



# The Sophia Sun

Newsletter of the Anthroposophical Society  
in North Carolina

September 2010

Volume III, Number 5

## The Virtue For September (Virgo):

### Courtesy becomes Tact of Heart

Opposites: carelessness, exploitation

#### Calendar of the Soul August 25-31:

I feel strange power, bearing fruit  
And gaining strength to give myself to me.  
I sense the seed maturing  
And expectation, light-filled, weaving  
Within me on my selfhood's power.

**Rudolf Steiner**

(translation by Ruth and Hans Pusch)



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

## *From the Editor:*

Once more the Michaelmas season is upon us. Each year it feels like we need Michaelmas more and more. The forces of evil in the world grow stronger by the day, as the media remind us every day. What they don't seem to report, however is that the forces for the Good are also growing stronger and stronger, and it is Michael our Time Spirit, who raises human consciousness. It is he who gives us the strength of courage in the form of meteoric iron, which falls from the Heavens at this time of year in the form of meteor showers. These meteor showers are referred to as "Michael's sword". This iron within is in direct opposite of the iron *without*, which symbolizes technology and its accompanying evils. Rudolf Steiner writes of this contrast as follows:

"In the course of the last three or four centuries man has reached a significant natural science, which works in matter and has produced a magnificent technical system of industry. We have learned to make out of the iron of the earth almost all the most essential and characteristic things of a materialistic age. In our centers of industry, we can see what has been constructed with iron and steel and this construction out of iron is symptomatic of our whole outlook on the world, for our whole life and our desire to continue to build it up out of physical matter. This has led man downwards. But man can only be rescued from these dangers if he begins with the spiritualizing of life; if he turns away from the iron of the earth and looks up to the meteoric iron which pours down upon the earth from the Cosmos, and out of which Michael's power is formed."

Steiner also said that "the most important demand of our age is contained in these guiding words" which he put into a verse for Michaelmas:

Oh Man!  
Though moldest it (Iron) to thy service,  
Thou revealest it according to the value of its substance  
In many of thy works.  
Yet it will only bring thee Healing  
When to thee is revealed  
The lofty Power of its Spirit.

Let us take this meteoric iron into our blood and may it give us the courage and will that we need to bring into being the spiritual impulses that slumber within, as well as to help us meet the many "dragons" that we meet in the outer world and in our inner world.

In this issue of the *Sophia Sun* you will see that there are three Michaelmas celebrations in our community this year. Each brings a different aspect of the Festival, so we hope that you will be able to attend all three. Michaelmas is the New Year for anthroposophical communities. It is when the activities of the year begin anew after the summer vacation. The combination of summer rest and Michaelic iron give us newfound energy and inspiration. Try to attend as many of our events as you can. Anthroposophy is not just about studying books and meditating alone. It is about community and Karma – amending old Karma and forging new Karma with our Michaelic brothers and sisters. Steiner told us that Festivals are the "heart of the community", so please join us and get more involved. We would love to hear your ideas for improving our community!

Warm Michaelmas Greetings,  
*Kathleen Wright*

## ASNC and Initiatives, September 1 - 30, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Rose Cross SG-7:30p	<b>2</b> Asheville Steiner SG-7p	<b>3</b>	<b>4</b>
<b>5</b> The Goethean Conversation SG-3p Asheville Soul- Weaving SG-2p WS Anthroposophical SG-5p Pittsboro SG-6:30p Greensboro SG-7p	<b>6</b>	<b>7</b> NDE Study Gp- 7p	<b>8</b> Rose Cross SG-7:30p	<b>9</b> Asheville Bio- dynamic SG- 10a  Reading to the Dead-7p	<b>10</b> Sophia Grail Circle-6:30p	<b>11</b>
<b>12</b> School of Spiritual Science 10:45; Review Lesson 9:45 School of Choreocosmos 1-3pm The Goethean Conversation SG-3p WS Anthroposophical SG-5p Pittsboro SG-6:30p Greensboro SG-7p	<b>13</b>	<b>14</b>	<b>15</b> Rose Cross SG-7:30p	<b>16</b> Asheville Steiner SG-7p  Reading to the Dead-7p	<b>17</b> 7:30pm: Christian Community 101	<b>18</b> Talk by Nora Minassian 7:30pm
<b>19</b> Act of Consecration of Man 10:30 am The Goethean Conversation SG-3p  WS Anthroposophical SG-5p Pittsboro SG-6:30p Greensboro SG-7p	<b>20</b>	<b>21</b> ASNC Board Meeting 7:30 p  Renewing a Culture of Death 7 pm	<b>22</b> Rose Cross SG-7:30p	<b>23</b> Reading to the Dead-7p	<b>24</b> Sophia Grail Circle-6:30p	<b>25</b> Michaelmas at Infinity Farm; making of 500 prep 3 pm
<b>26</b> The Goethean Conversation SG-3p  WS Anthroposophical SG-5p Pittsboro SG-6:30p Greensboro SG-7p	<b>27</b>	<b>28</b>	<b>29</b> <b>MICHAELMAS</b>  EWS Pageant 12 noon  ASNC Celebration 6-9:00pm	<b>30</b>		

## STUDY GROUPS

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**Note to all Study group Leaders: Please keep the information about your Study group current by emailing the editor at : [sophiasun@peoplepc.com](mailto:sophiasun@peoplepc.com); If you wish to start a study group, we would be glad to announce it here, so please contact us. Thank you.**

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**Child's Needs Study Group** – One Saturday a month 10 am-12 pm.; reading *The First Seven Years* by Edmond Schoorel; Please call Lauren Mills Nyland for further information – 968-7721, or [mills.lauren@gmail.com](mailto:mills.lauren@gmail.com)

**Christian Community Study Group** - Sundays 11 am-1 pm starting on September 26 at the home of Jim and Mary Beth Mueller, 3105 Whitfield Rd., Chapel Hill. The group will spend the first hour reading and discussing and the second hour sharing a Pot Luck meal. The book the group will be reading this year will be decided on in mid-September. Check the website for further details [www.thechristiancommunitync.org](http://www.thechristiancommunitync.org) or call Mary Beth at 929-9791.

**The Goethean Conversation Study Group – Sundays 3-5 PM.** Marjorie Spock, in her book "Group Moral Artistry", suggested substituting Goethean conversation 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 meets at the home of Martha and Dirk Kelder in Chapel Hill. For more information please call 919-942-2112.

**Greensboro Study Group - Sunday nights, 7 pm.** Currently reading *The Fifth Gospel* by Rudolf Steiner. 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](mailto:ethicindiv@yahoo.com)

**Renewing the Culture of Death** – next meeting: Sept. 21 7-9 pm. Please contact Jenny Bingham if you are interested in this group. The first half of the meeting will be discussion, and the second half of the meeting will be around practical issues of creating a group who will be available to assist those in the community who want to care for their loved ones at home after death. Jenny Bingham : 208 Murray St., Hillsborough, NC 27278. Phone: 919-241-4304

Email: [jennybingham@yahoo.com](mailto:jennybingham@yahoo.com)

**Rose Cross Study Group** – Wednesdays, 7:30 pm, at the home of Judy Frey, Currently reading *Karma of Materialism Vol. I*. Newcomers are welcome! Please give call Judy at 928-8749 before attending the first time.

**Reading to the Dead Group - one Thursday evening each month.** We are reading *At the Moment of Death* and *Life Between Death and a New Birth*. Location to be announced. Please call 617-970-9236 for more information. Peace, Joanna Carey

**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 - Sundays 5-7 pm** at alternating members' homes. This year we will be working on Rudolf Steiner's lectures on *The Gospel of St. John*. Our 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 -Sundays from 6-8 pm;** This Study Group meets September through May, at the home of Sarah Putnam, 7719 Whitehorse Dr, Clemmons, NC. A new book will be decided on at the first or second meeting of the year. Call 336-972-8243 for more information.

### **Asheville Study Groups: (see [www.azaleamountain.org](http://www.azaleamountain.org) for more info)**

**Steiner Study Group** – 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 7-9pm. New book to be decided on in September. Contact Todd Crowe at 828-216-3226

**Soul-Weaving Study Group** for parents - 1<sup>st</sup> Sunday of the month, 2-4pm; contact Elizabeth Gilbert at 828-296-8323

**Biodynamic reading group** - 2nd Thursday, reading group and 4th Saturday 10-12am hands-on in the garden.

**Handwork Group** – 4<sup>th</sup> Sunday of the month 2 pm; contact Emily Ankeney for location 828-505-1566

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## **WERBECK SINGING LESSONS**

Beginning in September, I will be offering singing lessons, both privately and in a group class to be held once a week. We will practice some of the many wonderful Werbeck exercises available to us and learn a few simple, beautiful songs. Time and location will be announced soon. Please call to sign up. Donations will be gratefully accepted. I really hope that people will take up this work and realize its healing benefits. Singing is a great community builder. It is also a lot of fun. Call me at 617-970-9236. Joanna Carey

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*You are cordially invited to the*

***ASNC's Annual Michaelmas Celebration  
Wednesday, September 29, 2010  
6-9 PM  
in the Richard's Room  
Emerson Waldorf High School***

The ASNC Festivals Committee is planning a simple Michaelmas celebration this year on Wednesday, September 29, beginning with a Pot luck dinner at 6 p.m. and continuing with a reading of an excerpt from a Steiner lecture at 7:30 p.m. in the Richard's room of the Emerson Waldorf High School. We will finish with some discussion and verses. The lecture is appropriate for those new to Anthroposophy as well as for those who have studied and lived Anthroposophy for many years.

The excerpt we will read is entitled "The Creation of a Michael Festival Out of the Spirit" from a lecture given in Berlin, the 23<sup>rd</sup> of May, 1923. It is in *The Festivals and Their Meaning* (a collection of Steiner lectures) and is also available online through the Rudolf Steiner Archive ([www.rsarchive.org](http://www.rsarchive.org)). We will have a few copies of the lecture available to share. Bringing your own copy is encouraged if you like to read along.



For more information, please contact Peg Carmody at 919-537-8142 or [mcarmody@nc.rr.com](mailto:mcarmody@nc.rr.com)

If you prefer a less studious celebration of Michaelmas, the Emerson Waldorf School holds an annual Pageant that is open to anyone interested in the festival. Details of the school's celebration will be found on their website [www.emersonwaldorf.org](http://www.emersonwaldorf.org) when they are set. It is usually held at the school on Michaelmas Day around noon and begins with a Dragon procession. You can also call the school's main office at 967-1858 mid-September for details. This year there will also be a Biodynamic Michaelmas observance at Infinity Farm on Sat. September 25. (See details on page 15 )

**- Peg Carmody, for the Festivals Committee**

## *News from The Christian Community*

This month, Rev. Nora Minassian will be visiting our congregation the weekend of **September 17-19**. This will be her second visit to our community and we look forward to welcoming her back.

**Schedule of the weekend is as follows:**

**Friday, Sept. 17 and Saturday, Sept. 18 - daytime**  
**Sacramental Consultations and private conversations with Nora** – these are scheduled by Margit Gratzl and are held at her home, 519 Wheeling Circle, Durham. Please call Margit at 493-2925 or email her at [mgratzl@nc.rr.com](mailto:mgratzl@nc.rr.com) as soon as possible to reserve a time with Nora.



**Friday, Sept. 17 7:30 pm - Christianity 101: conversation with Nora and the community**

Christianity 101 is a chance to share our questions about the community and get first hand news of the wider movement. All questions are welcome – from the deeply held inner questions about our own spiritual journey as individuals to the very general questions about why things look or are done a certain way in the Christian community. It is a wonderful evening of learning, sharing, and enjoying each others' company no matter how loose or strong your connection to the Christian Community might be. We strongly encourage everyone who has even just a little bit of interest to attend. Location to be announced. Check our website for updates: [www.thechristiancommunitync.org](http://www.thechristiancommunitync.org)

**Saturday, September 18 7:30 pm**

**Priest Talk:** "Acquiring Aim, Courage and Balance – Celebrating Michaelmas"

A Talk by Nora Minassian. All Welcome

At the Fleming Building

New Hope Camp

4805 Hwy 86

Chapel Hill 27514

**Sunday, Sept. 19 Sunday Services and Children's Story**

All in the Fleming Building

**Children's Story : 9:30 am** for children of all ages. Everyone welcome.

**Children's Service – 10 am** – for children ages 7-14. Please bring a few books and toys to help occupy younger children and bring them to Child Care during this short service.

**Act of Consecration of Man : 10:30 am** for adults and children over age 9 ½. Please try to arrive early and enter the room reverently.

**Community Pot Luck:** 12:15 in the Oak Room. All welcome! Please bring a dish to share. Beverages will be provided. We hope you can stay after the service to meet Nora and all the members of the community.

**Please do not park in the Church parking lot at New Hope. There is parking further down the road by the campsite. For map and directions: [www.newhopeccc.org](http://www.newhopeccc.org)**

**Priest visit dates for the remainder of Fall 2010 through Spring 2011 are:**

**November 19-21, Jan. 21-23, March 18-20 , May 13-15**

Please check our website: [www.thechristiancommunitync.org](http://www.thechristiancommunitync.org) for updates and further details.

## A CHILD IS BORN!

Christian Community priest Patrick Kennedy and his wife Kate are proud new parents! Maeve Ellen Kennedy was born August 5, 2010 at 3:40 a.m. She was a healthy, peaceful sweet 7 lbs. 2 oz. at birth. She was born at home with the help of a midwife and two birth assistants. Kate is doing well and Dad is on Cloud Nine.

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## ANNUAL ST. JOHN'S FESTIVAL CELEBRATED AT INFINITY FARM



**Peg lights the bonfire (photo by K. Wright)**

Forty people gathered at Infinity Farm on Saturday evening, June 26. These included 14 ASNC members, families from the Waldorf School, friends of Joy Kwapien's from Cedar Grove, and a Waldorf teacher and her family from Massachusetts. Following the Pot Luck, children and those young-at-heart created St. John's boats out of balsa wood and paper sails. Board President Peg Carmody spoke about the significance of the festival, and then folks marched to the bonfire by the pond.

Bob Wright helped with the boat launch utilizing a hoe to lower and push the boats out to sea. The effect of the candle-lit boats on the pond in the dark was mesmerizing. Children and adults alike stood or sat by the pond and watched the boats for what seemed like hours.

Then for the big moment – Peg brought the lit torch to the piled up wood as the crowd sang “Rise up of Flame” and the flames were set. Music was provided by a Waldorf family. All joined in the singing of traditional St. John's songs. Everyone agreed that there was something very special about this year's celebrations.

Many thanks to Linda Folsom who did most of the coordinating!



**Bob launches a boat (K. Wright)**

We would like to end this article with a quote by Friedrich Benesch about St. John, which Jo Forkish sent us:

“John accompanies human beings in all the centuries and millennia into the future. He always accompanies in such a way that from his consciousness, from his Light, something continually radiates to all people who have not yet found access to the Christ.

This is possible because he has an all-encompassing consciousness of humanity and can always stimulate something in Man that leads in two directions: on the one side to the growing awareness that we are created and we owe our entire human existence to the Creator-God, to the co-working of the Father and the Son...And on the other side, to the enlivening of idealism, of all that lives as higher longing and hoping and anticipating in the human soul.”

**More Scenes from St. John’s Day:**



**Joy Kwapien and friend  
(photo by Mark Eisen)**



**(photo by Mark Eisen)**



**Peg talks about St. John  
(photo by Mark Eisen)**



**Children sit on the pier and watch the boats  
(photo by Kathleen Wright)**

## WELCOME TO PHOENIX LIBRARY!

Our ASNC Community is the proud owner of a wonderful library, aptly named "Phoenix" because our first library burned to ashes several years ago when its former home caught fire. Today thanks to several bequests, purchases and donations, our library now contains over 500 books and lecture series by Dr. Rudolf Steiner and various anthroposophical authors. In addition, the library contains articles, pamphlets, individual lectures, Anthroposophical newsletters, old copies of the *Journal for Anthroposophy*, books about Edgar Cayce and many other things of interest. Many of these items were gifts from Herbert Slapo in honor of his dear wife, Natalie. Some are from Renate Wend and other people. A large number of the books are from Judy Frey's personal collection. Each item has a personal history. Therefore, please borrow them with the intent of returning them in a timely manner and please do not lend them to other people unless you take it upon yourself to retrieve them and return them to the library. Our library is housed at the home of Judy Frey.

### How to Borrow Books:

1. You must be a member of the ASNC community in order to borrow books from the Phoenix library. Contact Peg Carmody if you wish to join our community at [mcarmody@nc.rr.com](mailto:mcarmody@nc.rr.com) or call 537-8142.
2. The best way to borrow is to visit the library directly. Call Judy in advance to make an appointment at 919-928-8749.
3. You can order books by phone or email, and Judy will mail them to you if you send the postage. Check with Judy for the rate.
4. The catalog of books will be on our website soon. Hopefully, we will be able to announce this in our next issue.

### IMPORTANT NOTE:

**Many people borrowed books at our Annual General Meeting in March, but very few have been returned. Also, several were borrowed during the Holy Nights that still have not been returned. The national Rudolf Steiner Library has a three month limit on books and that is a fair amount of time. People tend to forget about the books they have borrowed if they wait longer than that. If you have a book out, please return it as soon as possible. If you do not have the time to drive out to Judy's, then please mail the books back to:**

**Judy Frey  
55207 Broughton  
Chapel Hill, NC 27517**

**Thank you!**

## Renate Wend Enjoys 82<sup>nd</sup> Birthday At the Bavarian Brathaus



On July 5, Renate Wend celebrated her 82<sup>nd</sup> birthday at the Bavarian Brathaus in Cary. Her son Doug, his wife Tressa and their daughters Sabrina and Savannah were there along with a number of our community members. Renate has been living at the Brookshire Nursing Home since she suffered a stroke in August of last year. Renate enjoyed a dinner of bratwurst and was serenaded by a monkey organ grinder. Renate

loves having company at the Nursing home, so do visit her when you get a chance.

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## Group for Renewing a Culture of Death Moving Toward Becoming a Non-Profit

Last year Jenny Bingham announced the start of a new initiative, one that intended to “renew a culture of death”, i.e. to encourage families to care for their own at the end of life, take care of the body without embalming, have a 24-hour Vigil, a meaningful funeral ritual, cremation and a green burial. A group of several people including Margaret Heath, Joanna Carey, Joy Kwapien, James Hoesch and others who dropped in once in a while, became part of the group that read *A Year to Live* by Steven Levine and discussed strategies for implementing their ideas. They met monthly on Tuesday evenings during the winter and spring, and have held day-long meetings during the summer.

The group is planning to apply to become a not-for-profit organization that will serve as a guide and support system for families who want something more natural and meaningful than what current funeral parlors offer today. The group plans to develop a website and brochures about their service. They are still working on a name for their enterprise. If you have a suggestion, be sure to let Jenny know.

Jenny has made contacts with two funeral home directors who are willing to work with families who want this sort of funeral arrangement. Jenny also joined the Funeral Consumers Alliance. Word about their group got into the community, and Jenny was contacted by a man who has a terminal illness and would like the kind of funeral and burial that her group is advocating. He also connected her with a man who wants to do a documentary about these new “green funerals” as some call it. Jenny will do a “mock workshop” for the film.

The group plans to meet again on **September 21 from 7-9 PM**. If this sort of work interests you or if you have ideas to share, please **contact Jenny at 241-4304** or email her at: **[jennybingham@yahoo.com](mailto:jennybingham@yahoo.com)**

## TAMMY HUGHES VISITS FROM CHINA



Tammy Hughes, who has been working in China and other southeast Asian countries as a consultant for Waldorf kindergartens, paid our community a visit the last weekend in July. It was a great treat for all of us to see Tammy, who for many years lived in our ASNC community, serving as Board President, ERC representative and as a homeschool Nursery Teacher. She also did puppet shows for the community one Saturday a month for about 10 years. Nineteen of our community members gathered at the Spartacus Restaurant to honor Tammy at a buffet dinner.

Tammy shared that she is very happy and fulfilled in her work and plans to continue in China for as long as she is needed.

Her son, Linden,

who has been working at the Whole Foods Markets in Durham and Chapel Hill for the past few years, has decided to move to Australia, where he will join his Father, Ian Swney, as a cook for miners. The pay there is much better than the US offers for comparable service.

Tammy flew away on August 2. She had a short visit with her family in Florida and then flew back to China.



Picture above: Tammy visits Renate Wend

Tammy points out the places she has been to in China to Lisa Stauffer and Peg Carmody

After Tammy returned to China, we received the following from her:

“It was very nice to come back to North Carolina and catch up with old friends; however the time was much too short.

In China the kindergartens and schools are getting ready to begin their year. I am currently traveling in the south east part of China with Thanh Cherry, who has been overseeing the kindergarten training in Chengdu since it began. Currently, we are working to document the kindergartens in the southern region. The teachers who have received training are still in need of mentoring support. WECC, the International Waldorf Early Childhood Education in China is working to arrange mentors. We are working to meet this ever-growing need. We are hosting a meeting of the southern kindergartens to consider where to start a kindergarten training in the south. Once the meeting and observations are completed in the south, Thanh and I will do the same work in the Beijing area. Both areas have around 15 or so kindergartens in varying degrees of development. At this point, there are likely to be at least 60 kindergartens that are using a substantial amount of Waldorf education. The oldest kindergarten and school in China is Chengdu which has just begun its seventh year.”

## Emerson Waldorf School News

The school year has gotten off to a good start on August 24 with an enrollment of 265, which is up from last year. At the end of the last school year, the Emerson Waldorf School was awarded full accreditation from the Southern Association of Independent Schools, the Southern Association of Colleges and Schools, and the North Carolina Association of Independent Schools. Congratulations EWS!

The school made many renovations over the summer to beautify the school and grounds. This includes: newly renovated bathrooms for the lower school, new windows soon to be added to the Richards Room, improvements to the playgrounds and sport fields and of course, the lazuring of the Eurythmy room. Lots of sprucing up, cleaning, pressure washing for the buildings and landscaping was done as well.

New teachers at the school this year include: Katie Reily, who is returning from a Sabbatical and will resume her role in Educational Support; Malina Stoychev, First Grade Teacher; Jennifer Miller, Fifth Grade Teacher; Mary Kirchoff, Gym and Games teacher, as well as Middle School and High School Athletic Director; and Jessie Onuf, High School Humanities teacher. Best of luck to all of you!

### DOCUMENTARY FILM ABOUT RUDOLF STEINER TO PREMIERE AROUND HIS 150<sup>TH</sup> BIRTHDAY!

Finally the world is going to hear about Rudolf Steiner in a big way! Award-winning BBC documentary filmmaker Jonathan Stedall has been working on a documentary of Rudolf Steiner this past year. He hopes to have the film completed in time for Steiner's 150<sup>th</sup> birthday in 2011. If the name Jonathan Stedall sounds familiar to you, you may have seen his new book : *Where on Earth Is Heaven?* in the Steiner books catalog. Jonathan has made over 150 films, many of them about anthroposophical endeavors and themes including the 7 phases of life and the quest for meaning in life. He has made several documentaries about the Camp Hill Villages, including those at Aberdeen and Botton. He won the British Film Academy Documentary for his "In Need of Special Care" about the Camp Hill movement in 1968. He worked with Dr. Thomas Weihs on a documentary called "In Defence of the Stork" and he filmed a 3-part series in 1989 called "Candle on the Hill" to commemorate the 50<sup>th</sup> anniversary of the Camp Hill movement. Stedall has also made films about Waldorf education, Carl Jung, Gandhi, Tolstoy, the mythology of the Bushmen of South Africa and many travel films.

Why the interest in Steiner you ask? Well, Stedall did the Foundation Year at Emerson College back in 1966-67 when he was 28 years old. He treasures those years and has wanted to make this documentary about Steiner for a long time. If you wish to learn more about Jonathan Stedall, just google his name and you will find a wealth of information, and be sure to look for the film about Steiner next year.

If anyone has "connections" with the Carolina Theater, please ask them to have a special showing of this film. With good publicity, we should be able to pack the theater!

## NEWS FROM OUR TWO BIODYNAMIC FARMS

### Whitted Bowers Farm Update:

#### From Cheri and Rob Bowers:

We began our farm on St. John's Day 2006. Four years into it, so much has happened. While we have not been able to attend many of the Study groups and gatherings, we feel very much a part of the Anthroposophical Society. We are delighted that our daughter Téa will be starting kindergarten this year at the Emerson Waldorf School.

On the astrological front, the question for September is which planet will predominate, Mercury residing in the warmth element of Leo or the trio of Venus., Mars and Saturn all in the earth element of Virgo. September is a critical month as the ground begins to cool and turn inward waiting for the restoration of winter. We will be anxiously watching the outcome as September is strawberry planting time and the time we stir and spray the biodynamic preparation on the entire farm. While we always take what is given, we hope the triumvirate prevails.

This Fall we will be expanding our fig production and will add 60 more trees as well as pecans and pears. We also will be laying the groundwork for a culinary and medicinal herb pick-your-own to be launched in 2012. As many of you know, we are now one of two farms in the southeast that are Certified Biodynamic by Demeter. We believe it is the most difficult and important certification available. We hope all from the ASNC feel welcome to come visit the farm. For further information check out our website at: [www.whittedbowersfarm.com](http://www.whittedbowersfarm.com) See you at the local Farmers' Markets! In September we will be offering figs, heirloom squash, tomatoes and heirloom canned goods. In October we will have 6 varieties of sweet potatoes!



### Infinity Farm Update:

#### Interview with Jon Lyerly:

Jon Lyerly moved back to Infinity Farm in June. His Mother, Joy Kwapien and stepfather, Bob have retired and moved to an apartment in northern Hillsborough. Jon will be renting the property along with his co-manager, Lloyd Nelson and his wife Kelly West, with whom Jon worked at a Hendersonville organic farm last year. Lloyd and Kelly are biodynamic farmers also. They met at a BD conference in Colorado. Kelly has a teenage daughter named Maya and the couple has a 3 year-old son named Mischa. Kelly is pursuing certification in Waldorf Early Childhood while helping on the farm. Lloyd worked at the Josephine Porter Institute where the BD preps are made.

The three farmers have been busy planting Fall crops: lot of greens: collards, spinach and assorted lettuce, as well as root vegetables: radishes, beets and carrots. They will be offering a mini CSA : 20-30 people can purchase shares for two months'

worth of vegetables. The farmers will also be selling their produce at the Emerson Waldorf School on Friday afternoons around pick-up time. Jon made it clear that Infinity Farm and Whitted Bowers Farm are not in competition. They grow very different crops and want to support each others' work. He hopes they can even do partnerships in the future.

Jon tells us that currently the demand for goats' milk is filled. Next year when the young goats are older, more milk will be available. One can still purchase eggs from the farm. Jon will be purchasing more chickens next year. In the Spring you will be able to buy starter plants from the farm. There are currently 11 cows on the farm. Next year, they hope to purchase more and then to resume the sale of grass-fed meat.

Eventually Jon hopes to offer an apprenticeship BD program on the farm. Right now, volunteers are welcome, but please call at least a day in advance. Volunteers can exchange their time for CSA shares. **Give Jon a call at: 919-357-7453** if you can help at the farm or if you would like more information about the CSA. We hope to have an update to send out on the list-serve later on this month.



**"Michael as Lord of the Harvest" by David Newbatt**

**The Staff at Infinity Farm would like to invite all to a:**

**Biodynamic Michaelmas Festival**

**At Infinity Farm**

**1600 McDade Store Rd., Cedar Grove,  
NC**

**Saturday, September 25 at 3 pm**

**Making of the BD Prep 500\***

**Pot Luck Supper**

**Music and Singing by the Bonfire**

\***Prep 500** is one of 9 essential biodynamic preparations developed by Rudolf Steiner to fortify and "heal" the earth. It is made by stuffing cow horns with cow manure and these horns are buried in the ground at the autumnal equinox, and dug up again at the spring equinox, where the decomposed manure is then mixed with water and stirred for an hour in a process known as "dynamization" which creates a vortex into which cosmic energy flows. While critics love to make fun of this "voodoo" process, as they call it, when they see the fabulous looking and tasting produce that has been treated with this prep, they no longer laugh. It works like magic and is being used all over the world.

## CELEBRITY WALDORF ALUMNI TRIVIA

Last month, my daughter, Colleen MacNeal, attended a benefit concert for the Woodstock Farm Animal Sanctuary in Woodstock, NY. The lead band for the benefit was "Ghost of a Sabre-Tooth Tiger", which is led by Sean Lennon and his girlfriend, Charlotte Kemp Muhl. Sean, as you may know, was born on his Father Beatle John Lennon's 35<sup>th</sup> birthday, and my daughter tells me Sean is the spitting image of his Father in looks and sound. The most talented member of the band, however, in my daughter's opinion, was Charlotte. She awed the audience by playing at least five instruments, many of which were exotic, but at the very end, she whipped out a little recorder and with a giggle and a shrug, she said to the audience, "Yeah... I was a Waldorf student!" Everyone laughed and cheered – Waldorf education is definitely becoming more known in America with each passing year!

Other celebrity Waldorf graduates whom you have probably seen on the silver screen are Jennifer Aniston (whose Mother was good friends with Natalie Slapo) and Sandra Bullock. Celebrities who sent their kids to Waldorf schools include Paul Newman and George Lucas. – *Kathleen Wright*

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## COME TO THE BENEFIT BOOK SALE AT MAPLEVIEW!

**USED BOOK SALE Saturday, September 25** 12-5 at the Mapleview Ice Cream store on Dairyland Road. ALL the proceeds to benefit the Blue Skies of Mapleview Riding school to make it possible for children without financial support to have an equine experience either at summer camp or a semester of riding lessons. Deborah Pearson-Moyers is currently collecting books of all kinds (except textbooks) for this upcoming sale. **Please call Deborah at 933-1444 if you have more than five boxes of books.** Otherwise the collection point is 3609 Pasture Road, Hillsborough but you get to see beautiful horses when you drop off! Last year four children came to camp who couldn't attend otherwise. Please come on **Saturday, September 25 12noon-5pm to purchase some great books for the year!**

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## EURYTHMY FOR ADULTS

With Eve Olive

Wednesdays 8:30 am-10:00 am

In the Eurythmy Room

Of the Emerson Waldorf School

Starting September 25, 2010

**\$10. per session**

Later in the semester we will be joined by Aileen Niessen, a eurythmist from Dornach, who will co-teach the class. This should be a real treat. I hope that some of you can join the dedicated band of parents at the Emerson Waldorf School.

**For more information, call Eve Olive at 489-2564**

## *September News from Jubilee Book Store:*

The Jubilee Store at Dr. Eisen's medical practice at 900 Martin Luther King Blvd, Chapel Hill, NC 27514 has been able to procure multiple copies of about 12 classic Biodynamic texts and will hold a sale of these starting in about September 10-15. Discounts will be 20-30%. We will continue to have this sale until the books become unavailable or at the end of December. Other than this (see below) I will in general not be able to accommodate special requests either routinely or emergently.

## *News from Dr. Eisen's Medical Practice:*

Our office manager of nearly five years, Kenyetta, left the practice in early mid-August. We will all miss her friendly and helpful personhood and her knowledge of the books and healthcare products and emphasis on service in the practice will likewise be missed. We wish her well in her endeavors.

In the meantime, we have gotten good help from friends which will end about mid September. **I am actively looking for a Reception and Managerial Assistant for a half to three quarter time position.** They must be very well-organized, efficient and skillful in aspects of managing an office. If you know of such a person, we will be glad to email our brief description. We will be interviewing actively.

During this time I will not be able to easily provide the very personal responses for patients and friends. You will find more need to leave messages. If you need medical attention, please supply all the information to easily contact you (phone



Dr. Mark with Tammy Hughes at Whole Foods in 2009

#'s, cell #'s, home, business, etc ), There will likely be gaps where I have no assistance. Please do not use email as a primary communication. I will not be responding to email request for the next weeks until my staff is reconstituted.

Your understanding is much appreciated.

*Mark Eisen*

## *Welcome New Members and Friends!*

**Sharon Youse** first met our acquaintance when she came to the Parzival Conference last year. She then attended the Study group on Knowledge of the Higher Worlds that was hosted by Margaret Heath and Sandy Bisdee. Sharon also has joined our local ASNC branch. She first heard about anthroposophy when she became a patient of Mark Eisen's and also befriended Eileen Bristol. She then did a massage training and joined the Antroposophical Society in 1996. She says she wasn't active in group work at the time, but lately has felt the need to meet with others and learn more. Her main interests in Anthroposophy are Steiner's ideas on community and the Threefold Social Order. She also is very interested in helping persons with developmental disabilities. She has visited the Camp Hill Villages at Kimberton and Soltane. Although Sharon was born in Annapolis, Maryland, she moved to Durham in 1979, and has been here ever since. Sharon currently volunteers for the organization First in Families, which she describes as an organization that "acknowledges the gifts of people with developmental disabilities". She is helping them develop a Time Bank, of which there are now 51 in the U.S. and 26 countries are developing them.

We were very happy to have Sharon join us at our recent branch meeting On August 28 and look forward to getting to know her better. Sharon's email address is [wnwmary@aol.com](mailto:wnwmary@aol.com) . Her phone number is 919-489-3195.

**Andria Lanette** and her two cats moved to our community (Carrboro) from Pennsylvania this summer. While Andria is not a member of the Society, she considers herself a Friend of Anthroposophy. She lived in the Klumberton community all her life and attended many of the anthroposophical events there. While in Pennsylvania, Andria had a massage practice and was an ordained minister. Her main interest is World Religions, although she feels a strong connection to the Christ. Andria has been attending the Wednesday Study group at Judy Frey's.

Andria says that she came here because she felt she needed a change, but lately she has been missing her family and friends in Pennsylvania. It has been especially hard leaving behind her Granddaughter. Andria had a beautiful house built for herself off Old Greensboro Hwy. Let's make Andria feel more welcome so that she will be happy here! Her email address is: [reverendandria@gmail.com](mailto:reverendandria@gmail.com) Her phone number is 484-574-3813.

**Llloyd Nelson and Kelly West** are also new to the area. They are biodynamic farmers and are living at Infinity Farm. More details about them are in the article about Infinity Farm news. Be sure to visit their farm and let them know how much you appreciate their work!

**Please let the editor know if there are any other newcomers to our area! We want all to feel welcome and hope they will want to become active in our community.**

## August Branch Meeting Focuses On Name Selection And Goals for the Year

Twelve members including Peg Carmody, Allen Barenholtz, Nancy Willson, Eve Olive, Margaretta Bornhorst, Joanna Carey, Suzanne and Robert Mays, Mark Eisen, Sharon Youse, Ed Schuldt, and Kathleen Wright gathered at the home of Peg Carmody for the August Branch meeting on Saturday, August 28 at 3 pm.

After Verses, members went around the circle briefly telling of their summer experiences. Then Peg explained the procedure for the selection of a name for our branch. Today the selections were announced, but the actual discussion and selection will take place at a **Festival of Naming on October 23, 2010** from 9:30 am until 4 pm in the afternoon. **A free catered luncheon will be provided for all who attend.**

Among the names sent in thus far are: ASNC, Central North Carolina Rudolf Steiner Branch, Kaspar Hauser Branch, Parzival Branch, Uriel Branch, North Carolina Rudolf Steiner Branch, The Michael-Sophia Branch, St. John the Beloved Branch, The Twelve Peasants Branch (from the story in the Mystery Dramas by Steiner), The Parzivalians Branch, and a few others. It is certainly possible that even more names will emerge at the Festival of Naming. For the latest updates on name suggestions, please contact Peg Carmody.

There are still lingering questions about the current name(s) of our branch: Around 1990 the branch called itself "Central North Carolina Rudolf Steiner Branch" Then, in 1995 it began calling itself the Anthroposophical Society in North Carolina (ASNC). This has caused several interpretations: Some believe we have two names, a private, spiritual one (Steiner) and a legal, public one (ASNC). Others say no, the Steiner name was dropped when we became ASNC and we have just one name. Still others think that the two names represent two different entities – one a statewide organization (ASNC) and the other our local chapter (Steiner). Some feel that it is presumptuous of our branch to assume statewide status and that we should replace the "NC" with "Chapel Hill" or "the Triangle"; while others feel the decision to be an "umbrella organization" for all groups in the state was an altruistic move to help smaller groups, and that since we were the first branch in the state and continue to be the largest, we have a right to call ourselves ASNC, as opposed to Anthroposophical Society in Chapel Hill. Note: There are only two other states in the US in which a branch has designated itself as the branch of the state – Rhode Island and New Hampshire – and they are very tiny. If we want to be a statewide branch, that brings with it a lot more work and responsibility – do we feel we have the manpower and time to carry such a task? Others have suggested that we should ask the other groups in the state if they even want us to be an umbrella for them. All these questions need to be resolved in addition to deciding on our name.

The second part of the meeting included a discussion about what the branch would like to take up for the rest of the year. A suggestion was made for the branch to discuss: "What is the purpose of our branch?" Suggestions were made that in discussing this, we should look at our Mission Statement and By-laws and perhaps read Prokofieff's book *The Esoteric Significance of the Spiritual Work in Anthroposophical Groups*. It was also brought up that we need to do a lot more outreach work and we could discuss that as well. The next branch meeting is the Festival of Naming. There will be another branch meeting in November when the new tasks will be taken up.

The meeting ended with Verses and a Pot Luck supper.

**Please mark your calendars for October 23 and plan to be at the Festival of Naming. We would really like all our members to take part in this momentous decision. Think about the names that have been suggested and see what feels right to you. Then come share your views with us in October.**

## **New Members Needed on the ASNC Board Come for a Visit and See if You'd Like to Join!**

According to the ASNC By-Laws, officers serve for a term of three years. As a result of this, the terms of President Peg Carmody, Vice President Nancy Willson and Secretary Kathleen Wright will all be ending in March of this coming year. Also, the role of Treasurer needs to be filled, as no one ever stepped up to do this task and so the role had to be assumed by President Carmody. While it is true that the members can vote for an officer to remain in office if that officer is able and willing, it is only fair for others in the community to take a turn at helping govern our community. At the end of three years, most humans feel burned out from leadership roles. New ideas and fresh energy is needed.

If you feel that there is the slightest possibility you may be interested, please come to a Board Meeting and see if you like it and what role you see yourself fitting in best. It is best to do this as soon as possible, as it takes time to learn the duties of each office.

Please call **Peg Carmody at 919-537-8142** to schedule a visit today!

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### **JOIN THE FESTIVALS COMMITTEE!**

Due to assorted illnesses, the womanpower on the Festivals Committee has declined in the past year and the group would really like some more people to join and bring your new ideas and energy to the group. A suggestion has been made that if you feel it is too much of a commitment to join the group for an entire year, why not just pick your favorite festival and work on just that one? The Festivals Committee meets once a month. They do a short reading about festivals and then make plans for the next major Festival. The Festivals committee takes up Michaelmas, Christmas, Easter and St. John's. Other groups in our community take up the lesser festivals such as All Soul's Day and Whitsun. This coming year is Rudolf Steiner's 150<sup>th</sup> birthday, so we will be needing some special celebrating around that time as well. Any ideas? Please call Peg Carmody at 537-8142 or email her at [mcarmody@nc.rr.com](mailto:mcarmody@nc.rr.com) to find out when the next Festival committee meeting is.

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### **THEME OF THE YEAR 2010:**

"The destiny of the I in the age of the Etheric Christ"

**Recommended readings:**

*The Gospel of St. Matthew* by Rudolf Steiner (Sept. 9, 1910)

*Esoteric Christianity and the Spiritual Guidance of Humanity* , lecture November 18, 1911

*The Threshold of the Spiritual World* by Rudolf Steiner, final chapter

*The Etherization of the Blood* (lecture Oct. 1, 1911)

Think of ways that we can take up this theme in our community!

## **ASHEVILLE COMMUNITY PLANNING TO OPEN WALDORF SCHOOL IN FALL OF 2011**

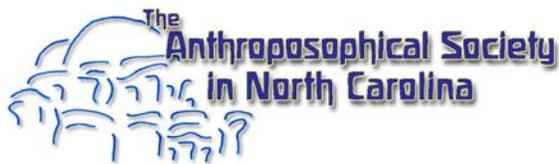
There has been a Waldorf initiative in the Asheville area for a few years now, and things are shaping up to open a Waldorf school there in the Fall of 2011. It will be called the Azalea Mountain School. They already have a website which you should check out – [www.azaleamountain.org](http://www.azaleamountain.org). Todd Crowe has been helping with the initiative. He is a trained Waldorf teacher who has been helping with homeschool programs for the past few years. Todd has also been working with a committee to adopt by-laws, bank accounts, and become a 501(c)3. This Fall, Azalea Mountain will have a Parent/tot class. Currently, there are four independent home preschools in the area utilizing Waldorf methods. Todd is hoping that the parents in these groups will realize the importance of having a grade school as well in the area. That is another goal of the Azalea Mountain community.

## **SHANNON O'CONNOR ATTENDS SUMMER SESSION AT CENTER FOR ANTHROPOLOGY**

Shannon O'Connor sent us this board drawing she made this summer at the Center for Anthroposophy where she is going for Waldorf Teacher training. She explains the picture as follows: "This is a drawing I did to illustrate Lecture XI of Study of Man, depicting mother's milk as cosmic matter, titled "The Genius of Nature". When we as parents strive to be as good as possible (as Steiner urges), it is as if we are nourishing the children in ways that will support their growth beyond our own intelligence. Is see this as our part in evolution, and our important role in it is to freely choose to be good. When we are striving and connected, our teaching can become like an elixir that Steiner likens to Mother's milk. As milk nourishes, the infant, proper education nourishes the child, and if we are in tune with nature and act as its comrade, we draw from her abundance to inspire us and to feed the children."



Shannon tells us that at the Center, she did all sorts of cool things like welding, woodwork, feltwork, Scottish dancing, singing and lounging at the pool. She attended classes with a number of current and former members of our ASNC community such as Peter Moyers, Lisa Damian, and Laura Guinan.



# The Sophia Sun

P.O. Box 16024  
Chapel Hill, NC 27516  
[www.anthroposophyNC.org](http://www.anthroposophyNC.org)

Editor.....Kathleen Wright

**The Sophia Sun** is the newsletter of the Anthroposophical Society in North Carolina (ASNC), a 501(c)3 non-profit organization. It is published 9 times a year (no issues in Jan., July and Aug.). Members are encouraged to view the newsletter electronically by visiting our website [www.anthroposophyNC.org](http://www.anthroposophyNC.org). If you wish to receive the newsletter by email, please write to the editor at: [sophiasun@peoplepc.com](mailto:sophiasun@peoplepc.com)

**Note:** On line, the newsletter is in color; mailed copies are in black and white.

To receive the newsletter by Postal service please contact the editor.

**Cost is \$20. a year for members and \$40 for nonmembers.**

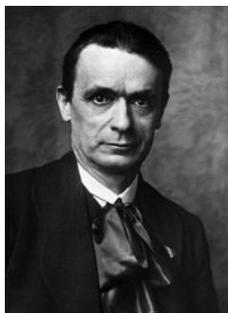
**Submitting articles, letters, announcements and ads:**

Please send UNFORMATTED text in Microsoft Word to [sophiasun@peoplepc.com](mailto:sophiasun@peoplepc.com).

Articles should not exceed 3 pages in length, and preferably should be 1-2 pages long. Please send all pictures as jpegs.

**Ads for goods and services:** Dues-paying members of the Anthroposophical Society in North Carolina are entitled to one free ad per year (quarter of a page). Please contact the editor for rates if you are not a member and wish to place an ad.

If you have any questions, please contact: **Kathleen Wright, at 919-309-9622 or 919-672-0149 or email her at [sophiasun@peoplepc.com](mailto:sophiasun@peoplepc.com)**



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