descent into Hell". Selections were taken from Judith von Halle's *And If He Hath Not Been Raised* and the Holy Saturday reading from Bock's book. Each evening, the discussions covered many topics and were very profound and personal.

Ten persons bundled in blankets greeted the spectacular Easter sunrise on Edward's mountain near Judy Frey's home. Members shared thoughts, poetry and singing and then went into Judy's house for a delicious buffet breakfast and a very warm and joyous fellowship.

It is hoped that this Holy Week observance will become a tradition in our community just like the Holy Nights of Christmas.

PEG CARMODY TO SERVE AS PRESIDENT OF ASNC BOARD

We are pleased to announce that Peg Carmody has accepted the role as our new ASNC President. Congratulations Peg! We want to thank outgoing President Jim Biggins for the great job of leading and representing our branch which he has done these past three years. We wish him the best of luck in his new endeavors!

We are excited to see what new directions Peg will take the community. She has been a member of our community since 1985, and has served in many capacities over the years. Below is her first message to the community.

- Kathleen Wright

From the President....

When Jim Biggins and Mike Senkpiel stepped off the Board at the end of their terms in March, Kathleen Wright, Secretary; Nancy Willson, Vice President and myself, Peg Carmody, Treasurer, were left. The ASNC by-laws state we must have a President and a Secretary, and they must be two different people. Nancy is out of town indefinitely helping a friend, so I agreed to serve as president. I am looking forward to strengthening our community's warmth, growth and development with your help. My work on the Festival Committee these past three years and my involvement with study groups over the years has enhanced my understanding of Rudolf Steiner's work and given me a chance to meet and share that understanding with many of you in the community.

Anthroposophy has provided a framework for my life for many years,

bringing it much joy and some struggle. I began studying Anthroposophy in 1978 when I attended the Waldorf Institute of Adelphi University at the Garden City Waldorf School. I taught at the Rochester Waldorf School and Emerson Waldorf School for 13 years. I am currently a social worker at Durham County Social Services. My main responsibility there is parenting education for those who wish to become foster or adoptive parents. I grew up in New England and New York State as the oldest of 6 children. I have one son, Sean, who is 25 years old and lives in Albany, NY. I have lived in NC almost 23 years.

Kathleen and I will be calling those we think have time and interest in serving on the Board as the work the community has come to expect is too much for just three people. You do not have to wait for our call, however- you can e-mail us at: mcarmody@nc.rr.com or kathleenwright51@peoplepc.com or call either of us, Kathleen at 919-309-9622 or myself at 919-768-7470 and arrange to visit as many board meetings as you and we feel necessary to decide if we can work together. The board can be as many as 9 people, so don't hesitate thinking there are not enough openings! Our next meeting is scheduled for Tuesday, April 22 at 7:15 at my home at 711 West Knox St. in Durham.

We look forward to serving the community in ways that you feel are supportive and inclusive. Please contact us with any suggestions. Hope to see you soon!

Warmly,
Peg Carmody

ASNC BOARD ANNOUNCES: FIRST BRANCH MEETING APRIL 25, AT 6:30 PM

By Peg Carmody, ASNC Board President

Our first ASNC Branch Meeting will be at the home of Roger Schultz, 5624 Earl Rd., Durham, 27712 on Friday, April 25. We will begin with dinner at 6:30 p.m., and follow with a discussion of what form the group would like the meetings to take, and when they should be scheduled.

In November, Nancy Willson, Suzanne Mays and I met to see if the ASNC Events Committee could be restarted. We felt that there was not enough interest in the community if it were just the three of us, and we then discussed monthly branch meetings as a way to strengthen and grow our small community. The ASNC Board agreed.

These meetings will be open to anyone who wishes to know more about Rudolf Steiner's work and how we can use what we learn from it to meet the challenges of everyday life. If a decision is made regarding ASNC business, only those members who are up to date with their dues will be able to vote. These meetings will be informal but structured. They will be different from a study group in that the focus will not be a particular text, although people may wish to bring quotes or articles from various publications to stimulate our discussions. If you wish to participate and can not attend on April 25, please call Peg at 919-768-7470, or e-mail her at mcarmody@nc.rr.com with your ideas about how to proceed and when to meet before Thursday, April 24.

MORE ABOUT THE IMPORTANCE OF BRANCH MEETINGS

From: Kathleen Wright, ASNC Board Secretary

It is really vital that members attend our Branch meetings. Because our Board is so small, we need to rely on you, our dear members to help us make important decisions.

One of the first things I intend to bring up at the Branch meeting is our Branch Budget. Where do you want to see your dues going and in what proportion or amount? Some suggestions include: scholarships for members (that means YOU!) to go to conferences, scholarships for the Foundation Year Studies, fees for well-known guest speakers, books for our branch library, the Heart Fund, the Waldorf China Initiative, the newsletter, publicity in local New Age magazines, the Branch Home Fund, room rentals for our events, supplies for the Festivals, the EWS Annual Fund. What else would you like to see on that list? You must attend or communicate with us in some way if you wish to have a say in the matter.

Also, what topics do you want brought to the Branch meetings that would make you want to attend? How about Biography workshops, building a communication tree, brainstorming about how to reach more people, what gripes do you have? What Anthroposophical initiatives are you interested in? Is there an article you would like us to discuss? Are there any aspects of Steiner's philosophy that you find difficult to grasp

The Branch meeting is where it all happens IF you decide to be there. Remember if you can't be there, send an email to Peg or give her or me a call. See you at the Branch meeting!

ANDREW LINNELL RETURNS TO GIVE LECTURE ON THE KNIGHTS TEMPLAR

We are pleased to announce the return visit of Andrew Linnell to our community for a brief visit during which he will give a lecture on the Knights Templar at the Emerson Waldorf School on Wednesday, April 16 at 7:30 PM. At least 30 members of our community attended Andrew's talk about Nanotechnology a few years ago. It was truly fascinating, and this talk promises to be as well.

Andrew Linnell, who lives in Hudson, Massachusetts, will present a deep look into the secret wisdom of the Knights Templar, examining how and why this wisdom became expressed in Florentine art. Andrew will explore the Templar form of initiation and their focus on healing Christianity. He'll explore their downfall and the implications towards the founding and hopes for America. Andrew will use slides to show several mosaics and paintings.

Linnell has been a member of the Anthroposophical Society since 1979. He is a consultant for EMC in Hopkinton, MA. A graduate of University of Michigan (MSE '72) and Emerson College (England '79), Andrew has been lecturing on "Effects on Future Society from Nanotechnology and Virtual Reality", "St. John's Gospel", "Agape Love", and Knights Templar themes.

ANTHROPOSOPHICAL SOCIETY ISSUES HANDBOOK FOR GROUPS AND BRANCHES

The ASNC Board has received a CD-ROM from the Anthroposophical Society in Ann Arbor, which contains their new 259 page Handbook for Groups and Branches. The book is excellent and very useful for anyone wishing to get involved in an Anthroposophical community.

The Handbook contains an incredible amount of useful information, including: an introduction to how the Society is organized, its history in Europe and America, the Theme for the Year, the structure of the US Society, types of Groups, a listing of all the groups and branches in the country, all about the School of Spiritual Science, Initiatives and Programs such as the Rudolf Steiner Library and the Traveling Speakers Bureau, Documents of the Society; how to start a branch, founding ceremonies, creating festivals, stages of development for groups, nurturing the Being of the Branch, newsletters and letterheads, graphic forms, all about Study Groups, anthroposophical conversations, reaching those who have died, Event Planning, Regional and Sectional Activities, the Anthroposophical Prison Outreach Program, and much more.

I took the CD to Staples and was shocked when I got the bill for a copy of The Handbook—It was over \$42! If anyone has an idea of how to print it cheaper, please let me know. However, we won't print any without specific orders from you. So, if you would like a copy of the Handbook and are willing to pay for it, or if you have a suggestion for how to print it cheaper than what Staples charged me, please contact me: Kathleen Wright at 309-9622 or by email: kathleenwright51@peoplepc.com

THE YOUTH SECTION ACTIVIST TO GIVE PRESENTATION AT EWS HS

Our community is honored to have as its guest, Kathleen Morse, a young woman who is very active in the Section for the Spiritual Striving of Youth Today, one of the 11 sections of the school of Spiritual Science. Kathleen will be visiting our community in Chapel Hill from May 12-16. While here, she will be giving talks to the high school students at the Emerson Waldorf School and she will also give an evening lecture for adults about the work of the Youth Section and in particular, about the organization she helped co-found, which is known as IDEM. As of our publication date, the exact time of her talk has not been determined.

The letters IDEM stand for Identity Through Initiative. Its website is www.idem-network.org The organization connects people who want to make a difference with poor countries where help is needed for specific projects, which are called work camps. It sounds like a great alternative to the Peace Corps, which demands a two-year commitment and has all sorts of rules and regulations because it is involved with the federal government. IDEM, which was founded by young idealists, on the other hand, allows one the

freedom to give as much time as you want and to choose where you serve, as opposed to the Peace Corps which tells you where you will serve and what you will do.

As far as Kathleen Morse's background goes, she was born in East Patchogue, NY and has a master's degree in Waldorf Education. She has taught elementary education in Saranac Lake, Long Island and Brooklyn. She directed a non-profit Youth Center for at-risk teens in Saranac Lake. She was a class teacher at the Saratoga Springs Waldorf School until 2006. She helped co-found IDEM, which has resulted in her travels and work in South America, Europe, Kenya and the Middle East. Kathleen gives workshops on globalization and strives to inspire young people to make a difference in the world. Her hobbies include painting, singing, knitting, and organizing events. She is an activist working for social change through her outer and inner work.

For more information about Kathleen Morse and her visit here, please contact Nathaniel Williams at nafanyel@yahoo.com. Or see the next issue of the *Sophia Sun*.

**“FROM THE ASHES OF 9/11: CALLED TO A ‘NEW BIRTH OF FREEDOM’”
A WORKSHOP WITH JOHN ALEXANDRA
May 16-18 in the Richard’s Room at EWS
SPONSORED BY THE TRAVELING SPEAKER’S BUREAU AND THE ASNC**

John Alexandra is a co-founder of a community bank in Pennsylvania called the New Century Bank, where he has served as Vice Chairman and Chief Financial Officer. He spent eleven years at J.P. Morgan, the Wall St. investment bank, where he was a Vice President. Previously, he taught for 17 years, in Green Meadow Waldorf School and at Sunbridge College. A Certified Public Accountant, Alexandra holds an M.B.A. in Finance from the Stern School of Business at NYU, and an M.A. in Mathematics and Physics from the University of Edinburgh, Scotland. The author of *Mephistopheles’ Anvil: Forging a More Human Future*, he has conducted lectures and seminars in the US, Canada and Europe on issues of economics, finance and social transformation. He has been a member of the Anthroposophical Society for over 40 years.

In describing his workshop theme John wrote:

“Since 9/11, we have been engaged in the so-called ‘War on Terror’, the Iraq War, and furthering policies to bring Western freedom and democracy to the peoples of the world. Like the former Yugoslavia, hot spot of the 1990’s, Iraq was a nation created in the aftermath of World War I, when the European and the Middle Eastern maps were redrawn as the Ottoman and Austro-Hungarian empires collapsed. Underlying this map-redrawing lay the unquestioned model of the nation-state, the idea that Rudolf Steiner challenged in calling for the threefolding of society. His insights can shed light on the seeming impossibility of reconciling Shiites and Sunnis within a single free Iraqi state, or Muslims and Serbs in a single Balkan state,

9/11 certainly sounded a wake-up call, but it wasn’t only a call to military action, or for the U.S. to export freedom and democracy. It also sounded a deeper call to us as individuals—a call we have yet to recognize: to midwife a deeper, individual “new birth of freedom,” in the sense of Lincoln’s words at Gettysburg.

To meet such national and individual challenges, we need to develop an actively engaged consciousness; one that can plumb both the underlying dynamics of historical evolution and the forces moving our neighbors’ lives—whether they live down the street or on the other side of our global village.”

His talks will make reference to the contributions of Lincoln, Martin Luther King, Kaspar Hauser, Thomas Weihs, Spinoza, the Knights Templar and many others who have contributed to the theme of Freedom and the threefold Social Order.

In addition to John Alexandra, the workshop will feature Eurythmy with Eve Olive and Speech/Drama with Margaret Heath. A delicious buffet luncheon will be provided by Chatham Marketplace, whose main Chef is our own Jeff Barney. Cost for the entire workshop, including lunch, is \$65. Work scholarships are available. No one should stay away who cannot afford to attend. One can also attend individual sessions of the conference for \$15, although the Friday night opening session is just \$10.

Suggested reading for the Conference:

Towards Social Renewal: Rethinking the Basis of Society, by Rudolf Steiner, Rudolf Steiner Press, London, 1999. Especially the Appendix: “To the German People and the Civilized World,” pages 116-120.

*****PLEASE SEND IN YOUR REGISTRATION AND PAYMENT FOR THIS CONFERENCE AS SOON AS POSSIBLE. For further information, please contact Kathleen Wright at 919-309-9622 or 919-672-0149 or kathleenwright51@peoplepc.com**

**“FROM THE ASHES OF 9/11:
CALLED TO A NEW BIRTH OF FREEDOM”**

Friday, May 16, 2008

6:15-7:00 Registration, Refreshments, Getting Acquainted

7:00-9:00 Lecture / discussion forum / artistic work*
Lincoln, King and 9/11

Saturday, May 17

9:00-12:30 Lecture / discussion forum / artistic work*
1776-1865: Seeds for a New Society

Lunch break

2:30-4:30 Lecture / discussion forum / artistic work*
1917: A New World is Born:
Steiner's Challenge to the Nation State

Dinner break

7:00-9:30 Lecture / discussion forum / artistic work*
Threefolding as Sense-Organ for Social Reality

Sunday, May 18

9:00 Tea/coffee

9:30-12:30 Lecture/discussion forum / artistic work*
9/11: Renewing the 60's Challenge to Social
Transformation

*Each session will include lecture, discussion forum, artistic activity in eurythmy, speech or drama, and a break and snack time.

FROM THE ASHES OF 9/11
REGISTRATION FORM

Name _____
Street Address _____
City, State, Zip _____
Email _____

COSTS--please check all that apply
FULL CONFERENCE, \$65 \$ _____
(includes lunch). Work scholarships are
available; please call Kathleen Wright

PARTIAL CONFERENCE

Lectures only, lunch is extra

Fri. evening \$10 _____
Sat. morning \$15 _____
Sat. afternoon \$15 _____
Sat. evening \$15 _____
Sun. morning \$15 _____

(Please note: it is strongly advised to attend the entire
conference or as many lectures as possible for continuity.)

Saturday organic buffet LUNCH
(Catered by Chatham Marketplace) \$10 _____ (Pay only if
you are not attending the entire conference)
Total Due _____

Please make checks payable to:
The Anthroposophical Society
and mail to:
Kathleen Wright
4615 Greenglen Dr.
Durham NC 27705

FOURFOLD PATH TO HEALING CONFERENCE HELD AT THE DURHAM- MARRIOTT HOTEL

Nearly 140 people attended the Fourfold Path to Healing Conference at the Durham Marriott Hotel the weekend of February 29-March 2. This traveling conference features the authors of a book of that same title: Anthroposophical Physician Thomas Cowan; nutritionist and President of the Weston A. Price Foundation, Sally Fallon; and founder of the Spatial Dynamics movement, Anthroposophist Jaimen McMillan..

Ten members of our ASNC Community attended the conference including: Margaretta Bornhorst, Ann Callaway, Suzannah Hough, Claire Alvarado, Ann Mandeville-Long, Lisa Stauffer, Joy Kwapien, Dr. Mark Eisen, Margaret Heath and Kathleen Wright. Our community represented the Anthroposophical Society in America at the Conference and we had a table of over 200 Steiner Books, many of which we sold.

Each of the three keynote speakers lectured at one group session and then participants had to choose a “track”, all the lectures of just one of the speakers. I attended most of Thomas Cowan’s sessions.

One of the best features of the conference was the delicious meals, which were based on recipes from Sally Fallon’s cookbook *Nourishing Traditions*. The food was provided by the vendors.

I took about 50 pages of notes and of course, cannot repeat it all. If you wish more information than is written here, please call or write the editor. The rest of this article will be mostly tidbits of advice and interesting information that I gleaned from the many talks at the conference.

Wrong Is Right

The overall theme of the conference could be stated as: “Everything you know about nutrition and allopathic medicine is wrong.” For example: Raw whole milk is good for you; pasteurized milk is very bad. Soy is bad for you, but lard is good. Antibiotics and statin drugs are dangerous drugs that should not be taken except under extreme conditions. Instead of antibiotics, Tom prescribes andrographus (an Ayurvedic herb), a high dose of Vitamin D (sunshine), Echinacea and colloidal silver. Fermented drinks are far more preferable than fresh fruit drinks. The sun is good for you and you should be out in it as least an hour a day. Lean meat is garbage, while fatty meats such as organ meats are the most nutritious. Low fat = low libido (in fact, the whole low fat/ high fiber movement was founded by people who hated sex and wanted to find ways of making people stop desiring it!). Fat is far more

important for you than protein. Egg yolks are good for you; whites not so good. (It is the whites of the egg that can cause allergies; also the whites contain nitrogen, which can overstimulate the astral body.)

Dr. Cowan stated that a fellow physician once told him that if you want to know what allopathic doctors know, read the business page of your newspaper. Modern medicine has not kept up with spiritual evolution.

Two of the top 5 most important books he has ever read are: *Nourishing Traditions* by Sally Fallon and *The Secret History of the World* by Mark Booth. Dr. Tom has a website at www.fourfoldhealing.com. If you want to find any research publication in the world, go to www.NLM.NIH.GOV.

Another book recommendation that Dr. Cowan gave is *The Schwarzbein Principle* by Dianna Schwarzbein. The author is an endocrinologist. Suzanne Sommers has followed the principles in it, and has been cancer-free for many years as a result.

Waldorf Is Better

Cowan also cited a research study in a magazine called the *Journal of Allergies* (January 2006 pages 59-66) on Waldorf children and how they have 40% less allergies than public school children. The reasons given for this phenomenon are: Waldorf students take less antibiotics, less vaccines, they drink more raw milk and fermented vegetables. He stated that the Waldorf School Association has adopted the “nourishing traditions diet” as their official diet. Cowan states that every day he has egg yolks and greens for breakfast and he eats sauerkraut and meat every day. (He is extremely healthy and looks much younger than his years.)

Forget about calories—they have nothing to do with how much you weigh. It’s all about your hormonal situation, especially your insulin resistance. Atkins proved this. Protein and fats do not affect your weight; your size and genetic make-up do this. Carbs are fuel for activity; the more you exercise, the more carbs you need. If you don’t exercise, don’t eat a lot of carbs. 60-70 calories of carbs a day is sufficient for a sedentary person. Hypoglycemic drugs poison your liver, even though they may lower your blood sugar, so it’s best to control your blood sugar with a healthy high fat and protein diet. He also emphasized that specific carbohydrates are more important than simply doing a low carb diet.

Cowan also highly encouraged us to look into the Super Slow Weight Training exercises. It sounds too good to be true, but he swears it works for him: twenty minutes a week of 6 movements using a special resistance machine. He says it helps with sleep, joints, lowers blood pressure, is anti-aging and helps with virtually all health problems.

Cowan advised against cancer screening tests, especially mammograms,

colonoscopies, the PSA test for prostate cancer and tests for melanoma. He illustrated the many fallacies with the research results and implied that these are all money-making schemes. He also cautioned that surgery causes cancer to spread and metastasize, interfering with the body's natural response to encapsulate tumors. Cowan recommends Iscador and digitalis for cancer.

The Heart IS Not A Pump

An excellent lecture on the heart and how important it is to realize that the heart is not a pump was given by Dr. Cowan in his final session. He also told about the real causes of heart attacks, and said that it has now been proven that blockages do not cause heart attacks—they are the result of heart attacks. Most occur after death. 70% of people who have heart attacks have clean arteries. He recommends digitalis and strophanthus as cardiac tonics. Heart attacks are caused, he says, when cells don't have enough oxygen and food, and so they die due to damaged or diseased capillaries, which cause lactic acid to build up. The necrotic inflammatory response kills the heart cells and puts inflammatory debris into the arteries. How do you get diseased capillaries? Primarily from diabetes, smoking, stress (causes your body to make adrenaline which constricts the capillaries and builds up lactic acid.) Digitalis opens up the capillaries and improves the efficiency of the metabolism. The body makes its own digoxin in the adrenal glands. It is made out from cholesterol!!! Digoxin production is thus inhibited by Statin drugs; therefore statin drugs do not prevent heart attacks—they prevent your body from being able to fight heart attacks! All of this is reported in the Journal of Biochemistry, but the pharmaceuticals continue to spout their false claims about the so-called benefits of statin drugs.

No More Soy!

Sally Fallon gave us fascinating information about nutrition. Soy is absolutely a dreadful substance. It blocks absorption of calcium, magnesium, iron, copper and zinc. It blocks protein absorption, swells the pancreas, blocks thyroid function, lowers cholesterol (cholesterol is vital for health!); irritates the GI tract, can cause brain damage in infants, lowers testosterone, can cause kidney stones, can cause manganese poisoning which gives one autistic symptoms. Sales for soy products went up 400% when the healthy heart label was put on it. Yet, the FDA has NOT even approved the use of soy! This nasty legume increases one's need for Vitamins E, K, D and B2.. Many toxins are formed in soy during its production such as nitrates, aluminum, fluoride compounds, and MSG, which is a neurotoxin. Contrary to popular belief, in Asia, very small amounts of soy are used. The average Japanese person consumes 2 tbsp. per day of soy, while the average Chinese person only consumes 2 tsp. In animals, soy has been known to cause

infertility, thyroid disease and liver disease. An infant on soy milk gets a dose of estrogen 10 times greater than the level an Asia adult eats per day. Eating soy is very likely the cause of premature maturation in girls and low sperm counts in men. Also, the genistein in soy is found to be more carcinogenic than DES. The US food industry puts soy in just about all processed foods, and most animals are fed soy diets. On top of this, soy has had one of the worst impacts in the world on our environment. Millions of acres of rainforest hardwoods have been cut down to create fields to grow soy in, not to mention that most soy is a GMO.

Raw Milk

Sally then spoke about the wonder food, Raw Milk, which our state of North Carolina has banned. She stated that NC, NJ and MD are the worst states in the US for freedom of choice in nutrition. Sally gave us pages of notes on the benefits of raw milk and the worthlessness of pasteurized milk. She also emphasized the important of grass fed meats over grain fed meats.

One other interesting note she brought out was how the various food groups nourish the different soul bodies of humanity. Carbohydrates are connected with the physical body, water with the etheric body, proteins with the astral body and fats with the Ego. Therefore, she concluded, fats are the most important of the food groups, yet our allopathic physicians are so anti-fat.

For more information about Sally Fallon's ideas on nutrition check out her website: www.westonaprice.org

One regret that I have about the conference is that I didn't get to hear or work with Jaimen McMillan. If any of you other attendees took Jaimen's track, please write something for next month's newsletter. I'm sure his workshops were great.

EWS SENIORS PRESENT FINAL PROJECTS

In the Waldorf tradition, the Senior year culminates in a project—chosen by the student, mentored by the faculty. Projects require students to devise, plan, complete and publicly present a significant undertaking. In the past, one student built his own electric guitar, and played his original compositions on it. Another developed an equestrian riding test, set to music. Others have started a small business, recorded CD's, and produced animated films. Come see what our students can do! The date, time, and location for these presentations have not been determined, pending the hopeful completion of our high school addition. Estimated dates are: Tues, April 29 – Thurs, May 1. For the exact time and location, visit www.emersonwaldorf.org for an update closer to the event.

**ADVICE FROM DR. MARK:
DONATE \$100 TO THE ASNC WITHOUT COST TO YOU!**

Dear Friends,

This is a totally legitimate offer reported by me, Mark Eisen. I am sending this to you to help raise funds for the Anthroposophical Society in NC.

I bank at Suntrust Bank (formerly CCB). They have had a promotion going on since last Fall (I'll explain in a few lines.) It was to have ended at the end of December. It was extended to the end of March, and has now been extended again until June 30th. This means it is of some benefit to the bank—I was told by one employee that they have even been promoting it to local churches. They obviously want to woo customers to their bank, and it seems to be working. You don't have to stay with them if you don't want to do so. When you close your account, you will, of course, get your remaining funds returned.

The gist is that you open a new checking account (for any amount of money) and get a debit/check card for that account. After the first purchase (for any amount) made with the debit card you will be eligible for a \$50 gift card which is for you, or you can have \$100 donated to any recognized 501(c)3 charity in your name. You will get the tax deduction. You are asked to keep the account open for a specified time or at least as long as it takes for the \$100 to get transferred to the charity. The offer is called "Our Checking. Your Cause." You can check it out at www.suntrust.com/mycause.

I am urging you to use this opportunity to support the ASNC and/or other charities. When I heard about this, I was struck by the feeling that getting something for nothing was an ethically challenged idea, and was rarely what it seemed to be. I got worried about forgetting to register for the transfer in time, about forgetting to close the account if I didn't want to keep it; of having it become another morass of things to do and another card to carry. The concerns are legitimate, and many of you will have similar ones. Since I bank there, I am aware that they use my money every day and pay a pittance of interest in return. What I realized is this and every bank makes heinous amounts of money through fees of every kind, terrible penalties to customers, and usurious interest rates. Like most companies they are a business without soul and I don't think that will change in the near or far future. By participating, you put money to work in the cultural realm that might never reach it otherwise. You will also accrue the benefit of a tax deduction. The Good Part: What I do know is that you can direct funds without risk to the ASNC or the Anthroposophical Society in America or another not for profit charity or organization. You can do this if you keep alert and mindful. You need to remember the following:

- Use your debit/check card as soon as you get it. It can be for any small purchase like groceries, lunch, etc, for which you may have paid cash. You can destroy the card once you have used it if you don't want another card in your life.
- Register at the site indicated above as soon as you can after using the card. They will ask you to identify the Charity or Organization. The easiest way is by a correct name—in this case ANTHROPOSOPHICAL SOCIETY IN NORTH CAROLINA INC. The address is PO box 16024, Chapel Hill, NC 27516 (don't use it unless the name doesn't work by itself). Peg Carmody can give you the EIN number of the ASNC if necessary. It is also possible to register the redemption by phone at 866-266-2802.
- Remember to close your account at the right time if you choose not to continue your account with Suntrust. You will receive a letter indicating what that date is.
- If you have a small business you can also open an account for that business as long as you have different address—a second opportunity!

I wish you luck navigating this opportunity. It is not hard to do, but you need to be alert to do it! Remember—this money is not for you—it is for our culture. What a nice possibility! While I

am sure that there are many helpful persons at Suntrust to guide you through this, I have worked with Leslie from the University Mall branch and she has been very clear and helpful all along. She reassured me of the simplicity of the offer and reminded me of what to do. So far she's been right. The ASNC will soon have \$100 more. I generally abjure from offers like this since they seem like they will be some sort of scam, but I am so far satisfied that that is not the case.

So get with it and let Suntrust help you to redirect some money in a direction you believe in! Have fun doing it, too!

All the best,
Mark Eisen

OUR WANDERING FARMER RETURNS HOME TO INFINITY FARM

After months of visiting biodynamic farms around the country, Jon Lyerly has returned home to Infinity Farm where plans are in the making for the next phase of development in the farm's metamorphosis. Jon's mother, Joy Kwapien stated that this year will be a year of transition at the farm and there will not be a CSA. She promises that she and Jon will write a big article for next month's newsletter about the plans in store for the farm.

Meantime, please be sure to support Infinity Farm in its two local endeavors: Fridays from 2-4 PM at the Emerson Waldorf School and Saturday mornings from 8-12 at the Hillsborough Farmer's Market on Margaret Lane. They will be selling grass-fed beef, lamb, eggs and some in-season produce.

EURYTHMY CLASSES FOR ADULTS
LED BY EVE OLIVE
THURSDAYS MORNINGS at EWS
8:30-10:00 AM
IN THE EURYTHMY ROOM
\$40 FOR 4 LESSONS
Call 489-2564 for more information

HEARD THROUGH THE GRAPEVINE.....

Our dear member Natalie Slapo has been hospitalized since January 21. She is currently staying at Brookshire Nursing Home in Room 210 at 300 Meadowland Dr. in Hillsborough. (It is near the Sportsplex) She welcomes cards and visits. However, if you do plan to visit, please check that it is a good day, and that she will not be in physical therapy when you arrive. Natalie does not have a phone in her room, so please call her cell phone at 593-1415. Please keep up the prayers for Natalie as well. It really does help!

Fond Farewells:

We regret to say that we are losing some very dear and active members of our community: At the end of March, Suzannah Hough will have moved to Florida to take care of her Father and to be closer to her grown children, Bethany and Emerson. Suzannah is a biodynamic Farmer who has lived at Adelaide's Farm for many years and helped with the CSA movement here. She was active in the EWS Choir and attended many of our Festivals. Recently, she helped out at our book table at the Fourfold Path to Healing Conference.

In June, Elaine Upton will be moving to New Mexico. Elaine has been an active member of the Threshold Group, a strong supporter of all our community events and Festivals, as well as a writer for the Candle and the list-serve.

Andrea Williams has already moved on to Spring Valley, NY to work on the biodynamic farm there. Her husband, Nathaniel will join her there at the end of the summer. This young couple was very active in many areas of our Community, including the Waldorf School, the biodynamic farm, the Festivals, the First Class, planning the Youth Arts Conference last year, and so much more. We had hoped Nathaniel would join our ASNC Board if he had stayed here.

Less than a year ago, Jo and Robbie Forkish moved to California. Jo was active in the Christian Community and the Festivals Committee. We wish Suzannah, Elaine, Andrea, Nathaniel, Jo and Robbie the best of happiness and fulfillment in their new endeavors. We hope that they will keep close contact with our community and maybe even relocate here some day. They will all be sorely missed!

It seems like we are losing more members than we are gaining. Let us visualize a strong and active community in the near future! With these troubling times we are experiencing, we need Community more than ever.

Rudolf Steiner's Mystery Drama Readings
in Chapel Hill

On Saturday, April 12, 2008, we will read the fourth
Mystery Drama,

The Soul's Awakening

We have read the first three dramas and it has been wonderful. They are like a leaven in the soul, nourishing the imagination and encouraging us to do our inner work with steadfastness and patience. I hope it is a nice warm April day for this reading, so we can enjoy our lunch together outside. Again the actual reading time is under five hours, Don't feel that it is too late to join the readings!

- **How do I get a copy to read?**
- There are copies from the Jubilee Store for purchase.
- If any friends are willing to loan their copies for the readings please contact me.
- We have always had enough to go around. If we don't---we'll share. It is really nice to just listen to the readings at times.
- Everyone will have the opportunity to participate. If you don't want to read out loud you don't have to. We are not having a drama workshop, but a group reading.
- The idea is to experience these unique plays and do so with friends.
- Please dress comfortably, bring pillows, mats or extra layers if you need them (the house will be comfortable). If you chill easily and have a comforter, bring it! Bring extra layers if it's really cold, please.

FOOD

I will have hot water and teas, coffee and maybe some chocolate if you promise to come! We had great soups, salad, breads and goodies. If everyone brings a modest snack or easy dish, salad, etc. to share there will be plenty to get us through the reading without grumpiness. We can eat outside! Yaay!

Date: Saturday, April 12, 2008

Place: 1900 South Lake Shore Drive, Chapel Hill (please mapquest)

Time: **At 9:00 am promptly, please!** If we start on time we end on time!

Plan: Read 'till about 2/3 through, break for snacks/ light meal, feel refreshed, and finish up (about 4+ hours, sometimes 5).

Information: leave a message at work (967-9452) for me

Mark J. Eisen 1900 S. Lakeshore Dr Chapel Hill, NC, 27514 (919) 932-1231; (work) 919-967-9452

Big Birthday Celebration № 55

Dear friends! Please please come and join me for my thirty-second.....uh, forty-nin.....ummmmm, well some birthday or other.....well, this one! Yes, of course!

I got so excited about having a party that I forgot to send out the invitations. Oops and Duuuh and double Tscha!

This will be fun and a time of relaxation, music, and friendship. Musicians will be there so bring your axes and chops!

Don't worry about gifts—though I will need kids around to rip the paper off them if there are any...oh yes!

DATE: Saturday, March 29, 2008

TIME: 4:00 PM 'till we all get tired, but not too late....

MY HOUSE: 1900 South Lakeshore Drive (mapquest)
Chapel Hill, NC 27514
919-932-1231

Should be in the 70's—will be great on the deck. Yaaay!
I will have refreshments, light foods (cheese, breads, some green stuff, maybe a soup, chocolate, stuff), and music. Definitely
Music!

You can help by bringing any special beverages (ie favorite beers, etc), and whatever foods you'd like to share (salads good, filet mignon—ooh very good, noodles ohyes-ohyes, Swedish meat-a-balls a great crowd pleaser, **dessert----COWABUNGA!**

I can't wait to see youse all! Indubitably!
Mark Eisen, Dr. Mark, Don Marco, MJE, ME

**MAY 3 WORKSHOP OFFERS
 “NATURE AND RHYTHM AS HEALING FORCES:
 MOVING AND BREATHING INTO HEALTH”**

A one-day workshop organized by Anthroposophical nurse Margareta Bornhorst will feature how to do anthroposophical wraps and compresses, medical infusions, as well as Eurythmy, drawing, Heartmath, and music. The event is entitled “Nature and Rhythm As Healing Forces; Moving and Breathing into Health”. It will take place at the Durham Friends Meeting House, 404 Alexander Dr., Durham, NC 27705 on Saturday May 3, 2008 from 8:30-4:40 PM. The Friends Meeting House is located on Duke Campus across from the parking lot of the Ronald McDonald House.

Margareta Bornhorst R.N. will be presenting a workshop called “Home Health for Everyone: Rhythms in the Kitchen; Rhythms from Nature”. Other presenters include: Carol Brick, a former Waldorf teacher who will be presenting and guiding attendees in “Observing and Drawing the Plant: How Plants Reveal their Healing Nature”; Margaret Heath, a HeartMath provider who will be speaking on “The Healing Heart: Understanding How the Rhythm of the Heart Affects and Contributes to our Overall Health”; Suzanne Mays who will be playing the therapeutic Lyre, which she currently plays for patients at the Jaycee Burn Center and at the Medicine Intensive Care Unit at UNC Hospital. Participants, Led by eurythmist Ann Callaway, participants will perform Eurythmy with the theme of “Experiencing Rhythmic Movement: Breathing Between the Polarities”.

Participants are asked to bring: a bag lunch, an onion, a lemon and a piece of ginger root. One should wear soft-soled shoes or just wear socks for the Eurythmy portion of the program.

The cost for this event is \$45. if paid in advance and \$55 at the door or after April 25. So please sign up early! Please mail your registration fee along with your name, address and phone number to Margareta Bornhorst, 5800 Prioress Dr., Durham, NC 27712. If you have any questions, please call Margareta at 919-824-7337.

This promises to be a fascinating, practical and informative workshop, so don't miss it!

ASNC COMMUNITY CLASSIFIEDS

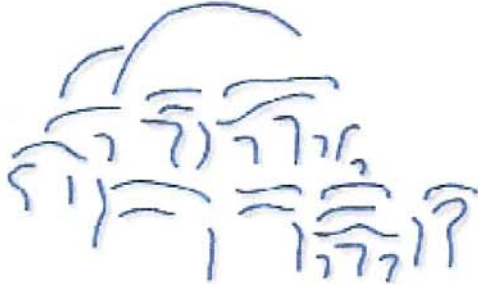
HEALING RHYTHMS – Anthroposophical and Holistic Nursing practice that offers therapies including wraps, compresses, poultices, flower essences, Rhythmical massage, therapeutic baths and foot baths, Aquatic therapy, Ai Chi and more. Will do house calls. **Call Margareta Bornhorst R.N. at 824-7337**

TUTORING – Former Waldorf teacher with master's degree in Special Education will tutor your child in most subjects grades 1-12 at your home, school or library. Help with homework, term papers, remedial skills, organization, IEP advocacy, test preparation, including SAT's; as needed or on a regular basis.
Call Kathleen Wright at 309-9622 or 672-0149

BLACK LAB PUPPIES (some full bred, some mix puppies) for sale! Whitted Bowers Biodynamic Fruit Farm has lab puppies born January 29, 2008. Our black lab is the mother, a yellow lab and a blue tick coon hound, the fathers. They have been raised with tons of love and fed on Infinity Farm biodynamic liver, eggs, and beef! Labs are known for being exceptionally affable, gentle, intelligent, energetic, and good-natured. They will be ready mid/end of April. We are asking \$150 (to help cover our costs). **Please contact us at 919.732.5132 or whittedbowersfarm@mac.com if interested.**



The Anthroposophical Society in North Carolina
 PO Box 16024 Chapel Hill, NC 27516-0913
www.AnthroposophyNC.org



What is Anthroposophy?

Anthroposophy is a human oriented spiritual philosophy that reflects and speaks to the basic deep spiritual questions of humanity, to our basic artistic needs, to the need to relate to the world out of a scientific attitude of mind, and to the need to develop a relation to the world in complete freedom and based on completely individual judgments and decisions.

Anthroposophy can also be called spiritual science. As such, it is an effort to develop not only natural scientific, but also a spiritual scientific research on the basis of the idealistic tradition, in the spirit of the historical strivings, that have led to the development of modern science.

Anthroposophy also is an impulse to nurture the life of the soul in the individual and in human society, meaning among other things to nurture the respect for and interest in other people on a purely human basis independently of their origin and views.

Various "daughter movements" of anthroposophy are biodynamic farming, Waldorf schools (see European Council for Steiner Waldorf Schools and the Association of Waldorf Schools in North America for the largest Waldorf schools associations), anthroposophical curative education (see European Council for Curative Education and the Camphill Association of North America) and anthroposophical medicine.

Excerpted from www.waldorfanswers.com



Please compost this magazine