



The Sophia Sun

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

JUNE 2012
VOLUME V, NUMBER 3

Old St. John's Song

(words by Karl Julius Schröer)

Behold again the turning of the sun,
 The time for Summer Solstice's begun
 Stay with us treasured turning Sun.

Oh John, you Witness of Christ, the Holy Lamb;
 You baptized Jesus, the Son of Man.
 Stay with us through the turning Sun.

In Jordan's waters your angelic Might,
 Baptized for us the Heavenly Light;
 From turning Sun down to earth's night.



In This Issue

Ben-Aharon Workshop.....	3
Biodynamic Talk.....	4
Queen of the Sun film and workshop; St. John's Festival.....	5
Christian Community Weekend.....	6
Lynn Jericho News and Talks.....	7-8
NDE News.....	9
Transitions: Ed Stone, Edith Bierman, Maria Thun.....	10
Wedding Congrats; Anthroposophy Online.....	11
St. John's Conference in Georgia.....	12
Summer conferences.....	13
Eurythmy's 100 th Anniversary.....	14
Dark Sky Initiative Wins Award.....	15
Transit of Venus.....	16
Mayan Elders Speak on 2012.....	17
Theme of the Year.....	20
Book Review: Rudolf Steiner's Intentions.....	22
Branch Meeting Minutes.....	23

Logo above: "Woman Clothed With the Sun" by Baron Arild Rosenkrantz
Photo above right: John the Baptist by Francesco Trevisani

June 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@gmail.com by Aug 20, 2012.						
					1 CC Steering Committee Meeting-4:30p Gunter Hauk Talk 7-9p	2 Gunter Hauk Workshop 10a-4p CC Art -5p CC Priest Talk-7:30p
3 CC Children's Story-9:30a Children's Service-10a CC Act of Consecration of Man-10:30a Clemmons SG-6p Greensboro SG-7p	4 Greensboro SG-3:30p Threshold Group-6:30p	5 Biodynamics Talk Talk 6:30p Venus Transit	6 Festivals Committee-2p Rose Cross SG-7:30p	7 Socially Resilient Child Gp-8:45a Reading to the Dead Group-7:30p	8	9
10 Greensboro SG-7p	11 Greensboro SG-3:30p	12 Lynn Jericho Talk 7:30	13 Rose Cross SG-7:30p	14 Socially Resilient Child Gp-8:45a	15	16 BD Farm-8a Horn Silica Preparation
17 Clemmons SG-6p Greensboro SG-7p	18 Greensboro SG-3:30p	19 Lynn Jericho Talk 7:30 NDE meeting 7-9p	20 Rose Cross SG-7:30p	21 Socially Resilient Child Gp-8:45a	22 RSB-Conference-YBA	23 RSB-Conference-YBA
24 RSB-Conference-YBA Infinity Farm St John's Celebration	25 Greensboro SG-3:30p	26	27 Rose Cross SG-7:30p	28 Socially Resilient Child Gp-8:45a	29	30

The World Today and How To Be In It: An Anthroposophic Perspective A Workshop with Yeshayahu Ben-Aharon

JUNE 22-24 2012

AT THE BARN AT VALHALLA

**SPONSORED BY THE RUDOLF STEINER BRANCH (NC)
OF THE ANTHROPOSOPHICAL SOCIETY IN AMERICA**

CONFERENCE SCHEDULE

Friday 6/22

6:30 pm = Doors Open

7:00pm = Lecture – “The Christ Event of the 21st Century”



Saturday 6/23

9:30 am = Doors open

10:00 am – 1:00 pm = “Introduction to Social Yoga Part I”

1:00 pm – 2:30 = Lunch – Catered \$10

2:30 pm – 5:00 pm = “Introduction to Social Yoga Part II”

5:00 pm – 7:00 pm – Dinner

7:00 pm = Film – “The Transcendental Man”

Sunday 6/24

9:30 am = Doors open

10:00 am – 1:00 pm = “Introduction to Cognitive Yoga Part I”

1:00 – 2:30 pm = Lunch – Catered \$10

2:30 – 5:00 pm = “Introduction to Cognitive Yoga Part II”

7:30 pm = Optional – Annual ASNC Saint John’s Festival – Program and Bonfire at Infinity Farm in Cedar Grove. (Outdoors)

Monday 6/25

Time and place to be determined = Optional - “Introduction to The Global School” (Ongoing follow-up to this work)

Location: The Barn at Valhalla - Chapel Hill, NC www.barnatvalhalla.com

Cost: \$125 per person + \$20 for two lunches. (Dinner Saturday night may be a group event, to be determined)

Make checks payable to: ASNC (Anthroposophical Society North Carolina)

Mail To: PO Box 16024 Chapel Hill, NC 27516 (Your payment guarantees your place. Limit 100 people)

Questions: Contact Jim Biggins **919-425-5535** or jbiggins@nc.rr.com

The World Today and How To Be In It: An Anthroposophic Perspective

A Lecture and Weekend Workshop with Dr. Yeshayahu Ben-Aharon

There is a sense today that all is not as it should be in the world around us. We see it. We feel it. And we wonder.

There is another, Dr. Yeshayahu Ben-Aharon, who has also wondered. A philosopher by education, and an Anthroposophist by choice, he has invested well over thirty years in spiritual research, as he puts it, 'searching for the hidden stream of becoming of anthroposophy, for its living supersensible continuation.'

You are invited to come hear and experience this most insightful Anthroposophic teacher as he presents an important Lecture, then leads a two-day Workshop.

The 'setting of the stage' will take place at the opening Friday evening lecture, "The Christ Event of the 21st Century". It will be the keynote event of the weekend. Then, for two full days (yes, all-day Sunday too), we will be introduced to two trainings developed by Yeshayahu Ben-Aharon, 'Social Yoga' and 'Cognitive Yoga'. These trainings offer complimentary activities for us to use as we negotiate the tasks, challenges, and opportunities in our daily life.

Saturday evening we will view the film, "The Transcendent Man" and have a group discussion. This film sharpens the context into our times today.

The questions we have at this time are significant: What IS going on in the world today? What forces are at work? Where are events taking us? Is their hope?

The good news is that the considerable spiritual-scientific research done by Dr. Yeshayahu Ben-Aharon is bearing fruit. '...the hidden stream of becoming of Anthroposophy' has shown itself. The pieces are in place. The puzzle can be addressed. And Anthroposophy has a major role to play.

We hope you can join us the weekend of June 22-24 here in Chapel Hill, NC!

-Jim Biggins for the Rudolf Steiner Branch

NEWS FROM WHITTED BOWERS FARM:

Rob Bowers sent us this announcement about a talk he will be giving at the Duke Rice Diet Program, 1644 Cole Mill Rd., in Durham:

Do you want to know more about biodynamic food, or better yet eat some?!? We do too, so join us at the Rice Diet Program, **June 5, 2012, 6:30 p.m.**, for our upcoming speaking event -- ***A Biodynamic Approach: Amending Our Soil and Farm Bill to Cultivate a Viable Local Food System***. This happening will introduce the novices, and expand the understanding of the most well informed foodie, to the power and importance of our food choices.

Biodynamic Farmer, Rob Bowers, and Carolina Farm Stewardship Association Executive Director, Roland McReynolds, will share the fundamental principles of biodynamic farming, the nutritional and spiritual qualities of the food, and discuss the impact of current Farm Bill legislation on local food systems.



This event is free and open to the public!

Here's to your health,

Kitty Rosati

Editor's Note: Thank you, Rob Bowers for all your outreach work on behalf of Biodynamics and Anthroposophy! Let us support Rob by buying his biodynamic produce at the Farmer's Market in Carrboro on Wednesdays and Saturdays.

**A Viewing of the Documentary “Queen of the Sun”
At the Barn at Valhalla**

(www.barnatvalhalla.com for directions)

With Master Beekeeper Gunther Hauk

FRIDAY, JUNE 1

7:00 - 9:00 pm

\$10. including refreshments

Gunther will give a short commentary after the film

SATURDAY, JUNE 2

10 am – 4 pm

A Workshop with Gunther Hauk:
“The Mystery of the Honeybee”

At Infinity Farm

1600 McDade Store Rd.

Cost: \$65. includes an organic lunch.

Call Joy Kwapien for more information:

919-732-1840 or jrkwapien@earthlink.net

**Proceeds to Benefit Spikenard Farm Bee
Sanctuary.**



**ALL WELCOME AT THE ANNUAL ST. JOHN'S FESTIVAL
AT INFINITY FARM
SUNDAY, JUNE 24, 2012
7:30 - ?
NO POTLUCK THIS YEAR**



Once again you are welcome to join us at Infinity Farm to celebrate St. John's on Sunday, June 24. Because of the conference, there will not be a potluck this year. We will gather at the bonfire at 7:30, make boats, and have a short program beginning at 8:00. There will be music by Hagen Stauffer and a short talk. We will launch the boats and then light the bonfire about 8:45. People can stay as long as they wish watching it burn down. Infinity Farm is located at 1600 McDade Store Rd., Cedar Grove NC. If you need more information, please call Peg Carmody at **919-537-8142** or email mcarmody@nc.rr.com



NC Triangle Affiliate of the Christian Community

Saturday evening June 2, 2012

5pm - Special Event - Art with Martha Kelder

6:30pm - Light Supper

7:30pm - Rev. Carol Kelly will give a public talk on:

"The Chalice of the Heart"

Sunday June 3, 2012

9:30am - Children's Story

10am - Children's Service

10:30am - The Act of Consecration of Man

There will not be a potluck brunch this Sunday - coffee, juice and bagels will be available after the service

We welcome you to join us for the last Christian Community weekend until Fall. Prior to Carol Kelly's talk on Saturday evening, Martha Kelder has offered to guide us in some art exercises. There will also be a light supper served prior to the talk. Also note that there will be no potluck on Sunday. There is no charge for either the art supplies or the food, but donations are welcome.

Friday 6/1 and Saturday 6/2 (as scheduled in advance):

Sacramental Consultation or other private conversations with Rev Carol Kelly at the home of Margit Gratzl. Please contact Margit as soon as possible to schedule time with Carol: 919-484-2764 or mgratzl@nc.rr.com. Margit's address is 519 Wheeling Circle, Durham, NC 27713.

Saturday, 6/2:

5pm - Art with Martha Kelder (Oak Room)

6:30pm - Light dinner (Oak Room)

7:30pm: Rev. Carol Kelly will give a public talk on: "The Chalice of the Heart" (Fleming Building)

Sunday, 10/23: (all held in Fleming Building)

9:30am Children's Story

10am Children's Service

10:30am: The Act of Consecration of Man
(childcare provided)

Potluck following the Service – please bring a dish to share

All events will be held at New Hope Camp and Conference Center,
4805 NC HWY 86, Chapel Hill, NC 27514.

The Christian Community is a church centered around the seven sacraments in their renewed form. Members are encouraged to form independent judgments in religious matters and there is no dogma.



Two Evenings with Lynn Jericho

Recognizing and Regulating Astrality

7:30 – 9 pm

Tuesday, June 12

At Lynn's home (please call for directions)

“Astrality” is used to dismiss, insult, marginalize others within anthroposophical communities, but do we really understand what it means. We all have our own moments of astrality...oh, where did my I-being go??? I will present an understanding of astrality based on my twenty years as an anthroposophical counselor and my on-going spiritual research. I will share several inspiring and effective ways to regulate astrality when it sneaks up on us in our solitude and in our social life and overtakes equanimity in our consciousness and conversations.

Please come and bravely engage in this study. Hopefully, we will keep it from slipping into the dark shadows and blinding light of astrality.

Please RSVP as my place can only seat 8 on furniture and another 4 or five on the floor. lynnjericho@gmail.com or 919-240-4094

The Sistine Madonna and the Restoration of the Etheric Body

7:30 – 9 pm

Tuesday, June 19

At Lynn's home (please call for directions)

There are hidden images in the Sistine Madonna that explain its powerful ability to restore and harmonize the etheric body. (I am not referring to the little faces of unborn souls in the sky.) I will share these images and explore their activity in your etheric body.

When I shared these images with a leading Anthroposophical MD and first class reader, he got tears in his eyes and said he had never felt the significance of this painting before. That is exactly how I felt in the moment that during my regular meditation on the Sistine Madonna, these images “popped out.” The whole painting came alive with images of etheric forces.

These images explain why Steiner said this was the most beautiful painting ever. It also brings even more significance to Novalis experience of his previous incarnations as he meditated on the painting.

Please RSVP as my place can only seat 8 on furniture and another 4 or five on the floor. lynnjericho@gmail.com or 919-240-4094

As an anthroposophical adult educator, my intent is to provide ways for others to connect personally and practically with anthroposophical wisdom so that they can fulfill the ancient admonition, “O Human Soul, Know Thyself!” Both evenings will bring new experiences of equanimity and harmony.

- Lynn Jericho

NDE (Near-Death Experiences)NEWS

Our next Raleigh-Durham IANDS NDE meeting will be on Tuesday, June 19 from 7 to 9 p.m. at the Mays home.

At this meeting, Robert and Suzanne will present some of their research on NDEs: "NDEs hold the key to understanding consciousness and reality":

The near-death experience gives us clues about the nature of reality and the nature of consciousness.

How much of the NDE is "real"? NDEs provide veridical (verifiable, real) information at four key points in the NDE. We argue that if these parts of the NDE are "real" -- and also the nearly universal experience of the hyper-reality of the NDE -- then the whole of the experience is "real".

But it's a different reality in many respects from ordinary physical reality -- especially in the transcendent part of the experience. Nevertheless, a systematic investigation of the transcendent content of NDEs should be a fruitful research direction.

We will explore how the use of the transcendent content of NDEs can lead to enhanced understanding of the nature of consciousness and indeed the nature of reality.

What is the nature of "mind"? This can be answered directly from the phenomenon of the NDE.

What is the nature of "reality"? Which is more fundamental, the physical or the transcendent? NDEers give a nearly unanimous response: the transcendent realm of the NDE is fundamental and more real than the physical realm. Three paranormal phenomena that occur as aftereffects in NDEers are worth studying to understand the nature of reality: psychokinesis, precognition and teleportation.

Other items of interest:

Final Passages: Research on NDEs and the Experience of Dying: This was a fantastic conference and all of the video presentations are available on-line, including Pim van Lommel, Eben Alexander, Penny Sartori, Raymond Moody and many others.

How near-death experiences are changing the world: David Sunfellow, head of the organization New Heaven New Earth, has compiled an excellent two-part video. Part 1 (67 min) discusses the history of near-death experiences, global statistics and trends, and common themes and characteristics. It also features many NDE accounts. Part 2 (51 min) explores several additional NDE stories. It examines the nature of reality, miracles and spontaneous healings, discusses how and why the core themes of NDEs are so different, and presents some of the aftereffects of NDEs.

Dr. Jan Holden presents *The Handbook of NDEs*: In the lecture, Jan summarizes the main points of the book. The presentation is given in four parts, roughly 30 minutes each: Part 1, Part 2, Part 3 and Part 4. Throughout the presentation, Jan uses an interview with Tricia to illustrate her points. Tricia, a community college English teacher, suffered cardiac arrest during surgery following an automobile accident and experienced an extensive near-death experience, with a veridical element and with numerous aftereffects.

Brain Wars: NDEs help define mind-brain relationship: A new book by neuroscience researcher Mario Beauregard, deals with the relationship of the mind to the brain. *Brain Wars: The scientific battle over the existence of the mind and the proof that will change the way we live our lives* presents near-death experiences as one of several lines of evidence that "strongly challenge the mainstream neuroscientific view that mind and consciousness result solely from brain activity". An excerpt on NDEs from the book, titled "Near Death, Explained", appeared recently at Salon.com.

For fun/inspiration:

Murmuration - A chance encounter and shared moment with one of nature's greatest and most fleeting phenomena.

In May, a visual and musical poem by Carol Wood - in homage to Yeats.

This is our last meeting before the summer. We will take a break for the summer and the 2012 IANDS Conference in September and schedule our next meeting in October.

- Robert and Suzanne Mays

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. If you need more information or directions, please call us at 919-929-1073 or mays@ieee.org.

Transitions

Edward R. Stone peacefully crossed the threshold at 4:28am, Friday, 4th May. He was at home in Pottstown, Pennsylvania.

The 'elder knight' and Master Waldorf teacher was a pioneer of Anthroposophy and the Raphael Group in Pennsylvania. Emphasizing the sisterly/brotherly aspect of group work and Michaelic community building, Ed offered much insight into the Mysteries of the Holy Grail: the Art of the Question.

He delivered a keynote address--Countering Terrorism and Other Evils--during the Knights Templars International Conference, 2007, Camphill Soltane, near Philadelphia. The memorable address opened with an enthusiastic welcome, "Dear Sisters and Brothers!" and closed with practical suggestions whereby all present might become 'Knights of Love'...

His storied life was as radiant and multifaceted as the Grail itself. Beginning in the paradise of Hawaii, Edward discovered Anthroposophy at age 16, survived the bombing of Pearl Harbor 1941, and later studied at Michael Hall (progenitor of Emerson College, England) under Walter Johannes Stein, a personal pupil of Rudolf Steiner. His adventures and real world yarns remain a living exposition of spirit reality. A timely visit to Stonehaven and Corps de Michael provide a glimpse of "Lapsit Exillis"--the stone fallen from Heaven.

- *from David Lenker*

(Editor's Note: We printed an article about Ed Stone and the talk that he gave at the Templars Conference in Pennsylvania in the Candle magazine back in November 2007. The Candle was the "former incarnation" of our branch newsletter and was edited by Mike Senkpiel)



Ed Stone with Joy Kwapien 2007



Edith Bierman died at 2 AM on May 4, 2012 at age 104. She is believed to be the last living person to have met Rudolf Steiner. Edith was a Eurythmist for many years, as well as a water color painter. She is best known for her 200 paintings of the choreography Rudolf Steiner had created for Eurythmy for the **Calendar of the Soul**. One of these is printed on the left. There was a funeral for Edith at the Christian Community Church, Forest Row, Sussex England on Wednesday May 9, at 3pm. A Memorial Meeting was held at 8pm on Sunday May 13th.

Maria Thun, leading authority on Biodynamics and editor of the annual **Biodynamic Sowing and Planting Guide** crossed the Threshold on February 9 at the age of 89. She was born in Malburg, Germany in April, 1922 and grew up on a farm. In the early 1940's she met her future husband, Walter Thun, who introduced her to Rudolf Steiner's ideas and biodynamic farming. She then attended the Institute for Biodynamic Research in Darmstadt. In 1962 she began putting out a series of annual sowing and planting calendars. She wrote a book **Gardening for Life: the Biodynamic Way** (1999). In 2010, with her son Matthias, she published **When Wine Tastes Best. A Biodynamic Calendar for Wine Drinkers**. An Obituary for her appeared in England's **The Guardian**.



Congratulations

to Will Hicks and Corey Alicks , members of our Anthroposophical Community , who were wed on Sunday, April 22 at a Marriage Ceremony of the Christian Community performed by Reverend Carol Kelly. The Ceremony and Reception were held in the field behind the couple's home in Hillsborough. After the wedding, Will and Corey spent a blissful week in Puerto Rico. Best of joy and luck to the happy couple!



Anthroposophy on the Internet

Suzanne Mays sent us the following:

The following link is a 45-minute talk by Robert McDermott given at the Rudolf Steiner Foundation on December 2011 for its "Rudolf Steiner Festival." Robert gives a most engaging and animated talk about the significance of Rudolf Steiner as a spiritual teacher and how he labored to counter the destructive forces pervading world culture. In light of the yearly theme announced by the Goetheanum focusing on the identity of the Anthroposophical Society, this talk is an excellent and most inspiring one to hear and take to heart.

<http://rsfsocialfinance.org/wp-content/uploads/2011/11/RobertMcDermott.mp3>

New free email journal : *Deepening Anthroposophy*, edited by Tom O'Keefe.

So far three issues have come out. Great articles by such authors as Sergei Prokofieff, Peter Selg, Bill Lindemann, Daniel Hafner and many others. To subscribe, simply write to Tom O'Keefe at: initiative.rda@gmail.com and let him know you'd like to be on his email list. Be sure to give him your email address so he can send you the next issue.

In commemoration of Eurythmy Ireland's invitation to all anthroposophical communities to participate in the Hallelujah on Whitsun, anthroposophy.org has posted a Youtube film of the Hallelujah performed by talented Eurythmist Gail Langstroth . The video is wonderful, so do check it out.



Steinerbooks has posted a 28-page list of the complete works of Rudolf Steiner. Check out their website www.steinerbooks.org.

The national Anthroposophical Society website continues to make updates and improvements, so do check it out regularly. There are all sorts of fascinating articles, news and announcements.

Go to:

www.anthroposophy.org.

**Southeastern Regional Branch's
Annual St John's Festival Conference
June 22-24 Cartersville, GA 30121.**

FEATURING:



Edward R. Smith, former attorney and business man, author of *The Burning Bush*, *The Incredible Births of Jesus*, *The Disciple Whom Jesus Loved*, *David's Question*, "What Is Man?", *The Soul's Long Journey*, and *The Temple Sleep of the Rich Young Ruler*. Ed will be speaking on the topic of St. John's Day, the Bible, and Anthroposophy.

Robert Brock will provide a dramatic recitation of the *Book of Revelation*, accompanied by visual art and music. Robert is Assistant Professor of Theatre at Lindsey Wilson College. He has acted and directed many plays by Shakespeare and others; and performs one-man shows, including *The Book of Revelation*, *The Gospel of John*, and the *Gospel of Mark*, *One Man's Lincoln*, and *Mark Twain*.



CONFERENCE SCHEDULE

Friday, June 22

At the Holiday Inn, Cartersville, GA (Exit 293)

Time: 7 - 9 pm

Registration, and a cookies and punch social, for those arriving on Friday, and anyone else that would like to join us. Meet and greet your old and new friends.

Saturday, June 23

Carter Hall Theater in the Clarence Brown Conference Center*, Cartersville, GA

Time: 9:30 Registration

10:00 Lecture by Ed Smith on John the Baptist (St. John's Day) and Revelation

12:00 Adjourn for Lunch

12:00-2:00 Lunch (we will open the theater at 1:30 for seating)

2:00 Book of Revelation by Robert Brock

3:30-3:45 break

3:45 Lecture by Ed Smith on Evangelist John and his Gospel

5:30 Adjourn for Supper

5:30-7:30 Supper

7:30-9:00 Discussion of topics relevant to today's presentations

Sunday, June 24

At the Holiday Inn, Cartersville, GA

Time: 10:00 Lecture by Ed Smith on Old Testament connections to the theme

11:30 Concluding remarks

12:00 Dismissal

CONFERENCE FEE: \$40.00.

Please register by June 1, 2012 for planning purposes. This cost will include all the activities on the schedule above. Additional tickets for family and friends for the Performance at 2:00 on Saturday will be available to order for \$10.00 each. **Ask for our rate of \$79 per night at Holiday Inn.**

QUESTIONS? Contact Katherine Jenkins: katjenks@negia.net or 706-540-5871 cell phone



AWAKENING TO THE DIVINE FEMININE:

Prophecies and Phenomena Relating to December 21, 2012:

A Public Lecture by Robert Powell PhD

Friday, July 27, 7:30-9:00 PM

at the Emerson Waldorf School, Chapel Hill, NC

\$10. admission

THE REAL MEANING OF 2012:

a weekend workshop with Robert Powell July 27-29, 2012

at the Emerson Waldorf School, Chapel Hill, NC

Cost \$200 or \$150 if you register by June 1.

Life Beyond the Threshold of Death: Cosmic Dances of Jacob's Ladder:

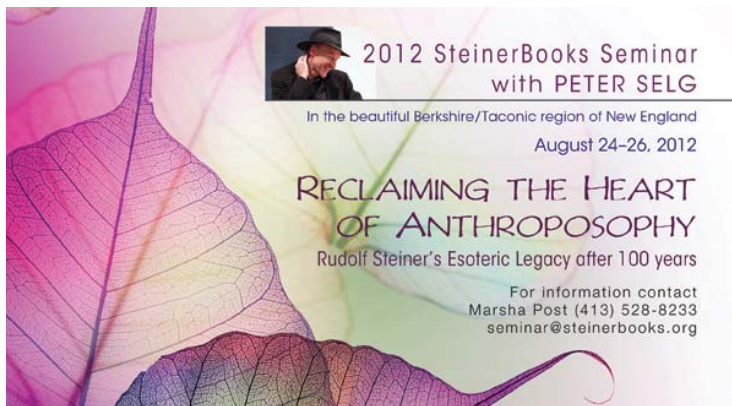
A 5-day workshop with Robert Powell Monday July 30 - Friday August 3

at the Emerson Waldorf School, Chapel Hill, NC

Cost: \$550 or \$450 if you register by June 1.

The above three events are sponsored by the Sophia Foundation and the Sophia School of Movement. For more information, call: Kelly Calegar at 919-824-9948 or email her at kcalegar@earthlink.net or check out the following websites:

www.sophiafoundation.org and www.sophiaschoolofmovement.org



RECLAIMING THE HEART OF ANTHROPOSOPHY with Peter Selg:

A Steiner Books Seminar, August 24-26, 2012, Great Barrington, MA

Seminar Fee: \$150. In this seminar, Peter will seek to cast new light on questions concerning the esoteric heart of Anthroposophy and its spiritual and social tasks. He will discuss how we can find our way to spiritual practice and spiritual research today.

Peter will be referencing articles he has written on this topic which include: ***Rudolf Steiner and Christian Rosenkretz; The Spiritual Task of the Anthroposophical Society and the School for Spiritual Science; Ita Wegman's Social Impulse for Anthroposophy; Ita Wegman's Task in the School for Spiritual Science.***

For a full brochure, contact Marsha Post at 413-528-8233 or email seminar@steinerbooks.org

For listings and descriptions of more summer conferences, go to the website at:

www.anthroposophy.org

Eurythmy Celebrates 100 Years

(reprinted from *Bella Spark magazine*. May/June 2012)

by Mary Elizabeth Lenahan

The year 2012 marks the 100th anniversary of eurythmy in the world. Still, to many, eurythmy is unfamiliar. Dance, lyrical movement, poetry in motion, light, energy, color, flow, rhythm, visible speech all describe the expressive and healing art of eurythmy. We are familiar with the wide array of dance forms: ballet, modern, hip hop, tango, ballroom, waltz, polka, flamenco, and even liturgical. What is eurythmy?



Based on the Greek, the word eurythmy means beautiful or harmonious movement. Eurythmy as a dance form is moved to speech and to live musical accompaniment. Inspired by German philosopher Rudolf Steiner, eurythmy was brought to life in 1912. Steiner is known as the founder of biodynamic farming, Waldorf education, anthroposophy and anthroposophic medicine. When Clara Smits asked Steiner about a possible vocation for her daughter, Lory, Steiner suggested she pursue a new art form of movement. Thus, Lory Maier-Smits became the first eurythmy student and the world's first eurythmist. At 18 years old, Lory was naturally gifted and graceful.

Lory Maier-Smits (1893-1971)

Born in Höntrup, Germany, on March 6, 1893, Lory began her education as a eurythmist by independently completing instructions given by Steiner for six months before receiving individual lessons from Steiner. Lory understood Steiner's philosophies; she had attended and enjoyed his lectures when she was just 11 years old. An enthusiastic and dedicated student, she demonstrated tremendous inner discipline. She practiced eurythmy until she was 78.

In creating eurythmy, Steiner incorporated concepts from the ancient cultures of Egypt and Greece. Steiner said, "You have to learn to let the heart rise into the head, not the other way round, letting the head penetrate the heart." A eurythmist moves the etheric, which is the energy of the body, rather than simply moving muscles and limbs. Created as an art for renewing social and cultural life, eurythmy is life-enhancing and even healing. As an aesthetic performance art, eurythmy has personal and interpersonal aspects similar to dance: the personal enjoyment is how you feel when you move in eurythmy and the interpersonal is how those watching feel when they view the choreography.

The first seven years of eurythmy instruction covered rhythmic movement to sounds and colors. The vowels expressed inner feelings and consonants responded to the outer world. Then, in 1919, tone eurythmy was added, moving to music and tones of the musical scales. An example of tone eurythmy can be seen on YouTube in the four segments of the New World Symphony by Antonin Dvorak performed in New York City. www.youtube.com/watch?v=NaM-cMvrrvw&feature=related.

Although the outbreaks of both World War I and World War II interrupted the flow of classes, thanks to Marie von Sivers and the dedicated work of eurythmists and students individually and in small groups, eurythmy continued to grow.

How is eurythmy experienced in the world today?

In England, therapists in the workplace practice eurythmy to facilitate adaptability, relationships, communication, and group dynamics benefiting business organizations. In Egypt, Annemarie Ehrlich has worked with Sekem as part of a biodynamic, holistic community for sustainable development. Eurythmy is an important part of the arts program there, contributing benefits to the workers and students. www.sekem.com/node/72.

In the United States, Europe, and throughout the world, therapeutic eurythmists guide people in wellness. Understanding that movement is medicine, we can be a part of our own healing through eurythmy. Registered therapeutic eurythmists can be found through the Association for Therapeutic Eurythmy in North America (ATHENA).

In the schools, children practice eurythmy as a separate class. They benefit with improved coordination and concentration skills, more flexible thinking, increased collaborative and cooperative skills, improved memory and spatial dynamics, and enhanced creative expression.

If you are interested in learning eurythmy, there are workshops and classes offered in the United States. In Boulder, Sound Circle Eurythmy, founded in September 2010 by David-Michael and Glenda Monasch, offers full-time course work. www.soundcircleeurythmy.org.

Through two world wars and into a new century, eurythmy has traveled far from its initial work with Lory Smits and the dedicated men and women who brought it forward. Hurray! And Happy Anniversary as we move on in social wellness through the gift of eurythmy.

Mary Elizabeth Lenahan, MS, OT, is a eurythmist-in-training with Sound Circle Eurythmy in Boulder, CO. She serves as the artistic and executive director of Dance Express in Fort Collins, an inclusive modern dance company celebrating diverse dance experiences for persons with and without disabilities.

(Editor's Note: Our own community celebrated the 100th anniversary of Eurythmy at our Whitsun Celebration on Sunday, May 27. 24 persons, all clad in white, were led by Eve Olive in performing the sacred "Halleluiah".

Astrosophist Mary Adams's Initiative "Dark Sky Discovery Trail" Earns her County The Michigan Humanities Council Grant

(Editor's note: please see the April/May 2012 issue of the Sophia Sun to learn more about Mary Adams, who was one of the keynote speakers at the Florida Annual Anthroposophical Conference. The article below is an abridged version of an article that appeared on the Emmet County's website)

After reviewing "an astounding 51 applications" – 31 more than the previous grant cycle – the Michigan Humanities Council has announced it will award \$350,850 in major grant monies to 30 Michigan nonprofits, including Emmet County.

Emmet County was successful in its application for funding of a Dark Sky Discovery Trail at the Headlands, an International Dark Sky Park 2 miles west of downtown Mackinaw City. The county will receive \$12,500 from the MHC to help fund the trail, which will bring star-inspired stories to the thousands of annual Headlands visitors, while encouraging further connection to the dark sky and these culturally significant grounds, according to Mary Stewart Adams, Dark Sky Park Program Director.

"While human beings have looked up in wonder at the night sky from time immemorial, and have built monuments and temples and created great works of art and literature to celebrate the mystery of our relationship to the planets and stars, in contemporary culture the information about this relationship is dominated by scientists using satellites, telescopes and computers," Adams said. "Our intent is to tell the story using the humanities, from the perspective of the human beings involved in discovery, the mythological figures that have been associated with the night sky, and more. These stories are the fabric of our cultural life and when shared they enhance the sense of place and belonging in both the cosmic order and the community." The Headlands Dark Sky Discovery Trail will include 11 interpretive signs and life-size cut-out figures – cultural "docents" – that will allow the visitor to be engaged intellectually and imaginatively in the experience. Each Discovery Station will represent one of the planets, plus the sun and moon, and be accompanied by a sign detailing the person or object's connection to the dark sky and the culture on Earth; a self-guided cell phone tour stop; and a specialized QR code for smart phone users to instantly scan and connect with the audio.

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The Discovery Stations will lead from the Headlands main entrance and to the designated Dark Sky Viewing Area at the Lake Michigan shoreline, about a 1.5 mile walk. They will be spaced relative to the planets' locations and distances from each other in the solar system.....

Work on the Dark Sky Discovery Trail will begin immediately, with estimated completion by Labor Day. Updates will be available on the county Web site. Each month, Emmet County offers free monthly programs at the Headlands, with program details also available on the Web site. Plus, a biweekly video email blasts features Adams providing night-sky viewing tips, celestial highlights, program information and more. To register for the email blasts, contact Piehl at bpiehl@emmetcounty.org.

Getting Ready for the Transit of Venus: A Once-in-a-Lifetime Celestial Event

By Kathleen Wright



Venus crosses in front of the sun in this simulated image from Transitofvenus.org.

People around the world are making preparations for the astronomical event of the century this June 5, 2012. The event is known as the Transit of Venus across the face of the Sun, a phenomenon that occurs in pairs separated by eight years; this specific transit won't occur again for nearly 120 years. The current Venus transit cycle started with the movement of Venus across the Sun June 8, 2004, and will complete the cycle June 5, 2012, starting around 6 p.m. in North Carolina and won't be completed until dark. One can

view the Transit at the Morehead Planetarium in Chapel Hill. Lucky people in the Pacific will be able to view the entire transit in daylight. It is dangerous, however to view the transit with the naked eye, as the brightness of the sun can burn one's retina. The next Transit of Venus will not happen again until December 2117.

Rudolf Steiner spoke of Venus Transits as having "world significance". The Mystery of Golgotha occurred during a Venus Transit. Robert Powell is holding a weeklong conference entitled "The Earth Chakras and the Transit of Venus 2012" on Mt. Shasta, where participants will view the Transit. Powell says that this planetary event may be "the" planetary event of the year, (implying that it may surpass in significance the alignment of the planets in December which so many are excited about.

Those who attended the Florida Anthroposophical Conference in March received the following message from astrosophist Mary Adams about this historic event:

Dear Friends:

Since our work together at the Florida Conference March 16-18, 2012, the planet Venus has made her way further from the Sun and on into the tropical sign of Gemini.

Beginning today (April 12), Venus embarks on the journey that will lead the planet directly in front of the Sun (June 5), and then into the morning sky.

Venus will move through this area of the zodiac three times ~ forward from April 12 to May 15; retrograde/backward from May 15 to June 27; then forward again from June 27 to July 31.

It is during the middle movement, which is retrograde, that Venus passes directly in front of the Sun, restoring the flame she took eight years ago, June 2004, and ideally, offering to the Sun the substance of love and beauty imparted to her by our human experiences, which unfolded during this eight-year period of time.

Be mindful that when you journey with the planets and stars, you can 'lose the Earth' beneath your feet, so always acknowledge Earth before you embark, even in your thinking. Our culture is beset with many challenges to the centrality of Earth, and yet it is this 'being central' that fortifies the burgeoning I being.

On Sunday, April 22, 2012, Venus will move over the point in the zodiac where it will meet the Sun in transit on June 5, 2012. This is a day for ceremony, for living into your relationship with Venus and asking what the planet is in your life: is it related to love and beauty, and, how do we know? Whatever you choose to do at this time, make it beautiful! Rolling beeswax candles is a good activity, as candlelight and starlight share the capacity of allowing us to see in the dark without diminishing the mystery.....

read Steiner's lecture on the Spiritual Individualities of the Planets here: <http://wn.rsarchive.org/Lectures/19230727p01.html>

On starlight and moonbeams,
Mary Stewart Adams

What the Mayan Elders are Saying About 2012 by Carlos Barrios

Carlos Barrios, Mayan elder and Ajq'ij (is a ceremonial priest and spiritual guide) of the Eagle Clan. Carlos initiated an investigation into the different Mayan calendars circulating. Carlos along with his brother Gerardo studied with many teachers and interviewed nearly 600 traditional Mayan elders to widen their scope of knowledge.



Carlos found out quickly there were several conflicting interpretations of Mayan hieroglyphs, petroglyphs, Sacred Books of 'Chilam Balam' and various ancient text. Carlos found some strong words for those who may have contributed to the confusion:

Carlos Barrios: "Anthropologists visit the temple sites and read the inscriptions and make up stories about the Maya, but they do not read the signs correctly. It's just their imagination. Other people write about prophecy in the name of the Maya. They say that the world will end in December 2012. The Mayan elders are angry with this. The world will not end. It will be transformed."

"We are no longer in the World of the Fourth Sun, but we are not yet in the World of the Fifth Sun. This is the time in-between, the time of transition. As we pass through transition there is a colossal, global convergence of environmental destruction, social chaos, war, and ongoing Earth Changes."

He continues: "Humanity will continue, but in a different way. Material structures will change. From this we will have the opportunity to be more human. We are living in the most important era of the Mayan calendars and prophecies. All the prophecies of the world, all the traditions are converging now. There is no time for games. The spiritual ideal of this era is action."

Carlos tells us: "The indigenous have the calendars and know how to accurately interpret it -- not others. The Mayan Calendars comprehension of time, seasons, and cycles has proven itself to be vast and sophisticated. The Maya understand 17 different calendars such as the Tzolk'in or Cholq'ij, some of them charting time accurately over a span of more than ten million years.

"All was predicted by the mathematical cycles of the Mayan calendars. -- It will change -- everything will change. Mayan Day-keepers view the Dec. 21, 2012 date as a rebirth, the start of the World of the Fifth Sun. It will be the start of a new era resulting from and signified by the solar meridian crossing the galactic equator and the Earth aligning itself with the center of the galaxy."

At sunrise on December 21, 2012 for the first time in 26,000 years the Sun rises to conjunct the intersection of the Milky Way and the plane of the ecliptic. This cosmic cross is considered to be an embodiment of the Sacred Tree, The Tree of Life, a tree remembered in all the world's spiritual traditions.

Some observers say this alignment with the heart of the galaxy in 2012 will open a channel for cosmic energy to flow through the Earth, cleansing it and all that dwells upon it, raising all to a higher level of vibration. Carlos reminds us: "This process has already begun. Change is accelerating now and it will continue to accelerate."

If the people of the Earth can get to this 2012 date in good shape without having destroyed too much of the Earth, we will rise to a new, higher level. But to get there we must transform enormously powerful forces that seek to block the way."

The date specified in the calendar Winter Solstice in the year 2012 does not mark the end of the world. Many outside people writing about the Mayan calendar sensationalize this date, but they do not know. The ones who know are the indigenous elders who are entrusted with keeping the tradition.

Carlos tells us: "The economy now is a fiction. The first five-year stretch of transition from August 1987 to August 1992 was the beginning of the destruction of the material world. We have progressed ten years deeper into the transition phase by now, and many of the so-called sources of financial stability are in fact hollow. The banks are weak. This is a delicate moment for them. They could crash globally, if we don't pay attention. Now, people are paying attention."

The North and South Poles are both breaking up. The level of the water in the oceans is going to rise. But at the same time land in the ocean, especially near Cuba, is also going to rise. Carlos tells a

story about the most recent Mayan New Year ceremonies in Guatemala. He said that one respected Mam elder, who lives all year in a solitary mountain cave, journeyed to Chichicastenango to speak with the people at the ceremony. The elder delivered a simple, direct message. He called for human beings to come together in support of life and light.

"Right now each person and group is going his or her own way. The elder of the mountains said there is hope if the people of the light can come together and unite in some way. We live in a world of polarity -- day and night, man and woman, positive and negative. Light and darkness need each other. They are a balance."

"Just now the dark side is very strong, and very clear about what they want. They have their vision and their priorities clearly held, and also their hierarchy. They are working in many ways so that we will be unable to connect with the spiral Fifth World in 2012."

"On the light side everyone thinks they are the most important, that their own understandings, or their group's understandings, are the key. There's a diversity of cultures and opinions, so there is competition, diffusion, and no single focus."

Carlos believes the dark side works to block unity through denial and materialism. It also works to destroy those who are working with the light to get the Earth to a higher level. They like the energy of the old, declining Fourth World, the materialism. They do not want it to change. They do not want unity. They want to stay at this level, and are afraid of the next level.

The dark power of the declining Fourth World cannot be destroyed or overpowered. It's too strong and clear for that, and that is the wrong strategy. The dark can only be transformed when confronted with simplicity and open-heartedness. This is what leads to unity, a key concept for the World of the Fifth Sun.

Carlos said the emerging era of the Fifth Sun will call attention to a much-overlooked element. Whereas the four traditional elements of Earth, Air, Fire and Water have dominated various epochs in the past, there will be a fifth element to reckon with in the time of the Fifth Sun --- that element is 'ETHER'.

The dictionary defines Ether as a "hypothetical substance supposed to occupy all space, postulated to account for the propagation of electromagnetic radiation through space." Perhaps it could be defined as the "space between space". I would suggest it could be manifest as the alignment of charged particles from our solar system (Sun), and our galaxy (Milky Way) surge. The Ether element represents spiritual energy.

"The element of the Fifth Sun is celestial. Within the context of Ether there can be a joining of the polarities. No more darkness or light in the people, but an uplifted unity. But right now the realm of darkness is not interested in this. They are organized to block it. They seek to unbalance the Earth and its environment so we will be unready for the alignment in 2012."

"We need to work together for peace, and balance with the other side. We need to take care of the Earth that feeds and shelters us. We need to put our entire mind and heart into pursuing unity and unity now, to confront the other side and preserve life."

"We are disturbed -- we can't play anymore. Our planet can be renewed or ravaged. Now is the time to awaken and take action. Everyone is needed. You are not here for no reason. Everyone who is here now has an important purpose. This is a hard but a special time. We have the opportunity for growth, but we must be ready for this moment in history."

Carlos says: "The prophesied changes are going to happen, but our attitude and actions determine how harsh or mild they are. We need to act, to make changes, and to elect people to represent us who understand and who will take political action to respect the Earth."

"Meditation and spiritual practice are good, but also action. It's very important to be clear about who you are, and also about your relation to the Earth. Develop yourself according to your own tradition and the call of your heart. But remember to respect differences, and strive for unity. Eat wisely --- a lot of food is corrupt in either subtle or gross ways. Pay attention to what you are taking into your body. Learn to preserve food, and to conserve energy. Learn some good breathing techniques, so you have mastery of your breath. Be clear. Follow a tradition with great roots. It is not important what tradition, your heart will tell you, but it must have great roots."

"We live in a world of energy. An important task at this time is to learn to sense or see the energy of everyone and everything -- people, plants, animals. This becomes increasingly important as we draw close to the World of the Fifth Sun, for it is associated with the element 'ether' -- the realm where energy lives and weaves. Go to the sacred places of the Earth to pray for peace, and have respect for the Earth

which gives us our food, clothing, and shelter. We need to reactivate the energy of these sacred places. That is our work."

"One simple but effective prayer technique is to light white or baby-blue colored candles. Think of a moment in peace. Speak your intention to the flame and send the light of it on to the leaders who have the power to make war or peace."

Carlos reminds us this is a crucially important moment for humanity and for Earth. Each person is important.

He said the elders have opened the doors so that other races can come to the Mayan world to receive the tradition. "The Maya have long appreciated and respected that there are other colors, other races, and other spiritual systems. They know that the destiny of the Mayan world is related to the destiny of the whole world."

"The greatest wisdom is in simplicity. Love, respect, tolerance, sharing, gratitude, forgiveness. It's not complex or elaborate. The real knowledge is free. It's encoded in your DNA. All you need is within you. Great teachers have said that from the beginning. Find your heart, and you will find your way."

Borrowing Books from our Phoenix Library

Our Rudolf Steiner Branch library, which is known as *Phoenix Library, has well over 500 books, magazines, articles, and DVD's. It is housed at the home of Judy Frey. Donations to the library are always welcome. Simply email Judy at: damaris12@nc.rr.com or see other contact information below:

1. You must be a member of the Rudolf Steiner Branch (NC) community in order to borrow books from the Phoenix library. Contact our Board President Peg Carmody if you wish to join our community at mcarmody@nc.rr.com or call 537-8142.
 2. The best way to borrow books 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. Judy's address is: **Judy Frey, 55207 Broughton, Chapel Hill, NC 27517**
 4. You are responsible for returning the books in a timely fashion. Currently books may be borrowed for two months.
- The name "Phoenix Library" arose from the fact that our community had a large and beautiful library that was completely destroyed in a fire back in the 1990's. Miraculously, books began to flow in and our library today is as big, if not bigger than it was in its first incarnation. It rose again out of the ashes. - like a Phoenix.

***Error is our last issue:** A reader wrote in to point out that a man's name was misspelled in the April-May issue of the **Sophia Sun** in the article on our branch's AGM. It should have read Dani Mouawad, not Dan Mohat. We apologize for this mistake.*

Theme of the Year: The Identity of the Anthroposophical Society By Paul Mackay



In September 1924, a few months after founding the Anthroposophical Society, Rudolf Steiner spoke about the Society's identity in a remarkably modest and profound way.[1] He described how the spiritual archetype of the anthroposophical movement weaves behind the Anthroposophical Society. The Anthroposophical Society, he said, should be an institution imbued with the esoteric life of a spiritual movement. It should work esoterically and become aware of its esoteric dimension. According to Rudolf Steiner anthroposophy is not just there to be absorbed as anthroposophical substance; it needs to be implemented in practice in all areas of life. Rudolf Steiner described how, esoterically, the anthroposophical society could only be founded and maintained on the basis of living human relationships. Everything should rest on real human relationships in the widest sense: on the actual – not abstract – spiritual life.

Human relationships

There are various aspects to the identity of the anthroposophical society. Its members come together and associate in recognition of the spiritual world as a fundamental reality. Rudolf Steiner indicated in 1923 that anthroposophy was not merely a doctrine but a spiritual being; a being that was most profoundly connected with us as human beings and our relationship with one another. This spiritual being seeks to find a home in the Anthroposophical Society. The aspect of the Society's identity that relates to the being of anthroposophy concerns the potential for development and growth that lives in us and in the relationships we have with each other: an enormous potential that is being explored and experienced.

This leads us to the aspect of karma in the Anthroposophical Society. Karmic processes within the Society have a deeper dimension – the dimension of initiative. We do not accept karma as we find it; we can add new impulses to it as individuals, through our actions and behaviour. This has been possible and necessary ever since the Christ being became master of karma in the twentieth century. We are each of us called upon to consider our own contribution to the destiny of humanity.

It is this Christ impulse that gives the Anthroposophical Society, as a third aspect of its identity, the task to combine the greatest conceivable exotericism with true, genuine esotericism. When Rudolf Steiner founded the Society at the Christmas Conference of 1923/24 he said that we can solve this 'fundamental problem' only in our hearts. Later he added that a truly esoteric approach consisted in the most energetic involvement in life and all its depths.

Spiritual Research

The fourth aspect of the identity of the Anthroposophical Society lies in the fact that it sees the School of Spiritual Science as the centre of its activity. The School of Spiritual Science has the task of cultivating

anthroposophy as a spiritual science given by Rudolf Steiner, of developing it further and implementing it fruitfully in the different areas of life. The Anthroposophical Society aims to support this spiritual development or research. From the beginning, the Society took on this task, trying to do it justice. The task involves the creation of an atmosphere that allows people to connect and identify with anthroposophy. Out of this identification grows an inner need to represent anthroposophy. The will to represent anthroposophy to and in the world is a basic condition for membership in the School of Spiritual Science. The various fields of applied anthroposophy, which have emerged as a result of this will, strive to give answers to fundamental questions of our time. To support these fields is the fourth aspect of the identity of the Anthroposophical Society.

This year's Annual Conference will be dedicated to the identity of the Anthroposophical Society. Margrethe Solstad, Ueli Hurter, Sue Simpson and Peter Selg will open the conference with contributions to the theme and the members of the Executive Council will address the theme at the Annual General Meeting. There are further aspects to the identity of the Anthroposophical Society apart from the ones I mentioned. All these aspects can be deepened in the work groups. How can the being of anthroposophy live more strongly in the Society? What ways of working would enhance its presence? The karmic aspect of the Society implies many questions, too. What did Rudolf Steiner have in mind when he spoke of the important role played by initiative in this context, if we consider that the Christ being can be found in the karma? Views on the relationship between exoteric and esoteric life also differ. Will we succeed in finding common ground without having to exclude either the public or the esoteric life? Rudolf Steiner said that the School of Spiritual Science can be seen as the soul of the Society. How can this become living reality? Is it possible to see the School of Spiritual Science not only as an institution but as an attitude of soul and spirit? The relationship to the various fields of life also needs working on. What kinds of relationship are conceivable?

By deepening these and other questions in the work groups we might come to recognize and experience the identity of the Anthroposophical Society.

[1] Rudolf Steiner: The Foundation Stone/ The Life, Nature and Cultivation of Anthroposophy. GA 260a, Lecture of 5 September 1924.

Recommended further reading on the theme of 'The Identity of the Anthroposophical Society':

By Rudolf Steiner:

Karmic Relationships III, GA 237, lectures of 1, 3, 4 and 8 August 1924.

Karmic Relationships IV, GA 238, lecture of 5 September 1924.

Karmic Relationships VI, GA 240, lectures of 18, 19 and 20 July 1924.

The Christmas Conference for the Foundation of the General Anthroposophical Society 1923/1924, GA 260

By other authors:

Sergei Prokofieff: Warum wird man Mitglied der Anthroposophischen Gesellschaft? Verlag am Goetheanum, Dornach 2011.

Heinz Zimmermann: Die Lebensbedingungen der Anthroposophie heute. Ziele und Aufgaben der Anthroposophischen Gesellschaft und der Freien Hochschule für Geisteswissenschaft, Verlag am Goetheanum, Dornach 2007.

"The Destiny of the I in the Age of the Etheric Christ"

Editor's Note: We would like to add to the above list the following:

Peter Selg's *Rudolf Steiner's Intentions for the Anthroposophical Society* : Steiner books 2011 (see book review following this article)

"The Identity of the Anthroposophical Society" by Peter Selg: an address Peter delivered at the AGM on April 8, 2012, printed in Deepening Anthroposophy an online magazine.

"The Identity of the Anthroposophical Society and Its Endangerment" by Sergei Prokofieff, a talk given at the AGM on April 8, 2012, printed in Deepening Anthroposophy, an online magazine.

**BOOK REVIEW: A “MUST READ” FOR ALL ANTHROPOSOPHISTS:
Peter Selg’s *Rudolf Steiner’s Intentions for the Anthroposophical Society:
The Executive Council, the School for Spiritual Science and the Sections*
(2011 Steiner Books)
By Kathleen Wright**

If you read just one book this year, let it be Peter Selg’s *Rudolf Steiner’s Intentions for the Anthroposophical Society*. It is the perfect introduction to the Theme of the Year for 2012 (“The Identity of the Anthroposophical Society”), as well as an excellent preparation for this year’s AGM Conference “That Good May Become”. The book is a short read – just 72 pages, but chock full of important information. There is not one superfluous word in his writing style. I usually underline important sentences in the books I read, but with this one, I found myself wanting to underline just about everything. I recommend reading it at least twice on one’s own (there’s so much one misses the first time) and then read and discuss it in a group to get the maximum benefit. The one caution I would make is that this is not a book for newcomers. One should be firmly grounded in Anthroposophy and inwardly committed to it before attempting to read about the history of the Society. One needs to first understand the workings of Ahriman, and how he wreaks the most havoc where there is the most Light. Likewise, one must realize that an organization that is all harmony and joy must certainly be headed by a luciferic being.

Peter Selg, who has become the most prolific anthroposophical writer in the past decade (18 books in the past 7 years), was propelled to write this book after reading the motion for a “vote of no confidence” of the Executive Council” that was printed in the March 4, 2011 issue of *Das Goetheanum*. (This motion was later voted on and defeated at the AGM of 2011.) On March 11 he wrote the introduction to his book and in less than a year it was translated and published in English.

What I liked most is that one can never tell which side, if any, Peter is on. He stands in the middle, just citing the objective facts and giving lots of quotes from Steiner and others and asking lots of questions that need to be resolved. He states what is positive and what is negative. He does not shy away from telling the catastrophic history of the Society from 1925-1945 and how it has struggled to reach the ideals which Steiner presented. It has still not recovered, although he does point to many good works of the Sections.

One of the most important statements Peter makes is that *now* is the time for us to discuss the issues that have never been resolved and have thus caused endless factions in our Society. One of these is that there never was a proper apology or amends made to the thousands who were expelled from the Society in 1935. Nor has there been any reflection on the devastating consequences this has had on the Society over the years.

Another question that the proponents of the “motion” mentioned above made was that in the beginning, Steiner wanted the Executive Council members to consist of people who were also Section leaders. This is not the case today, and is one of the grounds which the anti-Executive Council members brought up in their arguments. Peter does not propose a definitive answer, but asks questions that we all must consider – have times changed? Do the Section leaders need to be “out in the world” more now? Is it humanly possible for one person to do all that the two jobs require? He points out that after Steiner’s death, the work of the Sections did very well for a while, but that the Executive Council fell apart and eventually this affected the work of the Sections as well.

The first part of the book states the original purposes for the First Class, the Goetheanum, the Executive Council and the Sections. Although I have been a member for 40 years, many of these ideas were new to me, e.g. “Steiner wanted a School that works into the world and instigates major cultural impulses, not one that largely meets itself” (p. 63) We certainly have a long way to go to reach these intentions. In the second half, he writes about how the Society fell apart from 1935 until the end of World War II and about the attempts that have been made to bring the Society back to life. In the last section, Selg clearly articulates the problems facing the Society today, as well as questions we need to face. He even makes some proposals for their solution.



BRANCH MEETING HOLDS DISCUSSION ON LEADERSHIP COLLOQUIUM QUESTIONS

On May 19, 2012 ten members of our Rudolf Steiner Branch gathered in the Eurythmy Room at EWS to discuss the three questions which the Anthroposophical Society has asked members to contemplate in preparation for the upcoming Leadership Colloquium in August. (What was the original spiritual intention behind your group? What is the reality now?; What are your intentions for the future?) Board President Peg Carmody and Eastern Regional Council Representative Kathleen Wright will be attending the conference in Ann Arbor.

In attendance at this Branch meeting were: Peg Carmody, Roger Schultz, Allen Barenholtz, Joanna Carey, Margaret Heath, Edward Schuldt, Nancy Willson, Judy Frey, Margareta Bornhorst and Kathleen Wright.

The meeting opened with meditative verses for the month, week and day. Then a 'check-in' was done with the members to see how they are doing and what plans they have for the summer.

Peg opened up the discussion by reading the three questions and suggesting that we do a quick review of the history of our Branch. She read excerpts from a Branch History that Kathleen Wright had written about 15 years ago in order to get a sense of what our spiritual intentions were when our group was first founded. The main focus in the beginning (the years 1975-1985) was on the founding of a Waldorf School and giving it a firm anthroposophical foundation through a Study Group that eventually became a recognized anthroposophical group in 1986. The next drive was to become a branch and a 501(c) 3 non-profit organization. The goal at one time was to be an umbrella group for all the groups in the state, but we now realize that is too ambitious for our capability at this time.

While in the beginning the anthroposophical group and the Waldorf School were very closely interconnected, that is no longer the case. The two function as two separate communities, although we have made many overtures to have shared activities and have invited the teachers to send a representative to our Board meetings. One member said it feels that our relationship with the school is at an "all-time low". Another said that it is getting better and gave the example that a few teachers have shown up at our festivals this year and a couple of us have given talks at the Waldorf School in the last couple of years.

Other topics discussed were the history of the Christian Community, the First Class, the Southeastern Center for Anthroposophy and parent groups at the Waldorf School.

When the question was asked about "what is the reality of the situation now?" one member spoke at length how she feels that we are a dying branch, as all of the core members are at least 60 years old, that there are virtually no young people who attend our events. People all seem to be "cutting back" on their activities; attendance is down; people are experiencing health problems and financial woes; many can no longer drive at night. She worries how much longer the branch will exist if no young people join. She wondered why so many people visit and never return. Are they repelled by us, or do they feel that we

are “so closely knit”, that they can’t possibly fit in. She recalled how one former member who was quite active in the community said that he felt that our community was a small, karmically-linked group that only did things for itself and that he wanted to be more “out in the world”. One thing that has greatly improved is the First Class. Members are more committed than ever. The majority stay for the Conversation afterwards. One can really see the spiritual growth in the members.

Others added that a number of initiatives have failed and that quite a few of our most active charismatic members have moved away or died, and how things were really thriving here in the mid-90’s but have now quieted down. We no longer have big conferences with large attendances.

Another participant countered that we shouldn’t look at our failed initiatives, that what blossoms in each of us is the most important thing, and that he has noted that virtually everyone has grown spiritually over the years and that the karmic relationships we have formed is the most important thing.

Another added that we should “focus on the garden we have, rather than the one we can’t grow.” To this another said “Is the primary purpose of a branch to serve as a vehicle for the individual development of its members or to make Anthroposophy shine in the world? He felt that Anthroposophy should work inward and outward.

Another thought that came out is that although our members are old, our community is not. Our Branch was incorporated in 1996; that is the real “birthdate” of the branch – all prior activity was the equivalent of the conception and pregnancy. We are therefore just 16 years old – in the midst of adolescence! We can’t expect that we should have a large established branch with so many initiatives. We are barely approaching our first moon node!

Another added that at age 18 we should have a realization of our destiny. Like adolescents we are exploring now – who are we and what is our task? Another added that we still need to do more work on discovering the Being of our branch and looking at the biography of the branch.

One member pointed out that many who are the most active in our branch are former Waldorf teachers, many of whom who left the school under difficult circumstances. She feels that we are more connected to Steiner himself rather than any particular initiative – we are a community of the “General Section” of the Anthroposophical Society rather than one of its specific sections (educational, medical, artistic, etc.)

Another member added to this that many of us have left the community feeling wounded, but somehow keep coming back, healing the wounds and growing spiritually..

The theme of “branching out” into the world more then came up. We need to “invite the world to join us in a way that hasn’t been done before”, said one. Another added “We need to collaborate more with other organizations.” A suggestion was made to contact the young people at ThinkOutword to see if they might want to have a conference here to which we could invite young people. The question came up – how can we attract young people? Some felt that we have nothing that would attract them. They don’t want our dogma and our Study Groups; they want solution to world problems. They are a generation of “doers”. One asked the question: “If we want to reach them, we have to love their culture – can any of us say that we love their culture?” And most of us agreed that we do not like their technology and their music.

Other suggestions members proposed were: radiating our feelings so that others can feel it; that we need to be in the stream of what is happening - we need to be seen and heard.

Another proposed that we connect more with the people in the Foundation Studies Program here. Perhaps we could ask them what they would like us to present to them – what are they interested in? One suggested that Biography worked is a “hot topic” for them.

Another said that we need to show the young people how Anthroposophy has helped us to live in trust, not fear as the world does.

Showing the new Steiner movie to the general public was also mentioned as a possible outreach activity.

A suggestion was made that Margaret Heath arrange for a gathering between the Foundation Studies Students and the members of the Steiner Branch to discuss their concerns for the future. This she will do in September.

One noted how helpful today’s discussion was and how some of the themes in our branch are a reflection of difficulties the national Society is experiencing as well.

The meeting closed with the recitation of Steiner’s “Motto of the Social Ethic”.

Submitted by Kathleen Wright

Directory of Anthroposophical Initiatives in North Carolina

Branches

The Rudolf Steiner Branch (NC) of the Anthroposophical Society in America Serving Chapel Hill, Durham, Hillsborough, Pittsboro, Cedar Grove, Mebane and Raleigh

P.O. 16024

Chapel Hill, NC 27516

www.anthroposophync.org

RSBNC Board:

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

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

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

Correspondence Secretary: Joanna Carey 919-885-7569 joannapcarey@gmail.com

Acting Treasurer: Peg Carmody

Board members-at-large:

Allen Barenholtz

Margaretta Bornhorst

Edward Schuldt

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

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 – 919-885-7569
Suzanne Mays – 919-929-1073

The Sophia School of Movement, Sophia Grail Circles

Kelly Calegar - www.sophiaschoolofmovement.org; 919-824-9948

Marlene Joyce – mjoyce126@bellsouth.net

Christian Community

A Christian Community priest visits our Congregation bi-monthly. Currently, Rev. Carol Kelly 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:

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 are 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.

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. We are reading *Our Dead* by Rudolf Steiner. We meet at the home of Joanna Carey at: 605 Jones Ferry Rd. Apt. UU5 in Carrboro. Any questions can be directed to Joanna Carey: 919-885-7569. Please RSVP that you will be attending.

Rose Cross Study Group – Wednesdays, 7:30 pm, at the home of Judy Frey, Currently reading *The Secret Stream: Christian Rosenkreutz and 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

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

Werbeck Singing Group: first Fridays of the month at 7:15 PM at Joanna' Carey's. Call 919-885-7569 for more information.

Editor's Note; Please keep the information about your Study Group Current. Email Kathleen Wright at kathleenwright51@gmail.com to update your information. If you have a Study group that is not listed above, please let me know. We are happy to list any groups in the Southeast. **Most Study groups take a break during the summer, so please call the leader of the group before attending.**



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

The Sophia Sun is the newsletter of the Rudolf Steiner Branch (NC) of the Anthroposophical Society in America, a 501(c)3 non-profit organization. It is published bi-monthly (no issues July and Aug.). Members are encouraged to view the newsletter electronically by visiting our website www.anthroposophyNC.org. If you wish to receive the newsletter by email, please write to the editor at: 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 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 meditant, 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

