



The Sophia Sun

Newsletter of
The Rudolf Steiner Branch (NC) of
The Anthroposophical Society in America
Chapel Hill, NC

**FEBRUARY-MARCH 2012
VOLUME V, NUMBER 1**

Verse given to Ita Wegman

By Rudolf Steiner

Servant of Michael am I
Through my choice and your choice
In the Name of our God.

Remain in Time and Eternity
Scholar in the Light of Michael
In the Love of the Gods
In the Heights of the Cosmos.

Yes, I am in Time and Eternity
Scholar in the Light of Michael
In the Love of the Gods
In the Heights of the Cosmos.



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

Photo: Dr. Maria Ita Wegman (February 22, 1876 - March 4, 1943)

February 2012 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at kathleenwright51@peoplepc.com by March 20, 2012.						
			1 Eurythmy Classes 8:30a Rose Cross SG- 7:30p	2 Socially Resilient Child Gp-8:45a Reading to the Dead Group-7:15p	3 Werbeck Singing Group-7:15p	4 RSB Board Meeting-10a IANDS NDE SG- 1:30p-Cary
5 CC Group-11:30a Clemmons SG-6p Greensboro SG-7p	6 Greensboro SG-3:30p End-of-Life Documents 6:00-9:00p	7 Roscroix Stream SG- 6:30p EWS- Introduction to Family Constellations- 7p IANDS NDE SG-7p-CH	8 Eurythmy Classes 8:30a Rose Cross SG- 7:30p	9 Socially Resilient Child Gp-8:45a End-of-Life Documents 2:30- 5:30p	10 EWS-Madcap Madrigal: "The Royal Wedding" 7p check EWS website for details	11 EWS – Madcap Madrigal: "The Royal Wedding" 7p
12 Meeting of the First Class-10a, (Review- 11a) CC Group-11:30a Greensboro SG-7p	13 Greensboro SG-3:30p End-of-Life Documents 6:00-9:00p	14 Roscroix Stream SG- 6:30p Branch Home Envisioning Group-7p	15 Eurythmy Classes 8:30a Rose Cross SG- 7:30p	16 Socially Resilient Child Gp-8:45a End-of-Life Docuemtns 2:30- 5:30p Reading to the Dead Group-7:15p	17	18
19 CC Group-11:30a Clemmons SG-6p Greensboro SG-7p	20 Greensboro SG-3:30p	21 Roscroix Stream SG- 6:30p	22 Eurythmy Classes 8:30a Rose Cross SG- 7:30p Ita Wegman's Birthdate 1876	23 Socially Resilient Child Gp-8:45a	24	25 Rudolf Steiner's Birthdate 1861
26 CC Group-11:30a Fundraiser for Mindy Kash-2p	27 Greensboro SG-3:30p Rudolf Steiner's Christening 1861	28 Roscroix Stream SG- 6:30p Branch Home Envisioning Gp- 7p	29 Eurythmy Classes 8:30a Rose Cross SG- 7:30p			

March 2012 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Articles and calendar items for the next Sophia Sun should be sent to Kathleen Wright at kathleenwright51@peoplepc.com by March 20, 2012.						
				1 Socially Resilient Child Gp-8:45a Reading to the Dead Group-7:15p	2 Werbeck Singing Group-7:15p	3
4 CC Group-11:30a Clemmons SG-6p Greensboro SG-7p James Redfield Talk	5 Greensboro SG-3:30p	6 Roscroix Stream SG-6:30p	7 Eurythmy Classes 8:30a Rose Cross SG-7:30p	8 Socially Resilient Child Gp-8:45a	9	10
11 Meeting of the First Class-10a, (Review-11a) CC Group-11:30a Greensboro SG-7p	12 Greensboro SG-3:30p	13 Roscroix Stream SG-6:30p Branch Home Envisioning Group-7p	14 Eurythmy Classes 8:30a Rose Cross SG-7:30p	15 Socially Resilient Child Gp-8:45a Reading to the Dead Group-7:15p	16	17
18 CC Group-11:30a Clemmons SG-6p Greensboro SG-7p	19 Greensboro SG-3:30p	20 Roscroix Stream SG-6:30p IANDS NDE SG-7p-CH	21 Eurythmy Classes 8:30a Rose Cross SG-7:30p	22 Socially Resilient Child Gp-8:45a	23	24 EWS Spring Gala
25 CC Group-11:30a	26 Greensboro SG-3:30p	27 Roscroix Stream SG-6:30p Branch Home Envisioning Gp-7p	28 Eurythmy Classes 8:30a Rose Cross SG-7:30p	29 Socially Resilient Child Gp-8:45a	30 CC Workshop	31 CC Workshop

Community Threshold Group

Having a home funeral/vigil needs the support of family and friends. Some people may already have a group lined up, but if this is not the case, it is helpful to know who can be called on. A small group is beginning to form to be available to help with a home funeral/vigil in our community when this may be needed. If you are interested in becoming part of this endeavor and meeting once a month, please contact me. **Jenny Bingham 919-241-4304 or email: jennybingham@yahoo.com**

End of Life Documentation (Advanced Directives) Workshops

February 6th & 13th, 6:00pm - 9:00 pm Monday evenings

Location: 208 Murray St, Hillsborough. NC 27278

Cost: \$75

February 9th & 16th, 2:30 – 5:30 pm Thursday afternoon

Location: 208 Murray St, Hillsborough. NC 27278

Cost: \$75

If you are interested and these dates do not suit you, let me know because I can arrange a group anytime there are at least four people. Contact: **Jenny Bingham 919 241 4304, jennybingham@yahoo.com**

EURYTHMY PERFORMANCE:

"Who Knocks at Wanya's Door?"

**Eurythmy performance for Young and Old
with a story,**

**music pieces and a special poem,
presented by Brigida Baldszun
and supporting staff.**

Saturday Feb.4, 2012 at 4pm

Brown Wing of Emerson Waldorf School

Donations will be welcome

GENERAL SECRETARY TORIN FINSER PRESENTS TALK ON INITIATIVE



Torin Finser presented a lecture based on insights from his new book: ***Initiative: The Rosicrucian Path of Leadership*** on Friday, December 9, 2011 in the Brown Wing of the Emerson Waldorf High School. The talk was sponsored by the Foundations Studies Program and the Emerson Waldorf School. About 40 people attended and they included students from the Foundation Studies program, Waldorf school teachers, and members of our local anthroposophical branch. Torin was in Chapel Hill to teach the Foundation Studies class this weekend.

Torin began his talk by stating that initiative is at the very heart of Anthroposophy, and he quoted two very significant passages from Lecture 10, Vol. III of Steiner's Karma lectures:

"Be a man of initiative and beware lest through hindrances of your own body, or hindrances that otherwise come in your way, you do not find the center of your being, where is the source of your initiative. Observe that in your life all joy and sorrow, all happiness and pain will depend on the finding or not finding of your own individual initiative." This should stand written as though in golden letters, constantly before the soul of the anthroposophist. Initiative lies in his karma, and much of what meets him in this life will depend on the extent to which he can become willingly, actively conscious of it." (pp.150-151)

"Some people think it is possible in a given age to be a human being pure and simple, but this too would lead to our downfall. We must also be men and women of our age. Of course it is bad if we are no more than this; but we must be contemporaries of our age, that is to say, we must have a feeling of what is going on in our own time. Otherwise he is always in the position of a bee that has a sting, but is afraid to use it at the right moment. The sting is the initiative, but the man is afraid to use it." (p. 152)

Anthroposophy manifests in the world through its many initiatives – Waldorf schools, biodynamic farms, Camphill Villages, anthroposophical medical centers, etc.

In order for an initiative to be successful, there are five conditions that must be present. These are: Kairos (the right time), Hope, Compassion, Forgiveness and Bridgebuilding.

Each of these was explained and Torin demonstrated how each related to historical evolution.

The Greek word "Kairos" means "the right time" and of all of the five, this is the most crucial. One might have a great idea, but if its time is not right, it will not be possible to bring it to fruition. He spoke of the founding of the Rosicrucian Path, as it was described in the ***Chymical Wedding of Christian Rosenkreutz***. In it, CR is walking along and he comes to a split in the road that goes in four directions. One of the roads is short but dangerous; the second is very long, but very easy to travel; however one must not veer to the left or the right, but remain in the middle.; the third path was the "Royal Way" and was full of pleasures and temptations; and the last road was called "the consuming way" and one had to be perfect to survive it. While CR contemplates which would be the best road to travel, along comes a beautiful dove (usually a symbol of hope) which is soon attacked by a menacing raven (the symbol of a threat or warning). CR tries to help the dove, but the next thing he knows, he is following the dove on one of the paths – it has been decided for him. (i.e. it was the right time.)

The second aspect of initiative is pretty much self-explanatory: Hope. One must have the belief that one's initiative is going to be successful. Compassion is also an important component. The Parzival story, which is an allegory of our age, goes into this theme.

Forgiveness, the fourth attribute of an anthroposophical initiative might be harder to explain. For this, Torin told a story that is found in Prokofieff's *Occult Significance of Forgiveness*: in 1881, Tsar Alexander II was assassinated and was succeeded by his 20 year-old son, Alexander III. Five persons were arrested and charged with the murder. The only way that they could escape the death penalty would be if the new Tsar would absolve them. Authors Soloviev and Tolstoy each wrote impassioned letters begging the young tsar to please pardon the accused, saying that if he didn't, there would be dire consequences. Unfortunately, the young tsar listened to his advisors instead, and the five assassins were hanged. This act sowed the seeds for the subsequent war and the eventual Bolshevik revolution with its slaughter of the royal family. Vengeance only breeds more hatred and violence. We can only speculate what good would have manifested if the young tsar had been a more compassionate ruler.

The last component of initiative which Torin called "Bridgebuilding" was demonstrated by a very moving, true story that he had heard from the General Council leader of Japan: An elderly Japanese man had been trying every year for ten years to convince his town council to build a bridge from the town across a precipice to the mountains. Each year he was refused, but finally after 10 years, his request was suddenly approved. A month after the bridge was completed, the old man died – it was February 2010. One month later, an enormous tsunami devastated the entire village – but – every single man, woman and child escaped a horrible death by crossing the bridge to the mountains, the bridge which the old man had commissioned them to build! Torin then read a very inspiring poem that Rudolf Steiner had written for Ita Wegman that speaks of a bridge. It begins; "We are a bridge from the Past to the Future"

Most of Steiner's initiatives came about because of questions people brought to him; however he only started them when the time was "right". Steiner spoke of the mysteries of space and time. He said that time was harder to understand than space. Anthroposophy has given us many insights into time – biographical rhythms, the Time Spirit, the epochs of earth evolution, etc.

One interesting anecdote that Finser shared with us was an incident that occurred among the Youth attending the recent AGM in Portland, Oregon. One young person announced that in response to the "Occupy" movement, they had begun a new initiative which they are calling "Occupy the Future" and they now have a website called www.occupythefuture.org Do check it out!

Torin also recalled a talk given by Bodo von Plato about the different streams in Anthroposophy. Rather than going into Aristotelean and Platonists, he spoke of anthroposophists who are "explicit" and those who are "implicit". Bodo asked the audience to contemplate how the two groups can learn to perceive their differences and collaborate together. The "explicit" anthroposophist is very upfront, knows the literature and speaks of Steiner incessantly. The implicit is more interested in "just doing the work", such anthroposophical work as being a Waldorf teacher, or a Camphill co-worker. The two frequently clash, as the former can tend to be dogmatic and the latter too "New Agey". Both are needed for balance.

After Torin completed his talk, the floor was open for questions and conversation. A brief interchange took place on the theme of forgiveness and the question posed if one can truly forgive oneself. Finser recommended the Arts as being very healing. There was a discussion about compassion and one woman brought up an item in the newspaper of that day about an experiment that demonstrated that rats have empathy. Torin told a cute story about his daughter, who once made a school bus driver stop the bus so that she could set free a little beetle, whom she was convinced was very sad. He also told of the Madonna series (slides of paintings of Raphael and DaVinci) and a talk that Christopher Klauder gave on it in which he spoke of the difference between empathy and compassion.

Torin referred the audience to his book *Organizational Integrity*, which he wrote to demonstrate what a healthy organization should look like. He was prompted to do this after complaining

that he was getting tired of always being asked to look at “sick” organizations and telling them how to get well. He especially recommended that we read the chapter on the heart for harmony and balance.

He summarized the evening’s conversation by stating that ultimately, initiative comes from the Spiritual World – that Spirit always precedes matter. He invited all to attend a major 5-day conference next **August 8-12 2012**, which will be held in Ann Arbor, Michigan. The Vorstand (Executive Council of the Anthroposophical Society in Dornach) will attend. During the first two days, there will be a Leadership Colloquium. The theme will be – How can we move from just associating to collaborating? It will be for all the officers and Section leaders of the Anthroposophical Society including general and regional councils, the Collegium, the CAO and anyone else who is interested in taking a leadership role, even if they are not members of the Society. The next two days will be a conference for members only, which is entitled “That Good May Become: Opportunities to Meet our Individual and Shared Spiritual Destinies in America”. The final day will be the AGM business meeting. At the end of the AGM, members will have the opportunity to ask questions of the five Vorstand members in an open forum.

ANTHROPOSOPHY ON THE WEB

I found some great sites this past month that I’d like to share with you: First is a video about Steiner and Anthroposophy. It runs about an hour long. Go to www.youtube.com and order “Rudolf Stainer Modus Vivendi Goetheanum” (yes, Steiner’s name is spelled wrong. I don’t know why) Unfortunately, most of the film is in Czech, but there are interviews with people in German and English. The photography is great and you can figure out what is being said even when it is in another language. Much of the film is shot at the Goetheanum, but there is also an excursion to Kraljevec , where Steiner was born. They actually show the record book where Steiner’s birth is recorded – and his first name was recorded as Adolphus, not Rudolf- first time I’ve heard that.). There are scenes about the many initiatives of Steiner’s and interviews with such people as Michaela Glockler, Uwe Werner, Hartmut Ramm, Beate Blume to name a few.

If you want more spiritual friends on Facebook, try friending: Anthroposophy Net, Anthroposophie Conversations and Esoteric Christianity.

A great resource website for all things Steiner and Anthroposophy is www.rudolfsteinerweb.com

If you haven’t yet visited Edward Reaugh Smith’s (author of *The Burning Bush*) website, do check it out: www.bibleandanthroposophy.com

If you know anyone interested in the “Occupy” movement, please tell them to check out www.occupythefuture.com. It is a great source for both Anthroposophists of all ages, as well as the millions of “unconscious” Michaelites to find ways of saving our civilization.

“**Queen of the Sun**”, the documentary about Bees and Biodynamics, is finally available at an affordable price. On Amazon, used copies are available for \$17.99 and up. New copies are form \$20.-23. I just ordered a copy, so if you’d like to come to a video party, let me know.

Kathleen Wright, Editor

Scenes from our Holiday Party

Undoubtedly one of the best-attended and most fun events of the year, the annual Christmas Party for our Rudolf Steiner Branch took place on December 17 at Judy and Doug Frey's home. The food was excellent ; the games were fun and the jokes a riot. Beautiful music and singing ended the evening's festivities. Below are some of our members whom we caught on film:





FUNDRAISER for MINDY KASH

Sunday Afternoon 2/26/2012
2pm - 5pm

in the Brown Room

Dear friends of Mindy Kash and Melody Miller,

As many of you know, a dear member of our community, Mindy Kash, has advanced metastatic breast cancer. Many months of expensive treatments have depleted Mindy's financial resources and she is no longer able to work. Her daughter Melody recently moved in with Mindy and Rita, Mindy's mom, to manage the household and provide support for Mindy. The family is in dire need of financial assistance.

To that end, some friends of Mindy's are organizing a fundraiser. There will be a silent auction for Mindy on Sunday, February 26th from 2:00 to 5:00 in the Brown Wing of the Emerson Waldorf High School in Chapel Hill. We kindly ask for donations of slightly used furniture, art objects, jewelry, weekend getaways at vacation homes, services such as: lawn care, house painting, pet-sitting, car detailing... health care options like massages, acupuncture, manicures, pedicures, haircuts, etc. In short, anything we can sell to benefit Mindy. There will also be a table to sell small objects such as jewelry and decorative pieces at set prices. No clothing or books please.

Please email a description of your offer to Linda Folsom at lfolsom@nc.rr.com or phone 919-493-8323. Include a photo if applicable. State the value of the offer and a minimum auction bid if there is one. We will also gratefully accept cash donations made to Mindy Kash. If you want to ensure that your donation is tax-deductible, you can make the check out to The Anthroposophical Society of North Carolina, write "Heart Fund," at the bottom of the check, and attach a separate note: "for Mindy". Please do not write her name on the check itself. 100% of such donations to The ANSC earmarked for Mindy will go directly to her.

MOST IMPORTANTLY: ATTEND THE SILENT AUCTION ON THE 26th OF FEBRUARY!!

There will be refreshments and live music. This promises to be a fun and heart-warming event, so PLEASE GIVE GENEROUSLY and come see what others have given. EAT, LOVE, LISTEN TO GREAT MUSIC, and PRAY!

We thank you very sincerely,
Melanie Maupin, Linda Folsom, Mindy Kash, Melody Miller

News From the NDE Group:

We are holding two meetings of our Raleigh-Durham IANDS NDE support group in February: In Cary on **Saturday afternoon February 4**, from 1:30 to 3:30 p.m. at the West Regional Library Meeting Room, 4000 Louis Stephens Drive (near the airport). At this meeting, we will feature a video of neurosurgeon Eben Alexander's keynote lecture from the 2011 Conference: "Childhood's End":

Dr. Alexander suffered acute cerebral meningitis and was in a coma for 7 days. He had a vivid NDE flying on a butterfly's wing with a beautiful, loving woman and then being projected into the loving Infinite Void. After he recovered, Eben came to a profound personal realization and the recognition that consciousness can't be generated by the brain. "Those who have been through Near-Death Experiences (NDEs), family members who have witnessed profound events during the passing of a loved one, and those who have sensed the soul of the departed communicating with them are all helping to deliver a miraculous gift to the world. So are those who study and analyze these experiences. An unprecedented gift! The treasure trove of these combined experiences is helping to elevate human conscious awareness to an unprecedented level, to send us beyond a tipping point, towards a global awakening to the profound nature of our shared human existence."

This is an excellent and touching story of a vivid NDE that led a prominent neurosurgeon on the quest to understand the source of consciousness -- an unforgettable presentation! Dr. Alexander is completing a book describing his experience and exploring the implications for our understanding of consciousness of vivid, hyper-real experiences while the brain is incapacitated. The book will be published later this year. His web site will have more information shortly.

Directions for the Cary meeting: at the West Regional Library Meeting Room, 4000 Louis Stephens Drive, Cary, NC, near the intersection of NC 55 and Morrisville Parkway. See Google map for directions. If you need more information or directions, please call us at 919-929-1073 or mays@ieee.org. "This program is not sponsored by the Wake County Public Libraries."

In Chapel Hill on **Tuesday, February 7 from 7 to 9 p.m.** at the Mays home. At this meeting, we invite people who have had a near-death experience or other paranormal experience to share their experience -- and the aftereffects -- with the others. We have the good fortune that a woman NDEr from Canada, who will be visiting the area, will join our meeting that evening.

Directions for the Chapel Hill meeting: at the Mays home: 5622 Brisbane Dr, a few miles north of Chapel Hill, just north of I-40, off Mount Sinai Road. See Google map for directions. If you need more information or directions, please call us at 919-929-1073 or mays@ieee.org.

Other items of interest:

IANDS was highlighted in two articles in the *Durham Herald-Sun*: IANDS President Diane Cocoran and IANDS Board member Robert Mays were interviewed by *Herald-Sun* reporter Keith Upchurch about NDEs and the implications for helping NDErs after their experience. These articles are part of a 4-day series on "Cheating Death", with several stories of near-death experiences.

Retired colonel has dealt with near-death experiences since Vietnam War
Near-death researcher believes the mind survives death.

Recent article on the AWARE Study: The AWARE study is a multi-hospital, prospective study which is attempting to recording the experiences of people in cardiac arrest, perhaps to capture veridical perceptions while the person is out-of-body. Dr Sam Parnia heads the study, which he hopes to publish soon. He is working on analysing the data from more than 1,000 patients. This report is from one hospital in the UK.

Near Death Experiences During Cardiac Arrest: Lecture by Sam Parnia from 2010 (4 parts, 52 min total) -- part 1, part 2, part 3, part 4; a Visual recounting of Glen Ibarra's 1981 NDE: this cool video gives some of the visual flavor of an NDE (3 min)

For fun/inspiration:

British musical savant Derek Paravicini from CBS 60 Minutes - very touching story and interesting neurological phenomenon (15 min)

Miserere Mei Deus ("Have mercy on me, O God") performed by The Sixteen - BBC (10 min). This music was written in the 1630s by Gregorio Allegri, in setting of Psalm 51 and was used only at a special Mass in the Sistine Chapel. It was forbidden to be written down or performed elsewhere until in 1770 Mozart, at age of 14, transcribed the piece after hearing it twice. Instead of being excommunicated, Mozart was praised by the Pope and the ban was lifted for the rest of the world to hear.

Our next meetings in Chapel Hill will be in the evening on: March 20, April 17, (no meeting in May), and June 19. If there is sufficient interest in meetings on Saturday afternoons, we will schedule them regularly as well.

Please plan to come to one or both of our meetings this Saturday, February 4 and Tuesday, February 7: all are welcome!

We hope to see you at one or both meetings!

Warmly,

Robert and Suzanne Mays

USING THE ASNC-LIST-SERVE

We frequently get questions from our members asking if it is OK to post certain information on the list-serve. Others write to complain about things they have seen on the list-serve that they felt were inappropriate. The Board has been discussing this matter and guidelines are being developed. Until those are officially announced, here are some basics:

The primary purpose of the list-serve is to inform our members about important events or news items that relate to Anthroposophy. Because it is a community service, it is fine for members to also post important announcements that pertain to their own lives, e.g. to announce a wedding, birth, death, new job, a move, need to find an apartment, need to give away a cat, severe illness or upcoming surgery of a close relative or yourself; things such as yard sales, fundraisers, lost or founds, **so long as they pertain to you**; but it would not be appropriate to announce something your neighbor is doing if they are not a member of our community. It is best not to use the list-serve for political agendas, as our members have diverse views. It is a better idea to post such things on your Facebook page. Also, we are all bombarded with way too many jokes and youtube videos etc., so please don't send those, unless something pertains to Anthroposophy. Occasionally, a Committee may ask members of the list-serve for their feedback on an event or proposal.

We never share our list-serve with other organizations.

How to join the List-serve:

Go to our website: www.anthroposophync.org. Click on "Join" and follow the steps for joining. You will be asked to give a password. Please remember what it is, as you will need it if you wish to quit the list-serve, or get some of the information that the list provides. To "quit" the list-serve, follow the steps for Joining, and it will eventually ask you if you wish to unsubscribe. OR, an easier way (especially if you have forgotten your password) is to wait for the monthly announcement that asks you if you wish to unsubscribe. It will come to your email box around the first of every month.

If you wish to send an email to the list-serve simply address your email to asnc-list@RTPnet.com. Please do not send your email to another large list at the same time; otherwise our server regards your email as spam and it won't send it. If that happens, you will get a message saying that the moderator needs to approve your message. Please let me know if this happens.

Kathleen Wright51@peoplepc.com

Healthy Living into The Future



A Retreat at Infinity Farm The first retreat of 2012 February 29th thru March 4th

- * Enjoy four full days of healing, Biodynamic and organic meals prepared by two experienced chefs.
- * Be pampered by the healing touch of Rhythmical Massage therapies, Nursing compresses, special oil baths, art classes, movement therapy, poetry writing, singing and creative meditative experiences.
- * Relax by the lake, paddle the canoe, or stroll the paths on a 160 ac. working farm.

James Redfield author of ***Celestine Prophecy*** will be speaking on Sat night March 3rd at the Barn at Valhalla with proceeds going to the Infinity Farm Retreat Center

Please call 919-732-1840 or email jrkwapien@earthlink.net for additional information.
Note!! Discounts are available for February retreat only.

**Fees: Single room/shared bath- \$250 per day
Double room/shared bath - \$180 per day
Fees include meals, snacks, therapies,
and evening events.**

NEWS And Thoughts from Infinity Farm

By Jon Lyerly

Many of you have been curious about what is in store for the farm this year. Most of the questions that I get center around the CSA (community supported agriculture), if I am doing one and what I will be growing. I had thought about writing a very brief article about farm happenings the last 2-3 months and plans for this year. Basically, a simple update. The more I thought and wrote though, the more I felt it helpful to share with the community some insights regarding the farm as well as going into a little depth about relevant topics. This kind of communication can be just as much a bridge between farmers and the community as purchasing food and visits to the farm. Those of you interested in helping build and maintain that bridge, read on.....

Last Fall I was discussing the CSA model with 2 people who were members of one of the first CSA's in the country in the mid 1980's. (By the way, in case you are not familiar with the CSA model, CSA members pay at the beginning of the season for a whole year's produce. The farmer then provides them with weekly produce through the growing season. Naturally as the weeks and months go by, the variety and amounts of produce change.) We had independently come up with the conclusion that the CSA format, while an admirable attempt to connect farmers with consumers, is a bit outdated. CSA's do not address challenges such as diet restrictions (i.e. nightshade intolerance), flexibility in members being away for extended periods, differences in amounts of food individuals consume, etc. Ideally part of the agreement in a CSA is that the members take responsibility for their share and accept and make do with whatever produce is in their weekly package.

In the real world, though, this ideal is understandably difficult for most people to maintain. In other words, CSA's simply do not suit the modern hectic, convenience-oriented lifestyle of today as they did in years past. This fact is born out by the slow but steady decline in CSA memberships very recently after peaking a few years ago. (Incidentally, this decline coincides with the downturn in the economy since 2008.)

We all agreed that a modification or evolution, you could say, of the CSA concept is needed if it is to continue.

One of the other ways a farmer can sell produce is, of course, farmers markets. That is another good way to establish farmer / consumer relationships via the necessary financial transactions, plus consumers can purchase what they want and when they want it. However, farmers markets only really work for a farmer incomewise (is that a word ?), if they are large markets and those are saturated with growers. I have talked to more than one farmer about the ups and downs of selling at markets. Personally, I am not too fond of selling at farmers markets although I like talking to people (markets have too much of a salesman approach for me). Restaurants, grocery stores, wholesale distributors and direct sales are other options.

As I explored and researched what marketing method or combination of methods would be best for the farm, both from the business aspect and personal one, two concepts sprung up:

First, I need to have more of my own character reflected in the agricultural activities at Infinity Farm. **Second**, and more importantly, the esoteric/spiritual aspect of biodynamic agriculture and Anthroposophy must be the guiding principle behind the drive and direction of Infinity Farm. Surprisingly easy to forget in the daily routines. Since 2003, the farm has undergone a few changes as to how and which products are sold, what kinds of animals are here, exploring partnership possibilities, etc.

Now it is 2012 and those years in between have provided much wisdom. I have had these two concepts in mind when considering how to balance profitability goals with the striving toward the biodynamic ideal of diversity and community. To make money in farming, a farmer must sell in bulk because individual profit margins are so low.

The easiest way is to monocrop a huge amount of something (as agribusiness is so good at doing). But then the diversity and health of the farm goes out the window. On the other hand, trying to create a very diverse farm with many crops and animals (each with their own needs) can be a financial challenge. The farmer is spread too thin and ends up not being able to put in the time necessary to meet all of those needs and market his various products as well as he would like. I have tended to lean toward the latter extreme (the "original" CSA model does as well). Somewhere in the middle is the path to take.

Before I mention what I have in mind for this year, I want to go into economics. Agriculture, odd as it may seem, is more intertwined with economic life than any other profession. By economic life, I mean the trade of goods and services, not just money (which is a part of economics). Everything of value in the world only has value because it has a purpose. And everything of value is created, either by human beings, the earth itself or a collaboration of the two. Things such as food and clothes have obvious purposes. Art and literature nourish the soul. Knowledge/education can have many purposes in application. We all need these things to function here on earth and we are willing to trade some things for others. This is where money, as a practical means of trade, comes in the picture. Food is such a universal need, it tends to have a unique relationship to money. We are all willing to trade something we have for food (money tends to mask this fact). Other basic physical needs of life are water, clothing, shelter and some source of energy (fire, electricity, oil, etc.)

Of those basic needs, water is widely available in nature, clothing and shelter go through various processes and people for the provision of the raw materials and assembling into the final products, and energy sources have been monopolized by corporations and governments. Only the production of food is a universal need that can be practiced by many and one that is easiest to mass produce (especially since the industrial age began).

So you can see how agriculture could be called the beginning or basis of trade/economy in a society since it is guaranteed to be traded and a greater percentage of a population can participate in agriculture than in any other profession/trade.

Unfortunately, agricultural products can be mass-produced to a greater extent than ever, so more food is available which reduces its value. Add to that, government subsidies and illegally cheap labor and "somewhat cheap" fuel exacerbate the problem. Another huge challenge in agriculture is the advent of fiat money which is money created out of thin air. Believe it or not, the world economy such as it is, depends on fiat money. Our economy has been injected with this monopoly money for decades creating inflation because more money is traded for more or less the same amount of goods and services. Money now has a separate value in and of itself instead of being a reflection of the values of goods and services. Agriculture, as a foundation of real economy, has suffered greatly from this artificial corruption of the economic system. Fiat or fake money introduced into the economic world is like me introducing 5 or 10 or 100 times the amount of produce I normally provide to the community but I somehow only needed the normal amount of fertilizer, labor, seeds, etc. to pull it off.

This leads me to Rudolf Steiner's views on society laid out in his threefold idea. I am not going to pretend to be an expert in social studies or in Steiner's thoughts on the subject. But I do know his basis premise was that social life has 3 main areas: Economic sphere, political/rights sphere, and the cultural / arts and science sphere. For a society to be healthy, the 3 spheres must support and be in balance with each other. In today's world, the economic sphere dominates the other two. It is a tendency that has come, as you would expect, in a materialistic world. (It is why I wanted to elaborate on economics). We are now entering what I believe is a period of spiritual enlightenment in the course of human evolution. With this evolutionary leap, society must naturally keep pace. I do not think our present socio-economic system has much time left (Thank God!). With any change, there is upheaval and uncertainty before a new system is formed. We will be in the midst of change whenever this happens and remembering the basic needs of life and cooperating with each other to meet those needs through healthy

trade/economy is a vital part of creating the new society. Agricultural trade is a primary means to achieve a new social structure. So remember, every time you purchase food from a local biodynamic/organic farmer, don't look at it as money for food. You are actually trading something you have for something you need but don't have. And you are also planting a seed for the future in a more literal way than is apparent, for a new world.

I wanted to give you a background for what changes are in store for Infinity Farm this year. On the surface, the changes may appear to be smaller than they really are. In years past, my family and I had this grandiose image of the ideal biodynamic farm and community out here and I believe we simply wanted to run before we learned to walk. This vision is still very much alive, but the approach is different. Instead of us trying to work together to create this community center, which is an enormous task, we have come to the well-earned wisdom that tells us the community needs to create a community project. Community members need to be equally invested in this project for it to work. The time is coming where this will be not only possible or probable, but essential. Not quite yet, though. My family and myself have appeared to be guided to create stepping stones to this ideal, so the community can then evolve it further.

My mother is beginning what you could call a therapy/retreat/healing center that is an idea she has lived with for years. I can think of no better place for it than a scenic biodynamic farm such as Infinity Farm. With health care such an issue and the baby boomers getting older, natural healing centers outside the mainstream "health" industry are very much needed. As a nurse and also a nutrition specialist, she has much to offer. She has written more about this endeavor in this newsletter.

I am simplifying the agriculture activities somewhat. I will be growing many vegetables and herbs, mainly for bulk wholesale. I will also be running a modified version of the CSA, which will include a small deposit and during the season, selling à la carte to the members. I will have many more details about this in the weeks ahead. Also I am putting the beef herd on hold, so to speak, until more time, labor and money are available to do more intensive pasture management and marketing. This will free me up to concentrate more on the vegetables. One thing at a time. We are excited about this year because we feel the challenges of creating a community farm these last few years have sown seeds that are ready to sprout.

Biodynamic Study Group to Form

After about a 2-year hiatus, it would seem there is a desire among a number of people to recommence the biodynamic study group. A few of us have decided to have an initial / reunion meeting in February where we, as a group, can decide where and when to meet and what material to study. Part of the group activities will be hands on work with the biodynamic preparations. All interested in learning more about biodynamics and nutrition are welcome.

Our initial meeting will be at Infinity Farm at the main farmhouse on Thursday February 16 from 7:00-9:00pm. Call **Jon Lyerly at 919-357-7453** for more info.

New Study Group

A few community members have expressed interest in meeting to discuss events in the world today and to look at what Rudolf Steiner contributed to areas of life such as economics. Another topic of interest is his many contributions to social life. Those interested in discussing forming a group along these lines call **Jon Lyerly at 919-357-7453**.

MORE INFINITY FARM NEWS

By Joy Kwapien

All of us at Infinity Farm want to graciously thank all of you who have volunteered as we weeded, stirred and sprayed preps, and worked side by side on the land.

As we move into the future and embrace 2012 with hope, we want to let you know of some changes. Infinity Farm is the name at present that encompasses the land and farming. The land now and into the future will carry a variety of enterprises, one of which will be a continuation of Biodynamic farming (please also read Jon's update on the previous pages) and events in the farmhouse (former home of Robert & Joy Kwapien).

The Farmhouse is now a separate business identified as an agritourism Bed & Breakfast. There will also be Anthroposophic-based medical healing retreats, healthy cooking seminars, and the farmhouse will be open for groups to rent. The Farmhouse is in the process of renovation with the first phase to be completed for the retreat Feb 29th thru Mar 4th (please see flyer in this issue).

James Redfield and his wife Salle will speak on **March 4th** at Duffy Gilligan's www.barnatvalhalla.com at 7pm. Tickets are \$12 and can be purchased at several locations, call 732-1840 for further information. The talk will be focused on spiritual guidance and living into 2012.

An Introduction to Family Constellations: How Ancestral Patterns and Family Dynamics Affect the Health and Development of Our Children

**An Evening with Dr. Dale Schusterman
Tuesday, February 7, 2012
in the EWS Brown Wing
from 7 to 8:30 PM**

The deep love that children have for their parents can make them vulnerable to carry the unresolved pain and trauma of their ancestors. Family Constellations help expose and resolve these deep hidden patterns that exist in all families.

Dr. Schusterman will discuss some of the basic principles of family dynamics and show simple strategies to help begin unraveling these entanglements. We will explore conscience, loyalties, bonding, guilt, the importance of honoring the parents and more.

There will be demonstrations and time for interaction & questions.

Dr. Dale Schusterman is a chiropractic physician in Chapel Hill and has worked with Family Constellations since 1999, both as a facilitator and a trainer. For more information call him at: 919.698.6280

News From Whitted-Bowers Farm

We picked 4 ripe strawberries last week. Yikes! The berries are confused about the time of year, but who could blame them given the extremely mild weather we've had. Strawberries in January serve as a reminder that farming is a complete act of faith. William Sloane Coffin, the Chaplain at Yale University from 1958 - 1975 and prophet to many during those years, once wrote, "I love the recklessness of faith. First you leap and then you grow wings." From the beginning of our farm five years ago until today, those words have flashed in my mind over and over again, normally not on the wings of success, but more typically among the detritus of our mistakes. The thing that Coffin doesn't get to in those two sentences is that once you make that leap, you must make it over and over again, growing new wings each time. One set of wings generally doesn't work, especially on a farm.

The most recent rendezvous with Reverend Coffin's teachings came via Will Hooker, our friend and permaculture whiz from NC State. We were the fortunate recipients of his students' class project, a bamboo sculpture, or more specifically, a weathervane. The weathervane is made entirely of individual bamboo strips, coaxed through hundreds of curves and bends to gracefully yield a heron carrying a pig with wings. Will brought his class to the farm to erect the weathervane one Wednesday afternoon. When I returned from the Carrboro market that evening, I saw the heron and the pig, suspended 20 feet in the air rotating on a 4" diameter piece of gorgeous bamboo. Will, Cheri and I independently arrived at the name "Learning to Fly" for the sculpture, one of those coincidences that tests the notion of coincidence. It was dark when I first saw it, and I fell to sleep that night in one of those rare, sweet, full anticipations of morning.



At 1:00 a.m. or so, I was awakened by the house shuddering as it only can in the midst of 30+ m.p.h. winds. I thought about the sculpture and the leap the pig had made only to be met with fierce winds on first flight. There was nothing I could do except try to roll back to sleep, this time without the sweetness. In the morning I went to the front window to see what happened. The heron and the pig still flew, but the pig had lost all but one support wire on his rear haunch and looked as if he were headed for a nosedive. This was a relief of sorts, but added an intensity to the morning to try to fix the pig before it had to grow another set of wings. This was heightened by a fear of breaking one of the few non-bamboo components of the pig, a pair of beautiful, blue glass balls that serve as the eyes. The eyes are the size of cantaloupes and convey beauty, courage, pride and terror at once. To

break them would have been akin to breaking a primal trust among all who leap. When I arrived at the sculpture, I realized that reattaching the support wires was very involved and I needed help as well as some additional materials. The demands of the farm were such that I couldn't spend the morning on it, so I decided to cut the pig down and regroup. The resulting imbalance in the weathervane left the heron with an Icarus-like upward arc toward the sun, a kind of jab at my heart suggesting that perhaps a middle path would have been better.

Eventually, with Will's help, the pig was re-attached to his friend and all was fine until the next big windstorm. At this point, we decided to cut the entire sculpture down and make some

changes in both location and mechanism. At present, the pig and the heron are lying in a trailer that I pass several times a day on my way to the greenhouse. They await their new location. Each time I walk by, I see those big blue orbs following me and taunting me with the choice, safe or in the air? Or, more directly, are you who you think you are?

I recently went back to the book where I first read Coffins's quote from above. In the midst of some of his other writings, I found the simple phrase "Faith puts us on the road. Hope keeps us there." The pig will fly again.

We anxiously await going back to the Carrboro market in late February or so. And, we are very excited about our new pick-your-own shelter/farm stand, which is nearly finished thanks to Francisco Plaza's fine craftsmanship. Everything we have available at the market week to week will be available on the farm as well in the new building. It won't be long until we start snapping asparagus out of the field and other early spring goodies. Please come and celebrate the arrival of the real spring!

Rob, Cherí and Téa

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Wednesdays & Saturdays at the Carrboro Farmers' Market

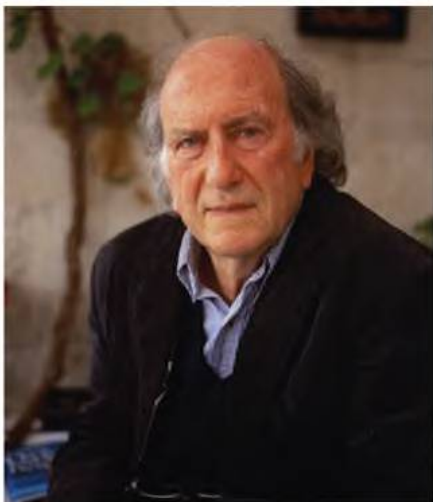


FESTIVALS COMMITTEE SEEKS YOUR FEEDBACK

The Festivals Committee would like your feedback on what you thought of the Holy Nights this year – did you like that many different artistic presentations were made, or do you prefer the way things were done for the last five years in which one book was chosen to work with for the 13 nights? Or would you prefer that we work with a theme instead? Do you like the idea of having the Holy Nights at various members' homes, or do you prefer it all being at the same location? Also, what time of day would you prefer? A number of people have suggested that since we are all getting older and most are not working any more, we should therefore meet during the day instead of in the evening. Do you agree? Please let Peg Carmody know by either writing mcarmody@nc.rr.com or calling her at 537-8142.

Also, do you have some new ideas to share about the upcoming holidays? The Festivals Committee is now discussing ideas for Easter week. After that comes Whitsun and St. John's. You don't have to join the Festivals Committee to help with a particular festival – unless of course you want to and that would be great. Just call and share your ideas and participate as much as you like. One idea that has been circulating for the past couple of years is to work with the **Chymical Wedding of Christian Rosenkreutz** for a week beginning on Easter Saturday. Would you participate if this is taken up? Please let the committee know. Thank you.

MISSION ACCOMPLISHED! STEDALL COMPLETES DOCUMENTARY ON RUDOLF STEINER



Last year we reported that British documentary film maker Jonathan Stedall was working on a documentary about Rudolf Steiner. The film is now complete and will make its debut in England on Steiner's Christening day – February 27 at 7:30 PM at the Rudolf Steiner House at Emerson College in Forest Row, England.

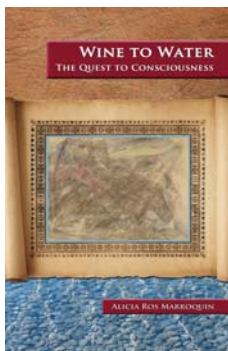
The film is 90 minutes long and was shot all during 2011 - the 150th anniversary year of Steiner's birth. The filming took place in Austria, Germany, Switzerland, the USA and India. It focuses on key events in Steiner's life and the many initiatives of today that have grown out of his indications.

DVDs of the film are available at the website: www.rudolfsteinerfilm.com.

During his 40 year career Jonathan has made over 150 films, including many biographies of fascinating people – Carl Jung, Mahatma Gandhi, Leo Tolstoy to name a few. He

also did a film with Laurens van der Post on the Bushmen of southern Africa and a documentary about Camphill Villages. To learn more about Jonathan, go to his website: <http://jonathanstedall.co.uk>

A New Book by Alicia Ros Marroquin PhD, Artist, Writer, Esotericist



Wine to Water: The Quest to Consciousness is a book of spiritually based commentary and teachings about wisdom, the future and the world as it is today. Paintings by the author introduce each chapter. The author invites us to seek wisdom knowledge, a knowledge that demands a journey of self reflection of what is truly of value in each of our lives and our world.

"Only when we are free of sense based thinking can we develop different soul organs to perceive the deeper truth and wisdom of our world and our existence."

For Purchase of the book Contact by tel., email, or letter :

Alicia R. Marroquin

PO Box 163

Valley, WA 99181

tel. 360.473.7777 or 910.874.7200

email: alicia@bluepearlarts.com

www.bluepearlarts.com



TRANSITIONS

Congratulations to RSBNC member **Nancy Preitz** and her long-time partner Dean Hoskins, who got married at their home on the Winter Solstice evening, December 21, 2011. Nancy will now be known as Nancy Hoskins. We wish them all the very best of health and happiness!



Condolences to RSBNC member, Dennis Fera, M.D., on the loss of his father, **Ralph Fera** on December 26, 2011. Ralph Fera was born on March 25, 1934. Aside from his family, the love of his life was his trumpet. Ralph played in the bands and orchestras of the Marines, Air Force and Army, plus in the Salvation Army. We also remember how he played his trusty trumpet a few times for our Easter Sunrise Vigil at Judy Frey's home. After leaving military life, Ralph moved to Buffalo, NY and began an education career during which he served as Music Teacher, Guidance Counselor and Vice Principal. He had retired with his wife Dorothy to NC to be closer to his son Dennis and daughter Marla who had also moved here. Ralph knew that he was near death this Fall, but he prayed that he would see "just one more Christmas" and he got his wish, as he crossed the Threshold shortly after Christmas ended, in the wee hours of the morning of December 26th. A Memorial service and Reception will be held for Ralph Fera on Saturday, February 11 at 1 PM at the Chapel Hill Bible Church. Please call Ashley or Dorothy at Dr. Dennis's office at 732-2287 if you would like to attend. A headcount is needed so they know how many people for whom to prepare.

Condolences to RSBNC member Martha Kelder on the passing of her beloved Mother, Elizabeth Graham, who died on December 28, 2011. Martha had been caring for her Mother for the past 7 years. Elizabeth Graham, who was born on August 8, 1923 was known as "Betty Ann" all her life. She had an amazing life considering the times she lived in. Betty Ann attended Wellsely College and was daughter to a Princeton University Professor of Political Science. She had seven children. At her Memorial Service on January 15, her children spoke of what a perfect Mother she was – full of humor, pride in them, always there for them, encouraging of their creativity. In spite of the demands of Motherhood, Betty Ann found time to do great things for all children – she served as White House Consultant to the White House Taskforce on Education of the Gifted and she founded the Educational Rights Council, a lobbying group that promoted every child's right to a good education. She also encouraged the study of other courses, including that of the Soviet Union and China. One interesting fact was that Betty Ann and her children once lived in the Concord, Mass. Home of author Louisa May Alcott. She loved Louisa's works and always read to her children. Now that her Mother has passed, Martha and Dirk Kelder will be moving from her Mother's home and seeking a new direction in their lives. We wish them all the best and hope they will find a way to stay on in our community.

Birthday Memorial for Late EWS Student

We invite you to join us for a Celebration of Leif Rego's Music on March 10th, 2012, in the evening, location TBA based on your response and what size space we need. Leif would have been 34 on March 9th, and we want to gather with you for the sake of pure love and joy. We can eat well, play music Leif recorded, get Arwen up doing hot Salsa to "Latin Nights," and anything else we want to create, live and spontaneous. (Editor's Note; Leif passed away in July. An obituary was written in our September issue of the **Sophia Sun**)

RSVP: carolverner@nc.rr.com *Carol Verner, Philip and Daniel Rego*

News From Tammy Hughes in China



My holidays in China have been a fascinating challenge on many levels. One might think, nothing from my childhood is present at all. However, there is plenty of tacky Christmas symbols with Santa, sleighs, candy land displays. As well, Starbucks has an eclectic marketable Christmas feel with its designs and special Christmas drinks. I admit I wholeheartedly succumb to lattes with whipped cream, cinnamon in the air along with Christmas music in Starbucks. It all looks like Christmas but has a definite hollowness and meaninglessness. It's a commercial holiday, which has infected the country. Then Chinese New Year with all its fanfare follows closely behind with a mix of family gatherings and festivities fueled by incredible commercial support.

In our Yule Kindergarten, Shenzhen, (near Hong Kong) which has two educational systems in one, the Waldorf section celebrated Advent alongside Dong Zhi, the traditional Solstice festival and the mainstream education had a Christmas party. Our Waldorf children walked a beautiful spiral of tropical greens, but perhaps the feeling behind the festival wasn't completely cultivated as the children were extremely jumpy, or perhaps the teachers misjudged how long can a child under six sit still. There are many learning curves .



As Dongzhi quickly drifted into New Years, the teachers kept working, except for a few days at New Year's. Upon return to kindergarten, the teachers once again were busy with Chinese New Year's activities, as this lunar holiday is on the early side. The teachers encountering Waldorf education are having a chance to revive and make conscious parts of their culture and childhood, which have been long forgotten. Teachers of different ages have vastly different experiences of festivals due to the history of China.

During this Chinese New Year, it seemed the teachers remembered more and more, a lot took place: cleaning, making of garlands, card making, lantern making, hand-written doorway signs, sticky desserts, dumplings, puppet plays, circle songs that describe what to prepare and do each day for Chinese New Year. All this took place as the teachers fretted about getting train tickets to go home, and parties and gift giving abounded. Our kindergarten was especially generous this year as we received licensing as a Waldorf Education Kindergarten model. The Education Department is more and more interested in new ideas. Our kindergarten classes were able to pass with minor adjustments, such as having 5 play areas, but happily no inappropriate toys needed to be planted to pass.

Our kindergarten parents' understanding of Waldorf education deepened in the two years that I have been working with the school. One area where it is most noticeable is in the transition from the mixed-age kindergarten to the Rainbow Class (preparing for grade one) At one time, the parents were very anxious about getting their five year olds into the Rainbow Class so that they would be ready for school. All the five year olds leaving the mixed age classes made these classes quite unbalanced without the real benefits of a mixed age class. All the leaders had gone to the Rainbow class. Through parent education, the parents are truly understanding the benefits of waiting. Our Rainbow Class children are older and more protected for the most part than they once were.

In addition, this year we were able to open a Bamboo Class. The Bamboo Class is a two hour afternoon class for older children who are still in the mixed age kindergarten. The Bamboo Class children are allowed the extra time to be in Kindergarten; they are leaders and helpers in the morning. In the afternoon, a group of twelve children carry their handsewn shoe bags to the Bamboo Class. In this class, the children have an opportunity to feel special, and have some special learning: math, English and Chinese. The Waldorf curriculum is used for the lessons.

For Chinese New Year, we created a dragon together. The creation of the dragon gave the children opportunities to use their skills: listening to directions, drawing dragon scales, cutting out scales, gluing, spinning tops as part of a counting game, looking through a kaleidoscope at the dragon (to check dominance) – **see photo at right**, chatting and working together to create the dragon. The event was joyous and festive. On the last day, we had a special snack to say goodbye for the Chinese New Year.



This is my eighth Chinese New Year in China. It is always fascinating to anticipate and see the different representations of animals of the Chinese zodiac. Quite unfortunately, the animals are all too cutesy. This year's dragon now and again looks mythical, and mysterious. The Chinese Dragon stamp was feared to be too vicious giving the wrong impression of China! However, for the most part, the dragon is dressed in New Year's clothes, looking a bit like a Chinese reindeer. Mc Donald's in the early years marketed them as happy meal prizes, but apparently it wasn't so attractive as Hello Kitty and movie themes. The animals have very different personalities and are viewed very differently.

This year, kindergartens are overloaded due to the lucky Pig children of 2007, coming of kindergarten age. This year, being the Dragon year, which is a fortunate sign, we can expect large numbers of kindergarten children in four years!

China continues to change quickly. In seven and a half years, Waldorf education has come along way. At present count, there are 23 grade schools in varying degrees of development, and 180 kindergartens. The Chengdu Waldorf School has just its received elementary license. It is truly a joyous event as we begin the Year of the Dragon. Good wishes of health and prosperity to you all!

Tammy Hughes

Christian Community Retreat on the Human Will:
 “Your Will Be Done...
 Where God’s Will and Human Will Touch”
 February 10 -12 2012 in Devon, Pennsylvania



Our own eyes have born witness to individuals, both in our own communities and throughout history, whose singular devotion to the spirit has filled their deeds with luminous strength and purpose that seems at times, almost otherworldly. On more subtle levels, this union of human and divine will can be experienced 'from the inside' in the partaking of a sacrament, in prayer, in meditation, in conversation or in communion with the created world. This experience is described by Christ and St. Paul as "not my, but thy will be done".

During this year's retreat, which will take place from Friday evening through Sunday afternoon, the 10th-12th of February, we will be focusing our attention on this most elusive and mysterious of human faculties: the will. How is the will awakened and how might we make our own will more receptive to the will of God? Come partake in a weekend of shared exploration into this most important question.

About the Retreat

For the past 11 years, the Christian Community in Devon has organized a winter retreat for this and for neighboring communities. Our aim has been to create a space where individuals may gather together in a quiet setting, come to themselves and strengthen their inner spiritual foundations around the altar.

The Christian Community in Devon
 212 Old Lancaster Road
 Devon, PA 19333

<http://www.ccdevonpa.org>

<http://www.thechristiancommunity.org>

240-381-8557 Rev. Nora Minassian

610-710-9294 Rev. Marcus Knausenberger

Save the Dates! – happening here in Chapel Hill, NC: A Palm Sunday Weekend Retreat with Rev. Carol Kelly

Friday, March 30 and Sat, March 31

Will include lectures, discussion groups, artistic activities, and singing!

Topic to be announced soon – stay posted to our ASNC-list-serve!

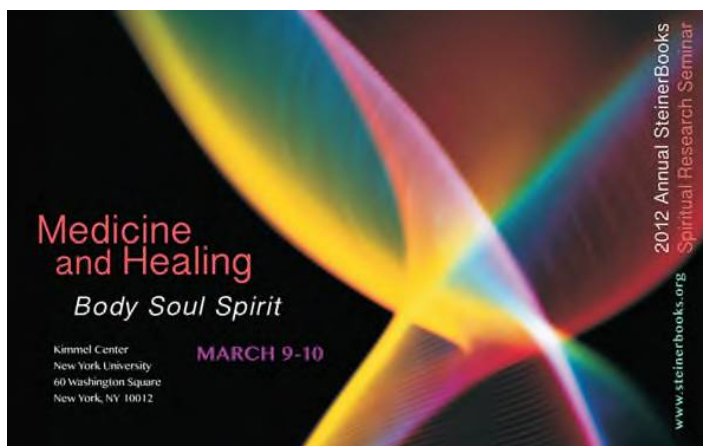
Children’s Services and the Act of Consecration of Man

Palm Sunday April 1

UPCOMING EVENTS IN THE EASTERN REGION:

March 9-10, 2012: Steiner Books' Annual Spiritual Research Seminar: Medicine and Healing: Body, Soul and Spirit

Guest Speakers: Edward Reaugh Smith, anthroposophical biblical scholar and author of *The Burning Bush*; Armin Husemann, MD, Leader of the German Anthroposophical Doctors Association and author of *The Harmony of the Human Body*; Ross and Andrea Rentea M.D.s, founders of True Botanica; Mark Kamsler, MD, cofounder of True Botanica; Dr. Willis G. Miller, pianist



For more information, go to the Steiner Books website www.steinerbooks.org and download the seminar brochure and registration form.

March 16-18, 2012 - ANNUAL CONFERENCE FOR FLORIDA GROUPS in Lithia, Florida: **Cosmic Cycles, Earthly Rhythms**

"The more abundantly the harmony of the cosmos fills the soul, the more peace and harmony there will be on the Earth. ~Rudolf Steiner

Rudolf Steiner stressed the need for modern humanity to come into a new harmony with themselves and with the universe. **Mary Adams** and **Herbert Hagens** will explore how working with Astrosophy and with the Calendar of the Soul can guide us on our paths to the spirit. Judyth Pisani will lead us in Eurythmy work with the zodiac. **S.D. Salamone, Ph.D.** will explore Rudolf Steiner's understanding of Cosmic Memory and the emergence of the "I". Through this timely approach, we will celebrate the 100th anniversary of the *Calendar of the Soul* and our place in the current cosmos.

LOCATION: Cedarkirk Camp and Conference Center, Lithia, FL (SE of Tampa)

See our new conference facility at www.cedarkirk.org

Full weekend conference cost with food and lodging: \$160.00

Price adjustment for partial attendance available

Email Karen Maestrales, Waldorf School Assoc. of Florida, kmaestrales@aol.com

Call Barbara Bedingfield at the Suncoast Waldorf School, 727-786-8311

June 2012 - A Workshop with Yeshayahu Ben-Aharon, Chapel Hill, NC (see article with details following this listing of events.)

JUNE 22-24 2012 – SOUTHEASTERN REGIONAL CONFERENCE IN CHATTANOOGA, TN: topic to be announced in our next issue.

Yeshayahu Ben-Aharon Workshop Here in Chapel Hill in June:
 “Anthroposophy & Contemporary Philosophy in Dialogue” –
 Behind the Curtain: An Unfolding Story
 by Jim Biggins

The ‘Curtain’ is the article “Anthroposophy & Contemporary Philosophy in Dialogue” that appeared in the Fall 2011 issue of *Being Human*, the quarterly publication of the Anthroposophical Society in America. The article is sixteen pages long (!) and is filled with references to philosophers such as Husserl, Nietzsche, Heidegger, and a number of French thinkers: Bergson, Sartre, Derrida, Levinas, Badiou, Foucault, Felix Guattari, and especially Gilles Deleuze. (I leave why ‘especially Gilles Deleuze’ for another time). The article also uses such terms as ‘Zeitgeist’, ‘phenomenology’, ‘structuralism’, ‘deconstruction’, etc., terms with which I have some familiarity, but not at a comfortable level. In short, its length and the impression of ‘intellectual challenge’ made me put aside this article when I first saw it ‘for another time’. Thus I describe the article as a ‘curtain’. But how fortunate for me that I was prompted to draw the curtain back and spend some time with that article and discover the hope and the promise within.

For starters, the author is Dr. Yeshayahu Ben-Aharon, an Anthroposophist author and thinker of some renown. He originally delivered this article, also known as the Colmar Lecture, in France in June 2007. His work since then has been a further development of the thoughts presented in that lecture, and this has culminated in his most recent book, *The Spiritual Event of the 21st Century* published in the Fall 2011. Another reason ‘for’ the article is its subtitle: “Observations on the Spiritualization of Thinking”. Because what this article points to, and what Dr. Ben-Aharon’s current work (book and lectures and online courses) is directed, is nothing less than a renewed pointing to Dr. Steiner’s master-work, *The Philosophy of Freedom* and the connection to Christ’s reappearance in the Etheric, as related activities to the times we are living in today. The article is wonderfully exciting; his new book is BIG in its thinking, and all can be brought down into us as individual human and spiritual beings.

The article is available on Dr. Ben-Aharon’s website: www.ybasite.org. under ‘The Colmar Lecture’. After I got so involved with Dr. Ben-Aharon’s ideas, I decided to contact him, and he has agreed to come visit us here in North Carolina this June. I plan to form study groups to read the article (The Colmar Lecture), and his new book, *The Spiritual Event of the 21st Century*, in the coming months. This is what I mean by ‘An Unfolding Story’.

And there is more. I thought of how similar Dr. Ben-Aharon’s work is to that of Andrew Linnell, the President of the Boston Anthroposophist Branch, long-time worker in the computer industry, and at least a three-time visitor and presenter on our technological world to us here in North Carolina in recent years. I contacted Andrew. No surprise - he has been attempting to have Dr. Ben-Aharon visit the Boston area this Spring, and he was taking Dr. Ben-Aharon’s new book with him on his just-started vacation. Andrew had a brief but fascinating article in the Winter 2011 issue of “Being Human” titled, “The Destiny of Humanity with Machines”. Highly recommended. So, I invited Andrew to also come visit us here in June, perhaps to co-present with Dr. Ben-Aharon or to present just before or just after. Andrew enthusiastically accepted. See his website –www.thechristianmysteries.com.

Both these visits are a work in progress. Unfolding. Can such a bounty come our way? Time will tell. But please at least read “The Colmar Lecture”. Perhaps enthused spirits will enflame wills.

Comments warmly invited at: jbiggins@nc.rr.com

Jim Biggins





The School of Spiritual Psychology Presents:

Steps on the Stone Path: Introducing Spiritual Practices with Crystals and Minerals

With Robert Sardello, Ph.D.

And Cheryl Sanders-Sardello, Ph.D.

March 9-11, 2012

LOCATION: BETWEEN BRECKENRIDGE AND ALBANY,
TEXAS

(NEAR DALLAS, FT. WORTH)

Enter an astounding way of working with crystals and minerals to develop spiritual capacities. Based on Celtic and Earth-oriented spiritual understanding of crystals, gems, and minerals as more than tools of personal evolution but rather as the visible bodies of spiritual, angelic beings, you will learn to be in relation with these beings.

By coming into inner relation with the spiritual beings of the stone world, our perspective is forever shifted. We begin to inwardly realize how narrow our normal range of experience is and how we live in a world of anti-silence that keeps us in inner ignorance. The Stone Path opens the infinite world of Silence, develops the capacity of being able to be with and care for others through the loving mediation of crystal beings, orients us to a radiant light of serving, helps us into devotional honoring of the fecund darkness from which all emerges, and shows us the incredible holiness of the human body in its intimacy with the earth-body.

Workshop includes:

Hands-on contemplative work with stones such as quartz crystal, garnet, rose quartz, rosophia, jasper and others

Stilling the mind to find the way through the narrowness of mental organization and opening to depth of body awareness.

Learning to develop bodily capability of sensing inner dimensions of crystals and minerals

Developing capacities of perceiving in reverence – giving spiritual attention to the physical mineral world

No prior knowledge or working with crystals is needed

Developing the capacity of feeling-knowing of a stone as it resonates within the individual soul; the particular soul resonances of different minerals and crystals and what they reveal.

Program Facilitators

Robert Sardello, Ph.D. -is co-founder of The School of Spiritual Psychology, which began in 1992. He is the author of Facing the World with Soul, Love and the Soul, Freeing the Soul from Fear, The Power of Soul: Living the Twelve Virtues, Silence, Steps on the Stone Path, and Acts of the Heart. He served as Chairman of the Department of Psychology at the University of Dallas, head of the Institute of Philosophic studies there, and graduate dean. He is also co-founder and faculty member of The Dallas Institute of Humanities and Culture. Having developed spiritual psychology based from over 35 years of research in this discipline, as well as holding positions in two universities, he is now an independent teacher and scholar teaching all over the U.S., Canada, and the U.K.

Cheryl L. Sanders-Sardello, Ph.D. -is co-founder of The School of Spiritual Psychology and specializes in the spiritual psychology of the senses, and is currently completing a book in this area with an emphasis in healing of the senses. Her work ranges from the necessity for keeping the senses healthy in children to the development of the spiritual senses in maturity. She teaches with The School all over the U.S., Canada and the U.K. Her current research and teaching focuses on spiritual practices of keeping in connection with those who have died and the implication of those practices for the health of the social world.

Foundations of Earthosophy The Earth-Wisdom Tradition A Course in Four Parts offered by The School of Spiritual Psychology

March 15-19, 2012

June 7-12, 2012

September 13-17, 2012

December 6-10, 2012

Enrollment Limited to 12 people

This course inaugurates the Center of Earthosophy of the School of Spiritual Psychology. Earthosophy is the devotional dimension of Spiritual Psychology. We invite you to learn Spiritual-Earth-praying, Spiritual-Earth-ritual, Spiritual-Earth-healing, Spiritual-Earth-meditating, Spiritual-Earth devotion. We enter into the living, unanswerable, always unfolding question: Who is Earth? Spiritually, Who is Earth? And, with that felt question, we enter the further question – How do we come into direct, immediate, bodily presence with the Presence of Earth.

There are Wisdom Traditions who know Earth in this manner – the American Indian, the Celtic, the Shamanic, and the esoteric stream known as the Saturn Mysteries. But, we, this culture, do not know Earth as Spiritual Earth, a Who. Those who revere Earth intuit that Earth is not just the inert stage upon which life happens, but rather, all that lives, including human beings-- are organs of the wholeness of Earth we live within – not on. We attend, closely, to Earth Wisdom traditions as guides of the coming-to-be.



With these guides, in this course we enter the deep tradition of Feminine Wisdom as Earth Presences. Sophia, Mary, The Black Madonna, Mary Magdalene, Our Lady of Guadalupe – we propose, are here, present, as the spiritual-living Earth. There are other traditions, of course. We provide ONE way, the bodily way of feeling, knowing, sensing, perceiving Earth as Spiritual Earth – in full, wakeful awareness. To develop these capacities of awareness will provide available soul capacities to do so within the feminine aspects of any spiritual tradition. In fact, much of our method derives from the Sufi tradition.

These Earth Presences are also embodied Soul Capacities – We must find the manner in which these presences are already within the embodied soul and awaken to those capacities, which then allow being with Earth in utterly new ways – as our ever-present nurturing companions.

The Course content:

Sophia – The soul capacity of creative-receptive intuition; Earth as Integral Wholeness

Mary – The soul capacity of body receptivity; Earth as Spiritual Matter

The Black Madonna – The soul capacity of underworld awe; Earth as Unending Depth

Mary Magdalene – The soul capacity of spiritual earth-love; Earth as Love

Our Lady of Guadalupe – The soul capacity of surrender; Earth as All-Giver

For further description, registration, details, see our website: www.spiritualschool.org The Earthosophy Section. Or write: spiritualheart@embarqmail.com and request the details.

ARTHUR ZAJONC NEW PRESIDENT OF MIND AND LIFE INSTITUTE

Boulder, CO (December 1, 2011) – On 28 November, 2011, the Mind and Life Board of Directors confirmed the selection of Professor Arthur Zajonc as the new president of the Mind & Life Institute. Professor Zajonc, who will formally take up his appointment in January, 2012, succeeds Mr. R. Adam Engle, a Mind and Life Co-Founder who served as the president and chair of the Institute for more than two decades. This appointment represents the culmination of a successful presidential succession search facilitated by Rusher-LoScavio Executive Search for which the Mind & Life Institute especially thanks President Robert M. Fisher, PhD, JD.



Arthur Zajonc PhD (U. Michigan) is professor of physics at Amherst College, where he has taught since 1978. He has been visiting professor and research scientist at the Ecole Normale Supérieure in Paris, the Max Planck Institute for Quantum Optics, and a Fulbright professor at the University of Innsbruck in Austria. His research has included studies in electron-atom physics, parity violation in atoms, quantum optics, the experimental foundations of quantum physics, and the relationship between science, the humanities, and the contemplative traditions. He is author or editor of eight books including: *Catching the Light* (Oxford UP, 1995), *The Quantum Challenge* (Jones & Bartlett, 2nd ed. 2006), *Meditation as Contemplative Inquiry: When Knowing Becomes Love* (Lindisfarne Press, 2009), and with Parker Palmer, *The Heart of Higher Education: A Call to Renewal* (Jossey-Bass, 2010).

In 1997 Professor Zajonc served as scientific coordinator for the Mind and Life dialogue published as *The New Physics and Cosmology: Dialogues with the Dalai Lama* (Oxford UP, 2004). He organized the 2002 dialogue with the Dalai Lama, “The Nature of Matter, the Nature of Life,” and co-organized the 2007 dialogue on “The Universe in a Single

Atom.” Zajonc acted as moderator at MIT for the “Investigating the Mind” Mind and Life public dialogue in 2003, and again in 2010 at Stanford’s CCARE public dialogue with the Dalai Lama on research concerning the cultivation of compassion and altruism. The proceedings of the Mind and Life-MIT meeting were published under the title *The Dalai Lama at MIT* (Harvard UP, 2003, 2006) which he co-edited. He currently directs the Center for Contemplative Mind in Society, which supports appropriate inclusion of contemplative methods in higher education. He has also been General Secretary of the Anthroposophical Society, president/chair of the Lindisfarne Association, and was a senior program director at the Fetzer Institute. For more information see www.arthurzajonc.org.

In celebrating the Board’s appointment of Professor Zajonc as the new president of the Mind & Life Institute, the Chairman Dr. Thupten Jinpa comments:

“I am extremely happy to note that the Mind and Life board’s election of Arthur was resounding and unanimous. We, the entire board, feel confident that Arthur is the ideal leader to take the Mind & Life Institute to its next stage of development. As a noted scientist held in the highest esteem both in North America and Europe, as someone widely respected for his critical role in bringing the contemplative dimension into higher education, and as a leader with long

experience of guiding various non-profit initiatives, Professor Zajonc brings a unique combination of experience and expertise to his new position. Our previous president and co-founder Mr. R. Adam Engle, whose dedication and outstanding service during more than two decades is deeply appreciated by the board, leaves the organization in good health and strength.

Professor Zajonc is no stranger to the Mind and Life family. In addition to serving on the board of Mind and Life between 1998 and 2006, he has also played an active role in several important Mind and Life dialogues with His Holiness the Dalai Lama, including one on the new physics and cosmology in 1997, on the mind at MIT in 2003, and on “Universe in a Single Atom” in Dharamsala in 2007, editing two volumes from these dialogues for publication.

With Professor Zajonc as our new president, I strongly believe that today Mind and Life is well-placed to move forward in its unique mission and be more effective in making its contribution to the betterment of the world we live in. My colleague Rip Gellein, Mind and Life Vice Chair, and I are honored to work with Professor Zajonc as the new Mind and Life leadership team.”

The President-elect Arthur Zajonc comments:

“It is an honor and privilege to take on the leadership of the Mind & Life Institute as its President. For over 20 years the work of the Mind & Life Institute has enriched our understanding of the mind by bringing together the remarkable achievements of modern research in neuroscience with the equally profound traditions of contemplative inquiry. Together they have the possibility not only of illuminating the nature of mind, but also of addressing many of the sources of suffering that are rooted there. I look forward to continuing the good work of the Institute and to collaborating with the Institute’s many friends and colleagues in the years ahead.”

About the Mind & Life Institute

The Mind & Life Institute is a Boulder, CO-based nonprofit organization dedicated to building a scientific understanding of the mind through the investigation of contemplative practices in order to reduce suffering and promote well being. The Mind & Life Institute implements this mission and vision through a strategy of integrated initiatives including Dialogues and Publications, the Mind and Life Summer Research Institute and accompanying Varela Awards, the Mind and Life Humanities and Social Sciences Initiative, and as a co-sponsor and coordinator of the International Symposia for Contemplative Studies (Denver | April, 2012 www.contemplativeresearch.org). For more information, visit www.mindandlife.org, or contact Chris O’Brien, Development and Communications Officer // chris@mindandlife.org // (303) 530-1940 x 106.

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Directory of Anthroposophical Initiatives in North Carolina

Branches

The Rudolf Steiner Branch (NC) of the Anthroposophical Society in America

Serving Chapel Hill, Durham, Hillsborough, Pittsboro, Cedar Grove, Mebane and Raleigh

P.O. 16024

Chapel Hill, NC 27516

www.anthroposophync.org

RSBNC Board:

President; Peg Carmody 919-537-8142; mcarmody@nc.rr.com

Vice President: Nancy Willson 919-493-1091; nancywillson@myfrontiermail.com

Recording Secretary: Melanie Maupin 919-384-7338 melmaup@gmail.com

Correspondence Secretary: Joanna Carey 919-403-7060 joannapcarey@gmail.com

Acting Treasurer: Peg Carmody

Board members-at-large:

Allen Barenholtz

Margaretta Bornhorst

Will Hicks

Suzanne Mays

Newsletter: *The Sophia Sun* sophiasun@peoplepc.com

Other Groups in NC

Asheville: Todd Crowe 828-216-3226; oddwitha_t@hotmail.com

Website: www.azaleamountain.org

Clemmons - Sarah Putnam- 336-972-8243; sputnam01@att.net

Greensboro: Sandy LaGrega – 336-292-7947; sunsan52@aol.com

Wilmington: Anna Bowman - 910-338-0833; 919 792-0959

Alicia Marroquin - 910-874-7200; rosenhardt@bluepearlarts.com

Education

Emerson Waldorf School (N-K-12)

www.emersonwaldorf.org

6211 New Jericho Rd.

Chapel Hill, NC 27516

Main Office: 919-967-1858

High School Office: 919-932-1195

Early Childhood office: 919-967-3362

Foundation Year Studies at the Emerson Waldorf School

(sponsored by the Center for Anthroposophy in NH)

Contact: Claire Viadro 919-967-8215; Viadro@mindspring.com

Home Nursery School Association (serving Durham, Chapel Hill and Hillsborough)

(There are currently 6 home nursery programs that utilize Waldorf principles)

Contact: Marie Nordgren 919-544-8748; amnordgren@aol.com

School of Spiritual Psychology

Benson, NC

www.spiritualschool.org

Robert Sardello and Cheryl Sanders-Sardello, Directors

Azalea Mountain Morning Garden (serving Asheville)

Contact: Kate Reese or Maria Allen 828-505-1350; www.azaleamountain.org;

Azalea Mountain School K-4, a Waldorf-inspired school

Biodynamic Farms

Whitted-Bowers Farm - Demeter certified – specializing in fruits and vegetables; 8707 Art Rd., Cedar Grove, NC 27231; 919-732-5132; Rob and Cheri Bowers, owners

Infinity Farm – uses biodynamic methods; CSA, organic goat milk, grass fed meats; organic eggs; vegetables. Jon Lyerly, director 919-357-7453; jelyerly2@gmail.com; 1600 McDade Store Rd., Cedar Grove, NC

The Arts

Eurythmy - Eve Olive - 919-489-2564; eveolive@frontier.com
Ann Calloway – 919-403-8678 callaway.lonaann@gmail.com

Werbeck Singing - Joanna Carey – 919-403-7060

Lyre Music- Joanna Carey – 919-403-7060
Suzanne Mays – 919-929-1073

School of Choreocosmos, Sophia Grail Circles

Kelly Calegar - www.eastcoastschoolofchoreocosmos.com

Marlene Joyce – mjoyce126@bellsouth.net

Christian Community

A Christian Community priest visits our Congregation bi-monthly. Currently, Rev. Carol Kelly and Rev. Patrick Kennedy are the priests we share with the Washington D.C. parish. **Contact:** Linda Folsom, Steering Committee member, 493-8323. lfolsom@nc.rr.com; Website: www.christiancommunitync.org

Anthroposophical Lending Library

The Phoenix Library, Chapel Hill, NC 27517

Contact: Judy Frey 919-928-8749; damaris12@nc.rr.com

Study Groups and Working Groups:

Branch Home Envisioning Group: 2nd and 4th Tuesdays of each month at the home of Joanna Carey and Allen Barenholtz, 112 Solterra Way in Durham, NC. Call 403-7060 for more information

Child's Needs Study Group – One Saturday a month 10 am-12 pm.; reading *Loving the Stranger: Studies in Adolescence, Empathy and the Human Heart*, compiled by Michael Luxford. Please call Lauren Mills Nyland for further information – 968-7721, or mills.lauren@gmail.com

Christian Community Study Group: Sundays at 11:30am A group focused around meeting the needs of parents and caregivers of children who wish to support each other and gain greater insight into the festivals and Christianity. We will be reading from the books, *The Christian Year* by Evelyn Francis Capel, and *All Year Round* by Druitt, Fynes-Clinton, and Rowling. The group meets at the home of Craig and Lisa Stauffer, 502 W Poplar Ave, F-2, Carrboro, NC. Please call either Lisa Stauffer (929-9827) or Rebecca Foster (619-9269) for further details, to confirm location and RSVP.

Clemmons Study Group – first and third Sundays of the month from 6-8 pm. This Study Group meets September through May, at the home of Sarah Putnam, 7719 Whitehorse Dr, Clemmons, NC. The group is reading *Meditations on the Tarot*. Call 336-972-8243 for information.

Death, Dying and Dessert – a conversation group that meets the third Monday of the month from 7-9 pm to share experiences and concerns, ask questions and become active in our community in our relationship to death and dying; meets at the home of Jenny Bingham, 208 Murray St., Hillsborough; contact Jenny at jennybingham@yahoo.com or call 214-4304.

Greensboro Study Group – Mondays 3:30-5:00 pm. Currently reading *Isis-Mary-Sophia* by Rudolf Steiner. Contact Sandy LaGrega at (336) 292-7947 or Judy Boyd (336) 454-2451. Please call before attending.

Reading to the Dead Group – first and third Thursdays of the month, 7:30-9:00 pm. February 2nd and 16th this month and March 1st and 15th and We are reading *Our Dead* by Rudolf Steiner. We meet at the home of Joanna Carey at 112 Solterra Way in Durham. Look for our new location in March, which will be announced on our list-serve. Any questions can be directed to Joanna Carey: 919-403-7060. Please RSVP that you will be attending.

Rose Cross Study Group – Wednesdays, 7:30 pm, at the home of Judy Frey, Currently reading individual lectures while deciding what book to read next. The theme of the next book will be Rosicrucianism. Newcomers are welcome! Please give call Judy at 928-8749 before attending the first time.

The Socially Resilient Child Study Group – Thursdays 8:45-9:45 a.m. in the second classroom in the Nursery School Building at EWS; to discuss “How can we support our children in social situations?” Contact Lauren Nyland at 968-7721 or mills.Lauren@gmail.com

Werbeck Singing Group: first Fridays of the month at 7:15 PM (Dec. 2nd this month) at Joanna' Carey's. Call 403-7060 for more information.

Wilmington: Roscroix Stream Study group, Tuesdays 6:30-8:00 pm: at the home of Alicia Marroquin Southport, NC. Book: *Isis, Mary, Sophia: Her Mission and Ours* by Rudolf Steiner. For more information call Alicia at 910-363-4311 or email: rosenhardt@bluepearlarts.com

Editor's Note; Please keep the information about your Study Group Current. Email Kathleen Wright at sophiasun@peoplepc.com to update your information. If you have a Study group that is not listed above, please let me know. We are happy to list any groups in the Southeast.



The Rudolf Steiner Branch (NC)

Of the Anthroposophical Society in America

P.O. Box 16024

Chapel Hill, NC 27516

www.anthroposophyNC.org

The Sophia Sun

Editor.....Kathleen Wright

Calendar.....Linda Folsom

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Submitting articles, letters, announcements and ads:

Please send UNFORMATTED text as a Microsoft Word document to sophiasun@peoplepc.com. Articles should not exceed 3 pages in length, and preferably should be 1-2 pages long.

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

If you have any questions, please contact: **Kathleen Wright, at 919-309-9622 or 919-672-0149 or email her at 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 or our local website at www.anthroposophyNC.org