



The Sophia Sun

Newsletter of the Anthroposophical Society
in North Carolina

February 2010

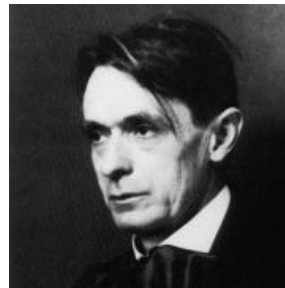
Volume III, Number 1

The Virtue For February (AQUARIUS) SILENCE BECOMES MEDITATIVE POWER

45th Week from *The Calendar of the Soul*

The power of thought grows firm
United with the spirit's birth.
It lifts the senses' dull attractions
To bright-lit clarity.
When soul-abundance
Desires union with the world's becoming,
Must senses' revelation
Receive the light of thinking

Rudolf Steiner



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Logo: "The Woman Clothed With the Sun" by Baron Arild Rosenkrantz (1870-1964)

ASNC and Initiatives, February 1 - 28, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For information about events, or to add events for upcoming months, please email: folsom@nc.rr.com, or phone Linda Folsom at (919) 493-8323, or mail to 3118 Dixon Rd, Durham, NC 27707.</p> <p style="text-align: center;">Next calendar will be in March, 2009. Items for that calendar should be sent by Feb 20, 2010</p>						
	1 Basic Books SG-7p	2 Festivals Committee Meeting-7:15p	3 Rose Cross SG-7:15p	4 Asheville Steiner SG-7p	5 EWS-Arts Night-6p	6
7 The Goethean <u>Conversation SG-3p</u> Asheville Soul- Weaving SG-2p WS Anthroposophical SG-5p <u>W/S-YValley SG-6p</u> <u>Pittsboro SG-6:30p</u> Greensboro SG-7p	8 Basic Books SG-7p	9 EWS-Window into Emerson Tour-8a Parzival video- 12:45p Near Death Experience SG-7p	10 Rose Cross SG-7:15p	7 Asheville Bio- dynamic SG- 10a	12 Sophia Grail Circle-6:30p	13 ASNC Watercolor and Our Perceptions of the Spiritual World Workshop- 10a
14 Meeting of the First Class-10:45a (<u>Review- 9:30a</u>) Choreocosmos <u>Classes-1p</u> The Goethean <u>Conversation SG-3p</u> Asheville Soul- Weaving SG-2p WS Anthroposophical SG-5p <u>W/S-YValley SG-6p</u> <u>Pittsboro SG-6:30p</u> Greensboro SG-7p	15 Basic Books SG-7p	16 Parzival video- 12:45p	17 Rose Cross SG-7:15p ASNC Board Mtg-7:30p	18 CC Steering Committee-7p Asheville Steiner SG-7p	19	20
21 CC Lay <u>Gathering- 10:30a</u> The Goethean <u>Conversation SG-3p</u> Asheville Soul- Weaving SG-2p WS Anthroposophical SG-5p <u>W/S-YValley SG-6p</u> <u>Pittsboro SG-6:30p</u> Greensboro SG-7p	22 Basic Books SG-7p	23 Parzival video- 12:45p	24 Rose Cross SG-7:15p	25 Rudolf Steiner Born 1861	26 Sophia Grail Circle-6:30p	27 ASNC Annual General Meeting- 1-4 p Rudolf Steiner christened 1861
28 The Goethean <u>Conversation SG-3p</u> Asheville Soul- Weaving SG-2p WS Anthroposophical SG-5p <u>W/S-YValley SG-6p</u> <u>Pittsboro SG-6:30p</u> Greensboro SG-7p						

Calendar Details: February 2010

ASNC

Parzival videos-Tuesdays, 12:45p - 2:45pm beginning on Jan. 26; no showing on Feb. 2. At the home of Kathleen and Bob Wright. In preparation for the March "Parzival and the Grail Question" Conference, Kathleen is inviting anyone interested to view the Ed Stone Parzival videos at her home. The videos mostly tell the story of Parzival and some symbolism is discussed. The videos are nine hours in length, so they will be viewed over 4 or 5 sessions. For more information contact Kathleen at kathleenwright51@peoplepc.com or call 309-9622 or 672-0149.

Feb 2, 7:15pm – **ASNC Festivals Committee** meets at the home of Linda Folsom on the first Tuesday of the month. Please join us if you are interested in continuing to bring the Festivals to our community. Contact lfolsom@nc.rr.com for more information.

Feb 13, 10am-4pm - **Watercolor and Our Perceptions of the Spiritual World Workshop**. Please come to a workshop on Saturday, held in the Oak Lodge at Camp New Hope on Rt. 86, north of EWS, between Chapel Hill and Hillsborough. Rudolf Steiner gave many indications of ways in which we can perceive how the spiritual world is attempting to communicate with us. In this workshop we will work with Steiner's indications to the world of color in a meditative way. Carol Brick, a former class and handworks teacher at EWS, has given many painting workshops in communities and Waldorf schools in the Northeast and locally. As an artist, Carol has exhibited in juried shows in central NC. This workshop is appropriate for persons with all levels of experience with Rudolf Steiner's color indications. Please bring your own bag lunch. \$35 tuition at the door plus \$4 Supply fee. Pre-registration is strongly suggested and would be appreciated so that we have supplies on hand for you to paint with. Call Margaretta Bornhorst at 919-824-7337 or Carol Brick at 336-694-5493 to register.

Feb 14, 9:30am – **The School for Spiritual Science, Meeting of First Class**. Review of last lesson at 9:30a, 10:30 AM Class Lesson. For more information please contact Suzanne Mays at 919-929-1073 or mays@ieee.org.

Feb 17, 7:15pm - **ASNC Board Meeting** – Meeting at the home of Board President Peg Carmody. For more details contact Peg Carmody at 919-537-8142 or mcarmody@nc.rr.com. To contact the ASNC by mail: PO BOX 16024, Chapel Hill, NC 27516.

Feb 27, -pm - ASNC Annual General Meeting at the home of Judy Frey, 55207 Broughton Dr., Chapel Hill, NC 27517

Christian Community

Feb 18, 7pm - Christian Community **Steering Committee meeting** at the home of Mary Beth Mueller.

Feb 21, 10:30am - **Lay Gathering of The Christian Community.** For information, email christiancommunity.nc@earthlink.net

EWS

Feb 5, 6-8pm - **Arts Night** - An evening of relaxed viewing of the many artistic projects, paintings, crafts and practical arts of EWS students. Held in the combined 6th and 7th grade rooms along with 8th Grade and the Eurythmy Room.

Feb 9, 8am - **Window into Emerson Tour** - see <http://www.emersonwaldorf.org/community/calendar/> for more details.

Other Activities of Interest

NDE

NDE Study Group - 7pm. Our meetings for the remainder of the year will be: February 9, March 2, April 6, May 11, and June 8. 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. For more information, please call us at 919-929-1073 or mays@ieee.org.

Choreochosmos:

Feb 14, 1pm at EWS. Talks and Movement with Kelly Calegar. For questions or more information, call Kelly Calegar, 919-361-0691 or visit www.eastcoastschoolofchoreocosmos.com

Sophia Grail Circle-

Feb 12 and 26, 6:30pm at the home of Marlene Joyce, 2578 Keck Dr, Burlington, NC

Please Note

Updates on events may be publicized by sending out an email to the asnc list serve: asnc-list@rtpnet.org.

Please go to the ASNC website to learn how to join the list serve so that you will receive up-dates and events:
<http://anthroposophync.org/mailman/listinfo/asnc-list>

Do you live in or near Raleigh? A few people have expressed an interest in starting a Study group there. If you are interested, please contact Phyllis Morris at: phyllismorris@gmail.com or phone her at: 481-9843.

Study Groups:

The Basic Books Study Group - Meets weekly on Monday evenings, beginning Feb 1, at 7 pm. at the home of Bruce and Margaretta Bornhorst, 5800 Prioress Dr. in North Durham, off Guess Rd. Please call Bruce 225-0825 or Margaretta 824-7337 for directions or questions. This group began meeting last fall to present an opportunity to deepen our understanding and relationship to Anthroposophy by reading together Rudolf Steiner's (5) basic books. We have begun with *Occult Science*, and will eventually also read *Theosophy, Knowledge of Higher Worlds, Philosophy of Freedom*, and *Christianity as Mystical Fact*. Please call first to confirm that we are meeting as planned.

Biodynamic Study Group –The Biodynamic Study Group will have a meeting in March to determine if there are enough people committed to continuing the group. Please write an email to Tatjana Zybin at tzybin@att.net if you wish to be notified when the meeting date is determined.

Child's Needs Study Group – meets 10-12 a.m. one Saturday per month, currently reading *The First Seven Years: Physiology of Childhood* by Edmond Schoorel. Please call Lauren Mills Nyland for further information – 968-7721, or mills.lauren@gmail.com

The Goethean Conversation Study Group - Marjorie Spock, in her book "Group Moral Artistry", suggested substituting Goethean conversations for the reading or lecturing which many felt to be an outmoded form of Anthroposophical group life. The Goethean Conversation Study Group (formerly The Fifth Gospel study group) will begin its exploration of what Goethe considered to be the art of arts by reading Marjorie Spock's book. It will hold its first meeting on Sunday, January 31st from 3-5 PM at the home of Martha and Dirk Kelder in Chapel Hill. Copies of the reading material will be available. For more information please call 919-942-2112.

Greensboro Study Group – currently reading *The Fifth Gospel* by Rudolf Steiner. Sunday nights, 7 pm. Contact Sandy LaGrega (336) 292-7947 or Judy Boyd (336) 454-2451.

Pittsboro Study Group - Focuses on the social question. We will be reading *Spiritual Science as Foundation for Social Forms*. The group meets at the home of Jeff Barney at 760 Millbrook Dr, Pittsboro on Sundays at 6:30p. Contact Jeff for more information at 919-260-0066 or email Jeff at ethicindiv@yahoo.com

Rose Cross Study Group – Wednesdays, 1:30 p.m., at the home of Judy Frey or Judy Granberry. We are currently reading Steiner's lectures on Goethe's *Faust*. Newcomers are welcome! Please give call Judy Frey at 928-8749 or Judy Granberry at 967-4671 before attending the first time.

Wilmington: Although no group is meeting currently, please contact Anna and Tony Bowman if you are interested in starting one. Call (910) 792-0959.

The Winston-Salem Anthroposophical Study Group meets every Sunday evening, from 5-7 at various members' homes. We plan to read and work with the Gospel lectures in the forthcoming year. This new group focuses on awakening and strengthening the Christ and Sophia impulse in the world and deepening its presence in both a personal and universal way. All are welcome. Please contact Beth Bean (336) 924-8068 for further information.

Winston-Salem-Yadkin Valley Study Group – The Winston-Salem-Yadkin Valley Study Group meets from 6-8 every Sunday at the home of Sarah Putnam, 7719 Whitehorse Dr, Clemmons, NC. The group is studying *Philosophy of Freedom*, Wilson translation. This group reads all the basic books and is now reading them in earlier translations/ editions, as a way of studying them in more depth. Call 336-972-8243 or 336-766-5445 for information and directions.

Asheville Study Groups:

Steiner Study Group – 1st and 3rd Thursday's, 7-9pm. We are reading *Theosophy*.
Contact Marie Davis at 828-273-5647

Soul-Weaving Study Group for parents - 1st Sunday of the month, 2-4pm.

Biodynamic reading group - 2nd Thursday, reading group (book to be determined) and
4th Saturday 10-12am hands on in garden.

From the Board:

Hope this finds you well and that 2010 has begun as a good year for you. I've been pretty busy starting up school again after a pretty hectic break, working on the membership letter which you will receive shortly if you have not received it already, the Parzival Workshop in March, our Jan. branch meeting and preparing for the ASNC Annual Meeting on Sat., Feb. 27 at Judy Frey's house (Thank you, Judy!). We will be dedicating the library space she has reserved for our collection. If you have outstanding books you are finished with or not going to get to, this will be a good time to return them so others can have access to them. With all the excitement in November and December, I forgot to publicly welcome Edward Shuldt to our Board of Directors. He brings a wealth of experience from many years of studying and living Anthroposophy in different communities. This fills our board out to 7 people. We are in need of someone who can take on the role of Treasurer. This is not a time intensive duty, but is one that deserves more attention than I can give it. If you are interested, or have a suggestion of someone I can call, please let me know at mcarmody@nc.rr.com or 919-537-8142. See you soon!

Warmly,
Peg Carmody

IMPORTANT!

ASNC Board Announces New Perks for Members

Soon you will be receiving the annual Membership Drive letter. You will note that there are some changes and hopefully these will be viewed positively. Dues for single persons will remain the same as last year (\$50. or \$35. for senior citizens, students and teachers), but dues for couples will be reduced from \$90. to \$75. Please do not let financial hardship keep you from joining. As with the General Society, we value your person more than your money, so please contact Peg if you cannot afford the full amount asked.

We have also decided to add some "perks" for members. These include: discounts at all our events and workshops. You will note this change when you see the costs of our upcoming Parzival workshop. Members will also receive one free ad per year in the *Sophia Sun* (this includes goods and services that you would like to provide). After that, we will use the same rate that the Waldorf School uses for their *Emersonian*. (these will be printed in our next issue). Previously, members could receive the *Sophia Sun* by US postal service for free. After realizing that it actually costs at least \$4.00 per issue to do this, that amounts to \$36. a year for each person getting it. In some cases, it means it costs us more to send one the newsletter than one paid in dues. Therefore, we ask that if you can, please accept the newsletter electronically. If you prefer the "snail mail" hard copy, then we are going to ask members to pay an additional \$20. per year and nonmembers to pay \$40. per year. Keep in mind your dues covers many things – mailings, food and supplies for festivals, donations to our many local initiatives (First Class, the Waldorf School), the China Waldorf Fund, the Heart Fund, publicity and outreach, guest speakers, scholarships to conferences out of state, our website, our mailbox, and many other things. We hope to put together a membership Directory this year as well.

We hope you will renew your membership with us and that we will see you more at our events. In addition to being a Path of Study and meditation, Anthroposophy is a Path of Karma and building social relationships. It is important that we work together to build new Karma for our future work together and in some cases, to resolve old Karma.

*The Anthroposophical Arts Council of ASNC
is pleased to present:*

Watercolor and Our Perceptions of the Spiritual World
A Workshop with Carol Brick
Saturday February 13, 2010
10 AM - 4 PM
Oak Lodge at Camp New Hope



Rudolf Steiner gave many indications of ways in which we can perceive how the spiritual world is attempting to communicate with us. These indications have a meditative quality about them and the realm of color is no exception to this way of working. In this workshop we will work with these indications. Grounded in the work begun by Goethe, Steiner takes us step by step through this spiritual scientific approach to the world of color in which we are immersed.

We are fortunate to have our very own painting instructor from Yanceyville NC, Carol Brick, to guide us through this color experience. Carol has been a

class teacher and handworks teacher at EWS, the Waldorf Institute in Southfield MI (before moving to Spring Valley, NY), and was a founder and class teacher at a Waldorf school in Ohio. She has since given many painting workshops in communities and Waldorf schools in the Northeast and locally. As an artist, Carol has exhibited in juried shows in central NC.

This workshop is appropriate for persons with all levels of experience with Rudolf Steiner's color indications.

Please bring your own bag lunch. (Oak Lodge has a small refrigerator)

\$35 tuition at the door.

\$4 Supply fee.

Pre-registration is strongly suggested so that we have supplies on hand for you to paint with.

Call Margareta Bornhorst 919-824-7337

or Carol Brick 336-694-5493

This Introductory class will be followed by four monthly classes for those who wish to take this watercolor experience to a deeper level. The series of four classes will include Goethe's color theory and experiments, an understanding of lustre and image colors, and the spiritual nature and gesture of the colors.

All four of the series classes will also be held in the Oak Lodge at Camp New Hope. Dates and further details will be announced. The first of the four is Saturday, March 6.



You are cordially invited to attend

**The Annual General Meeting
of the Anthroposophical Society in
North Carolina**



**At the home of Judy Frey
55207 Broughton,
Chapel Hill, NC 27515
Saturday, February 27, 2010
1-4 PM**

A Pot-luck Lunch will precede our meeting from 1:00-2:00. Please bring a dish to share.

ASNC ANNUAL GENERAL MEETING

2:00-4:00 pm - Saturday, Feb. 27, 2010

AGENDA:

Welcome
Opening Verses
Introductions
Members Who Have Crossed the Threshold since March 2009
Review of Past Year
First Class Report
Eastern Regional Council Report
ASNC Board Report
Local Initiatives Reports
Other NC Initiatives Report
Preview of 2010
Other Business - ?
Dedication of Phoenix Library
Closing Verse

Painting above by Carol Brick

The Anthroposophical Society in North Carolina presents:

Parzival and the Grail Question



A Workshop with Edward Schuldt

March 12-13, 2010

Emerson Waldorf High School
Brown Room
Chapel Hill, NC 27516

Lectures Include:

- “The Gift of the Question: How We Wrestle With our Angels”
- “Parzival and Gawain’s Encounters With Lucifer and Ahriman”
- “Christ as the Balance: Parzival’s Meeting With the Greater Guardian of the Threshold”
- “Questions as Seeds of Earthly Lives: the Spiritual Biography of Trevrizent”

Artistic Presentations:

- Eurythmy with Eve Olive
- Scenes from Russell Pooler’s *Parsifal: A Play in 12 Scenes* performed by ASNC members and friends; directed by Margareta and Bruce Bornhorst

Full Conference Fees (includes Saturday Lunch):

Early Birds -	\$60 members	\$70 nonmembers
After Feb. 20	\$65 members	\$75 nonmembers
7:30 pm Friday lecture only	\$10. members	\$15. nonmembers

Members must have paid their 2010 dues prior to registering for the conference.

A limited number of work scholarships are available for those experiencing financial hardship. Please contact Peg Carmody for more information.

Registration brochures will be in the mail shortly, or for more information, call Peg Carmody at 919-537-8142 or email at mcarmody@nc.rr.com

Painting: “Knight of the Holy Grail” by Frederick Judd Waugh (1912)

The Annunciation: Discovering the Mysteries of the Inner Birth through Art :

a slide show and discussion by Rev. Patrick Kennedy
given on Saturday, January 23, 2010
summarized by Linda Finigan



Continuing the theme of November's talk, Patrick began with a brief overview of the qualities of the Mary soul: a receptiveness, an openness to knowing the Divine, a connection to Sophia wisdom.

In America, we often don't think of approaching the Divine through "knowing" or through our thinking. In many churches and spiritual movements, the emphasis instead is on feelings on the one hand or fervor and will on the other. "Knowing", in contrast, often carries the connotation of a painful process, a dry, factual approach lacking life and vitality. "How could the work of the mind result in an inner birth?" one can easily expect to hear.

The key to unlocking our knowledge process is an attitude of soul, exemplified by Mary.

Dry intellectual separation vs the inner vitality of knowing happens through changing how we

approach the world. To quote Socrates: Wisdom (Sophia) begins in understanding.

The knowing process must become *social*, that is, to approach texts and the world as we might approach a person we love and respect: open, reverent, devoid of judgment, with a question. This allows knowledge to become an encounter, inner event that leads to a budding new, higher life.

After the above brief introduction, we studied a series of paintings from the early Middle ages through the late Renaissance that sought to depict that inner experience in their representations of the annunciation: the appearance of the angel Gabriel to the young Mary in her home.

We examined the iconographic elements present in these works. A bird, the Holy Spirit, often seen hovering above Mary's head, a book held in her hand or on a reading desk, the arrangement and position of the angel's wings and Mary's posture and hand gestures, the use of color and the source and angle of light, the position of columns and architectural detail separating the angel from Mary, the quality of the sky and outer landscape were among the recurring motifs.

The final painting in the series, shown above, was a strikingly modern and hauntingly beautiful work painted in 1474 by Antonello da Messina. In this portrait of Mary alone at the moment of the Annunciation, the artist concentrates on facial expression and hand gestures to convey an inner awakening to the transformative, world-altering knowledge that Mary has just received.

Picture: Mary of the Annunciation/ Antonello da Messina, Museo Nazionale, Palermo

News From Tammy Hughes in China:

In the last year I have had the pleasure of working with young people who have come to Asia through Freunde der Erziehungskunst Rudolf Steiners e.V. in order to volunteer in Waldorf Kindergartens. In this article there are three accounts from the volunteers at Li Yu Er Ba Xue Yuan where I advised teachers in the last year. From both sides the cultural exchange that takes place when a volunteer comes from overseas is a great opportunity. The kindergarten teachers were very impressed by the work ethics and natural kindness of the young men. I personally found the young people's enthusiasm and interest very heart warming, even though the cultural differences at times could be very challenging. Below are their stories: - *Tammy*

From Wolfgang Mohr

Li Yue Er Ba Xue Yuan Kindergarten, 2008/2009:

I started my social service in China in 2008. I didn't have the best qualifications: I couldn't speak Chinese, I've never been in China and I had no idea about the culture. I just knew several things about Waldorf-Kindergarten and their attitudes towards life. But I had the best time in my life in "far far away". Actually I'm studying business psychology and work in a municipal energy company. I am a 21 year old German and my name is Wolfgang Mohr.

I like my work now but I really miss to play with the children in the kindergarten, to enjoy life and culture in Beijing.

My first day in the kindergarten started in an exciting way. Well, already on the way to the kindergarten, at 7.00 am. I nearly got hit by a car and smacked down into a nearby waste bin. But then I arrived there and it was great. All teachers tried to talk to me. It was difficult but it worked. In the year they were able to speak a bit English and I learned "Survival-Chinese".

I was the first volunteer in the kindergarten and nobody really knew what to do. So I started to do something. They told me in which class to start and then I began to play with the children. I watched and followed what the other teachers did.

After several weeks I got a very helpful person by my side - Tammy Lynne Hughes from America. She started to work as my mentor and principal of the kindergarten. Without her, my life would have been quite difficult. She really entertained my life at work and after. Together we started to do something Waldorf. I began to start a morning-circle in the "pre-school"-class, children preparing for the grade school; I taught them English songs, finger games etc.

Tammy began to improve the teachers' minds with Anthroposophy and important details about Waldorf-kindergartens. It was not easy but she/ we figured it out. The cultural differences were big. All the religious aspects confronted in the kindergarten: Buddhists, Christians, Muslims.

But after a year I learned many things. It was a difficult, but a very lovely year. I will never miss that part of my life. Because it was special year and of course Chinese.

From Sun Kai,

Li Yue Er Ba Xue Yuan Kindergarten, September 2009

Normally people would wonder why a German does his voluntary social year in China, but considering the fact that I am half Chinese, My decision doing a social work in Beijing seems much less exotic.

Of course there are several reasons for that: I have chosen to spend this year in a Chinese Waldorf kindergarten, but in the first place it was because I wanted to learn the language (since I didn't grow up bilingually) and to get to know my mother's home

country. Furthermore I wanted to get in touch with the common life in China and the Chinese people, also because I never felt very connected to Germany and its culture, so perhaps I wanted to see whether I could identify myself rather with my Chinese origin.

As you can see, I had quite a great interest in doing my voluntary social year in China. So when I received the positive response to my application to BaXueYuan, I decided to go to this Waldorf-kindergarten in the north of Beijing.

Before I went to BaXueYuan, I had barely an idea about the Waldorf-education and moreover, I had very less experiences with kids in the kindergarten-age. Still I liked the fact that I was going to work in a Waldorf-kindergarten and not in a common Chinese kindergarten. I knew that very few Chinese children pass a joyful childhood nowadays, because they have to spend most of their free time in learning to fulfill their parents' high expectations for their school achievements. That is why a lot of parents send their children to an elite-kindergarten, where they are already prepared for school. In a Waldorf-kindergarten the children can at least experience a joyful childhood, which is not characterized by competition.

When I began the work two and a half months ago, I realized that the job as kindergarten teacher is not that easy as I thought at first. At the beginning, I even had some real problems getting along with several children in my class.

Later, I knew that I started the relation to the children in a wrong way. From the very beginning I tried to do the common teachers' work, although the children had not any trust in a new teacher as me and so they did not listen to my speech at all either.

Another point that prevented a good relationship between me and the children could be the fact that the kids had problems to understand that I am neither a foreigner nor a Chinese. On one side I look like a Chinese (with yellow eyes, like the kids are used to saying), on the other side my Chinese is very elementary, whereas with the other German volunteer, Max, I speak a language they do not know.

Definitely in my first class there were some children who did not like me and were very naughty. I had a lot of problems to deal with the situation, I just did not really know how to handle with it. When I changed the class one month later, I decided to play much more with the children. Before, I hardly ever played with the kids, since the other teachers were not doing it neither.

In the new class, I really recognized that the children liked me much more; the difference was enormous and all just because of this minimal change. Of course in the very beginning, their behavior towards me was rather passive, but I noticed that the more I played with certain children, easy games like building houses, baking cakes, the more these children trusted me and showed me that they liked me.

Besides my usual work as kindergarten teacher, I also sang every day an English song during the morning circle. The kids like most the song "If you're happy". When I started to introduce this song in the class, the problem was that the kids were so excited about the song and found my singing extremely funny, so that they were just laughing all the time, barely listening to the lyrics.

But after a few days, the kids started to listen carefully to the songs I sang and a bit later some of them even began to sing with me. Of course most of them are just humming along, but nevertheless it is a great feeling to see how the kids are slowly learning English just by joyfully singing along.

Now after two and a half months in Beijing, I can say that it was definitely the right decision to come to China during my voluntary social year at Baxueyuan. Although I had a few problems to interact with the children in the beginning, I like and enjoy working in the kindergarten more than I could have ever imagined before.

From Maximillian Dullo

Li Yue Er Ba Xue Yuan Kindergarten, September 2009:

“The language is the bridge between two nations and two cultures”. That is what I’ve experienced already at the first day of my stay in “strawberry class” (Kids between 3 and 5 years old). As I’ve just learned a little Chinese, I couldn’t understand what the kids told me. That was very confusing for them, but a little smile usually helped to make them accept my bad Chinese.

During the first weeks I sometimes felt a bit useless. The teachers did not really inform me what I am supposed to do (it’s maybe because being a volunteer in China is so rare). During that time, I was sitting on a chair and was doing some handwork like other teachers also used to do, e.g. cleaning wool fleece. Then the main teacher of my class informed me she’d be glad if I could play with the kids. That was a bit hard at the beginning because I really did not know what to play. But then I just took some wooden peaces and started to build up a tower. After a short while the kids were looking at me and started to help me constructing. That was the point where I come closer to them and most kids begun to really like me. I realized constructing wooden buildings was a facility most of them never experienced. Each day I started to introduce new buildings. Slowly they learned how to place the wood in order to make it not fall down. When I started to sing two nice songs with a lot of hand moves during their everyday morning circle the kid’s reaction was very positive and it seemed to me that they were really hot for some English words. In general the kids were very interested to touch my light brown hair and to jump on my back, because I am the tallest person in the kindergarten. My blue eyes as well as my nose seemed to be an attraction for the kids.

During the same time I gave an English class to a big group of 20 pre-school kids (5 to 6 years old). The goal is to teach them very basic English words they may use for their registration test in elementary school. I fully avoided lecture-style lessons and created a nice atmosphere by building a circle in which we played games, sang songs and spoke short phrases - of course in English.

On my first day the teacher told me I didn’t need to prepare anything. But when I was in class to become familiar with the kids, she said, “Now you have 20 minutes to do something you want with the kids”. I was shocked but remembered a nice game we used to play in school. Each kid of two teams gets a number and when the teacher calls out the number the two kids of each team need to grab a small toy and bring it to their team. The one who grabs the toy first gets a point. In that way I introduced the numbers from one to ten in Chinese and then in English, that was fun!

Now I am already there for two and a half months. I’ve learned a lot of Chinese and how to treat the kids correctly. That helped me a lot when I was changing into a new class two weeks ago. It just took me an hour until I became familiar with them, which was a nice experience.

In December, Christian Grozinger and Claudio Jax from Freunde came to visit the different initiatives in China where there are currently volunteers and to explore places where new volunteers could be placed. The visit was very helpful as we were able to get to know Freunde’s work better. Christian and Claudio were able to gather a better understanding of the current volunteers’ situation and the common problems in China. As always, face-to-face meetings bring great benefits to the work that mostly will be done via email.

Welcome Newcomers to our ASNC Community!

Hello everyone, my name is **Carol Ann Williamson**. I have recently moved to the Chapel Hill area and want to introduce myself. My husband Dan Moise is teaching Science at the Emerson Waldorf School. I am a Therapeutic Eurythmist and have worked in many Waldorf schools. I have taught in six different countries, and most recently in Taiwan at their big charter school south of Taipei. I also was in Chengdu, China where I stayed in Tammy Hughes' apartment.

I have a B.A. from Goddard College in Plainfield, Vermont. That is where I discovered anthroposophy several decades ago. I even attended the Foundation Year at Emerson College in England through Goddard. My graduating paper was on the Etheric Christ, for which I researched at Emerson. I studied eurythmy in Spring Valley, New York as part of its first graduating class. I was fortunate in having worked with people who knew Rudolf Steiner personally. One of my first teachers in Spring Valley was Lisa Monges, who attended the first Waldorf school in Stuttgart. Hans Pusch was our speech teacher. He had been Johannes in the Mystery Dramas in Munich directed by Marie Steiner.

I learned about Pedagogical Eurythmy at Emerson College. Later I took the Therapeutic Eurythmy course at the Goetheanum in Switzerland. I taught in Germany and Switzerland. I lived quite a few years in Dornach, where I felt very much at home. The last time I was teaching in Switzerland I met Dan, now my husband, at the Goetheanum. For the last few years I have been in Chestnut Ridge, New York and Sarasota, Florida. I have worked with many children in both Pedagogical Eurythmy as well as Therapeutic Eurythmy. Over the course of the years I have done eurythmy in various conferences, too. Overall, I love to teach!

Anthroposophy is central to my life. Last year I became re-inspired by the Anthroposophia Conference in Chestnut Ridge. I saw with new eyes the essential content and majesty of anthroposophy through the Foundation Stone Meditation. And I was so happy to be united with like-minded individuals!

I am planning to build up a Therapeutic Eurythmy practice in the Chapel Hill area. I am also open to doing eurythmy for conferences and meetings, whenever Eve wants to share that responsibility. I look forward to meeting all of you over the course of time.

Carol Ann Williamson
919-241-4546
eurythmy_sarasota@yahoo.com



C

Carol Ann with at the teachers at the Ci Xing Waldorf School in Taiwan Jan 2009

Also new to our community is **Joanna Carey**, who has made a home in Carrboro. Joanna has known Suzanne Mays for years, as they have trained on the lyre together. Joanna has already made herself at home in our community and has jumped right with tasks and attending meetings. She played the piano at our Christmas Party. Joanna would like to offer choral singing lessons in the Werbeck method. She would like to offer music lessons, English tutoring and editing. If you are interested any of these services, please call Joanna at: 617-970-9236.

Also, a hearty Welcome back to **Ben and Jenny Bingham**, who lived here years ago but then moved to Pennsylvania. They are now living in Hillsborough, although Ben will continue to shuttle back and forth between here and PA, where his business is. NC is where the Grandkids are!

News From ASNC Members and Friends:

Jeff Barney and his Saxapahaw General Store were written up in the Raleigh *News and Observer* on December 16 in their special Food edition in the Life Section of the paper. Jeff's picture was on the front page. He is an excellent chef and it's worth checking the place out. It is located at 1735 Saxapahaw-Bethlehem Church Rd., Saxapahaw, NC. Phone: 336-376-5332 The link for the store is <http://saxapahawgeneral-store.blogspot.com>

Margaret Heath was also mentioned in the Raleigh *News and Observer* on page 1 of the Arts and Living Section on December 27, 2009 in an article entitled "Potential Unleashed: A new film, 'A New Kind of Listening' reveals a son's Transformation". It tells about the life of Chris Mueller-Medlicott, a client of Margaret's who had cerebral palsy. A film was made about him in which Margaret was involved. Many of us viewed the film at the Carolina Theater in the Fall. You can learn more about this film by going to: www.anewkindoflistening.com

Roger Schultz has announced that his son Osha will become a Father for the first time in June. Keep posted for a further report!

Suzanne Mays has announced a new website about her work. Check it out at: www.thegiftofmusic.net (make sure you type.net and not .com or you will get a totally different website!)

EWS Alumna Heading for Haiti

Reina Emerson Galjour, will be traveling to Haiti in mid-February as part of a team known as "Midwives for Haiti". Reina was planning this trip long before the earthquake struck. She has been a midwife for the past six years at the Maternidad LaLuz (Maternity of the Light) in El Paso Texas. Although she loved her work there, she was feeling the urge to move on and help even more in the world. She chose Haiti. She will stay there for at least 6 months training midwives and participating in mobile clinics in rural areas delivering babies. She is currently learning the language. Reina was in Kathleen Wright's class at EWS from 1986-1990 and then in Nancy Preitz's class. Osha Schultz, Roger's son (mentioned above) was also in her class.



Reina Galjour with a young couple whose baby she delivered.

“The Living Connection Between Rudolf Steiner and Christian Rosenkreutz”:

A Lecture given by Virginia Sease October 3, 2009

Notes taken by Kathleen Wright



The heart of the Annual General Meeting's conference was the Saturday morning lecture presented by Virginia Sease of the Executive Council of the Anthroposophical Society on the title above. We later learned that it just happened to be Virginia Sease's birthday (Oct.3)! Below are notes that I took during the presentation:

Rudolf Steiner “opened” Christian Rosenkreutz to the world. Christian Rosenkreutz (CR) is the human leader of the Fifth Post-Atlantean epoch. He began his leadership in 1413 when Samael was the ruling archangel of the time. Since then he has worked under the influence of Gabriel from 1510-1878 and then under Michael from 1879 on. This will culminate between 2300-2400. Then CR will have worked with each of the Time Spirits. He incarnates once every 100 years, during which he is said to be “effective”.

When an initiate enters a new incarnation, he must be initiated again, in order to bring himself into the needs of the times. Steiner revealed some special facts about his own initiation in 1907 when he visited Edouard Schuré. Schuré has referred to Steiner as “The Master” or the Great Teacher. What Steiner revealed was: In 1879 when he was 19 years old, he met Felix Koguksky, an herb gatherer. Felix lived in a mountainous region. He had a wife and sons and a large collection of mystical books, of which he was very knowledgeable. He knew every plant and of their origin. Steiner said that the great leaders of humanity must remain incognito in order to protect themselves. Felix gave Steiner 5 important points to contemplate:

1. If you want to battle against the enemy, you must first understand him.
2. If you want to overcome the dragon of materialism, you must put on his skin.
3. If you want to master the bull of public opinion, take the bull by the horns.
4. During your greatest misfortune, you will find your weapons and your companions.
5. I have shown you who you are – now go forth and be yourself!

Who was the initiate who initiated Steiner? Most believe that it was Christian Rosenkreutz himself.

How can we know CR better? One way is to study the Mystery dramas. Steiner called them a “Rosicrucian Mystery **through** Rudolf Steiner”. Notice that Felix Balder and Felicia always appear in the temple in normal clothes – they don’t need to wear vestments. [Ed. Note. I believe this refers to the fact that Felix Balder represents Felix Koguksky and perhaps that he appeared as an ordinary man, not wearing the finery one might expect of a leader of humanity.]

In Chapter 26 of Steiner’s biography, Steiner wrote that “before the turn of the century, I stood before a test of my soul. I had to stand before the Mystery of Golgotha”. He experienced the group around the Cross, which of course included Lazarus/John who later incarnated as Christian Rosenkreutz. As a result of this, Steiner was able to follow them on the pathway of their future incarnations. The Christ Being was the first

Initiator of Christian Rosenkreutz when he was Lazarus/John. This Initiation changed his Etheric Body forever. His special ether body contains all 4 ethers and it never decays as other human etheric bodies do after death. The second Initiation that we know of occurred around 1250 when the 12 Great Leaders of humanity formed a circle around the Youth and infused him with all of their knowledge. Seven of them had Atlantean wisdom; four had post-Atlantean wisdom and one was a human who possessed the highest degree of intellectual wisdom of his time. He represented the 5th Post-Atlantean age, although it had not yet begun; yet he had the entire wisdom of the Age. Who was this 12th Individuality? Very likely he was Rudolf Steiner. What evidence is there to support this? In 1227 Thomas Aquinas (believed to be an earlier incarnation of RS) was born. Prior to his birth there had been a great meeting in the spiritual worlds between Alanus ab Insulus (leader of the School of Chartres and the Platonic School who died in 1203) and Aristotle (another former incarnation of Steiner's). A most important exchange of ideas occurred in which a new spirituality entered into human evolution. Michael worked with these two groups for 24 years and great imaginations were formed. It should be noted that no new ideas have entered civilization since Thomas Aquinas. He had all the germinal seeds for the knowledge of our age. One can argue that Aquinas could not have been at CR's initiation because an account has been written of every day of Aquinas's life. However, the place of CR's initiation was later revealed to be in the Carpathian mountains.

Some people whom Virginia knows who live in Slovakia found an old castle near the Danube and Modal Rivers, which they believe to be the site of the Initiation. Thomas Aquinas is said to have experienced the whole world of the hierarchies when he would kneel at the altar. When Steiner describes CR's initiation, he mentions that Buddha was present; therefore, not all the participants may have been there in a physical form. The 12 spoke into the Soul of CR short mantric verses that held all their wisdom. Christian Rosenkreutz then went through a Damascus experience, in which he met Christ in the Etheric. He then spoke in five mantric sentences what he had learned from Christ and the others. The occult stream of Rosicrucianism could then work into humanity after 1250. CR's Etheric Body became stronger and stronger and began to work into all who became his pupils. They worked through alchemy to transform matter through love. The many Fairy Tales of the Middle Ages contain the spiritual seeds that allow souls to receive Rosicrucian wisdom.

In 1459, CR was initiated by Manes (also called Mani) in order to initiate him into the Fifth Post-Atlantean epoch. CR was the first human into whom a copy of the Christ



Ego entered. Now think back to Felix's words to Steiner: "I have shown you who you are..... Therefore go forth and be who you are." The Initiator saying these words must have had the Christ Ego in himself first. Rudolf Steiner has told us that the highest nature of every human being is the Christ Being. This is the Fruit of the relationship between Christian Rosenkreutz and Rudolf Steiner. They have worked together since the time of Christ: St. John wrote a Gospel as well as the *Book of Revelation*, both of which Steiner has explained in his many lectures. Steiner has also given insights into CR's Initiation as outlined in *The Chymical Wedding of Christian Rosenkreutz*. How was Steiner able to do this? He wrote that at one time his pathway into the spiritual world led him to the footsteps of the writer of the *Apocalypse*. That is how he received the

(Rembrandt's "Man in Armor" identified by Rudolf Steiner as a portrait of CR)

authority to be the interpreter for John/Christian Rosenkreutz.

The connection of Rosicrucianism to Steiner's *Calendar of the Soul* and *Foundation Stone Verse* was explained: *The Calendar of the Soul*, which works with the mysteries of the Etheric World, began in Easter 1912. Steiner wrote in its introduction "1879 years after the Birth of the Ego" (1879 + 33= 1912). *The Calendar* is connected with esoteric Rosicrucianism in nature and the Michaelic impulse. The thoughts find their way into our hearts and give us the capacity of heart-thinking. The verses are Rosicrucian in their content and form; Michaelic in that the thoughts penetrate the heart. Rudolf Steiner is the most important Michaelite. What is a Michaelite? – A Michael Light! Christian Rosenkreutz is the leader of the occult movement into the future. He will never lead in an outer occult way.

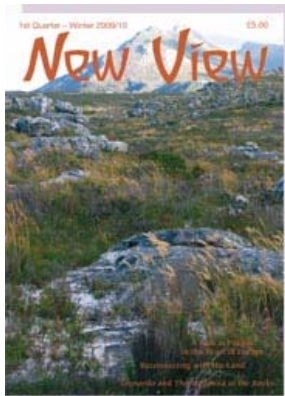
The Foundation Stone verse contains Rosicrucian mantras (e.g. "In God we are born, in Christ we die, in the Holy Spirit we are born" – this is the primordial prayer of humanity according to Steiner.) In its fourth verse, we have the uniting of the Priestly and Kingly streams to become a Vessel for the Christ Being.

Virginia recommended that we anthroposophists make the *Calendar of the Soul* and the *Foundation Stone Meditation* daily rituals.

Virginia Sease has been a member of the Executive Council (Vorstand) of the Anthroposophical Society in Dornach, Switzerland since 1984. Virginia was introduced to Anthroposophy by her high school German teacher. She then received a B.A. in German literature at Douglas College of Rutgers University. She went on to receive a Fulbright scholarship to study at Tübingen University in Germany and then went to the Waldorf Teachers Seminar in Stuttgart. She was a class teacher at Highland Hall Waldorf School and Assistant Professor Of German Literature at Occidental College. She has served on the Western Regional Council of the Anthroposophical Society and on the National Council of the Society. In addition to her work on the Vorstand, Virginia heads the Anthroposophical Studies Program in English at the Goetheanum.

New View is one of the most beautiful, of not *the* most beautiful Anthroposophical magazine ever published. It would have made Rudolf Steiner very proud to see this magnificent tribute to Anthroposophy. Yet, surprisingly most Anthroposophists don't subscribe to it. Why not? Perhaps they have never seen it. Once you subscribe, you'll never want to stop!

New View is published four times per year and costs 30 pounds or about \$45.



To subscribe go to www.newview.org.uk or write to:

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The following has been submitted to increase understanding of ChoreoCosmos Dance. It is the honest opinion of Ms. Paul based on her work in Anthroposophy and ChoreoCosmos. Readers are invited to form their own opinions about ChoreoCosmos based on their own experience. Contact Kelly Calegar at 919-824-9948 or kcalegar@earthlink.net if you wish to participate in local classes. All are welcome. – Peg Carmody, ASNC Board President

Choreocosmos and Eurythmy

by Lacquanna Paul

Choreocosmos is a development arising from eurythmy, a development that focuses primarily on the cosmic aspects of eurythmy. Eurythmy, a word taken from the Greek, meaning *beautiful harmonious movement*, came into being through the inspiration of Rudolf Steiner and was originally intended as an art form capable of returning movement to the realm of the sacred and as a path toward furthering the development of the human being. Following upon this original intention, eurythmy is the basis for the forms and gestures practiced in the *Choreocosmos School of Cosmic and Sacred Dance*, and its affiliates, such as the *East Coast School of ChoreoCosmos*. In particular, the planetary forms that are used are standard forms given by Rudolf Steiner for eurythmy. Choreocosmos, which means ‘cosmic dance,’ encompasses both cosmic and sacred dance. Through the beauty and grace of eurythmic gestures and forms *Sacred dance* enables participants to fully embody the great prayers and sacred texts of humanity. Cosmic dance is focused on bringing an experience through movement of the four elements (Fire, Air, Water, Earth), the seven planets (Saturn, Sun, Moon, Mars, Mercury, Jupiter, Venus), the twelve signs of the zodiac, and the seven planets in the twelve signs of the zodiac (a cycle of 84 cosmic dances).

Trained eurythmists are among the number of graduates of the Choreocosmos School as well as lay people who have mastered the gestures and forms and wish to bring Choreocosmos and Sacred Dance as a community building activity for their own communities. It is always a great blessing to have trained eurythmists amongst the participants as this helps toward carrying the eurythmic quality of the gestures and forms. Quite often eurythmists express an appreciation for the outreach potential of this work which has at its heart not so much the perfection of an artistic endeavor performed for the public, but rather a communal dance oriented toward the spiritual world.

Because of the communal intention which serves as an inspiring source for this work, Choreocosmos, as a eurythmic impulse, has the potential to reach out to large numbers of people, inviting people of all ages and ability to join in the dance and to experience the joy of eurythmy. Eurythmists that have been drawn to participate in this work are attracted to this reaching out/communal aspect and some have said that through having discovered choreocosmos, they have found an engaging way of introducing eurythmy to the general public. One eurythmist indicated that for him cosmic dance is ‘pure eurythmy’ since the eurythmy gestures are practiced within the context of the sounding presence and wisdom of the cosmos as the shaping, informing force streaming throughout creation – evident in nature and in particular to the miracle of the human form and physiology. Practiced over time, one is able to deepen into the gestures and to experience the internal and external etheric streamings that are activated by the gestures and movement forms. This can lead to a profoundly transformative experience of the sublime wisdom and creative power inherent in the eurythmy gestures communicated by Rudolf Steiner – given as a gift to humanity toward furthering the development of the human being and as a counterbalance to the challenges and fragmentation which have become evident through humanity’s interface with the modern technological world.

The approach to the teaching of the cosmic gestures performed in choreocosmos therefore has the intention to connect the participant with a living experience of the etheric world within and around them, as an informing source toward right action in the world. From this perspective, the goal of the practice is to lead one toward a sense of reverence and appreciation for the living fabric of wisdom that weaves throughout the cosmos – *cosmos* coming from the Greek meaning

the visible, sense perceptible creation. This can lead one toward a sense of responsibility as a cosmic citizen of the greater whole of creation.

Eurythmists who participate in the Choreocosmos School with the intention of bringing the cosmic and sacred dance forms to their own communities graduate 'fast track,' as they already know the principles of eurythmy. However, not all participants desire to teach, rather they enjoy the communal activity of simply participating. Participants include both eurythmists and non-eurythmists alike, and the school is open to the community at large, all age groups and ability ranges are welcome. For non-eurythmists who do wish to teach and have communities who are open to learning the dance forms, it is a matter of not only mastering the subject, but also of developing a profound appreciation for eurythmy and a distinct level of aptitude in their own etheric movement as well as the ability to teach the eurythmy forms and gestures for the various cosmic dances. These are the pre-requisites for graduation on a teaching level from the Choreocosmos School.

Robert Powell, the founder and inspiring source for the curriculum of the Choreocosmos School, is not only a eurythmist but also a curative eurythmist (eurythmy therapist). As a deeply committed Anthroposophist, Robert has been a member of the First Class since 1974. He is affiliated with three sections of the School of Spiritual Science: the mathematical-astronomical section (Robert has a Masters degree in mathematics and a PhD in the history of astronomy); the medical section (as a curative eurythmist); and the performing arts section (as a graduate of one of the four year trainings in artistic eurythmy in Dornach, Switzerland).

The founding of the *Choreocosmos School of Cosmic and Sacred Dance* in the year 2000 came about in response to what Robert has described as a 'destiny calling.' Initially, it was a matter of responding to requests coming from participants who had been working together with Robert for a long time to do such a training. Although Robert has always maintained that it would be best if participants were first to do a full eurythmy training before doing the training offered by the Choreocosmos School, it became more and more evident that for most people this is not possible due to varying life circumstances, family commitments, etc.

However, often it has happened that participants have been so taken with eurythmy that they choose to take up the traditional eurythmy training having been directly inspired to do so on account of their participation in the Choreocosmos events and workshops. The Choreocosmos School has as a founding principle the impulse to *promote* eurythmy in the world, as is evident from the fact that various participants have gone on to do full eurythmy trainings as a result of their encounter with choreocosmos.

Through eurythmy there is the opportunity to work with the great creative forces that weave in the etheric garment of the earth, in the sense that eurythmy is a gift, through Rudolf Steiner, to the world – a gift leading one into a living connection with the etheric realm. If the eurythmy gestures are performed with a purity of intention to express love and gratitude toward the earth and the spiritual world, there can arise a co-creative sense of connection to the etheric world that then moves in response to the call of love — perhaps this could be described as a prayerful level of 'white magic.' This is the goal of sacred dance, to gradually develop the faculty of white magic in service of the great guiding beings of existence.

Another important aspect relating to choreocosmos is the carefully chosen music, drawn from the tradition of classical music. The music of the great composers has come into existence by way of inspiration through the harmony of the spheres, and this is reflected in their musical compositions. By moving to such wonderful music, the soul breathes in resonance with cosmic realms, and is lifted toward an experience of the music of the spheres. The music works to lift the soul toward the macrocosmic matrix of creation, elevating the soul life and invigorating the life of will. Through *feeling* the music, the human being becomes permeated by that which is streaming in from the cosmos – *Divine Love*. This streaming in of divine love works deeply into the human organism, transforming it even unto the depths of the physical body.

As Rudolf Steiner indicated, eurythmy offers a path of training the will, one that is suitable for modern human beings. Such a training as that offered by the Choreocosmos School, although not a full eurythmy training, works toward the great goal of training the will, learning to align one's will with the beings of the spiritual hierarchies and beyond, to the great guiding beings of evolution.

To find out more about the Choreocosmos School, visit the following websites:
www.sophiafoundation.org and www.EastCoastSchoolOfChoreoCosmos.com.

Lacquanna Paul is a graduate of the Choreocosmos School of Cosmic and Sacred Dance. Together with Robert Powell, she has co-authored *Cosmic Dances of the Planets*, *Cosmic Dances of the Zodiac*, and *The Prayer Sequence in Sacred Dance*.

Coming this Summer....

Robert Powell Will Offer Two Workshops at the Emerson Waldorf School in Chapel Hill, NC:

“Sophia and the Spiritual Hierarchies”: a **Weekend Workshop** with Robert Powell, **July 23-25 2010**. Cost: \$200. Program Includes: Cosmic Dances of the Planets in Honor of Sophia and the Spiritual Hierarchies, “Approaching Sophia on Different Levels: Body, Soul and Spirit”, “Sophia and the Spiritual Hierarchies”, Sophia Grail Circle, “Sophia and Humanity, the Tenth Hierarchy”.

Friday, July 23, there will be an **evening lecture** at 7:30 PM at EWS for \$10. It is entitled “Sophia and the Spiritual Hierarchies: Wisdom for our Time”

“Cosmic Dance: A Path of Initiation”, A Weeklong Workshop with Robert Powell **July 26-30 2010**: Learn 21 of the 84 Cosmic Dances of the cosmic alphabet.

Look for our May issue of the *Sophia Sun* for flyers on these events.

For more information, contact Kelly Calegar at 919-824-9948 or
kcalegar@earthlink.net

**NEXT ASNC BRANCH MEETING WILL BE
 ON APRIL 24, 2010
 PLACE TO BE ANNOUNCED**

Be sure to check out the national Anthroposophical Society website for updates on events around the country and to learn about the many groups and branches www.anthroposophy.org



*Happy Valentine's Day
 To all our Readers!*

We Commemorate Rudolf Steiner's 149th Birthday: On His Smile and the Four Seasons of His Life

The Anthroposophical Society in America is making great plans for Rudolf Steiner's 150th birthday next year, but that doesn't mean we should forget him this year. Many years ago in our community we had a tradition of reviewing one year in the life of Steiner at each birthday. Somehow it got forgotten as the community became more and more involved in various initiatives. Perhaps it should be taken up again, or some new tradition developed. In this article I wish to remember him in two ways:

First, by this fascinating quote of Boris Bugayev (also known as Andrei Belyi) which he wrote in 1928 about Steiner:

"He had, as it were, a therapeutic smile: the countenance blossomed...one felt that one had nothing of the kind to give in return. He had the gift of the smile, the faculty of direct expression from the heart...His smile could have had a smothering effect had he not tempered it down when necessary. Many know his sunny smile; we spoke of it. One must speak about it, for not a single photograph of his reflects it."

This latter sentence has bothered us anthroposophists ever since we realized this sad fact. An old anthroposophist told me that there was an esoteric reason for Steiner's deliberate non-smiling poses, but I do feel that we have lost a wonderful aspect of him because we have never seen his smile. We have a faint glimmer of the angelic charm of his smile in this sole photograph from Steiner's childhood, which was taken when he was about 6:



A second way I would like us to recall Steiner this year is with a fascinating new concept I just heard this year when I read Harry Salman's book *The Social World As Mystery Center: The Social Vision of Anthroposophy*. Most of you have probably heard that Steiner's adult life can be divided into three periods of seven years: the first seven (1902-1909) were devoted to activities involving thinking: outlining the philosophy of Anthroposophy and the writing of the basic books; the second seven (1909-1916) were devoted to artistic activities involving the feeling life: Eurythmy, Speech, the Mystery dramas, painting, architecture (the building of the first Goetheanum); and the last seven (1916-1923) were devoted to activities of willing: biodynamics, anthroposophical medicine, and social life, curative education and the Waldorf schools. However, Harry Salman has added a new component to this. He says that one can also see a fourfold rhythm in Steiner's life, which can be compared to the four seasons or the four archangels who guide those four seasons. Bearing this in mind we see a new dynamic, which Salman describes and I have expanded upon as follows:



Michael, of course, is the ruling Time Spirit of our current age as well as the guiding archangel of the Anthroposophical movement; however he worked with the four other major archangels and Steiner did speak of this fact. Michael, is also the archangel of Autumn, as well as the Regent of the Sun and his influence is seen in the first period of Steiner's activity (1902-1909,) just as Steiner himself was entering the autumn of his own life (the 42nd year) then. Michael whose name means "Who is Like God?" is concerned with raising mankind's consciousness and bringing to earth the Cosmic Intelligence. Rudolf Steiner took this task upon himself and "spiritualized" the Cosmic Intelligence in his book *The Philosophy of Freedom* and by bringing Anthroposophy to the world.

Gabriel, the Archangel of winter, Regent of the Moon, whose name means “Strength of God” is the patron of the Arts and it was he who inspired and overshadowed the second period of Steiner’s anthroposophic path (1909-1916).



Raphael, the Archangel of Spring is the Regent of Mercury and his name means “God Heals”. It was he who brought the healing impulse to Anthroposophic initiatives in Steiner’s third period (1916-1923): Biodynamics heals the earth; Waldorf education and therapeutic education heal children’s karma; anthroposophic medicine and therapies heal the physical body; The Christian Community heals the spiritual body.

Uriel, the archangel of Summer is Regent of Saturn and his name means “Light of God”. Steiner tells us that Uriel is concerned with the “deepest intentions of the Will”. He wants to awaken man’s “conscience” with his “stern, admonishing gaze”. Steiner adds that Uriel “appeals (us) to transform our misdeeds into virtues”. (Oct. 23, 1923). The problem with this period is that it begins in 1923 – just two years before Steiner’s death. Steiner was already in a weakened condition because of the burning of the Goetheanum (he had united his own etheric body with the etheric body of the Goetheanum, and so when it burned, it greatly depleted his own forces; a year later it is rumored that Steiner was poisoned at a party.)

Thus, this “summer” period, which began with a most illustrious event – the Christmas Conference, the laying of the Foundation Stone and Steiner’s uniting his destiny with that of the General Anthroposophical Society all happened at the beginning of this period, which should have been the one of most “fruitfulness”. What should have happened? Salman says that the Christmas Conference was a ‘Whitsun event’, after which anthroposophists should have gone “into the world with the Foundation Stone in their hearts to found a new culture”. The impulse of Uriel is to be found in the threefolding of all institutions. It is also concerned with the Grail question – it awakens the Parzival question in us (“Brother, what ails thee?”)



Steiner died just two years into this summer period and so it was not properly fulfilled. Years of inner bickering and tragic disputes occurred in the Anthroposophical Society instead. Other Michaelic groups took up the Uriel impulse (although most of them probably have never even heard of Steiner and Anthroposophy). Such groups as Amnesty International, Greenpeace, Doctors Without Borders, the E.F. Schumacher Society (*Small is Beautiful*), 12 Step groups, Self-Help Credit Unions, Mediation law firms, K ubler-Ross’s work with death and dying, and so many more are doing the kinds of work that should have been done by anthroposophists. Now that the new millennium has past, new forces are awakening within the Anthroposophical movement and a great revival of interest in this urielic impulse is happening right now in the Society. Anthroposophists have also been reaching out more than ever to these other Michaelic groups and working with them to bring this time of Spiritual Fruit to the earth.

And so dear Reader – with which archangel do you feel most connected? Perhaps you too have gone through periods in your life where you felt more connected to one than the others and now feel more connected to a different one. It is good to ponder these things. It may help our community realize which Spiritual Being and impulse we are working with most. – *Kathleen Wright*

From the Editor:

On the Holy Nights and Haiti:

So much has transpired since the New Year, that it seems more like a year than a month since the Holy Nights. We should look back on them, however, because they were even more special than usual this year. People seemed to have a real yearning to participate. There was a feeling that we were doing a necessary deed for blessing the New Year. People were very excited about this year's book: *The Gospel of St. John* by Rudolf Steiner. This was Steiner's favorite Gospel and the one he considered most important. He spoke about how important it is that this Gospel be recited at every moment in at least one place in the world in order for human evolution to progress. Attendance was at an all time high this year, with January 6th bringing 24 community members to the home of Margaret Heath and most nights averaging 13 participants.

Although the enthusiasm was great, we all noted a seriousness in the mood this year. It was also noted that there was great suffering in our community – virtually everyone was in pain of some sort or other and nearly everyone we spoke to had at least one loved one in the hospital at this time. A few conversations were especially significant during these Holy Nights: in one we spoke of this somber feeling in the community and recalled that Steiner said that the mood of the Holy Nights foreshadows the mood of the coming year. We wondered if this mean it was going to be a difficult year ahead. At another Holy Night, the conversation somehow turned to electromagnetism and the dangers of all the cell phone and radio towers. Someone mentioned that Steiner foretold of this and said that such electrical energy will interfere with human development and that if it continued, the angels would have to cause great earthquakes to overcome these electrical forces.

When news of the devastating earthquake in Haiti reached us, we recalled these prophetic conversations of ours. This New Year has begun with very ominous happenings. The evil ruling by the Supreme Court about corporations being allowed to give unlimited financial support to candidates and the election of a “tea partying” Republican to replace Ted Kennedy in the Senate were also signs that Ahriman intends to wreak a lot of havoc this year. In Chinese astrology, this is the “Year of the Tiger” and it is said that it is a year of “big” happenings and great changes. It feels like the earthquake in Haiti was a macrocosmic portrayal of the microcosmic earthquakes going on in all of our lives.

But in our enthusiastic and persevering observance of the Holy Nights, we showed that we know how to fight Ahriman – with community, with spiritual activity, with meeting our neighbor and experiencing his “entelechy”. In many of the stories from Haiti we saw on the nightly news we heard stories of amazing courage, faith and joy in spite of all the misery. One particular story impressed me: a 20 year old man who had been trapped under a building for 11 days was finally dug out of the ground and he had a beaming smile on his face. He said that he had had a “revelation” early on that he would be rescued and so he never lost faith. One has to wonder if he had an experience of the Etheric Christ! It is miraculous enough to be alive after 11 days, but to be calm and even joyful after such a long period of not being able to move, is even more miraculous.

Certainly we have all been praying for the living, but let us not forget the Dead of Haiti, which number close to 200,000 and may rise even higher if help does not rise exponentially.

Rudolf Steiner once spoke of what an important and powerful event it is when a group of people all die together in a disaster. Their unused etheric forces are released and can be used for good or ill in the world. In the book *Staying Connected to the Dead*, Steiner is quoted on this theme (he was referring here to soldiers who die together on

the battlefield, but the conditions are the same for when people die together in a natural disaster.):

"Then these forces, these etheric forces of those who have passed through the gate of death, the gate of suffering, will truly be present and will seek to unite themselves with those souls who are working here on earth for the progress and the well-being of the world. However, for this to happen there will have to be people on earth who have understanding for these things, who can be conscious of the fact that above in the spiritual world, within those etheric bodies left behind, are those who made their sacrifice to the time. They wish to work here on earth. But their labors can truly bear fruit only if there are receptive souls here who wish to unite themselves; yes in thought with what comes to them from out of the spiritual world. So it is eternally important for the fruits of this our great but difficult and painful time that a spirit-affirming knowledge bring forth thoughts which can unite with the thoughts descending from the etheric bodies of the deceased. Thus we must receive from these trying circumstances, which stand in the sign of suffering and death but also in the sign of greatness, the exhortation that they lead us to a higher time more inclined toward the spiritual than the past time has been. It must not come to pass that those who have sacrificed themselves in order to work for the progress of the earth and its well-being have to look down upon a world in which they find no chance to be come involved because the worlds are not there to send back to them the receptive thoughts they need. For this reason we must grasp spiritual science as something living and as something that is necessary for the time which will come about precisely because of the events of our day. And that is what I have summed up again and again, in the meaning the spirit of our thinking, with the words:

Out of courage shown in battle (disasters),

Out of the blood shed in war (disasters, earth quakes etc..)

Out of the grief of those who are left,

Out of the people's deeds of sacrifice

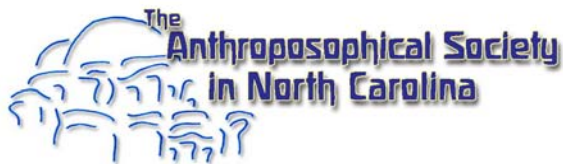
Spirit fruits will come to grow

If souls with knowledge of the spirit

Turn their mind to spirit realms."

May you all receive the strength and courage you need to face the challenges that you face this year and may you have many grace periods to recharge your spiritual batteries!

Kathleen Wright



The Sophia Sun

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Submitting articles, letters and ads:

Please send UNFORMATTED text in Microsoft Word to kathleenwright51@peoplepc.com.

All calendar items and Study group information should be sent to: lfolsom@nc.rr.com.

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Anthroposophy, which means “the wisdom of man”, 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 has 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