



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, Kentucky
South Carolina, Tennessee and West Virginia

OCTOBER 2013
VOLUME VI, NUMBER 4

Chorus of the Dead

O, we the dead, we the dead, far more are we
Than you on earth, than you on the sea!
We plough the vast croplands with tireless deeds,
You reap with your scythes, what has grown from our seeds,
And what we achieved, and what we begun,
it pours still up yonder, in the streams of the sun.
And all of our loving, our hating, our pains,
It beats still up yonder in death endured veins,
With all the treasures we've gathered and found
All earthly behavior forever is bound.
With our sounding, our forming, our singing we fight:
To capture the crown of out-streaming Light,
Seeking forever the great goals of humanity become free -
So honor and serve us! For many are we!

- Conrad Ferdinand Meyer



In This Issue...

Projective Geometry Talk with Charles Gunn.....	4
Evolution Talk with Michael Judge.....	5
All Souls Observance.....	7
Christian Community Retreat.....	8
Biodynamic Farm News.....	9
Events in NC Outside the Triangle.....	10
Cynthia Hoven Eurythmy Workshop.....	11
Vermont Soul Retreat.....	12
Spiritual Design Project.....	13
News From Alabama and Georgia.....	14
News From Kentucky.....	16
News From Tammy Hughes in China.....	17
Message From True Botanica.....	18
Parzival European Tour.....	19-20
Directory of Initiatives.....	21

Logo above "Woman Clothed With the Son" by Baron Arild Rosenkrantz

Rudolf Steiner Branch Calendar October 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@gmail.com by November 20, 2013.						
		1 Biodynamic SG7p	2 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	3 Reading to the Dead Group-7:30p Asheville SG-7:30p	4 St. Francis of Assisi Feast Day	5
6 Meeting of the First Class-10a, (Review-11a) Clemmons SG-6p	7 EWS Steiner SG for Parents-9a Greensboro SG-3:30p Talk by Charles Gunn on "Counter-space"-7:30p	8	9 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	10 Asheville SG-7:30p	11 CC Coffee House/Cafe-7p	12 CC Act of Consecration of Man-8:30a CC Workshop with Carol Kelly-10:15am CC Talk by Richard Dancey-7p
13 CC Children's Story and Service-9:30a CC Act of Consecration of Man-10:30a Clemmons SG-6p	14 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	15 Biodynamic SG 7p	16 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	17 Reading to the Dead Group-7:30p Asheville SG-7:30p	18	19
20 Clemmons SG-6p	21 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	22 IANDS SG	23 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	24 Asheville SG-7:30p	25	26 RS Branch Meeting-3p
27 Clemmons SG-6p	28 EWS Steiner SG for Parents-9a Greensboro SG-3:30p	29 Biodynamic SG 7p	30 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	31 Reading to the Dead Group-7:30p Asheville SG-7:30p		

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					1 Michael Judge Evolution Talk- 7:30p	2 Michael Judge Evolution Workshop-9a
					All Saints Day	All Souls Day
3 All Soul's Day Observance-3p Clemmons SG-6p	4 EWS Steiner SG for Parents-9a Greensboro SG- 3:30p Threshold Care Group-6:30p	5	6 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	7 Asheville SG- 7:30p	8	9
10 Meeting of the First Class-10a, (Review- 11a) Clemmons SG-6p	11 EWS Steiner SG for Parents-9a Greensboro SG- 3:30p Martinmas Day	12 Biodynamic SG 7p	13 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	14 Reading to the Dead Group-7:30p Asheville SG- 7:30p	15	16
17 Clemmons SG-6p	18 EWS Steiner SG for Parents-9a Greensboro SG- 3:30p	19 IANDS SG	20 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	21 Asheville SG- 7:30p	22	23 RS Branch Meeting-3p
24 Clemmons SG-6p	25 EWS Steiner SG for Parents-9a Greensboro SG- 3:30p	26 Biodynamic SG 7p	27 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	28 Thanksgiving	29	30

PROJECTIVE GEOMETRY TALK WITH CHARLES GUNN MONDAY, OCTOBER 7 AT 7:30 PM AT EWS

"Do We Live In the Sun?—An Introduction to Counter-Space"

What role does our concept of space play in our understanding of the world? Taking hints from our experience of nature, and developing these hints through basic geometric exercises, Dr. Charles Gunn will attempt to build up an alternative concept of space known as "counter-space" in projective geometry. In many ways, counter-space contradicts our familiar spatial concepts but can be precisely thought and described with practice. Dr. Gunn will also bring counter-space into connection with some riddles of nature and of the human being, suggesting that its unfamiliar aspects, properly interpreted, might open up new vistas for understanding the world in and around us.

Charles Gunn, a native North Carolinian and graduate of UNC-CH, has a long-standing interest in projective geometry and its relation to the world in and around us. He received his Ph. D. in mathematics from the Technical University, Berlin (2011), on a related theme. His work life has ranged from R&D at Pixar Animation Studios to mathematics teaching at Green Meadow Waldorf School. He lives in Falkensee, Germany with his wife Edeltraud and daughter Lucia (10).

When: Monday, October 7, from 7:30-9:00 pm
Where: Eurythmy Room at Emerson Waldorf School,
6211 New Jericho Rd., Chapel Hill, NC.
Suggested donation: \$10

From the Board:

Branch Meetings Oct. 26 and Nov. 23

Our next Branch Meeting will be on Oct. 26 in the Eurythmy Room at Emerson Waldorf School, 3-5 pm. Agenda will come via the list-serve. If anyone wants to know the agenda beforehand and isn't on the list-serve, they can contact me directly after Oct. 15.

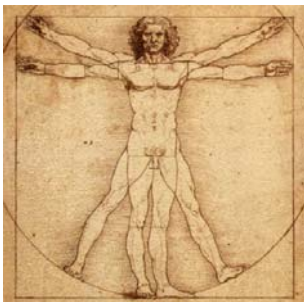
The meeting on Nov. 23 was scheduled before we knew it was the day of EWS Holiday Faire. We will decide at the Oct. 26 meeting if we wish to hold it elsewhere or cancel it so people can attend the Faire.

Branch meetings are open to members and friends interested in furthering the work of Anthroposophy in our area.

Peg Carmody, for the Board
mcarmody@nc.rr.com
919-537-8142

Science and Spirit Come TOGETHER to shine a New Light on EVOLUTION!:

**RUDOLF STEINER, EVOLUTION AND MODERN SCIENCE:
A WORKSHOP WITH MICHAEL JUDGE**



It's not about either/or. Rather than having to choose between the scientific or the spiritual perspective on evolution, Michael Judge will share his 35 years of research on the topic and intelligently demonstrate how science and spirit can plausibly complete one another.

Friday, Nov 1st - Public Talk

(\$15/\$10 students with ID)

7:30pm-9pm "The Correlation of Natural Science to Spiritual Science in Evolution", talk followed by time for questions and discussion

Friday Lecture Description-Rudolf Steiner as a Scientist asserts that genuine Natural Science and Spiritual Science agree. It is a matter of perspective from the outside or from the "inner-side". Phenomena of both sciences will be correlated to show agreement while we shall not be confounded by specialized vocabulary. Riddles of time, evolutionary phases, and the common ancestor will be touched upon.

Saturday, Nov 2nd - Workshop

(\$65/\$40 students with ID; \$50 early bird online registration before 10/30)

Saturday Workshop Description-We will focus on three of the seven big steps of our Earth World to demonstrate and begin to understand evolution/human evolution. These three grand Earth World steps stand pivotal in human evolution. Truthful material facts are key, yet beyond this is the meaning and purpose of human evolution. The meaning and purpose of human evolution will be addressed from a Spiritual Scientific view.

9am-9:30am: Registration and Welcome

9:30am-11am: **Human Evolution-"The Atlantean Epoch" or**

Tertiary-Pleistocene (i.e. Age of Mammals-Ice Ages)

11:00am-12:00 noon: **Eurythmy**

12:00 noon-2:00pm: Lunch on own

2:00pm-3:30pm: **Human Evolution- "Lemurian Epoch" or**

Precambrian/Paleozoic/Mesozoic over against the "Post Atlantean" or Holocene

3:30pm-4:00pm: **Formal question period**

4:00pm-4:15pm Departure or Break

4:15-5:30pm: **Informal plenum-like discussion** for those who

wish to stay.

**At: Eno River Unitarian Universalist Fellowship, 4907 Garrett RD,
Durham**

For more information, Early Bird Discount and Online Registration go to:

www.newlightonevolution.eventbrite.com

or call Peg Camody 919-537-8142



Michael Judge is a history graduate of the University of Maryland, where he also studied geology, anthropology, and archaeology. He has earned public education certification with the State of Maryland, holds a Waldorf Teaching certificate, and a Spatial Dynamics Certificate. He is a lifelong student of modern science and has been a student of spiritual science for over 32 years. Michael researches past human evolution in light of the assertion by the Spiritual Scientist Rudolf Steiner that the results of genuine Spiritual Science agree with the results of genuine Natural Science.

Currently Michael teaches at the Potomac Crescent Waldorf School where he is the Games Teacher, Grades substitute teacher and Board Member. He also works at the Washington Waldorf School where he teaches a block on Evolution and he manages the bus fleet. He is also the Site Coordinator for the Christian Community of Washington-Baltimore. He is also the Chairman of the Branch Planning Group for the Anthroposophical Society Greater Washington Branch, He is working on establishing a Goethean Science Institute for the region. He lectures around the country on Human Evolution. In September he gave a lecture at the Research Symposium at the Threefold Foundation in Spring Valley, NY.

Some of Michael's thoughts on Evolution ...

Evolution is a provocative issue of our time. What and who are we human beings? Are we machines? Animals? Or are we self-directing individuals? How we humans view ourselves has profound and frightful ramifications.

The twentieth century spiritual researcher, Rudolf Steiner, reports to modern materialistic thinking a fantastic picture of the course of human evolution. Present day material science can only view Steiner's assertions on evolution as absurd, superstitious fantasy. Yet, in its own turn, material science has also built up its own fantastic physical picture of the evolution of the earth and humanity. Are there any plausible connections, then, between spiritual and materialistic science?

Though it may not seem the case, Rudolf Steiner contends that ultimately there should be no disagreement between true spiritual science and true material science. To its credit, moreover, material science is in a constant ongoing and acrimonious revision of its theories and understanding of existence. How can those of us who are committed to spiritual scientific research engage in an equally rigorous process of knowledge with regard to these grand questions?

Phenomenological science, also known as Goethean observation, offers us serious help. If we work on seeing process in material substance, we can begin to discern the unseen. This method can dispel the enchantment of "label thinking" to which material science easily falls prey.

This Goethean approach is being applied to questions in human evolution by Michael Judge during his visit here in Chapel Hill this Nov 1st and 2nd. He offers real world examples with which to practice this approach and invites active participation from attendees in observations and discussions. **The Friday evening Public Talk and Saturday Workshop will be held at the Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham.**



ALL SOULS DAY OBSERVANCE

**SUNDAY, NOVEMBER 3, 2013
at 3 PM
MARIE NORDGREN's
3928 Hope Valley Road,
Durham, NC 27707
919-544-9184 or**

amnordgren.childrensgarden@gmail.com

All are welcome and encouraged to attend the annual All Souls Observance to remember our loved ones who have crossed the Threshold.

The program will be a simple one: music, a short talk, and candle lighting for those who have died in recent years. If you would like to bring a picture of your loved one who has died, please do so.

Following the ritual, there will be a simple supper provided consisting of soups, bread, and cheeses.

For more information, please contact Marie.



Have an artist do your hair!

Nancy Moore has 20 years experience as an artist/hairdresser, and 16 years as an EWS mom.

Nancy is an expert with cutting and coloring hair for Women, men and children of all ages. Now located at the beautiful **FLOW Salon**

587 Old Farrington Road
Chapel Hill NC 27517

For an appointment call or text [\(919\)260-2495](tel:9192602495) ...or book yourself on line at:

www.nancyannmoore.com

Let the good hair days begin!

The Christian Community Michaelmas Celebration Oct. 11–13 ~ Camp New Hope



**Goodness, Beneficence and Infinite Mobility:
The Work of the Archangel Michael.
A weekend of singing, thoughtfulness and prayer with
Rev. Carol Kelly and
Rev. Richard Dancey**

Friday October 11, 7 – 9 PM: Coffee House/Café with live music, coffee & desserts
Free will donation or bring a dessert

Saturday, October 12:

8:30 AM Act of Consecration of Man

9:15 – 10 AM Breakfast (provided)

10:15 AM Presentation by Rev. Carol Kelly: "The Courage to Love the World We're In"

11:15 AM Artistic Workshops

12:30 PM Catered lunch and break

2:30 PM Artistic Workshops Preparing for a presentation at the end of the afternoon.

These groups also become discussion groups on the morning topic.

4:30 PM Presentation of artistic work & thoughts arising from the discussions.

5:00 PM Conversation

5:30 PM Dinner break (local restaurants)

7:00 PM Talk by Rev. Richard Dancey: "Michaelic Mobility: Lighthearted, Lightminded, Lightfooted"

Suggested donation: sliding scale of \$45 – \$75 or whatever you can

October 13: Sunday morning services (free & open to all):

9:30 AM Children's story

10 AM Children's Service

10:30 AM Act of Consecration

All events at Camp New Hope, Chapel Hill.

Please register in advance by contacting: christiancommunity.nc@earthlink.net
or Melanie Maupin at melmaup@gmail.com

Please check our website: <http://www.thechristiancommunitync.org/>

News From Infinity Farm:

Please join us for Days of Stirring and Spraying:

Saturday October 12 @ 8:00 AM - The Horn Silica Preparation
Sunday, October 27 @ 3 PM - Equisetum Preparation

Also, our Biodynamic Study Group meets every other Tuesday at 7 PM. See more details on the Study Group listing page in this issue.

Call Jon Lyerly for more details at; **336-263-7685**

Looking for Biodynamic Food?

In addition to shopping at the Farmer's Market on Wednesdays and Saturdays in Carrboro, NC, where you will find Whitted-Bowers certified Biodynamic vegetables and fruits, you will find their produce served at the following local restaurants: Lantern, Scratch Bakery, Chicken Bridge Bakery, Glass Half Full, Pancuito, One Restaurant and Neal's Deli. Be sure to let the waiter know how much you appreciate the B-D food!

**ALL INVITED TO
 MONTHLY
 TAIZÉ SERVICES
 5:30 PM to 6:30 PM ON
 SATURDAY EVENINGS
 St. Luke's Episcopal Church
 1737 Hillandale Road,
 Durham, NC 27705**



Next one is **October 27th**. For the November Taize, please check on Meet-up or call Diana Haynes at [919-768-3969](tel:919-768-3969).

Taizé is a form of worship developed in Taize, France by Brother Roger during WW II to unite people of diverse faiths into one service. It harkens back to early Christian worship in that it is composed of meditative chants interspersed with silence and short readings from the Gospel. It can help people shift from an intellectual relation to God, to a more heart felt and mystical awareness of our oneness with the Divine. There is no sermon, no priest officiating and no religious affiliation required. It is an opportunity to deepen your experience of God, open your heart and give your burdens to the One who can transform them. All are welcome.

(Editor's Note: Although the above is not an "anthroposophical" initiative, we feel that it is a Michaelic one in that it is embracing of all faiths. It is important that we reach out to all those of the Michaelic School whenever we can.)

"QUEEN OF THE SUN" SCREENING**October 5, 2013****Gem Theatre****111 West 1st Street, Kannapolis,****N.C. 28081****704-932-5126****10am**

Join Gunther Hauk for a screening of "Queen of the Sun". Gunther will give a short talk before the movie followed by a Q & A session. Tickets are \$5 and all

proceeds benefit Spikenard Farm. For more news about events and courses at Spikenard Farm, go to www.spikenard.com

**EURYTHMY WEEKEND WORKSHOP WITH
CYNTHIA HOVEN - EURYTHMY TEACHER, THERAPEUTIC EURYTHMIST,
AND AUTHOR OF
*Eurythmy Movements and Meditations:
A Journey to the Heart of Language***

***THE EVENING OF FRIDAY, NOVEMBER 8th
AND DURING THE DAY OF SATURDAY, NOVEMBER 9th, 2013
IN ASHEVILLE, NC***

**FOR MORE INFORMATION, Contact Elizabeth Gilbert, email:
<solas9@earthlink.net> or call: (803) 206-1964**

Cynthia will also be available for individual Therapeutic Eurythmy sessions, November 11th – November 16th.

**Eurythmy: Embodying your Spirit through Movement
By Cynthia Hoven**

The movement art of Eurythmy integrates and supports us in body, soul and spirit. The center of our practice is the heart chakra, from which sensitivity and intention flow into our limbs. Our movements are inspired by imaginative pictures of the forces of life, love and wisdom as they stream into us, through us, and into the world. They gain meaning through language and poetry, which form and shape our gestures.

Eurythmy is done in standing, in regular clothes. We will not need exercise mats or special clothing. Eurythmy does not promise to make us sweat, or to burn calories. Rather, it unlocks for us the power to feel harmony and well-being through profound levels of our being, supporting our forces of health, resilience and creativity.

- Done as a personal practice, Eurythmy opens us to personal transformation and a connection with our super-personal divine nature.
- Done as a group practice, Eurythmy greatly strengthens the possibility for collaborative work amongst members, as they learn to sensitively interact with one another. Group exercises are done in a circle, and participants learn to perceive the energy and will of one another, and how to participate as effective team members.
- Done as a personal therapeutic practice, Eurythmy strengthens our life forces in very specific ways, offering a unique path of healing or relief for a wide variety of complaints.

About Cynthia Hoven



Cynthia Hoven was born in the United States and has traveled extensively around the world. She expresses appreciation for the huge variety of human experiences that she was fortunate to live into through immersion in many different cultures. In her university studies, Cynthia studied math, physics and psychology, although her core interest was pursuing an understanding of the worlds of spirit and matter. In 1975 her quest led her to the works of Rudolf Steiner, and she perceived that in eurythmy she would have a means of working with spiritually attuned movement in the realm of healing. She received her eurythmy diploma from the Goldridge Eurythmy School in Auburn, California in 1979, and then traveled to the Goetheanum in Dornach, Switzerland, where she joined the stage group for two seasons. In 1982, she received her diploma in Therapeutic Eurythmy from Stuttgart, Germany, and has worked since then in hospitals, clinics and private practices. In 1992, she became the director of the Weekend Foundation Studies program at Rudolf Steiner College, and assumed responsibility for teaching all the eurythmy classes at RSC in 1994. She continues to perform, lecture and teach classes in public and private venues, and is working on a book about the spiritual origins of eurythmy. Following a dream she has long held, Cynthia founded the eurythmy training at Rudolf Steiner College in 2002.

Cynthia writes: "Each session I teach confirms for me that Eurythmy is able to unveil the true inner beauty of each participant. My greatest joy comes from bringing Eurythmy to people who seek to find deeper meaning through their movement practice. I have taught Eurythmy to thousands of people over the past 30 years, in college settings, public workshops, retreats, and in private therapeutic sessions. In 2002, I founded the Eurythmy Training at Rudolf Steiner College, a four year, full time professional training, where I served as director and principal instructor for eight years."



OCTOBER 11-13 2013 IN KEENE, NH
REGISTER TODAY IF YOU HAVE NOT ALREADY DONE SO AT
WWW.ANTHROPOSOPHY.ORG

Earth's Memories of Our Beloveds Who Have Died Vermont Soul Retreat – October 24-27, 2013 Burlington, Vermont

“As the Mother nourishes the body so the Mighty Mother Earth nourishes the soul. Yet there are but few who pay reverence where reverence is due, and that is because this benign deity is like a mother who indulges the fancies of her children. With some she imparts life to their own thoughts. Others she endows with the vision of her own heart. Even of these last some love in silence, afraid to speak of the majesty which smiled on them, and others deceived think with pride: 'This vision is my own'.”

From: ***The Candle of Vision*** by George William Russell (AE)

The deep reverence, devotion, and memories, the felt presence of those we love who have died – these very bodied experiences, as writer AE alerts us above, are the gift of Earth. The presence of those who have died is now even more intensely related to the Living Earth than when AE wrote his most important records of the mystic life.

Now... since the 1940's, but ever increasing in intensity, the presence of Christ has quickened the etheric world, the world of life forces, the first region experienced by the souls of those who have died. Their first encounter after death is with Christ. This statement is not intended to be 'religious' in a narrow sense, but speaks directly of spiritual evolution.

The risen Christ, together with those who have died are the “great awakeners”, the ones showing us how to be free, showing us the way through the present falseness of civilization, the way through the devastation now inflicted on Earth. Those who have died delay their own journey through the spiritual worlds to seek Earth's salvation before their own. They seek to be with us so that we can vibrantly be open to the future. Our memories of them are far more than our personal remembrances, emotions and feelings. They bring a wave of renewal. In freely being with them, and for them, a new and unexpected gift becomes available – we now can begin the journey of the future. A central aspect of this journey consists of experiencing Earth as Spiritual Earth, and those who have died as now of the Heavens and of the Spiritual Earth.

Particularly in memories in which we attune to our beloved ones in relation to nature – remembrances of seeing them in nature, being with them in the natural world, maybe walking with them, maybe making a garden, or together experiencing awe of nature's beauty, we feel their existence in the Greater Life through their bonds with us.

How do we know this is so? If what is said here can be felt but for a moment through the heart, the evidence of immediacy reveals this new bond of Heaven and Earth. And becomes a felt necessity to pursue, develop, and inhabit.

Join us at the annual School of Spiritual Psychology Soul Retreat in Burlington, Vermont to enter the conversation, engage in the practices, enter the practical life of devotion.

For more details, see the website of the School of Spiritual Psychology:
www.spiritualschool.org

The School of Spiritual Psychology
 Presents
The Spiritual Design Project: Taking Heart and Soul to Work
A three session Course, beginning November 7-11, 2013

A PREPARATORY REFLECTION

The felt division between work life and spiritual life continues to widen, with little sense left of any semblance of spiritual life being present within the daily duties of work. Try as we may, the needed dimensions of imagination, inspiration, and intuition, do not seem to belong within efficiency, productivity, and making money, which are more and more the aims of work.

We now carry out most modes of work in completely abstract ways, so common to us that we do not recognize them as generalized, routine, and within environments designed for one purpose only – increased production. Such abstract ways of working have now also completely infected non-profit organizations, schools, churches, and even home life. We do not stand against what is happening, it is bound to happen even more. How we are with what is happening is what counts.

What we must find and develop are ways to hold to individuality of spirit, compassionate feeling of soul, and receptivity of will. The stakes are great. Without continued unfolding awareness of heart-presence, soul presence, and spirit-presence, which develop through our bonds with others, our relationships with what we do, and the act of doing, we are not ourselves and cannot become ourselves. We lose a sense of our spiritual destiny, and not meet those with whom we share a destiny, or are unable to recognize this most crucial element. We are unknowingly possessed by beings of destruction, not only personal spiritual destruction, but destruction of the earth, and are taken totally into being doubles of ourselves. Without an inner and living presence of the unfolding of the individuality of spirit, we live life with a deep feeling of fatedness and doom, punctuated by entertainment.

The Spiritual Design Project does not have an answer to the horrific nature of this situation. It does propose:

- We can come through this critical time only through forming truly free bonds with others who also still feel hope
- We can find help only through helping which does not provide answers but provides something utterly intangible, but real, that cannot be touched, ever, by the forces of hardening.
- We have the inherent ability to listen, to hear and feel the presence of spirit, of the soul destiny of others – but this ability has to metamorphose, transmute and detoxify – through diving straight into truth, diving straight through our own egotisms. This ability is here and ready for everyone and is attempting to awaken.
- We have the inherent ability to speak directly from the region of feeling, not emotion, but feeling, of being in touch with the soul life of the other person.
- We have the inherent ability to put aside the agent of doom, the mind, without losing heart intelligence, soul wisdom, and spirit illumination.
- Together, working not in 'groups', which foster egotism, each person waiting to put forth an interest, but in matrices, a form akin to the dream-space, working not for ourselves but for the other. As each individual orients in this manner, we can come to flexibility of new spiritual forms. New forms of awareness. Forms which we will not fall asleep to or expect to be capacities which serve us rather than presences we serve. That humanity has fallen asleep to thinking, feeling, and willing– using them as if they

were tools, and forgetfully, has brought about the situation within which we find ourselves imprisoned.

- Spiritual evolution continues to unfold, regardless of our habitual sleepiness. We, at this time, now, have the opportunity to awaken to the 'higher octave' of thinking, feeling, and willing, awaken to the spiritual soul--- and be within absolutely and utterly any situation able to detect, amplify, and convey the presence of working toward the transformation of overly materialistic existence into joyful, tangible, earthful, spirit-existence.

The Details:

A three-session course meeting:

November 7-11, 2013

February 6-10, 2014

April 10- 14, 2014

**For more information, contact:
The School of Spiritual Psychology
P.O. Box 7, Benson, NC 27504
Email: soulschool@embarqmail.com
Phone: 919-207-0526**

CHRISTIAN COMMUNITY PRIESTS TO VISIT MEMBERS IN ALBAMA AND GEORGIA IN NOVEMBER

Reverends Jonah Evans and Patrick Kennedy, Christian Community Priests, will be visiting the southeast, Nov. 13-16. Lectures will be given on Wednesday in Auburn, AL.

On Thursday, they will be in Nashville, TN to meet with a group there. On Saturday morning, the Act of Consecration will be celebrated at the Waldorf School of Atlanta. Please contact Katherine Jenkins for more information:

katjenks@negia.net or [706-540-5871](tel:706-540-5871) (cell phone). Thanks.

- *Katherine Jenkins*

Foundation Course Has Begun in Atlanta, Georgia!

A Foundation Studies course began last month in Atlanta and it is doing well. There are still openings for more students, however; so please do inquire if interested. Please contact Angela Foster at:

afoster@thirdbody.net



A Lively Thinking

**An Introduction to Rudolf
Steiner's
Philosophy of Freedom
Saturday, December 7th 2013
10am-4pm
In Atlanta/Decatur, Georgia**

By special request Nathaniel Williams is coming to Atlanta to provide an introduction to this important work by Rudolf Steiner. Nathaniel will share from the original time and context of the *Philosophy of Freedom*, and much of the time will be spent engaging with the book through exercises. We will also incorporate some art throughout our time together. Participants can expect a stimulating day!

Suggested fee \$100.

We don't want anyone called to this work to be left out of the conversation, so please inquire if you need financial aid.

Those who want to attend will need to prepare by reading the first three chapters of the book at least one time.

If possible bring the English translation by Michael Wilson.

**To register, ask questions, or for more details
email Angela Foster
afoster@thirdbody.net**

"This *Philosophy of Freedom* is composed in a manner totally distinct from other philosophical books of our time. Normally a book is composed with the aim of elucidating pictures of how the world looks, or should look, according to the author. This is not the immediate purpose of the *Philosophy of Freedom*, rather, it is composed to offer a kind of thought training, for the peculiar nature of the thoughts, the peculiar nature of the thinking in this book is such that it should bring the sensations and feelings of the soul into movement. It is something comparable to what gymnastics does for the body, bringing the limbs into movement. What is usually only a means of knowledge is, in this book, a means toward self-development."

~From a lecture by Rudolf Steiner, author of the Philosophy of Freedom.

News from Foxhollow Farm in Crestwood, Kentucky

Foxhollow Farm in Crestwood, KY is a bio-dynamically inspired farm community that provides healthy food, hands-on learning, and a place where people can experience an earth-friendly, working farm.



ANNUAL FALL FESTIVAL

farm store at Foxhollow

October 12 @ 10:00 am - 6:00 pm

Our 6th annual Fall Festival is our biggest event of the year and we can't wait to see you there! We'll have live music, hayrides, pony rides, pumpkins, a corn maize, an obstacle course and old fashioned carnival games.

We're proud to partner with Maryhurst to raise funds for this amazing organization. We couldn't do it without support from you, and from our sponsors: Commonwealth Bank & Trust, Bingham Greenbaum & Doll, LLP, Dwyer DesignScapes & Bluegrass Automotive.

Admission to the festival is free and parking is \$5. This event is a fundraiser and most activities range from \$1-\$3 with some exceptions. Great food is also available for purchase.

HOMEODYNAMIC COURSE – STUDY WITH ENZO NASTATI

October 18 @ 8:00 am - October 22 @ 5:00 pm

Deepen your engagement with biodynamics through a course with Enzo Nastati this October. Enzo is an Italian biodynamic master who has been farming and practicing biodynamics for decades. "Homeodynamics" is a system that developed out of his deep insights into biodynamic farming with the intention of making biodynamics more effective in today's world.

We are delighted to offer this unique and exciting opportunity to work with Enzo and homeodynamics right here in Kentucky. This is Nastati's first teaching engagement in the USA.

The workshop is **Oct. 18th- 22nd**, and attendees must enroll for the entirety of this intensive course. The cost will include lodging/camping on the farm and 3 meals a day. Nearby hotels are available at additional cost.

Partial scholarships are available through the Biodynamic Farming and Gardening Association

To register, go to the website: www.foxhollow.com and fill out the registration form

Foxhollow Farm Phone: 502.241.9674

Email: info@foxhollow.com

Website: foxhollow.com

News From Tammy in China

The Kindergarten I work for in Shenzhen has decided to change all its classes' curriculum to Waldorf education. I have been asked to advise all thirteen classes. It has been hard to imagine how this process can take place for our kindergarten which is a kindergarten that serves both local neighborhood parents and those who travel to seek Waldorf education. Can there really be that many parents who want Waldorf Education in one district of Shenzhen? Perhaps the parents are just seeking an alternative to the overcrowded traditional classes that give homework to three year olds.



Currently six of our classes work together as a small kindergarten within a kindergarten.. Our teachers and parents are quite concerned that as the whole kindergarten switches to Waldorf education that the original Waldorf classes become watered down and lose their spiritual aspect. The seven others are classes that are grouped by age, thus it makes it relatively easy to create Waldorf classes when the class graduates. This year is the first year that there are two new classes that are beginning as Waldorf classes but without the support of being in the Waldorf Kindergarten within a kindergarten system. These two classes have significant challenges as the rooms have mostly three year olds who are going through what three year olds do: miss Mom, fight over toys, throw toys, push and in general need more care and physical help. In the future, it is easy to imagine that when the children are in their last year, many parents will be fearful about whether or not their children will be prepared for grade one as most will likely be in public school.

Many parents may not be ready to accept mixed aged kindergartens as this is different from the norm as well. However mixed aged groups would help the problems that typically arise in the same age children's classes. There is growing research that mixed aged classes benefit children. In China where many children are from single child families, there would be an obvious benefit from having a family setting by grouping three to six year olds in one class.

Just recently at an introductory talk about our kindergarten, a parent raised questions regarding our graduating students ability to meet first grade standards. We were able to say that children are transitioning well to grade school. Furthermore, one of the lecture participants is a grade school teacher who said the grade school teachers start teaching characters for 1, 2,3. Her experience is that the pressure on children to come with a vast knowledge of characters is coming from the parents.



It may be some years before the classes all change to Waldorf, but the common areas are already moving to Waldorf education. One of the first changes was lazured walls and soft curtains in the hall ways. The latest development is a new natural playground which includes fruit trees, wooden equipment, vegetable gardens ad more challenging structures. When completed, there will be a flow form.. Previously we were unable to have this kind of playground as we needed space for morning exercise and the

flag raising ceremony. It is clear to see that unity in educational philosophy benefits the Waldorf classes.



This year the kindergarten gave the teachers more paid days to prepare their classrooms and receive training in Waldorf education. The time was not much, but it was a recognition that good education needs more time than just dusting ,sweeping and putting out the toys . In my talk to all the teachers I wash able to include topics about the child's path of incarnation, working meditatively and introduced ideas of Thicht Nhat Hahn in his book **Work** which I thought might be helpful for their development.

Most recently, we celebrated the Mid-Autumn festival, which is a traditional Chinese holiday celebrated usually in September. There was a great wish by the management that the festival would be an all-school event as we are all Waldorf. In reality it is difficult for 300 children, teachers and accompanying parents to celebrate a festival in a meaningful way if it is so large. A good compromise was to have teacher representatives of each class come to a meeting so that there were opportunities for teachers to exchange ideas and find the best way to celebrate the festival based on their classes needs. Some classes celebrated at kindergarten since a simple and intimate festival was needed and other classes chose a picnic like festive celebration at the park by the bay. The parents were delighted to join in the festivities. For many parents it was a first time to have such a pot luck of dessert -sharing!

The future will certainly hold many challenges as individual teachers continue to study and strive to deepen their understanding of Anthroposophy and Waldorf education. The Waldorf teachers in the internal Waldorf kindergarten place high demands on themselves. There is a true willingness to do "real" Waldorf. especially as the rest of the classes began to change outwardly and *call* them selves "Waldorf".

- *Tammy Hughes*

Emerson Waldorf School Holiday Faire Will be Early this Year:

**Saturday, November 23
10 AM - 5 PM
Mark your calendar now!**



Message From True Botanica

Twelve years ago the Twin Towers catastrophe happened. It has left an indelible imprint on our culture and hearts and minds.

And yet there is still another reason why this day should live in our consciousness. Rudolf Steiner marks in his Calendar the 11th of September as a commemoration day of the Patriarch ABRAHAM! This indication is not to be taken lightly.

Abraham was entrusted by the spiritual world with the mission of quite literally introducing logical thinking and nature observation into his descendants – into us. Up to then the world had been understood more through powers of mysticism. He was to begin the process of deciphering the mysteries of the natural, observable world by using the powers of logical reasoning, by understanding that the laws of the cosmos, of the stars are found in the world of the senses. The world of the Gods was to be discovered hence forth as also manifested in the earth not just to be experienced in the “heavens”. Such, according to Rudolf Steiner is the deeper meaning of the Biblical pronouncement that “your descendants shall be ordered by the laws of the stars.” This leads then to the formation of the 12 Tribes, and so on. (According to R. Steiner it is a mistranslation to say simply that his descendants were to be as numerous as the stars, or as numerous as the sand by the sea.) All this happened in the 3rd millennium B.C.

However, following spiritual law individualities as exalted as Abraham must accomplish their mission twice! The second time needs to be in a sense a mirror image of the first.

Beginning with the year 2000 for the rest of the 3rd millennium, Abraham now leads mankind to recognize that the spiritual laws manifest in the stars must be consciously understood in the culture, the nature and the substances around us. Just as he led mankind previously into a deeper connection with the earth this individuality will lead mankind now to a reconnecting with the spiritual impulses of the cosmos.

Millions of people are beginning to consider 9/11 as a day of service and are urging that 9/11 be designated as a National Day of Service. Let's go in the deepest direction. We can consider September the 11, every year, in the spirit of Abraham, to be the beginning of a year in which impulses are to be renewed, impulses that lead to understanding the connection of our health substances with the star impulses that give them strength.

We are particularly grateful that the Launch of our new OTC Line of remedies with their Validated Potencies, and their decided connection to cosmic impulses, happens to fall on this day.
Please join us in celebrating with us.

- The True Botanica Team

Sophia Services presents ...



In Search of Parzival: an Inner and Outer Journey

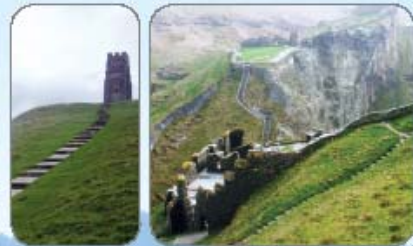
April 5—25, 2014

with **Brian Gray** from **Rudolf Steiner College**
and further contributions from *Andrew Wolpert* in England,
Adriaan Luijk in France and *Miha Pogacnik* (to be confirmed) in Slovenia.

This is a traveling exploration of Wolfram von Eschenbach's epic tale, Parzival. The tour encompasses sites where the Arthurian stream in Great Britain and Little Britain connects with the Grail stream in locations identified by Rudolf Steiner and others in France and Switzerland, as well as sites significant to Parzival's quest in Slovenia identified by Viktor Stracke, Sergei Prokofieff and Miha Pogacnik.



The Arthurian sites of the Round Table bear memories of cosmic Pre-Christian Hibernian and Druidic mysteries of the Sun, Moon, stars and Zodiac. The Grail sites call forth medieval Christian legends of Joseph of Arimathea, Titurel, and Frimutel. These mystery places set the stage for Parzival's quest in the ninth century to overcome personal folly and achieve compassion and love. Rudolf Steiner relates that Parzival's quest is archetypal for our own spiritual quest in present and future times.



This tour will interweave mystery streams living in the Arthurian, Grail and Parzival sites with the re-telling of Wolfram's epic tale from a Zodiacal perspective and many insights originating in Rudolf Steiner's research. Please join us as we explore these mysteries together on this tour.

see over

www.sophiaservices.ca | sarnia@sophiaservices.ca
ph 604-740-0676 | fax 604-885-6170

Sophia Services presents ...

In Search of Parzival: an Inner and Outer Journey

April 5—25, 2014

with **Brian Gray from Rudolf Steiner College**
and further contributions from *Andrew Wolpert in England,*
Adriaan Luijk in France and
Miha Pogačnik (to be confirmed) in Slovenia.

Story telling and lectures almost every day.

B Breakfast – **L** Lunch – **D** Dinner included.

- Sat. Apr 5:** Arrive in London – rural accommodation: Bridgettine Convent – 1 night – self-guided nature walk option – **D** 7:00pm followed by Welcome and Orientation Session
- Sun. Apr 6:** Morning lecture – drive to Wales via Ruskin Mills' Field Centre – ancient woods – through Brecon Beacons National Park – accommodation: Llangasty Retreat Centre – 2 nights. **B D**
- Mon. Apr 7:** Visits to Castle Coch – Caerphilly Castle – Cosmeston Medieval Village – Ogmere Castle. **B D**
- Tue. Apr 8:** Visit Llangasty church – Llangors hermit island – Tretower Court – drive to Glastonbury – accommodation: Healing Waters & Daisy Retreat Centres – 1 night. **B**
- Wed. Apr 9:** Visit Glastonbury sites – drive to Boscastle (Cornwall) – accommodation: quaint hostel/hotel – 1 night. **B**
- Thu. Apr 10:** Cliff top walk to Tintagel (weather permitting) – late afternoon drive to Plymouth (Devon) – cabin overnight on Brittany Ferries to Roscoff, Brittany, France. **B**
- Fri. Apr 11:** After disembarking – drive to Forest of Broceliande – Tour de Merlin – drive to St Gildas de Rhuys – accommodation: monastery – 3 nights. **D**
- Sat. Apr 12:** Morning visit to Carnac – free time after lunch – afternoon visit Port de St. Gustan. **B L D**
- Sun. Apr 13:** Visit Ste Agathe at Langon & St Philbert de Grand Lieu (Carolingian basilica). **B L D**
- Mon. Apr 14:** Travel by train to Lourdes – accommodation: monastery – 2 nights. **B**
- Tue. Apr 15:** Explore medieval villages in area around Lourdes. **B**



Contact: Samia Guiton at samia@sophiaservices.ca or
604-740-0676 www.sophiaservices.ca

www.sophiaservices.ca | samia@sophiaservices.ca
ph 604-740-0676 | fax 604-885-6170

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
 Edward Schuldt
 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

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, Director

email: spiritualheart@embarqmail.com

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 336-263-7685; 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:

Biodynamic Study Group - meets every other Tuesday evening at 7:00 PM at the home of Sandy Demeree, 819-B North St. in Durham (phone: 919-341-8934); reading *The Agriculture Course* by Rudolf Steiner, Please call Jon Lyerly for more details at 336-263-7685

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

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: 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 7:00PM at the home of Robert and 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.

Readings for the Dead Group – every other Thursday, 7:30-9:00 pm. We are reading *Life Between Death and Rebirth* by Rudolf Steiner. Music, verses, reading and conversation. We meet at the home of Joanna Carey at: 4207 Neal Rd., Durham 27705. 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.

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.

Elsewhere in North Carolina:

Asheville Study Group – Thursdays at 7:30 p.m. at the home of Marie Davis reading *The Philosophy of Freedom* on alternating Thursdays; on the other two Thursdays is Mandala Making Group; Contact Marie 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!

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- 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.

Florida:

Michael Group of Miami (currently has five study groups and a Waldorf School with grades K-6); contact Yvonne Cumming at yvonnecumming@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, an anthroposophical medical center; Director: Dr. A. Schaeffer-Pautz, board certified in Internal and Holistic Medicines;. Contact: HowardPautz@gmail.com; clinic phone: 904-246-3583; website: www.Dr.Pautz.com; hosts talks about Steiner; Eurythmy classes, Dr. Hauschka products.in addition to the medical practice.

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 – currently reading ***The Apocalypse of St. John*** by Rudolf Steiner; contact Betty Jones at cprepsb@windstream.net

Kentucky

Louisville has two Study groups: one that meets at the Waldorf School of Louisville (www.waldorflouisville.com) and is led by Janey Newton and is currently reading *The Gospel of St. John*. For more information contact Gwendolyn Moss at gwendolynmoss@gmail.com

The second Louisville Group meets at the home of Fred Otto and is studying The Foundation Stone Meditation. Contact Fred at : fredkate@insightbb.com

There are two biodynamic farms in Kentucky:

Foxhollow Farm in Crestwood, which has 1300 acres and is owned by Janey Newton. For more information, check out the website: www.foxhollow.com or call 502-241-9674 or write: info@foxhollow.com

The second farm is located 50 miles northeast of Nashville and is run by Mary Ann Skillman

South Carolina Anthroposophical Study groups:

Charleston vicinity: meets **Monday 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; reading *The Reappearance of Christ in the Etheric*; new website at: www.anthroposophysc.org

A Steiner "Hangout" (a Google online virtual meeting) is reading ***At The Gates of Spiritual Science***; Anyone is welcome to join. Call Susan Mohler for more information at 843-388-5259 or email at: susanmohler2012@yahoo.com

Tennessee Anthroposophical Study Groups and Initiatives:

Johnson City Group meets twice a month on Thursdays, currently reading ***Steiner's Philosophy of Body, Mind and Spirit***, has 12 members. Contact Sylvia Lagergren for more information at: sylvia174@yahoo.com

Knoxville Group has been meeting for over 25 years, meets on Sunday mornings; currently reading ***Intuitive Thinking***, although the group is most interested in Christology; this group of six core members, celebrates festivals together and also has a monthly Esoteric Conversations group that is based on their studies of the Class Lessons with the School of Spiritual Science, which they attend in Chattanooga; for

more information, contact Charlotte Brakebill at: charlotte.brakebill@gmail.com or call her at: **865-414-1959**.

The Michael Study Group of Nashville, TN ; contact Barbara Bittles at blbittles@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.

The next issue of the *Sophia Sun* will be the December-January issue. Please have all articles, ads and announcements to the editor by November 20. Email to:

KathleenWright51@gmail.com





The Rudolf Steiner Branch (NC)

Of the Anthroposophical Society in America

P.O. Box 16024

Chapel Hill, NC 27516

www.anthroposophyNC.org

The Sophia Sun

Editor.....Kathleen Wright

Calendar.....Linda Folsom

Web Manager.....Robert Mays

The Sophia Sun is the newsletter of the Rudolf Steiner Branch (NC) of the Anthroposophical Society in America, a 501(c)3 non-profit organization. It is published bi-monthly (6 issues per year; no issues July and Aug.). Members are encouraged to view the newsletter electronically by visiting our website www.anthroposophyNC.org. If you wish to receive the newsletter free-of-charge by email, please write to the editor at: kathleenwright51@gmail.com **Note:** On line, the newsletter is in color; mailed copies are in black and white. To receive the newsletter by Postal service, please contact the editor. **Cost is \$20. a year for members and \$30 for nonmembers.**

Submitting articles, letters, announcements and ads:

Please send UNFORMATTED text as a Microsoft Word document (no pdfs if possible) 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 email: kathleenwright51@gmail.com**



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