



The Sophia Sun

Newsletter of
The Rudolf Steiner Branch (NC) of
The Anthroposophical Society in America
Chapel Hill, NC
also serving groups and branches of the Southeast in
Alabama, Florida, Georgia,
South Carolina and Tennessee

DECEMBER 2012 - JANUARY 2013
VOLUME V, NUMBER 6

Christmas

In the eye of the Soul is mirrored
The Light of Hope of the Earth.
Holy Wisdom of Worlds
Speaks in the heart of Man;
The Father's eternal Love
Sends to the earth the Son,
Who on Man's pathway sheds
Bounty of Heaven's Light.

~Rudolf Steiner



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

Rudolf Steiner Branch Calendar for December 2012

	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 Jan 20, 2013.						
						1 EWS Holiday Fair 10-4 pm
2 Advent Gathering-4:30p Clemmons SG-6p	3 EWS Steiner SG for Parents-9a Greensboro SG-3:30p Threshold Care Group-6:30p	4 IANDS Group-7p-rsvp	5 Rose Cross SG-7:30p	6 Soul Study Group-5p St. Nicholas Day	7	8
9 Meeting of the First Class-10a, (Review-11a) Advent Gathering-4:30p Clemmons SG-6p	10 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	11	12 Eurythmy Classes 8:30a Rose Cross SG-7:30p	13 Reading to the Dead Group-7:30p Santa Lucia Day	14	15 CC Priest Talk-7:30p
16 CC Children's Story and Service-9:30a CC Act of Consecration of Man-10:30a Advent Gathering-4:30p Clemmons SG-6p	17 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	18	19 Eurythmy Classes 8:30a Rose Cross SG-7:30p	20	21 Choral evening-7:30p World Peace Meditation for the End of the Mayan Calendar 7p	22 Rudolf Steiner Branch Holiday Party 6pm
23 Advent Gathering-4:30p Clemmons SG-6p	24 Christmas Eve Holy Night	25 Christmas Day Holy Night	26 Holy Night	27 Holy Night	28 Holy Night	29 Holy Night
30 Holy Night	31 Holy Night					

Rudolf Steiner Branch Calendar for January 2013

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 January 20, 2013.						
		1 New Year's Day Holy Night	2 Holy Night	3 Holy Night	4 Holy Night	5 Holy Night
6 Epiphany	7 EWS Steiner SG for Parents-9a Greensboro SG-3:30p Threshold Care Group-6:30p	8	9 Rose Cross SG-7:30p	10 Ita Wegman SG-2p Reading to the Dead Group-7:30p	11	12
13 Meeting of the First Class-10a, (Review-11a) Clemmons SG-6p	14 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	15 IANDS Group 7-9p	16 Rose Cross SG-7:30p	17 Ita Wegman SG-2p	18	19
20 Clemmons SG-6p	21 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	22	23 Rose Cross SG-7:30p	24 Ita Wegman SG-2p Reading to the Dead Group-7:30p	25	26
27 Clemmons SG-6p	28 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	29	30 Rose Cross SG-7:30p	31 Ita Wegman SG-2p		



ADVENT 2012 ANNOUNCEMENT



Our Advent Observances will once again take place at **Roger Schultz's home, 5624 Earl Rd.**, in Durham, with the exception of the **fourth Sunday (December 23rd)**, which will be at the home of **Margaretta and Bruce Bornhorst, 5800 Priorest Dr.** in Durham, NC.

The first Sunday of Advent is December 2. Please gather at Roger's around 4:30. The candles will be promptly lit at 5:00 PM and extinguished at 6:30 PM. Following the Advent Celebration, Roger provides a simple dinner for all those who would like to stay. It is helpful if you let him know beforehand if you will be attending so that he knows how much to prepare. Dinner does not usually

include dessert, so if you like sweets, perhaps you'd like to bring something, although this is not at all required.

Advent Verse for Lighting the Candles

**The first light of Advent is the light of stones.
Stones that live in crystals, seashells, and bones.**

**The second light of Advent is the light of plants.
Roots, stem, leaf, flower and fruit by whom we live and grow.**

**The third light of Advent is the light of beasts.
Animals of farm, field, forest, air and sea.
All await the birth in greatest and in least.**

**The fourth light of Advent is the light of humankind.
The light of love, the light of thought, to give and to understand.**

--Rudolf Steiner

ADVENT and the ETHERIC HEART

Traditionally Advent has commemorated the thousands of years humanity waited for the appearance of the Christ. This year we will be recalling instead the nearly two thousand years of awaiting Christ's Second Coming, which is in the Etheric Realm. (Amazingly, I read in the local newspaper that the United Methodist Church in Chapel Hill will also be recalling the Second Coming of Christ this year instead of the First during this Advent season. (Just goes to show that the Angels are speaking to the Astral Bodies of many, not just Anthroposophists!)

Rudolf Steiner has revealed to us that in order for us to be able to "see" Christ in the Etheric, we must first develop our Etheric Heart. This development of the Etheric Heart is the **most important task** of our current Age of the Consciousness Soul. Rudolf Steiner gave us

many Heart Meditations and exercises, Heart Verses, and Eurythmy Heart Exercises. We will be exploring some of these in addition to the readings and will have some artistic offerings as well.

There are also countless poems from all cultures about the Heart and its capacity to "think" and just think of the innumerable aphorisms we have about the heart: "In your heart you know it is true"; "You've got to have heart" "She took it to heart"; "It broke her heart"; "He learned it by heart" - all of these expressions indicate that the heart is far more than a pump - it has an intuitive thinking that man has been aware of for eons

During these four weeks of Advent, we will be relating the awakening of the Etheric Heart to the traditional themes of the Advent weeks - the Physical (first week), the Etheric (the second week), the Astral (third week) and the Ego (fourth week). We may also discuss how the development of the etheric heart can help us to meet the challenges that are faced during the four weeks of Advent, as outlined by Prokofieff.

Below is a brief description of each week.

FIRST WEEK - December 2 - The Physical Heart - led by Linda Folsom

Reading: "The Human Heart" by Rudolf Steiner (given May 26, 1922 GA 212)

Artistic Presentation: lyre music and the singing of two Advent songs

"In our time there are certain changes taking place in the heart, by which gradually a fifth chamber will develop. In this fifth chamber man will have a new organ which will allow him to control life forces in a different way than is possible at the moment."

~Rudolf Steiner

Rudolf Steiner explained that the cause of the increase in heart disease in our age is due to the separation of the physical heart from the Etheric. One must do regular meditative practice to enable the transformation to happen without heart disease occurring. The work of Frank Chester has demonstrated how this fifth chamber will form. Frank was born with a "hole" in his heart and he has had an experience of Christ in the Etheric. Learn more about Frank and his amazing research at his website: www.frankchester.com

SECOND WEEK - DECEMBER 9 - The Etheric Heart - led by Kathleen Wright

Reading: "A Study of a New Etheric Heart Organ in the Light of the Present Michaelic Mystery Culture as Rudolf Steiner Required for our Age in his Lectures" by Ruth Haertl, translated by Monica Gold

Artistic Presentation: Two Eurythmy Heart Exercises

The Etheric Heart will enable us to understand our own Karma and to behold the "Entelchy" of the Other (the whole human being as a sum of all their past lives)

Picture on right: The Heart Chakra; the colors green and magenta are associated with the Heart Chakra



THIRD WEEK - December 16 - The Astral - led by Kathleen Wright

Electromagnetic Field of the Heart



Reading: Short Selected writings from Baruch Urieli, Peter Selg, Rudolf Steiner, Daniel Andreev

Artistic Presentation: Recitation of Heart Poems from Arvia MacKaye Ege and others

The Etheric Heart will enable our astral bodies to feel Empathy that will lead to sacramental Encounters with the Other, thus preparing us for the Sixth Epoch, when we will not be able to sleep knowing that our fellow human beings are suffering. **Readings for the December 16 Advent will be**

sent to all on our list-serve the week prior to the observance; if you are not a member of the list-serve, please email kathleenwright51@gmail.com for a copy

FOURTH WEEK - - December 23 - THE EGO - led by Margaretta Bornhorst

Reading: selected short passages from Steiner, Selg, Ralph Marinelli and others.

The forces of the Ego are in the Blood and it is the circulation of the Blood that causes the heart to pump. This concept is one of the most important ideas which the world must come to realize, according to Steiner: The Heart is NOT a pump. The blood drives the heart. The great significance of this realization will be discussed as well as healing aspects of developing the Etheric Heart.



Suggested reading for further understanding: "The Etherization of the Blood" by Rudolf Steiner

"The Occult Significance of the Blood" by Rudolf Steiner

One is also encouraged to read *Enlivening the Chakra of the Heart* by Florin Lowndes. This book is a guide to Steiner's Six exercises which develop the Heart Chakra or 12-petalled lotus. By strengthening our will, we strengthen our ego

For a bibliography of books and articles about the Etheric Heart, as well as Heart verses, heart meditations and copies of the lectures, please contact Kathleen Wright at: kathleenwright51@gmail.com

Farm Fresh Advent Wreaths

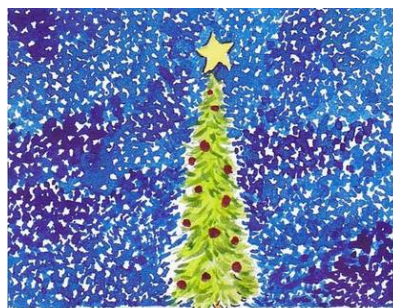
Sunday Dec. 2nd, 2-5 pm. \$20 includes all materials and refreshments.

Come to Infinity Farm, 1600 McDade Store Rd. Cedar Grove, NC. and make your own Advent wreath from local woodland materials.

Walk the Advent spiral at sunset (5pm)

Call or email ahead to reserve your place.

[919-732-1840](tel:919-732-1840) or jrkwapien@earthlink.net



Annual Tree and Wreath Holiday Faire Fund Raiser

Spread the Word...

- Plan to purchase your Christmas Tree and Wreaths from EWS and help the school make the Holiday Faire fund raiser another success.
- All trees will be cut by EWS dads on Thursday before the Faire and ready for purchase at the Faire on Saturday, December 1, 2012, 10am-4pm.
- All trees will be approximately 7 ft tall Fraiser Firs grown in the NC mountains and cost \$55.
- All wreaths will be made of fresh greenery, 24" across with bows and cost \$18.

No Reservations Needed



The Emerson Waldorf School Holiday Faire is an Annual treat for the community. It is a magical festival complete with live music and creative activities for children of all ages. Admission to the Holiday Fair is FREE!

Special Feature this year: Cinderella's Horse and Carriage Ride. Just 3 tickets!

Saturday, the Star Money Vendor Market opens to the whole family and the children's events begin. Experience a variety of seasonal activities, children's crafts, storytelling, puppet shows, and musical performances. Children can visit Snow White's Cottage, the Snow Queen's Winter Wonderland or make their very own jump rope with a special hands-on machine! Enjoy homemade soup or chili or a delicious grilled sausage with peppers. Take a break in The Cool Beans Cafe for a sweet treat and Open Eye Coffee. This Faire is fun for everyone!



Puppet Shows at 11:00 AM, 1:00 PM and 2:30 PM

**World Peace Meditation at the End of the Mayan Calendar
December 21, 2012 at 7 PM
at the Emerson Waldorf School Eurythmy Room
The Mission and the World Soul
by Kelly Calegar**

Many anthroposophists are less interested in other religions than in the Christ Mystery, understandably, for Rudolf Steiner has shared that all of the world religions, to remain in the living stream of the Grail into the future, must go through the crucible of Christianity. The prophet Mani, who was born in AD 215 at the beginning of the zodiacal age of Pisces, brought the religions of Zoroastrianism, Buddhism, and Christianity toward a synthesis – a very 'Sophianic' gesture. Mani has the mission, as the next Grail Master, (having received the mantle of the Manu Melchizedek) of shepherding humanity through this crucible whereby a deep understanding of the Mysteries of Death, Descent, Resurrection, and Ascension are central. This wisdom stream includes the future advent of Sophia, who is approaching our Solar System and will unite with our Sun when the vernal point enters Aquarius. This is not the subject of my article; however, Sophia's approach, as was Christ's approach, as beheld by the great teachers of antiquity, is intimately related to the theme of the living stream of the Grail, and the continuity of this Wisdom Stream within the evolutionary pulse of time.

The metamorphosis of the living Wisdom Stream through the crucible of the Christ Mystery is central to the development of Manas consciousness, the state of soul which follows the blossoming of conscience within the heart and mind, thus directing the will toward more perfect alignment with Divine

Will. Such conscience requires an incredible depth, breadth, and height of wisdom, for it is necessary to behold the mystery of human evolution as a great panorama of the unfolding of the Divine Plan in order to immerse oneself in the Truth of the necessity of toil, suffering, and death – again a subject too far afield for this article, but intimately related. As we develop the awareness of the Divine Plan, and become more and more willing to toil, suffer, and die in order to bring the mission of earth evolution to fulfillment, our heart is opened to the World Soul. This is a step toward developing Manas Consciousness, and a major step toward the cultivation of World Peace, and eventually, the Heavenly Jerusalem.

In this light, on **December 21, 2012**, the day of the Winter Solstice, I am hosting a **Community Gathering for World Peace** – the third this season. This gathering is a meditation circle in which participants take turns reading Peace Prayers from 12 different wisdom traditions (religions) ending with a prayer for the leaders of nations. Because all of the world religions have arisen out of the great Wisdom Stream underlying the evolutionary pulse of time, it is important to open our hearts to the goodness inherent in each religion, and thus assist, through an enhanced awareness, in this metamorphosis of these religions toward the incorporation of the Christ mysteries mentioned above. In between the readings we will hear the healing, inspiring music of the great composers, played by concert Pianist Kara Choi. The music has the potential to open the heart and soul to universal realms, lifting our thoughts and feelings above and beyond the distracting and numbing effects of the virtual realities of technology and media. The meeting of souls in the universal realms is a meeting, in a higher sphere of existence, whereby the conception of 'One Humanity' can become an experience.

It is very moving to hear the various peace prayers unveil the raw truth that every true religion is born out of the same Wisdom Stream, and therefore a religious disposition that is open to all the fruits of this Wisdom Stream is something that should unite us, not divide us. Tragically, there is a strong and growing movement in the world to turn away from religion for various reasons, some of which are understandable. Often religious teachings have become void of meaning for modern, intellectual consciousness. The deep esoteric teachings of religions that would be stimulating and inspiring for such intellectual types are not readily available, and even if they are, the reality is that many people are actually incapable of thinking spiritual thoughts. More and more we are becoming a human race cut off from spiritual reality, even to the extent that we are less and less able to think spiritual thoughts. For St. Michael, this is very serious, for he is the bearer of Cosmic Truth, upholding this sphere for us until we are able to raise our consciousness to perceive it.

Through gatherings such as these meditative circles (they are called Grail Circles because they follow the grail principle of a circle of people united around a common center) we can become a community vessel whereby spiritual beings can work into our hearts and souls as healing and inspiring presences, awakening us to spiritual thoughts and feelings, and even, to the extent that we are permeable (the fruit of Eurythmy) these beings can work deep into our will. As well, the circle of human beings, who are open in their hearts and minds, can become a portal through which these spiritual beings can work into earth existence, liberating that which has become enslaved (removed from the evolutionary pulse of time which will eventually bring us once again to the fullness of being which dwells in eternity). This is a deep mystery, which is only now unfolding since the onset of the Second Coming of Christ in the Etheric Realm, a mystery that can be entered into through such meditation circles as these with the help of the spiritual world.

It is my hope that through these meditation circles, hearts and minds around the globe can become bonded in a common mission of bringing about a new world culture of love and wisdom for the facilitation of World Peace. Please know that I would love for you to join me in this worthy endeavor, which will be held at EWS in the lower school Eurythmy Room
Friday, December 21st from 7 – 9 pm. Donations for the Pianist would be helpful.

NOTE: For more information on the significance of the date December 21, 2012 in relation to Rudolf Steiner's prophecy of the coming World Pentecost, see Robert Powell's article,

2012 and World Pentecost

"<http://www.sophiafoundation.org/images/stories/Articles/2012%20and%20world%20pentecost%20updated.pdf>

You are cordially invited to
The Annual Rudolf Steiner Branch's
Holiday Party
Saturday, December 22, 2012
6-9:30 PM
at the home of
Judy and Doug Frey
55207 Broughton
Chapel Hill, NC 27517
For more info call:
919-928-8749
or damaris12@nc.rr.com
Buffet Dinner, Games, Singing
Most Fun Event of the Year!



TWO NEW MEMBERS ADDED TO THE EASTERN REGIONAL COUNCIL

At the General Council meeting held the last weekend in October, two new members were approved to join the Eastern Regional Council, Sarah Hyde of Maine and Linda Evans of Washington D.C. Edward Scherer, who has been on the Council for many years, will be retiring from active service and will serve as a consultant to the group. Kathleen Wright will be taking on his former role as Treasurer of the Council. Ann Finucane is the only other member of the ERC and she is its representative on the General Council. A brief biography of the new members follows:

Sarah Hyde discovered Anthroposophy at the age of 35. Her daughters attended a Waldorf School. Sarah attended the Rudolf Steiner Institute, where she met Henry and Christy Barnes and they became fast friends. Because of Christy's inspiration, Sarah went for Speech training and then for Waldorf teacher training at Antioch. Sarah also worked with Craig Giddens in Speech work. She met Susan Lowndes who introduced her to the Christian Community. Sarah taught at the Merriconeag School as a high school English teacher. She has also worked as a remedial consultant and tutored children for 10 years with Extra Lesson work. Sarah is a member of the First Class.

Linda Evans found out about Waldorf education while working as a Social worker at a public school. The friend told her to look into Waldorf and she did. In 2003 she went to the Teacher training program in Detroit. There she learned about the Society, the First Class and the Christian Community and she joined all three. She also became a friend and student of Ernst Katz's. She also became interested in Biodynamics. Now living in Maryland, Linda works as a coordinator for Alternative Education. She is also attending the Extra Lesson Program during summers.

Having these two new members will help greatly in reaching out to members in our large eastern area. A search continues to find another member or two for the very populated New York area.

From the Editor:

Observing the Holy Nights this Year

This year's Holy Nights' theme, The Christmas Conference of 1923, has been met with a full spectrum of reaction, raging from disdain to exuberant enthusiasm. The Festivals Committee chose this topic for a variety of reasons: firstly, it coincides with the theme of the Year for the Anthroposophical Society - "The Identity of the Anthroposophical Society"; secondly, Peter Selg's call to a return to Steiner's original intentions is being discussed worldwide; plus Selg's admonition that the Society will probably not exist in ten years if we do not develop its "esoteric core" needs to be addressed and put into action; finally, Steiner himself chose the Holy Nights' time to found the Society on December 28, 1912 (and so we are simultaneously celebrating the centennial of the Society). as well as its re-founding during the Holy Nights of 1923. Steiner referred to the re-founding as the "Second Turning Point of Time", thus associating it with the Christmas Deed.

A second concern that seems to be brought up every year is the "proper" way to observe the Holy Nights. Some think it should be an individual, inner experience; others a social/community experience. This calls to mind the two ancient spiritual paths, the *via activa* and the *via contempliva*. We each have a tendency to one or the other, or in cases like my own - have a longing for one, yet somehow keep doing the other. If we look to what Steiner has revealed about the relationship of the seasons to our Soul life, we find a very curious fact - the earth turns inward from the Summer Solstice to the Winter Solstice (when the Soul of Humanity is most active) and then begins to reverse. Since the Holy Nights occur **after** the Winter Solstice, the spiraling outward has begun; it is a transition time. Therefore it seems appropriate that one practice **both** an individual inner practice and an outer, social "merry" time. Steiner often said that the Society should be a unity or blending of the two paths - we need both for a balanced soul life.

As further evidence of this observation, I am reminded of a Christmas card I received back in 1983 from Lisa Monges. [Lisa at that time was in her 80's. She had known Rudolf Steiner personally and was even present at the burning of the Goetheanum.] The card she gave to all of us who were co-workers at the Fellowship Community in Spring Valley was a copy of a card Rudolf Steiner had given to her personally many years before. On it was a picture of Steiner with a hand-written verse he had written for her:

**"Search in the world and you will find yourself;
Search in yourself and you will find the world."**

In planning the Holy Nights this year, the Festivals Committee spent a great deal of time creating a varied schedule with many kinds of activity (e.g. A live Nativity with singing to the animals, A Christmas dinner with Carols, recitation of the Olaf Asteson Dreamsong, a viewing of the Madonna Sequence and a video about the First Goetheanum) , as we are sensitive to the fact that there are a number of people in our community who prefer artistic experiences and conversations to reading; however, the majority seem to still prefer at least some reading, plus one needs at least a little reading to serve as a guide or impetus for conversation. Most of the readings have been abridged so they are not too long.

In this issue you will also find suggestions for the inner life as well. Lynn Jericho's "inner Christmas" is a wonderful way to do this. You might want to also check out a new initiative: www.fifthstream.com, which will be having an online Holy Night on December 28, the date of the founding of the Anthroposophical Society to discuss the theme of the year. One might also get a copy of William Bento's **Holy Nights Journal for 2012-13**. Bento has long advocated keeping a journal of one's dream life, observing one's mood each day, doing art work etc. He gives the planetary configurations of each day and says how they may affect us. Due to the important nature of this year (the supposed end of the Mayan Calendar), this may be especially important for some. Bento's book is available from the Rudolf Steiner Bookstore in Sacramento, CA.

Hopefully you will be able to find the time for inner peace activities, as well as the community gatherings which should be especially inspiring this year. Holy Nights Blessings on you, your families, our community and our ailing world this year!

Kathleen Wright, Editor

HOLY NIGHTS 2012 SCHEDULE



<p>This year's book <i>The Christmas Conference for the Foundation of the General Anthroposophical Society 1923/1924</i> is available free on the Rudolf Steiner Archive at this link: http://wn.rsarchive.org/Lectures/GA260/English/AP1990/ChrCnf_foreword.html</p>			
Date	Time	Event	Host and Location
Monday December 24 Christmas Eve	4:30p-9p	<p>Live Nativity and Singing to the Animals costumes available for the children to dress up as angels and shepherds! Hot cider, soup and snacks served. Please bring the whole family.</p> <p>(Recommendation that people read at home: pages 19-32 in <i>The Christmas Conference</i>)</p>	Joy and Bob Kwapien at the Barn at Infinity Farm 1600 McDade Store Road, Cedar Grove, NC 27231 919-732-1840
Tuesday December 25 Christmas Day	3pm	<p>A Community Dinner with carols, stories, and scripture reading. Joanna Carey will make a turkey and guests are asked to please bring a side dish or dessert; check with Joanna in advance about what you will bring.</p>	Joanna Carey 605 Jones Ferry Road Apt UU5 Carrboro NC 27510 919-885-7569 joannapcarey@gmail.com
Wednesday December 26	7p - 9p	<p>Steiner's Opening Lecture of Dec. 24 - pages 43-56, but (please read ahead on your own The Statutes pages 57-67);</p> <p>The Mays will serve light refreshments. Their Christmas tree candles will be lit at the end of the evening and some lyre music will be added during the lighting of the candles.</p>	Suzanne and Robert Mays 5622 Brisbane Dr Chapel Hill NC 27514 919-929-1073 suzannemays@gmail.com
Thursday December 27	7p-9p	<p>The Giving of the Foundation Stone Meditation, pages 68-77</p>	Kelly Calegar 18 Haycox Court Durham NC 27713 919-361-0691 kcalegar@earthlink.net
Friday December 28	7p-9p	<p>Artistic presentation: Joanna Carey will present the Madonna Sequence and the Star Eurythmy The 100th Anniversary of the Founding of the First Anthroposophical Society</p>	Joanna Carey in the Eurythmy Room at Emerson Waldorf School
Saturday December 29	7p-9p	<p>*Lecture given on Dec. 28, 1923 Pages 113-118 and excerpts from 143-165</p>	Will and Corey Hicks 3219 US 70 Efland NC 27243 336-597-5938 emailwillhicks@gmail.com

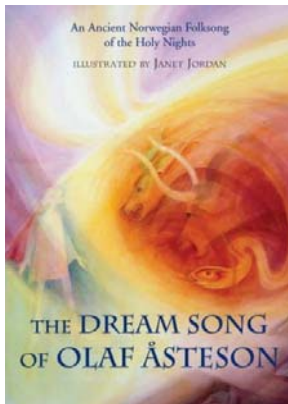
Sunday December 30	3p-5p	Steiner's lecture of Dec. 30, 1923 (pages 192-203)	Melanie Maupin 5609 Cascade Dr Chapel Hill NC 27514 919-602-4247 melmaup@gmail.com
Monday December 31 New Year's Eve	3p-5p	Lecture "The Idea of a Future Building in Dornach" pages 210-222 of Jan 1 and "The Rebuilding of the Goetheanum" pages 249-252; Video of the First Goetheanum, its Burning, and the Second Goetheanum	Kathleen and Bob Wright 4615 Greenglen Rd Durham, NC 27705 919-672-0149(c) h-309-9622
	9p - 12:30a	Making of the Three Kings Prep	Jon Lyerly the Farmhouse at Infinity Farm 1600 McDade Store Road, Cedar Grove, NC 27231 919-357-7453
Tuesday January 1 Christ Day	3p -5p	Artistic Presentation: The Dream Song of Olaf Åsteson Choral Recitation and commentary led by Bruce Bornhorst with lyre music from Joanna Carey and Suzanne Mays	Margaretta and Bruce Bornhorst 919-824-7337 in the Eurythmy Room at Emerson Waldorf School
Wednesday January 2	7p-9p	Lecture from Dec. 31, 1923: "The Envy of the Gods... The Envy of Man", pages 231-243	Joanna Carey 605 Jones Ferry Road Apt UU5 Carrboro NC 27510 919-885-7569 joannapcarey@gmail.com
Thursday January 3	7p - 9p	Evening lecture of Jan 1, 1924, "On the Right Entry into the Spiritual World - the Responsibility Incumbent On Us" pages 260-273	Lynn Jericho 105 Bay Colony Ct Chapel Hill NC 27517 919-636-0430 lynnjericho@gmail.com
Friday January 4	3p-5p	"Soul Development through Anthroposophy from the Past to the Present and into the Future: Moving from our Advent and Holy Nights experiences together towards Whitsun", presented by Margaretta Bornhorst: Material from various sources: Selg, Prokieff, Steiner, Schmidt-Brabant).	Rebecca Foster 100 Nick's Bend East Pittsboro, NC 27312 919-619-9269
Saturday January 5	3p-5p	"Soul Development Through Anthroposophy from the past..." PART II presented by Margaretta Bornhorst	Linda Folsom 3118 Dixon Road Durham, NC 27707 919-493-8323 lfolsom@nc.rr.com
Friday January 6 Epiphany	2p - 4p	Spraying of Three King's Prep Please wear good walking shoes. Depending on how many come, it will take about 2 hours or less.	Jon Lyerly the Farmhouse at Infinity Farm 1600 McDade Store Road, Cedar Grove, NC 27231 919-357-7453

Notes About “The Dreamsong of Olaf Åsteson” Holy Night, January 1 ; Volunteer Speakers Needed! by Margaretta Bornhorst

As you have probably observed, this year’s program for Advent and the Holy Nights is ambitious, soul-rich and soul-stirring. As the artistic part of this experience we are making preparations to present, as a gift to each other, a guided choral recitation of the ancient

“beautiful Norwegian legend of Olaf Åsteson, of whom we are told that at the approach to Christmas he fell into a kind of sleep which lasted for thirteen days, the thirteen holy days that we (will be in the middle of) exploring in various ways. In the course of this sleep he had significant experiences, that he was able to narrate when he awoke.”

From Rudolf Steiner: ***Art in the Light of Mystery Wisdom***, Dornach, Dec. 31 1914.



But what is a group choral recitation? It is not singing. It is recitation as a spoken group chorus of men and women. The 40 verses of ***The Dreamsong*** will be shared between several groups of participants, of which we hope to include many of you. We will experience Speech as an artistic form; Art without a paintbrush! Rudolf Steiner said that “if speech is to come in any way into the service of art, it must itself be regarded as an art.” “..... it is from this astral body, modified by the I, that the impulse for speech proceeds.” “while in everyday speech the single sounds are formed in entire unconsciousness, the activity of forming them has to be lifted up into consciousness if speech is to be raised to the level of art.” (R.S.: Speech and Drama)

We are so pleased that within our own community we have the opportunity to enjoy the music which accompanies *The Dreamsong of Olaf Asteson*. Both Joanna and Suzanne will be accompanying us, inserting the music in appropriate places (as I said, no singing this time). Bruce Bornhorst will be guiding and directing the group speaking activity.

A brief explanation of the story/legend will be shared, as will an interesting story about Rudolf Steiner’s reaction upon hearing it for the first time.

The verse will be the Holy Night presentation on New Year’s Day, which Steiner called “Christ Day”. ((Rudolf Steiner spoke about the Norwegian ***Dream Song of Olaf Åsteson*** on 1st January 1913 and 31st December 1914, and his talks were always accompanied by Marie Steiner-von Siviers reciting the Dream Song.

Please note: Where: **EWS Eurythmy Room**

When: **Jan. 1, 2013** (100 years after the first presentation)

3-5 PM* Note afternoon time for this Holy Nights event

Introductory Practice Session will follow the Christian Community end-of-service gathering for bagels and coffee on **Dec 16**. While this is not a pot-lunch as is so often offered, folks are invited to bring simple snacks if they wish if they are attending this get-together. We hope to see you there, the **Fleming Building at Camp New Hope, at about 12:30 PM, Practice will begin as soon as the end of service refreshments have finished**, and will last till 3PM.

Join us for a fun and creatively enriching community experience. Commitments welcome, but not required.

Call Margaretta Bornhorst for questions, information, or a copy: 919-824-7337



I take Rudolf Steiner's admonition, "O Human Soul, Know Thyself" very deeply into my heart. We must reflect on ourselves in equal measure to our study of Dr. Steiner's lectures so we can find ourselves in and through anthroposophy and anthroposophy in and through ourselves.

In my IMAGINE SELF Inner Year curriculum, December is a special time - outer darkness brings inner light and outer cold brings inner warmth as we find the inner experience of Advent, Christmas, and the beginning of the Holy Nights.

Inwardly, Advent is a time when the soul prepares for the Holy Nights by recollecting, reviewing, and releasing the old year. We want to enter the Holy Nights with an innocence, not holding on to the old year and not yet grasping the new year.

About six years ago I was asked by someone who follows Inner Christmas, what an Inner Advent practice might be.

Oh, those questions, so heavy with inspiration. It took me a couple of years of inner work to design Inner Advent and it has become a very meaningful yearly practice for many around the world - just this week I was asked to support a group of anthroposophists in Manila who want to work together on Inner Advent.

I guide Inner Advent through a series of four online webinars, this year on Saturdays, December 1, 8, 15 & 22. You can learn about it at <http://imagineself.com/icia/>

Inner Advent in Chapel Hill

Now that I am living in Chapel Hill, I thought there might be a few people who would like to join me in working with the Inner Advent practice together. Please go to the website and read about the practice which is based on self-reflective activities focusing on your thoughts, feelings, and deeds and the creation of Your Soul's Mandala of the Year - an artistic expression of your inner year.

Here is my offer. I will host two evenings: 7:00 - 9:00, Wednesdays, December 12th & 19th. The first session we will work with the self-reflective activities to recollect our inner year and prepare for creating the mandala. Each of us will work on our mandalas over the week and bring them to our second session on the 19th. The second session we will share our experiences and review our year with each other. Even though this is a very sacred and personal event, the trust living in sharing always brings new warmth and inspiration to everyone. We will also enjoy some festive gestures with music and refreshments.

If you are interested in joining me, I suggest you sign up for the Inner Advent webinars <http://imagineself.com/icia/> so you have the recordings and the handouts. The webinars are not required, but they would be very helpful. The cost is \$47. There will be no cost for the two evenings with me. Email me at lynnjericho@gmail.com to let me know you will be joining the Inner Advent group.

Inner Christmas 2012

This will be my 9th year of sending out daily inspirations for the Holy Nights. Please visit www.innerchristmas.com.

Each year the messages focus on a theme and suggest questions to inspire a new sense of self, a rebirthing of the I filled and surrounded with the humility of the manger. This year the theme is our relationship to "I Am." Just what is the Ego? or rather what it is not! My messages will awaken in your soul questions around what you experience as your "I."

My Inner Christmas messages are compassionate, yet challenging. They are not a study, but a means for inner self reflection during the Holy Nights.

I hope many members and friends of the North Carolina Branch will join the mailing list to receive the Inner Christmas 2012 messages. www.innerchristmas.com

At www.innerchristmas.com you will be able to see the Inner Christmas video that describes the Holy Nights. Many people love this video and the messages because they can send them to their family and friends who could never meet Anthroposophy in a traditional sense. Over 40,000 people viewed this email BEFORE I posted it on youtube.

I do hope you will explore Inner Christmas, look at the messages from 2011 and consider whether Inner Christmas can enrich and deepen your experience of the Holy Nights.

Let's All Welcome Diana Haynes to our Branch!



Diana Haynes moved to north Durham with her husband Robin this past summer to be close to her daughter who is a single Mother and has a job that requires frequent travel. We are delighted to welcome her to our community. Diana has been an Anthroposophist for many years.

Although born in NYC, Diana discovered Steiner at age 19 while living in Palo Alto, CA. She immediately read 24 of his books, one after another and was hooked for life. She and her first husband moved to Spring Valley in order for Diana to attend the Eurythmy School there (before she had even seen a performance!) She felt this was her life calling, but after just one year fate had other ideas - her first child was born and she had to discontinue her Eurythmy studies. Diana decided to move back to the West Coast and wound up having four children, who attended Waldorf Schools in Sacramento and Applegate, CA.

Robin's husband studied Astrosophy with Willi Sucher out there, and Diana finally got to resume her Eurythmy Studies, this time with Jeanne Schwartzkopf. She also went back to school full-time to become a nurse. Then one fateful year she got divorced and changed careers - she became a Therapeutic Massage therapist and opened her own school of Massage and Holistic Arts. Soon after met her current husband, Robin, at the Waldorf School and they have had a loving, creative partnership ever since.

About 10 years ago, Diana suffered an accident that severely injured her back and pelvis. During her recovery she began reading Steiner in earnest again. She is especially interested in the Christ theme in Steiner's work, although she feels all of Steiner's work is interconnected with this theme.

Diana has 5 Grandchildren in California, two in France and one in Durham. Diana is glad to be in NC because of our active community here. We hope she will join us in some of our Holiday events.

SAVE THE DATE!
THE NEXT ANNUAL GENERAL MEETING
OF THE ANTHROPOSOPHICAL SOCIETY IN AMERICA
WILL BE OCTOBER 11-13TH 2013
IN KEENE, NEW HAMPSHIRE
THEME TO BE ANNOUNCED

An Online Holy Nights Conversation - Dec. 28th at 3 PM



You are invited to join a modest and earnest conversation that will begin this Holy Nights to explore our past, heal our present, and co-create our future – both individually and collaboratively as members of the Anthroposophical Society **on Dec. 28th, 2012**. We intend that this is the first annual virtual event to serve the social awakening to the intentions of the Christmas Conference. We foresee that each year between 2012 and 2023 will be like a heart-beat gathering towards the 100 year anniversary of the Christmas Conference.

As a prelude to our conversation, we will look back over the last 133 years to remember the breakthrough thoughts of Rudolf Steiner at age 18 while the spirits of darkness were cast to the earth at the beginning of the Michael Age. We will explore the 100 year anniversary of the *Calendar of the Soul* and how sensitive human souls now experience the labor pains of the birth of their newly emerging Spirit Child. We will also commemorate the 3 x 33.3 year rhythm since **the original founding of the Anthroposophical Society, Dec. 28, 1912** by looking back to embrace our karma as a Society and look forward to what is possible through collaborative efforts. Lastly all this will be shared in the context of the Christmas Conference that provides us with an ingenious social form that has yet to be replicated, yet has the potential to be an inspiring threefold prototype of a differentiated vessel for other initiatives.

This conversation will be hosted via web and telephone, and open to all members and friends of Anthroposophia who are willing to explore how we can co-create a coherent heart-felt community in the spirit of “Where two or more are gathered”. It is our hope that through our initial conversation, our hearts will be warmed to come away with inspirations to begin local threefold initiative circles within new and existing groups and branches in the spirit of the closing of the Christmas Conference:

There is a small fee (\$5) to help us cover expenses of the infrastructure required for us to be able to conduct both large group discussions and intimate small group sharings and conversations. Each person will be assigned an individual telephone pin number to access the conference call so it is important that you sign up in advance so we can pre-order the appropriate number of lines.

A copy of this article will be emailed to all registrants for the call. If you would like to explore the topics of this article further, we recommend the following:

- ***The Christmas Conference for the Foundation of the General Anthroposophical Society 1923/24*** by Rudolf Steiner
- ***The Economic Testament*** by Christopher Houghton Budd
- ***Rudolf Steiner’s Intentions for the Anthroposophical Society***: The Executive Council, the School for Spiritual Science, and the Sections by Peter Selg
- ***The Fundamental Social Law: Rudolf Steiner on the Work of the Individual and the Spirit of Community*** by Peter Selg
- ***The Social World as Mystery Center: The Social Vision of Anthroposophy*** by Harry Salman
- ***Follow Your Guiding Star with The Calendar of the Soul: Deepening Perspectives and Practices to Birth Your Spirit Self through the Seasons of the Soul*** by Vivianne and Eliah Rael.

At our gathering, you will have an opportunity to:

- Share who you are
- What you are involved in creating or want to create inspired by your relationship to Anthroposophia
- What you need in the form of support to fulfill your creative aims
- What you are willing to give

Sign up Now so we can make appropriate accommodations for you. To sign up now, go to:

www.fifthstream.com

We look forward to discovering what’s possible through our interactions.

Vivianne Rael and Eliah Rael

Embracing Warmth; The Ginger Experience

by Joy Kwapien, R.N.

Dear Readers,

I would like to share a wonderful experience that I had in mid-November this year while meeting Godfrey and Tessa Therkleson of Lower Hutt, New Zealand.

Tessa is an Anthroposophic Nurse in New Zealand who received her Masters and PhD degrees both on publications involving the AN process. Tessa focused on what she knows best, the ginger compress and the plant *Zingiber officinale* (ginger). The Zingiberaceae family has 1300 species which grow mostly in the tropical parts of Africa, China, India, Australia and Sri Lanka. *Zingiber officinale* is the one used and studied for medicinal purposes. Research in Anthroposophic medicine is very limited in this country and also in New Zealand and Australia. So, Godfrey and Tessa traveled to Europe and visited 6 of the 26 European Anthroposophic hospitals to gather research data for her publications.

Ginger has been used for thousands of years in China and India for lung congestion, arthritis, sinusitis, headache, anxiety and muscle tension. Tessa's last research and publication centered on the ginger compress related to osteoarthritis. It is in this realm of medical diseases that caught the attention of Dr. Roy Altman, Professor Emeritus of UCLA's division of Rheumatology. Tessa was surprised to learn that she had been invited to the American College of Rheumatology's conference in Washington, DC. to present her data in early November of 2012.

The word of her arrival in this country spread through the New England and Pennsylvania nurses and thus to me as a founding member of the recently formed North American Anthroposophic Nurses Association (NAANA). I was fortunately able to travel to Kimberton, PA. where Tessa met with the nurses and lit fires of enthusiasm. Godfrey, Tessa's husband and father of their 5 children, is retired from a data creating and collection firm and is in a perfect position to complement her work. They so graciously shared their information and forms with us so that research could be done in this country. I am presently working with myself and three other people to collect data on the ginger compress in the form of case studies. I hope in January to add a total of 10 persons.

If you have osteoarthritis and would like to be a part of the study please contact me. Also please consider joining NAANA as a professional or as an interested 'friend' to support the Anthroposophic Nurses of America, call Joy R. Kwapien, RN at 919-732-1840

Bibliography

Therkleson, T., *Nursing the Human Being: An Anthroposophic Perspective*, Mercury Press, New York, 2007

Therkleson, T., *Ginger Compress for Adults with Osteoarthritis*, *Journal of Advanced Nursing*, Vol. 66, No. 10, pp. 2225-2233

Lillipoh Magazine Spring 2011

IANDS NEWS

The next monthly meeting of our Raleigh-Durham IANDS (Near Death Experience) group will be on Tuesday evening December 4, from 7 to 9 p.m. at the Mays home.

At this meeting, Mellen-Thomas Benedict will be the speaker. In 1982, Mellen-Thomas "died" from cancer and was dead for over 1.5 hours. During that time he had a profound NDE and subsequently was completely healed of cancer.

"I remember waking up one morning at home about 4:30 am, and I just knew that this was it. This was the day I was going to die. So I called a few friends and said goodbye. I woke up my hospice caretaker and told her. I had a private agreement with her that she would leave my dead body alone for six hours, since I had read that all kinds of interesting things happen when you die. I went back to sleep. The next thing I remember is the beginning of a typical near-death experience. Suddenly I was fully aware and I was standing up, but my body was in the bed. There was this darkness around me. Being out of my body was even more vivid than ordinary experience. It was so vivid that I could see every room in the house, I could see the top of the house, I could see around the house, I could see under the house. There was this light shining. I turned toward the light. The light was very similar to what many other people have described in their near-death experiences. It was so magnificent. It is tangible; you can feel it. It is alluring; you want to go to it like you would want to go to your ideal mother's or father's arms. As I began to move toward the light, I knew intuitively that if I went to the light, I would be dead...." (from Near-Death.com web site)

Mellen-Thomas continued on and "took charge" of his NDE. He asked numerous questions and received profound answers. "I could see or perceive FOREVER, beyond infinity. I was in the void. I was in pre-creation, before the Big Bang. I had crossed over the beginning of time - the first word - the first vibration. I was in the eye of creation. I felt as if I was touching the face of God."

The format for the evening will be completely open: please come with your questions about reincarnation, the meaning of life, the true nature of reality, or whatever your heart seeks to know.

Since seating at our home is limited, we ask that you send an RSVP (to mays@ieee.org) if you plan to attend.

The suggested voluntary donation for the evening is \$15. All proceeds will go to Mellen-Thomas to support his work.

Other items of interest:

- Interview with Peter Fenwick - 'Consciousness and Dying' Interview by Iain McNay: NDE researcher Peter Fenwick discusses NDEs, premonitions of dying, the process of dying and the phenomena surrounding dying. Fascinating stories.
- Kelli Coffee's NDE: "The day I died was a new beginning. That's the day I started living. Now I have no fear of death. I actually have no fear of anything". Her blog site. • Interesting depiction of Plato's Allegory of the Cave: played out with Claymation. "People who have not had an NDE or spiritually transformative experience are still in the cave and cannot understand or imagine such a thing as Divine Light, so they choose to think it is something beyond knowing."

Our next meetings will be on: **January 15, February 12, March 12**, (no meeting in April), **May 21 and June 18**.

Please plan to come to our meeting Tuesday, December 4: all are welcome! Please let us know if you are planning to come.

The meeting will be 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.

We hope to see you there!

Robert and Suzanne Mays

TRANSITIONS



Duffy Gilligan (August 25, 1952 - November 8, 2012) - Born Crawford Lynn Gilligan Jr. in Tyler Texas, he was known as "Duffy" to all his family and friends. While Duffy was not an Anthroposophist, he was a close friend to our community. He sent his son Luke to the Emerson Waldorf School back in the late 1980's-1990's and many of our Anthroposophical events have happened at his "Barn at Valhalla", most recently the Yeshayahu Ben-Aharon Conference in June. Duffy was known as great philanthropist in our area. He was a great patron of public broadcasting and was deeply concerned about the shortage of water in NC and the world. He gave many bountiful parties for the community over the years. Duffy is survived by his son Luke and Luke's two children whom Duffy adored.



Fred W. Paddock (12/20/29-11/1/12)

Fred Paddock crossed the Threshold on All Saints Day. Fred was born in and grew up in St. Paul, MN. He was ordained as a Methodist minister, and was librarian at the Rudolf Steiner Library in New York City since 1973 and later moved, with the library, to Harlemville. He taught classes for the Anthroposophical Society in New York and continued teaching at his local church in Copake, NY. He is survived by his wife May, his two children, Paul Paddock and Rachel Smith, and three grandchildren: Bryan, Henry, and Lydia. He introduced and edited (with Mado Spielger) **Judaism**

and Anthroposophy (Steinerbooks 2003).

Judith Soleil, who succeeded Fred as the librarian at the Steiner Library and was mentored by Fred, wrote this tribute to him:

Fred lived the Rudolf Steiner Library "officially" for 30 years, and carried it--and his many coworkers and patrons, past and present--in his heart and consciousness through 10 years of retirement. He built the national library of the Anthroposophical Society in America into a collection that represents, as he put it, "a broad, open-minded society in touch with the world," with books covering the spectrum of world spirituality and culture. It is tempting to call the library Fred's legacy, a monument to his vision, his *magnum opus*--and it is all of those--but the words are a bit heavy, a bit static. What Fred envisioned, created, nurtured, and treasured is really a living thing--a home for books and people--an invitation to dialogue and connection.

Fred prized dialogue--he fostered it in his choice of books for the library, and in the creative arrangement of the library's many subject areas. He described this in the wonderful history of the library he wrote when he retired: "When you apply the concept of 'life,' of 'livingness' to texts, what you are really referring to is 'conversation.' I began to see that within the different sections, a conversation was going on....It was almost as if when I walked into the library, if I could only listen with the ear of my soul, I could hear the thousand murmurings of the living texts conversing with each other.... In listening carefully to the different conversations...I felt I was part of a living process, caring for a living spiritual entity that, like all living entities, desired to continue living and flourishing. And like all living entities, it needed to be cared for and nurtured...to be loved--ultimately, as something alive."

Fred not only eavesdropped on (and also participated in) the world's great conversations, he initiated and sustained countless personal conversations. He corresponded widely and faithfully, and filled the library with his booming laughter and generous spirit. People turned to Fred for guidance in their studies, and received not only wise council, but great warmth, genuine interest, and often, enduring friendship. Those encountering anthroposophy for the first time were encouraged by Fred's conviction that Anthroposophy's mission is to "grow together with the world."

And, Fred created a family of coworkers. Birthdays and Christmas were always celebrated with zest: Fred was the master of the well-chosen gift and beautiful (or very funny) cards inscribed with meaningful quotations and his own heartfelt observations.

I'll end with a poem by Emily Dickinson, one of the participants in the library's ongoing conversation, that speaks to the wonder that is Fred:

He ate and drank the precious words,
His spirit grew robust;
He knew no more that he was poor,
Nor that his frame was dust.
He danced along the dingy days,
And this bequest of wings
Was but a book. What liberty
A loosened spirit brings!

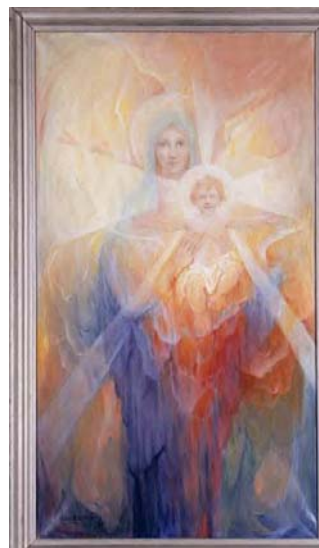
PEG CARMODY IS NOW A GRANDMA



Congratulations to Rudolf Steiner Branch President Peg Carmody on becoming a Grandmother for the first time on November 9, when her son Sean and his wife Lindsey brought little Nickolas William Carmody into the world. Nickolas weighed in at 6 pounds at 2:43 in the morning. The little lad has red hair like his Grandma and might have even had the same birthday as her, had not complications caused him to be induced almost a month before his due date. (Peg's birthday is December 13th). Proud Papa Sean says that his son "sleeps a lot" (Lucky parents!). Peg will be going up to Albany to see her Grandson on December 4. We wish her a safe and happy trip!

Christmas Meditation

Deep in the ground of the Human Soul
Of victory assured,
The Spirit Sun is living.
All through the winter of the inner life
The faithful Heart divines it.
Now the Heart's spring of Hope beholds
The Sun, His coming glory
In Christmas's Light of blessing -
Token of highest life
In Winter's deepest night.
~ **Rudolf Steiner**



NC Triangle Affiliate of the Christian Community

visit with Rev. Carol Kelly

December 14, 15, and 16, 2012

Consultations and private conversations.

Friday 12/14/12 and Saturday 12/15/12

(as scheduled in advance):

NOTE: If you would like a consultation with Carol, please schedule the time with her directly at carolkelly.cc@gmail.com or 845-803-2071. The meetings will take place at the home of Margit Gratzl, 519 Wheeling Circle, Durham, NC 27713, mgratzl@nc.rr.com or phone 919-484-2764.

Saturday, 12/15/12

7:30pm: Public Talk - "The Light of the World" - The true light that enlightens every human being is to be born into our hearts anew. How can we rightly receive him? What is the relationship of light to human thinking?



Sunday, 12/16/12

9:30am: Children's Story and Service

10:30am: The Act of Consecration of Man

Note: Coffee and Bagels after the service rather than potluck. Feel free to bring additional snacks.

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

For more information about events please email christiancommunity.nc@earthlink.net

CRANIOSACRAL MASSAGE AVAILABLE AT A DISCOUNT

MELANIE MAUPIN, Craniosacral Therapist and Recording Secretary of The Board of the Rudolf Steiner Branch of The ASNC, is offering holiday gift certificates for MASSAGE AND/OR CRANIOSACRAL BODYWORK, FOR 33% OFF HER USUAL PRICE!

Sessions last 60-90 minutes and normally cost \$75.00. From now through January 6th, gift certificates are just \$50.00 and are good through December 31, 2013!

MELANIE is a highly skilled therapist who works from a biodynamic and anthroposophical foundation. Please contact her directly, @ (919) 602-4247; or, melmaup@gmail.com, for questions, references, or to purchase a certificate. MANY THANKS BRING MANY BLESSINGS!

Melanie

Eve's Book Launch A Great Success

by Kathleen Wright



On the evening of November 1, a full house of Waldorf teachers, parents and members of the Anthroposophical Community gathered in the Eurythmy Room for the debut of Eve Olive's book, **Cosmic Child**. The book has been a labor of love, in the making for over 30 years. A representative of the publisher, Wrightwood Press, was on hand to sell the books at the discounted price of \$15. A grand buffet of Mediterranean food awaited the guests in the Faculty Room.

EWS parent Mark Hulbert introduced Eve, who proceeded to give us a short talk about the book's history and then read some of her favorite samples from the book - poetry from all over the world and little anecdotes about children and parents who have had premonitions and other spiritual experiences connected with pre-birth remembrances. It was truly beautiful and inspirational. Eve will be donating **all** of the proceeds from the book to the Eurythmy Program at the Emerson Waldorf School, so it is

a noble deed to purchase the book, as well as an artistic delight for the ears and Soul.

Eve then answered questions from the audience about her book. Two of the most interesting questions were about Eve's future plans for the book - will she be making an audio copy of it and will there be a sequel. Eve replied that she was considering doing both. Eve then went to the book signing table as a crowd lined up to get her signature in their copy.

Prior to the talk, I purchased one book for myself, but after being moved by the content of the book, as well as the great cause for which the proceeds would be used, I bought two more, one for my daughter and one for my daughter-in-law. The book called to mind a quote of Steiner's I read many years ago, that in the future, more and more Mothers would begin to have "Annunciation experiences" prior to the birth, or even prior to the pregnancy of their incarnating children. This impressed me because I have had such experiences before the births of all three of my children and over the years since, I have had conversations with many Mothers who also have had such experiences. Once word about Eve's book gets out, she is sure to be flooded with material for her next book.

If you would like to contribute your story about a pre-birth experience (or revelations from your children) or have poems to share on the theme, do write to Eve at : 5815 Mt. Sinai Rd., Durham, NC 27705 or email her at eveolive@verizon.net or call her at 919-489-2564. If you would like to purchase **Cosmic Child**, it is available on amazon.com, or directly from the publisher, Wrightwood Press. It is also available in some bookstores.

And so, my dear friends carry out into the world your warm hearts in which you have laid the Foundation Stone for the Anthroposophical Society; carry out into the world these warm hearts which promote strong, health-giving activity in the world. And help will be vouchsafed to you, enlightening your heads in what you would fain direct with single purpose. We will set about this with all possible strength.

~Rudolf Steiner, World History in the Light of Anthroposophy, Jan. 1, 1924

News from Tammy Hughes in China



Waldorf education is now entering its ninth year in China. The growth of Waldorf education continues at a rapid pace as people look to new ideas and ways of educating children. Currently there are over 250 kindergartens, 30 grade schools and 5 part-time training centers. The education department is looking for new ideas as well. Recently, the education department hosted a New Education conference in Ning Bo. Waldorf teachers were asked to give a talk and workshop. In addition, in our Shenzhen kindergarten's licensing process, our principal requested that we offer Waldorf education in some of our classes. After the licensing

process, a hundred or so teachers and principals were invited to watch classes one morning.

Shenzhen, just north of Hong Kong, is a city of 10 million which changed from a small fishing village to a New Economic Zone in 1979. The atmosphere is one of great openness to change as the majority of the population has immigrated from other areas of China. I have been in Shenzhen for three years. We currently have 3 grade schools with kindergartens which serve children to grade 4. Five additional Waldorf kindergartens and other kindergartens who are using Waldorf education methods. Our schools and kindergartens all participate in regional meetings to offer peer support. Recently a few of us were invited to the Chinese Waldorf School Forum (CWF) meeting where we were able to consider many of the larger issues such as cooperation between schools and training centers, ensuring quality of Waldorf Education and meeting local needs and requirements.

My Autumn has been very busy as our kindergarten has offered more workshops. The workshops have had many goals:

- educate new parents in the parent/child classes
- help our parents develop as parents and teachers
- provide in-service training for teachers
- provide artistic activities to foster relationships between the Waldorf teachers and non-Waldorf teachers in our kindergartens,
- study Anthroposophy and grade school curriculum so that parents can better support their children after leaving kindergarten.



We have been blessed with many visiting teachers who came to China to support the three-year part-time trainings. Whitney Mac Donald has come twice to do parenting work and grade 1 and 2 work which was very well received by parents. Shirley Bell, a teacher I worked with in Florida, came to do felt pictures and balls with the teachers. Margareta Eichenholz, an 84 year-old Swedish handwork teacher, whom some of you may remember (she visited EWS years ago), came to share her knowledge of the lower school curriculum. Participants in her workshop made simple silk marionettes and created a play. Some silk marionettes were used at a kindergarten teachers' wedding



in a puppet play, which was quite a special event for the teachers, parents, children and friends to celebrate a wedding at the Kindergareten! This weekend we are looking forward to the arrival of Jake and Bella Tan from the Philippines to support communities better understanding of the developing human being. Also, we have asked Jake to help us better understand hand, foot and mouth disease which is of special concern in developing countries.

All this education has been very beneficial for our community. The dedication of the Chinese people to continue learning is very admirable.



I have also traveled to Hangzhou to do parenting work. In Hangzhou the parents did two artistic activities; one was drawing a moving picture to create a story and the other was finger puppet felting with a small ball. It was a great experience as the group could articulate that the drawing was difficult and that their education as children interfered with their feelings and created a lack of confidence. They expressed great joy in the felting and in creating the puppets.

A new grade school has begun in Dali Yunnan. I created a parent child class for 2 days so the community could experience the education.

These parents made dolls which they enjoyed, especially when they made the dolls individual with hair styles! Waldorf education is a very healing activity for adults which is often most visible in the creation of the handwork.

~Tammy Hughes

The Nature of Singing

by Joanna Carey

There is something in the nature of singing that poses a challenge for us in modern times. Our whole relationship to music and song has shifted dramatically from our original experiences of this lofty and spiritual art.

According to Rudolf Steiner, before we could speak, we sang. As we were closely akin to the spiritual entities in our early experiences of earth, we were guided by the music of the gods. Our whole concept of self was one with the sounding of the hierarchies. We praised and glorified God through song.

As we further incarnated, we created songs and developed instruments to support our musical needs for spiritual expression. Religious, devotional life was expressed musically along with the word. Musical expression was an integral part of daily life. All activities such as crafts work, cleaning, the making of various foods, haying, all farm related activities had their corresponding songs. Everyone felt that singing was a natural part of everyone's life; that it belonged to everyone.

With the full nature of materialistic thought and life, singing and musical expression became more and more an individual experience and one relegated to the "stars", those who excelled to a certain standard and worked solely as entertainers with all others as listeners. More and more people over time, have relegated the realm of singing to the "singers", by passively listening and have thus become more and more silent in their own relationship to song and music.

Jurgen Schriefer, sole remaining student of Valborg Swardstrom Werbeck, founder of the Werbeck method of singing, was quoted as saying, "We are now the silent generation". Though there are many groups who have now begun to sprout over the past decade or so, singing informally in the home or at small gatherings or simply alone, is as foreign as it is rare.

We might want to consider that "finding one's voice" is more than just a lyrical idea, but rather an essential component of our very deepest and most unique nature.

We are all aware of the need for healing on all levels of society. Music is a gift of the gods for us to connect with one another. All too often however, we become threatened and even angry when asked to sing, as if singing or learning a song, were an imposition on our lives. We don't understand why rounds were invented, why everything seems so high, why intervals seem so strange, etc. We seem to have lost the joy of singing together which once was a norm in cultural life.

If we think about this, remembering our origins, can we see how far we have fallen from our original ways of singing for praising, thanksgiving and communion with others out of the joy of being together?

Rounds, often a painful process for many, are a gift given to us to assist us in finding our way to each other. Through our apparent differences, as in the different parts of a round, we come to find our harmonious oneness in the song hidden within the parts. It's a glorious experience of community and when we listen carefully to one another in that process, we find the road to harmony, beauty, truth and goodness.

Werbeck sought to bring a new relationship to song borne out of her many personal struggles with an operatic life. Through her own research, she was able to heal herself. Additionally, her association with Steiner and her subsequent research in Anthroposophy, encouraged her to find and develop methods for healing of the body and soul through song. With Steiner's collaborative assistance, Werbeck was able to discover the intimate relationships between the larynx, the heart and the ear.

With the sanction and support of Steiner and later Eugene Kolisko, Werbeck brought the world of song back to the everyday life of people and their activities.

Through their research, it was found that the voice is in need of care and healing for now and for the future of the human being's destiny within future incarnations. Care of the voice is as important as care of the body. In that process, a road to self-discovery can unfold and the voice of each individual can take its rightful place in the world.

May we welcome this seeming challenge of singing together with a renewed outlook of positivity, joy, trust in the process and loving acceptance of our imperfections.

We were given an organ in our body expressly created for singing. The future of our own destinies will be enhanced by the realization that we are meant to be singing human beings, alive with the fire of love and gratitude for the many gifts given to us to support our time on the earth.

Joanna Carey holds a master's degree in therapeutic singing and 7 years of training in artistic singing given in the Werbeck method. She is available for individual and small group lessons for general improvement of the voice. Additionally, she offers therapeutic guidance for those suffering from physical, mental, emotional challenges, offering user-friendly exercises which are known to alleviate a host of symptomatic conditions. She offers a sliding scale fee.

*She can be reached at: **joannapcarey@gmail.com or 919-885-7569***

News from The School of Spiritual Psychology



At the end of this year the School of Spiritual Psychology enters its 21st year of service. Humanity has entered the gift of a momentous time. The December 21, 2012 date brings the beginnings of an entirely new Time Presence. The whole unfolding of the work of the School for twenty years has been to make preparation for leaving mechanical time and entering Natural Time, the time of the heart that is necessary to come in harmony with the whole of the Cosmic-Earth. There are, of course, many endeavors to help us and Earth through this critical transition, and all these endeavors form a kind of invisible community – a community of many different spiritual orientations – the Christian esoteric spiritual tradition exemplified by the endeavors of Rudolf Steiner; the spiritual earth imagination of Teilhard de Chardin; the spiritual tradition of the Integral Yoga of Sri Aurobindo, the Mother, and Satprem; the endeavors of individuals such as Jose Arguelles and the Council of Nations who have given their lives to aid the unfolding of this moment.

We know this about the unfolding of the new time: it is Feminine, Sophianic, in qualities; it is synchronistic time, the entry into the wholeness of conscious Earth; it is the time of the heart which encompasses the human-earth unity; it is the time that counters, not by force but by presence, the corruption, the destruction, the violence, the absence of feeling, that now characterizes earth life; it is the time that involves the development of spiritual individuality and the demise of egotisms of every sort; it is the time we find ourselves through serving; it is time as an actual force of wholeness, permeating with fullness, all matter with soul and spirit, in unity with the heart-conscious individual. It is a time that will not unfold automatically but requires responsibility and heart presence.

We ask for your help in continuing the work of the School at this most critical moment. Any gift goes to the continuation of the work and creation of classes through the support of the physical home and the spiritual research, teaching, and publications of the School.

Our year was filled with activity, grace, extreme difficulty, but mostly with love. We began a number of new endeavors – online courses, a new, very interactive website (www.spiritualschool.org), new book publications, new courses such as the “Sophianic Foundations of Earthosophy”, “The Spiritual Practice of Forgiveness”, “Earth’s Dream of Us”, “Spiritual Work with the Beings of the Mineral World”. We taught in California, Dallas, Vermont and England. We just returned from Assisi, Italy with an amazing and wonderful group, entering into the “Healing of the Emotional Body: The Way of Francis and Clare”.

This coming year is filled with more imaginations than we can probably actualize, but we will nonetheless attempt to do the following:

A year-long endeavor, “Spiritual Therapeutics Gathering – Healing the Emotional Body - the Way of Francis, Claire, and Rumi; (Francis was friends with the teacher of Rumi, Shams Tabriz);

“The Apocalyptic Lady of Guadalupe”, a soul-retreat February in Santa Barbara, February 7-10

“Healing with the Spiritual Beings of Crystals, Minerals, and Metals”, a three-session course

“Contemplative Spiritual Care in the Tradition of Sacred Hospitality”, a practical, certification group practice of spiritual work of caring for the ill, the dying, the elderly, the confined, those in need around us. This form of contemplation is effective when those cared for are present and equally so at a distance.

New online courses are in the works: “Entering into Heart Presence”; “Caring for those who have Died”; “Freeing the Soul from Fear”. These home-study courses involve writings, audio and video presentations, and web conferences.

We will teach in California, New York, Maine, Vermont and Texas. Other endeavors are in planning.

The beginning of the year will be ushered in with the publication of Mary O. Kaine’s book, “The Hearts’ Oratorio: A Woman’s Story of Love, Death, and Medicine”.

Keep an eye on our website - www.spiritualschool.org - for listings of all events, publications, and new features such as book excerpts, audio and video presentation.

-The School of Spiritual Psychology **email: soulschool@embarqmail.com**

Review of All Souls' Observance November 3rd, 2012 by Joanna Carey



We met in a circle within Marie Nordgren's nursery/kindergarten room in Durham- a lovely and intimate atmosphere conducive for our intended work together. 18 people sat around a candle-laden centerpiece set in tiers with a main candle on top. People brought pictures of loved ones and placed them around the centerpiece.

After greetings by Peg Carmody, lyre music was played by Suzanne Mays and Joanna Carey. Verses for the Dead were read as well.

Kathleen Wright gave a short talk on Peter Selg's book *The Path of the Soul After Death*, reading elegies by Steiner given for various notables who

had crossed the threshold during his time.

Joanna Carey then gave a talk on the nature of relationships on both sides of the Threshold. She read from another Peter Selg book called *Unbornness*, which was written to address Steiner's thoughts around souls on their journey toward birth. Within that book there is a reference to the journey through the planetary spheres by those who have died. It was in relation to this chapter that Joanna based her thoughts on the nature of relationships, including the intensity of experiences for the Dead and our calling to find our way to a deeper experience of one another in our relationships on earth as well as our relationships to the Dead.

There was then a lighting of candles as people remembered various souls who have crossed over. More music was offered and we then sang a round written by Christof-Andreas and Norma Lindenberg; a song dedicated to those who have died.

People then shared thoughts around what had been presented and other sharings on a more personal note.

We closed with verses and music.

There was a lovely meal of soup, bread and cheese created by Marie, after the ceremony.

This was a sacred honoring shared by all. Thank you to Marie for hosting and making the food.

Thank you to Suzanne and Joanna for playing their lovely music.

Thank you also to Kathleen and Joanna for their thoughts and presentations.

And to all who shared from their hearts the depth of feeling within you when you speak of your loved ones who have bravely crossed the threshold. May they never be forgotten.



Review of the Nov. 17, 2012 Branch Meeting

A concern that Joanna, Peg and Edward brought back from their conference attendance over the summer is how to deepen our work in Anthroposophy together in our community. The need for younger people to carry on anthroposophical work in our community is also a concern. In line with these concerns, we opened our last branch meeting of the year to suggestions for ways to deepen our work next year and attract new members and friends.

Consciously working with our angel in our individual meditations, taking up any of the many spiritual exercises Steiner described, working with the Foundation Stone Meditation, and bringing in speakers such as Peter Selg, Michael Judge, and Lisa Romero (an Australian homeopath who has a good following in the contemporary anthroposophical youth movement) were all suggested. We discussed the need to be more active inwardly in a passive effort to draw new members to our community, and to be more active outwardly in outreach to draw new members.

A series of programs at different levels of understanding for our community was proposed to supplement our conference, festival, First Class and study group work. An introductory series could review the basic texts, spiritual exercises and conception of the human being we all find so meaningful. An intermediate series could engage graduates of the Foundation Studies program in our festivals, study groups, and events. More advanced work is undertaken in many study groups and is broadening out from intellectual study to the soul work taken up by the Ben Aharon group and the spiritual work of First Class. By preparing these programs ourselves for each other, we can attract spiritual beings to enliven our own understandings and continue the cultivation of our personal relationships. The Board is currently looking to set up an Events committee like we have had in the past to implement these ideas and coordinate our efforts so they supplement the work we have been doing as a community to strengthen our personal relationships and growth as mature individuals.

The need for more conversation and artistic work was discussed. While reading the actual words of Rudolf Steiner is important to many of us, engaging with these words in conversation that stimulates practical understanding and intention beyond conceptual knowledge is also important to many of us. Suggestions for balancing these ideas in Festival work (especially the upcoming Holy Night study) were discussed. Also discussed was how to celebrate the graduation of the current Foundation Studies class and asking them what we can do to further their interest in Anthroposophy. Melanie Maupin, Roger Schultz, Peg Carmody and Linda Folsom agreed to follow up on this last point.

Report submitted by Peg Carmody

Sarah Putnam sent us this announcement about the Biography Program that she will be completing this January. It has been a wonderful experience for her and so she would like to spread the word to others:

A new three-year cycle of the **Biography and Social Art Certificate Program** will begin this coming summer—July 2013—in Chestnut Ridge, New York, and *enrollment is now open*. There is growing interest in biography work today. Many adults long for rich learning experiences, personal transformation and a more conscious understanding of life. Rudolf Steiner anticipated the need for this important work—for the cultivation of people capable of “a special kind of human understanding.” Biography work has much to contribute to community development, adult education, health care, elder care, all areas of human experience. The Biography and Social Art Certificate Program develops competent leaders in this growing and vital endeavor.

For more information or to request an application, visit: www.biographysocialart.org

News From the Southeast Region:

Foundation Stone Meditation Workshop, January 11-12, with **Margaret Shipman**, Director of the Traveling Speakers Program of the Anthroposophical Society in America, who will share her knowledge of the Foundation Stone Meditation in a gathering January 11-12 in Nashville, TN.

Gail Langstroth, a professional eurymist and poet, will share her interpretation of the Foundation Stone Meditation through Eurythmy.

Several aspects touched upon will be: the correlation of the Foundation Stone Meditation with the Lord's Prayer, the rhythms of the day and their unfolding through the meditation, the working of the meditation in both the etheric and astral body, and the larger question of how does one become personally connected with the Foundation Stone Meditation.

The Foundation Stone Meditation was first presented during the reestablishment of the General Anthroposophical Society at the Christmas Conference of 1923 in Cologne, Germany. A powerful and penetrating meditative text that many consider to be a key to the spiritual mysteries of our time. This lecture is a gift by Margaret to us in honor of 100 years since this pivotal event.

Rudolf Steiner described the substance of the Foundation Stone Meditation as spoken by him "out of the will of the spiritual world." and as "a verse heard from the Cosmic World." Owing to its spiritual and mantric form, the text of this meditation represents an archetype and is thus a key to the most diverse areas of the world and human existence.

This weekend will be dedicated to making the Foundation Stone Meditation more accessible. Everything you study in the future will be enriched by taking up this great

Time and Place:

Trinity Presbyterian Church

Chapel and Fellowship Hall

3201 Hillsboro Pk., Nashville, TN 37215

Friday, January 11, 2013 from 7-9pm

Saturday, January 12, 2013 from 10am-3pm with lunch from 12-1pm

Cost: \$30 (includes lunch)

Registration: Barbara Bittles 615-373-5173 bbittles@comcast.net

Please pre-register to facilitate planning

FOUNDATION STONE LECTURE BY MARGARET SHIPMAN IN CARTERSVILLE, GA JANUARY 18-19, 2013

The Southeastern Branch will host Margaret Shipman on Jan 18 and 19, 2013 for lectures on the Foundation Stone Meditation in conjunction with the 100th anniversary of the original founding of the Anthroposophical Society in December, 1912. The event will be held at the Holiday Inn, 2338 Hwy 411 NE, Cartersville, GA 30120. Please contact Katherine Jenkins, katjenks@negia.net, for more details.

Christian Community Events in Auburn, Alabama, Chattanooga, TN and Atlanta, GA:

Thursday, December 6th

Two talks by Rev. Jonah Evans in **Auburn, Alabama**- for more information please contact Helene Burkart at hburkart@att.net

1. *"Eating from the Tree of Knowledge- The Adversaries and their relationship to the Human Being"*

2. "What does The Christian Community have to do with Anthroposophy?- an Introduction to the Meaning of Ritual and the structure of the New Mysteries"

Friday, December 7th

The Sacrament of Consultation and religious instruction for children is available on this day. To make an appointment or for more information, please contact Rev. Evans at jonahc.evans@gmail.com

Saturday, December 8th

The Act of Consecration of Man in **Chattanooga, TN.** followed by a conversation with Rev. Jonah Evans. For more information please contact Katherine Jenkins at katjenks@negia.net

Christian Community in Atlanta, GA:

Sunday, December 9th (location, The Atlanta Waldorf School)

9am Advent Story for children
 9:30am The Sunday Service for Children
 10am Short Introduction to The Act of Consecration of Man
 10:30am The Act of Consecration of Man
 11:45am Baptism for Carlota De Luna Garza
 12: 30 Lunch
 1:30pm *Praying with and for our Children: a short presentation and conversation with Rev. Jonah Evans*

TWO NEW WEBSITES FOR THE SOUTHERN GROUPS - CHECK THEM OUT:

www.anthroposophynashville.org
 and
www.anthroposophysc.com

SAVE THE DATE! :

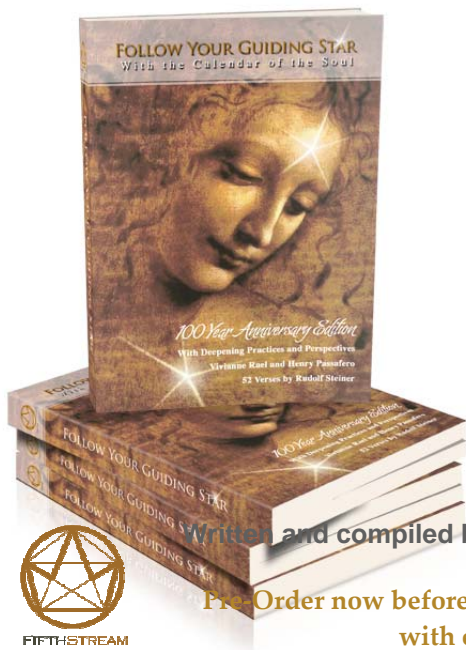
**9th Annual Florida Anthroposophy/Waldorf. Ed. Conf.,
 MAR 15-17, 2013
 Lithia, FL
 with Henrike Holdrege, Nature Institute,
 The World of Light, Color, and Darkness,
 Contact Karen Maestrales for more info at: kmaestrales@aol.com**

Follow Your Guiding Star

New Release!

With the Calendar of the Soul

*A 100 Year Celebration of Rudolf Steiner's
Calendar of the Soul for 2012 and Beyond
With Deepening Practices and Perspectives
To Birth Your Spirit Self through the Seasons of the Soul*



Follow Your Guiding Star with the Calendar of the Soul invites us to listen to an unfolding *Threshold dialogue* that can be heard within our attentive awakening hearts - in the present moment, between past and future, between our soul and World Soul, and between our I and the Creator I of the World. The freshly translated version of Rudolf Steiner's *Calendar of the Soul* verses includes 100 year perspectives and practices to support us to wakefully cross the threshold from reading the verses to the supersensible experience of the content. We can then begin to see, hear and intuit the light from the inner Sun or Star within our own hearts. New threshold dialogues can then begin to reveal themselves to us. **Artistic glyphs show the musical unfolding rhythm of the verses.**

Written and compiled by Vivianne Rael and Eliah Rael. Verses by Rudolf Steiner.

Pre-Order now before Jan. 1, 2013 and receive a Bonus Downloadable Yearly Journal with elements of Steiner's original *Calendar of 1912*.

For More Info and to Order Visit: www.FifthStream.com

You are  Invited!

Holy Nights 2012: Birthing the Threefold Spirit Child of Anthroposophia 100th Anniversary Conversation, Friday, Dec. 28th, 3-5pm EST

To Reveal and Heal the Wounds of the Past, Connect in the Present, and Co-Create Our Future in Light of:

- The 100th Anniversary of the original Founding of the Anthroposophical Society and our Social Responsibility to Anthroposophia.
 - The 133 year or 4x33.3 year Anniversary of the Michael Age and Rudolf Steiner's breakthrough thoughts in 1879 that can serve as a leverage point for each one of us to meet one another and the challenges of our Time.
- The 100th Anniversary of Rudolf Steiner's 1912 Calendar and the Birthing of our individual Spirit Child and the 3-fold Spirit Child of Anthroposophia
- The Christmas Conference as the Map to Cross the Gap from now to 2023 (the 100 year anniversary of the Christmas Conference)

Sign Up Now to Reserve Your Place! (\$5 to help cover the cost of the infrastructure)

www.FifthStream.com

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

First Class of the School for Spiritual Science

Class holders: Eve Olive, Suzanne Mays, Judy Frey

Other Groups in NC:

Asheville: Marie Davis - marieoliviadavis@gmail.com or Ricey Clapp at: 828-505-1018; email:

ricey.clapp@gmail.com

Website: www.azaleamountain.org

Clemmons (near Winston-Salem) - 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

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 are Waldorf-inspired)
 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 School (K-5, a Waldorf-inspired school)
 587 Haywood Rd.
 Asheville, NC 28806
 (828) – 575-2557
 Contact: Kate Reese or Maria Allen 828-505-1350; www.azaleamountain.org;

Biodynamic Farms

Whitted-Bowers Farm - Demeter certified – specializing in fruits and vegetables; 8707 Art Rd., Cedar Grove, NC 27231; 919-732-5132; email: whittedbowersfarm@mac.com website: www.whittedbowersfarm.com Rob and Cheri Bowers, owners

Infinity Farm – uses biodynamic methods; 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

Werbeck Singing - Joanna Carey – 919-885-7569

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 is the priest we share with the Washington D.C. parish. **Contact:** 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

NC Anthroposophical Study Groups and Working Groups:

Rudolf Steiner Branch:

Child's Needs Study Group – One Saturday a month 10 am-12 pm.; reading *Man on the Threshold* by Bernard Lievegoed. Please call Lauren Mills Nyland for further information –919-968-7721, or mills.lauren@gmail.com

Emerson Waldorf School Steiner Study Group for Parents Mondays 9:00 AM at the home of Ingeborg Boesch; reading *Beetroots to Buddhism* by Rudolf Steiner. For more information, email marylou909@bellsouth.net

Eurythmy Classes for Adults taught by Eve Olive – Wednesday mornings 8:30 -10:00 am in the Eurythmy Room at the Emerson Waldorf School; dates: Septemebr 12, 19, 26; October 10, 24, 31; November 7, 14, 28; December 5, 12; Cost: \$10 per class. For more information, please contact: Eve Olive at 919-489-2564.

IANDS (International Association for Near Death Studies) Group meets once a month on Tuesdays at the home of Robert nad Suzanne Mays, 5622 Brisbane Dr., Chapel Hill, NC; research and discussion in the fields of consciousness, neuroscience and near-death experiences; call 919-929-1073 for more information. Meetings on **December 4** and **January 13..**

Ita Wegman Study Group – Thursdays at 2 PM alternates between participants homes; book: Peter Selg's *I Am for Going Ahead: Ita Wegman's Work for the Social Ideals of Anthroposophy*. Call Linda Folsom at 919-493-8323 or Kathleen Wright at 919-309-9622 or Margaretta Bornhorst at 919-824-7337 for more information. The group will go on hiatus duiring the Christmas season and will resume on January 10. New members welcome.

Readings for the Dead Group – second and fourth Thursdays of the month, 7:30-9:00 pm. We are reading *Life Between Death and Rebirth* 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 if you will be attending.

Rose Cross Study Group – Wednesdays, 7:30 pm, at the home of Judy Frey, Currently reading *Spiritual Beings in the Heavenly Bodies and in the Kingdoms of Nature*. Newcomers are welcome! Please give call Judy at 919-928-8749 before attending the first time.

Soul Study Group– first Thursday of the month 5-7 PM with optional Pot Luck dinner afterward at the home of Joanna Carey; readings, artistic activities and open dialogue in order to come to a deeper understanding of the mysteries of the soul; reading *The Human Soul* by Karl König. Call Joanna at 919-885-7569 for more information.

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: one Friday each month at 7:15 PM at Joanna' Carey's. All levels welcome. Call 919-885-7569 for more information.

Yeshayahu Ben-Aharon Study group meets **Sundays 4-5:30 PM** at the home of Jim and Gena Biggins, 1 Syston Ct., in Chapel Hill, NC; The group will be working on ***America's Global Responsibility***; while some reading will be done each time, the main focus is on the exercises given by Dr. Ben-Aharon at the June Conference he gave in Chapel Hill, followed by discussion. Please call **Jim Biggins** if you wish to attend at: **919-425-5535**.

Elsewhere in North Carolina:

Asheville Study Group – every other Thursday at 7:30 p.m. at the home of **Ricey Clapp or Marie Davis** (alternating with Marie Davis and occasionally others, so please call first to know for sure); reading ***The Mission of the Folk Souls***; **Contact Ricey Clapp at 828-505-1018 or email her at ricey.clapp@gmail.com**; **Contact Marie Davis at marieoliviadavis@gmail.com**

Clemmons Study Group – every Sunday from 6-8 pm. This Study Group meets September through May, currently finishing up ***Esoteric Science***; will begin ***Macrocosm and Microcosm*** soon; at the home of Sarah Putnam, 7719 Whitehorse Dr., Clemmons, NC. Call 336-972-8243 for information. (Note: The closest large city to Clemmons is Winston-Salem)

Greensboro Study Group – Mondays 3:30-5:30 pm,. Currently reading ***The Reappearance of Christ in the Etheric*** by Rudolf Steiner. Contact Sandra LaGrega at (336) 908-4664 or Judy Boyd (336) 454-2451. Please call before attending as the location alternates between Judy and Sandra. All welcome!

Anthroposophical Groups in other Southeastern states:

Alabama:

Auburn, AL Study Group – meets on Thursdays; currently studying ***An Outline of Esoteric Science*** contact Helene Burkart at hburkart@att.net or Bob and Betty Hare at 336-253-6431 or bobandbettyhare@gmail.com; A Christian Community is active in this area as well.

Birmingham - there is Waldorf School: The Alabama Waldorf School at 1220 50th St. S., Birmingham, AL 35222; phone : 205-592-0542 but as far as we know there are no anthroposophical study groups in Birmingham; please let us know if one starts.

Florida:

Michael Group of Miami (currently has five study groups and a Waldorf School with grades K-6); contact Yvonne Cumming at ivonnecumming@gmail.com or call 786-277-5630

Clearwater, Florida (close to Tampa Bay) - **Steiner Circumstudies**; group leader is Dr. Steven Salamone; contact Barbara Bedingfield at: bedingfield2000@yahoo.com or call 727-581-6195.

Boca Raton Group ; contact Karen Maestrales at kmaestrales@aol.com or 561-733-0522: Nearby is the Sea Star Initiative, a Waldorf-inspired school (grade N-K-5) see their website at www.seastarinitiative.org

Jacksonville Beach - Persephone Healing Arts Center, a holistic and anthroposophical medical center; Director: Dr. Howard Pautz. Contact: HowardPautz@gmail.com; clinic phone: 904-246-3583; website: www.Dr.Pautz.com; hosts talks about Steiner; there are Eurythmy classes and Dr. Hauschka facialdemonstrations.

Palm Harbor - Suncoast Waldorf School (K-8) has Foundation Studies in Anthroposophy; contact Barbara Bedingfield at 727-766-8311 or email her at bedingfield200@yahoo.com; website: www.suncoastwaldorf.org

Sarasota, FL has a "Waldorf Sarasota School" with grades K-4; no study groups as of this writing. Likewise Jacksonville, FL has a Pre-K and K Waldorf initiative but no anthroposophical study groups.

Georgia Anthroposophical Study groups and Initiatives:

Anthroposophy Atlanta – meets Wednesday evenings at the Academe of the Oaks (a Waldorf High School); contact Eva Handschin at 678-576-3241 or email her at: evah@academeatlanta.org

The Epiphany Group of Comer and Marietta, GA; contact **Katherine Jenkins** at 706-540-5871 or email at katjenks@negia.net

GEMS Group (a long distance online group) that meets on **Sat. mornings** led by Margaret Shipman) , **Forsyth, GA**; contact Marian Shearer at 478-492-3877 or email: octavia1810@hotmail.com; To find out more about GEMS contact Margaret Shipman at her email address: shipman2005@sbcglobal.net

Lavonia: Northeast Georgia Study group – contact Betty Jones at cprepsb@windstream.net

South Carolina Anthroposophical Study groups:

Charleston vicinity: meets **Mondays mornings at 11:00 a.m.**; contact **Gabrielle Heatherdale** at 843-688-4816 or email heatherdale@gmail.com or **Peggy Pearl** at 843-554-7166 or email at peggy.pearl@yahoo.com; will begin reading *The Reappearance of Christ in the Etheric* in January; **new website at: www.anthroposophysc.org**

Tennessee Anthroposophical Study Groups and Initiatives:

The Michael Study Group of Nashville, TN ; contact Barbara Bittles at bbittles@comcast.net
The Nashville Group has its own website: www.anthroposophynashville.org

The Rudolf Steiner Group of Nashville, TN - meets every other Tuesday evening at the Unitarian Church on Woodmont Blvd. in Nashville; currently reading *The Riddles of the Soul*; Contact person: Cathy Green; for more information email: cgreen@grasslandaquatics.com

Linden Waldorf School Steiner Study Group, Nashville - meets on Mondays 8:30-10:30 at 3201 Hillsboro Pike, Nashville, TN 37215 and is currently studying The Philosophy of Freedom. For more information, contact: Anne Nicholson at annenich@gmail.com or 615-426-3395

Nashville Biodynamic Study Group – meets monthly and is studying *The Agriculture Course*; contact: Jeff Poppen at 615-698-2493; check website: www.barefootfarmer.com

Southeastern Regional Group of Chattanooga. led by Maria St. Goar; contact: mstgoar@yahoo.com or call 423-266-6204

Class lessons of the School of Spiritual Science are held monthly in **Chattanooga**; persons from Tennessee, Alabama, Georgia and western North Carolina attend there; Edward St. Goar is the Class Holder; contact Edward at: estgoar@bellsouth.net or estgoar@yahoo.com

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 or if you know of any more, please let me know. We are happy to list any Anthroposophical groups and initiatives in the Southeast.



Anthroposophy, which means “the wisdom of the Human Being”, 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 is 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



The Rudolf Steiner Branch (NC)

Of the Anthroposophical Society in America

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The Sophia Sun

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Submitting articles, letters, announcements and ads:

Please send UNFORMATTED text as a Microsoft Word document to kathleenwright51@gmail.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: kathleenwright51@gmail.com**

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If you are interested in membership in the Anthroposophical Society in America, membership information is available on the website www.anthroposophy.org

You may also write to the Society at:

Anthroposophical Society in America
1923 Geddes Ave.
Ann Arbor, MI 48104-1797
or call: 734-662-9355



The Goetheanum in Dornach, Swizerland,
headquarters of the General Anthroposophical Society