



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

FEBRUARY - MARCH 2014
 VOLUME VII, NUMBER 1

In the human Heart
 There lives a part of Man
 Which contains matter
 More spiritual than in any other organ;
 Also a part of Man,
 Of which the spiritual life
 Is made more manifest in matter
 Than that of any other organ.

Hence, in the microcosm that is Man,
 The Sun is the Heart,
 And in his Heart is Man united
 Most of all with the deepest Fount -
 The Fount of his True Being.

~ Rudolf Steiner



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

Rudolf Steiner Branch (NC) Calendar for February 2014

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 March 20, 2014.						
						1 CC Priest Talk- 7:30p
2 CC Children's Story-9:30a CC Children's Service-10a CC Act of Consecration of Man-10:30am Potluck Brunch Clemmons SG-6p	3 Greensboro SG- 2:30p Heart Study 6:30p- 8:30p	4	5 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	6 Reading to the Dead Group-7:30p	7 Heart Study 6:30-8:30p	8
9 Clemmons SG-6p	10 Greensboro SG- 2:30p Heart Study 6:30-8:30p	11 IANDS 7:00p	12 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	13	14	15
16 Meeting of the First Class-10a, (Review-11a) Clemmons SG-6p	17 Greensboro SG- 2:30p	18	19 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	20 Reading to the Dead Group-7:30p	21	22 Ita Wegman's Birthday
23 Clemmons SG-6p	24 Greensboro SG- 2:30p	25 Steiner's Birthday	26 EWS-Eurythmy- 8:30a Rose Cross SG- 7:30p	27 Steiner's Christening Day	28	

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9 Clemmons SG-6p	10 Greensboro SG-2:30p RSB-Robert Stewart talk "the Body Fantastique"-7p	11 IANDS 7pm	12 EWS-Eurythmy-8:30a Rose Cross SG-7:30p	13	14	15
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30 Steiner's Death Day	31 Greensboro SG - 2:30p					

The Body Fantastique: Anatomy & Physiology from the Point of View of Soul & Spirit

with

Robert Stewart

Monday March 10, 2014

7pm

in the Brown Wing, Emerson Waldorf School

Suggested donation at the door \$10



From diet to diseases, the human physical body is a huge concern with people today, almost an obsession. You can't pick up a popular magazine or newspaper without pages devoted to at least its medical aspect. But the view is generally one of defective parts, or of a complicated machine that all-to-frequently tends to malfunction. Is there anything about the human physical body that justifies using the phrase in Genesis that we are "made in the image or likeness" of God? Is the seat of human conscience and destiny---that is, the heart---really merely a mechanical pump? And how do the carrots and peas and all the food that we eat become, through the magical process of nutrition, the physical bearer of Soul and Spirit? These are only some of the questions that will be addressed in this lively and provocative presentation.

Robert Stewart had a long career as a highly respected creative homeopath in Woodstock, NY and New York City. A longtime student of Rudolf Steiner, he now teaches a variety of high school main lesson blocks here at EWS and other Waldorf High Schools.

CHRISTIAN COMMUNITY PRIEST VISIT FEBRUARY 1-2 AT CAMP NEW HOPE

Saturday evening talk by Rev. Carol Kelly, February 1 ~ 7:30 pm

INTEREST, WONDER AND HOLY EXPECTATION

We live in a "surface" world where the real meaning and true being of things is hidden. In the Fairy Tales, this is expressed as "enchantment" or a "spell" which has to be broken by someone with a loving and courageous heart. Can we awaken the capacity to "break the spell," to see life forces in the plant, the working of harmony and rhythm in nature, the true human being behind the personality? Can we allow things and people to reveal themselves to us?



above image courtesy www.ahasc.org.uk

"God lies spellbound in the world and you need His own power to find Him.
You must awaken that power in yourself." ~ Rudolf Steiner.

Sunday morning services, February 2

9:30 AM Children's story

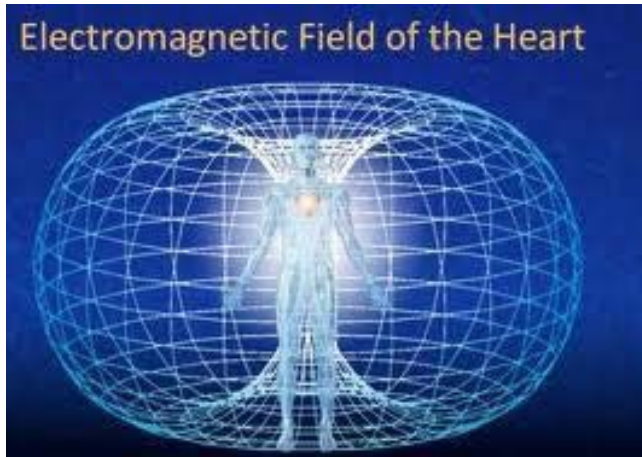
10 AM Children's Service

10:30 AM The Act of Consecration of Man, followed by potluck
brunch

All events at Camp New Hope, Chapel Hill, Fleming & Oak buildings

TH

THREE-SESSION STUDY GROUP ON PFEIFFER'S HEART LECTURES



Margaret Heath welcomes all to study Ehrenfried Pfeiffer's Heart lectures on Monday February 3; Friday, February 7 and Monday February 10th from 6:30-8:30. Pfeiffer gave these lectures at the Threefold Farm in Spring Valley, NY in 1950. The studies will take place at Margaret's home, 111 Duchess Lane, Chapel Hill, NC 27517. For directions, please contact Margaret at 919-265-7981 or email her at:

margaretheath@heartempoweredliving.com The lectures are available from Mercury Press for \$6.00, plus shipping at www.mercurypress.org/ehrenfried-pfeiffer.html A copy of the first lecture is available on the Internet.

FLOW FORMS FOR SALE

There are currently 3 sets of flow forms for sale at Emerson Farm. The forms were made by adult volunteers and some of the EWS children during Jennifer Greene's visit several years ago. If you know of anyone who might be interested in purchasing them, please share this information with them. Funds will go to Wrightwood Press.

They are \$2000 per set, not including transportation and installation. They are similar to the [Malmo Flow Form](#) (click on the link to see example) except that the entry form at the top is larger and more rounded. The entry flow form that we have is called the Boulder and is an original design by Jennifer Greene.

Wrightwood is willing to take payment in installments if that helps! Please contact Maurice York at

maurice.york@gmail.com or 919-768-3532 if you are interested in purchasing a set.

SAVE THE DATE! The Annual General Meeting of the Rudolf Steiner Branch will take place on Saturday, April 5, 2014. All initiative leaders are asked to submit an annual report to Board President, Peg Carmody prior to the AGM. Her email address is: mcarmody@nc.rr.com Hope to see you all there!

*Next issue of the **Sophia Sun** will be the April-May issue. Please have all articles in by March 20! Send to: kathleenwright51@gmail.com*

You are warmly invited to attend the

CIRCLE of the SEASONS

'The Spirit of Spring'

Saturday, March 8th

1:30PM ~ 4:30PM

This is the third in a series of four artistic workshops for adults entitled 'The Circle of the Seasons'. As we did in the previous two workshops on the mysteries of autumn and winter, we will engage in a variety of activities including drawing, nature observation, singing, creative writing and watercolor painting, to deepen our experience of the inner and outer aspects of spring.

The cycle of the year in its phenomena was perceived, and indeed today can still be perceived, as a result of life, as something that in its external events is just as much the expression of a living being standing behind it, as the actions of the human organism are the manifestations of a being, of the human soul itself. (Rudolf Steiner - The Cycle of the Year)

Martha Kelder, a former Waldorf kindergarten teacher, is an artist and arts facilitator who studied at Emerson College and Tobias School of Art, in England. She completed the Nurturing Arts training in 2010.

(At the Emerson Waldorf School (Richards Room))

*TO REGISTER: Peg Carmody 919.537.8142 / mcarmody@nc.rr.com

(# 25. plus #5. for supplies, per session)

~ SPONSORED BY THE ANTHROPOSOPIHICAL SOCIETY IN NORTH CAROLINA ~

LifeWays Training in Asheville for Parents and Professionals



Parents and childcare providers can deepen their home lives or work with children through the LifeWays Early Childhood Training and Certification program starting in Asheville, NC in March. LifeWays, based on the work of Rudolf Steiner, emphasizes "The Living Arts" and is ideal for parents, nannies, early childhood teachers and their assistants, and anyone wanting to start an in-home childcare program.

The training will be held at a beautiful retreat center about twenty minutes outside of

Asheville, NC, starting **March 15-22, 2014**. The three other sessions will take place in **June, September and November**, and there is also guided study with a mentor in between the sessions. There is still time to **register by January 31** and take advantage of the early discount. To learn more, visit **www.lifewaysnorthamerica.org** and click on the North Carolina listing; or request an information packet from Ashley Masters at **828-989-9189 (amdambrosi@gmail.com)**.

HAVE YOU READ THE JANUARY ISSUE OF *DEEPENING ANTHROPOSOPHY*?

If not, then by all means subscribe today by emailing the editor, Thomas O'Keefe at **deepening@wegmaninstiut.ch** This newsletter is not available online.

We believe this past issue was the best yet, full of fascinating articles such as two lectures of Peter Selg's from the Auschwitz Conference on "The Encounter with Evil", as well as a review of that same conference by Thomas O'Keefe; an important letter from Ita Wegman to Daniel Dunlop; an update from the Swiss Anthroposophical Society on the themes for its annual conferences leading up to 2023; numerous book reviews and a list of the contents of all back issues of ***Deepening Anthroposophy***.

"Love on a Horse"

Saturday, February 1, 9:30 am - 4:30 pm

Pre-book a fun one-hour riding session on a Valentine's Day decorated horse and receive hot cider and home baked goodies for only \$40!

We've had three generations ride together! ALL the proceeds go to the EWS Class of 2014 for their senior trip and graduation.

Bring your family, neighbors, and friends out for a fun afternoon on the farm. Absolute beginners are our specialty!!

Blue Skies of Maplevue LLC, 3609 Pasture Road, Hillsborough, NC.

www.blueskiesmaplevue.us 200 lb limit, no age limits.

Contact Deborah Pearson-Moyers 919-933-1444 with questions.

The School of Spiritual Psychology Presents "Earth as Divine Sensorium"

April 3-6, 2014
Holy Spirit Conference Center
Los Angeles, California
And
The Los Angeles County Museum of Art

Connection with the ever-present qualities of the spiritual worlds, right here within and embracing the earthly world, can be entered and experienced through a re-orienting of sensing.

The earthly world is a "Divine Sensorium", as Isaac Newton called it. The invisible realms shine through and illuminate all sense experiencing. In order to become aware of this reality, we are required to shift sensing from the usual 'organ orientation' such as eye-sight, ear-hearing, nose-smell, and the rest, to sensing through soul.

We then experience the divine worlds in everything we see, hear, touch, smell, taste... because the Presences that are these worlds are sensing us, creating our sensing of the world, sensing as the ways through which everything is an active mirroring connection, forming a Holy Embrace of the Earth.

Usual sensing gives us the gift of the surrounding world. Soul sensing gives us the awareness of being bodily known by spiritual presences and bodily knowing that this world is a spiritual world. Such sensing is inherently healing of soul and of body.

The ancient texts knew very well that the 'heights', the 'heaven's', the 'spiritual cosmos' were not 'up there', out of sight, but are the interior of everything here. And that the pleasure of the world of sensing is the region of our true being.

The soul retreat explores, with practices that take us into soul sensing, the "Divine Sensorium". In the illumination of soul sensing, we also explore the world of dreaming, where we are immediately present with the 'Divine Sensorium'.

We are nearly ecstatic that as we present this soul retreat in Los Angeles, a retrospective of James Turrell, artist of the Light is being held at the Los Angeles County Museum of Art. His art intensifies, vivifies, presents, takes us into all we will be exploring in this soul retreat.

We will spend a better part of Friday, April 4 at the Museum, preparing our entry into the folds of the embrace of the earthspirit world.

We have reserved a block of 30 tickets for this exhibit, so that is the limit of registrations for this soul retreat, for our time at the museum is integral to the practical sensing engagements we will be doing. Early registration is advised.

Retreat Facilitators

Robert Sardello, Ph.D., is co-founder and co-director of The School of Spiritual Psychology, which began in 1992, and co-editor of Goldenstone Press. He is the author of nine books. He is a Founding Fellow of the Dallas Institute of Humanities and Culture and a Master Teacher at the Center of Action and Contemplation.

Cheryl Sanders-Sardello, Ph.D., is co-founder and co-director of The School of Spiritual Psychology, and a Fellow of the Dallas Institute of Humanities and Culture. She is a teacher in the School and also administrative director. Her areas of writing and research are the development of the spiritual senses, a spiritual understanding of the primary illness of our time, such as Alzheimer's disease, and an understanding and methods of being with the 'so-called dead'.

Renee Coleman, Ph.D. earned her degree at Pacifica Graduate Institute in 2002. As a certified Dream Tender, she endeavors to teach dreamers how to navigate through the many twists and turns of the dreamtime using a holistic, embodied, and imaginal approach. Her first book, *Icons of a Dreaming Heart: The Art and Practice of Dream-Centered Living*, was published by Goldenstone Press in 2012.

For more information, please contact The School of Spiritual Psychology at: 919-207-0526 or email: soulschool@embarqmail.com

From Spikenard Farm in Floyd, Virginia:

Lecture: Seeing Water With New Eyes

Friday, February 21, 2014

6:00pm – 8:00pm

Fee: \$5

In this lecture, Jennifer Greene will let the audience discover qualitative aspects of water that go beyond measurable pollutants. We will learn why it is an element of life and why it is so important for all life on Earth.

Workshop: Is It Possible To See Water As A Living Entity?

Saturday, February 22, 2014

9:00am – 4:00pm

Fee: \$85 (includes, lunch, snack and Friday night lecture)

This one day, hands-on workshop will be presented by Jennifer Greene, M.Ed, the Director of the Water Research Institute (WRI) of Blue Hill. The workshop is based on the approach taken by the WRI to understand water is based on a way of perceiving nature made known by Johann Wolfgang von Goether (1749-1832).

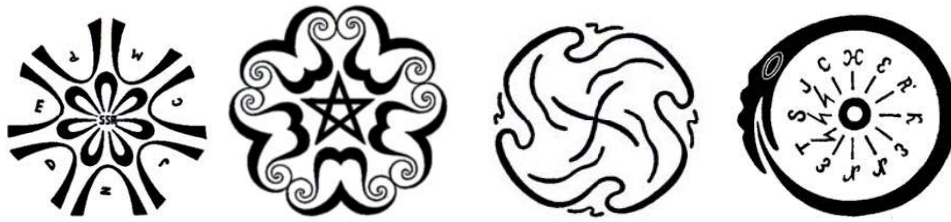
Knowledge of "water's language" can lead to new paradigms for natural resources management and policy strategies. The "movement forms we will study are the: the drop and drop-fall; the vortex in its various forms, the wave and the meander.

Beginning with simple phenomena experiments, that can be observed, the methods employed by WRI show that water phenomena are like the letters of a script which can be learned, read and used to understand its story.

WRI's water phenomenology program awakens new capacities in the researcher for understanding the behavior and nature of water.

**Spikenard Farm & Honeybee Sanctuary | 445 Floyd Highway North,
Floyd, VA 24091 www.spikenardfarm.org**

RUDOLF STEINER'S MYSTERY PLAYS



An Evening Talk & Saturday Workshop

with **Barbara Renold**

At the Holiday Inn of Cartersville, GA

Friday, 11 April 2014: 7:00pm-8:30pm Lecture

Saturday, 12 April 2014: 9:30am-4:00pm Workshop

Cost: \$50. for the workshop; \$95 per night for lodging

In the **lecture**, **Barbara Renold** will describe some of the extraordinary scenes contained in this tetralogy, which spans 17 years in the lives of the characters. Given to humanity around 100 years ago, these plays show the intense & complicated soul & spiritual tapestry behind our everyday lives—the weaving of karma from former incarnations in our present day relationships, how that karma is worked on during the life between death & re-birth in different planetary spheres, the influence of a host of different spiritual beings in our actions, experiences on the path of inner development, etc. No other dramas encompass such a far-reaching perspective.

In the **Saturday workshop** we get a taste of these plays, reading & discussing excerpts, following Maria's & Johannes' threads of destiny. Together we come to see how these characters portray our own life experience, encouraging understanding of the deeper aspects of the panorama we call our 'life on earth' or 'this incarnation'.

In the new mysteries the whole earth becomes an altar. The hidden tragedies and triumphs of the pupils become external fact. Our friends and colleagues become for us, though we and they may know but little of it, the terrible and wonderful actors in the ceremony of our initiation. – Adam Bittleston

For more information contact Katherine Jenkins, katjenks@negia.net, or 706-540-5871

(continued on next page)

Barbara Renold is a practicing speech artist and director of community theatre. Her exposure to Rudolf Steiner's Mystery Dramas began at age 18, when she saw all four plays three times on the Goetheanum stage for the first time. Though hardly comprehensible to her at that time, a seed was planted for her future work with them. She trained at the Speech and Drama School at the Goetheanum in Dornach, Switzerland from 1977-1981 and supplemented her studies at the Harkness Studio in Sydney, Australia in 1982-83. During her time as a speech and drama teacher at Sunbridge College (1983-2007), she began to produce the Mystery Dramas with amateur groups in Spring Valley, culminating in bringing the 4th drama to a conference in Dornach in 1998, where all 4 dramas were shown in English. In 2006, she began a new cycle of work on the plays. In 2009, "The Portal of Initiation", in 2011 "The Soul's Probation", in 2012, "The Guardian of the Threshold" and in 2013, "The Souls' Awakening" were produced within summer conferences within the Threefold Community in Spring Valley, N.Y. The Threefold Mystery Drama Group, under the direction of Barbara will direct Rudolf Steiner's four mystery dramas within a nine day festival-conference co-sponsored by the Threefold Educational Center and the Anthroposophical Society in America, August 8-17, 2014, in Spring Valley, NY, We hope to see you at this historic event where all four dramas are produced for the first time in English.

ANTHROPOSOPHICAL SOCIETY TO SPONSOR WEBINARS ON THE FOUR MYSTERY DRAMAS WITH MARK LEVENE

To support the work of the Threefold Mystery Drama Group with its upcoming Summer Conference, the Anthroposophical Society will be hosting a series of 11 webinars beginning on February 18, which will explore the biographical development of the main characters. Mark Levene will be leading these. Mark has worked extensively with the Mystery Dramas since 1978. While living in England, he formed Portal Productions which toured the dramas from 1989-1995. This coming summer he will portray the character of Hilary.

The cost of the sessions is \$125 for the entire series or \$15. for each individual webinar. The webinars begin at 9 Pm ET and will last an hour. The schedule is as follows

Schedule:

February 18 - Introduction

March 4 - Johannes

March 18 - Maria

April 1 - Capesius

April 15 - Strader

April 29 - Felix and Felicia

May 13 - Theodora, the Other Maria, Citizens

May 27 - Soul Forces, Spirit of the Elements, the Double, the Spirit of Johannes' Youth

June 10 - Hilary, the Brotherhood

June 24 - Lucifer, Ahriman, the Guardian

July 8 - Conclusion

To register, go to the website www.anthroposophy.org, or email your intention to info@anthroposophy.org

Nashville to Host Anthroposophical Medicine Workshop With Ross Rentea February 6-9

“Principles and Practice of Anthroposophic Medicine” a weekend workshop with Dr. Ross Rentea, M.D. will be offered in Nashville, Tennessee February 6-9, 2014.

“This should be an opportunity to deepen our anthroposophical life by carrying these impulses through several days and nights, meditating on the topic, and learning how to incorporate it in our daily life,” said Dr. Rentea.

The weekend begins with two public lectures, “Maintaining and Recovering the Health of our Children” on Thursday night at Linden Waldorf School and “Understanding our Health from an Anthroposophic Viewpoint” on Friday night at Sunflower Cafe vegetarian restaurant. The Saturday all-day intensive at Trinity Presbyterian Church will offer in-depth sessions on the topics of Anthroposophic Remedies and Metabolic Illnesses. Every session will include Eurythmy and time for questions and answers.

For Anthroposophists, Dr. Rentea will offer two additional talks: “Michael and our Karma Today” on Saturday night and “The Esoteric Basis of Anthroposophic Medicine” on Sunday morning.

Dr. Ross Rentea, M.D. has been a practicing anthroposophical family physician for over 30 years. He is co-founder of the Paulina Medical Clinic in Chicago, the True Botanica Company and the not-for-profit True Botanica Foundation furthering Anthroposophy and Anthroposophic Medicine.

The price of the workshop is \$50, including a catered vegetarian lunch on Saturday. Pre-registration is encouraged. For information and brochure, go to <http://anthroposophynashville.org/> or call (615) 373-5173.



Scholar Frederick Amrine to Speak in Nashville February 28

Noted anthroposophical scholar Frederick Amrine will speak in Nashville, Tennessee on February 28, 2014.

“Now a century old, Anthroposophy feels young. Steiner remains seminal. He planted the seeds of a new, humane civilization. Let us cultivate them,” said Amrine.



Amrine is a professor at the University of Michigan, where his research has been devoted primarily to Goethe and German Idealism. A life-long anthroposophist, he is a past editor of the Anthroposophical Society in America's newsletter. Among his many publications are “Discovering a Genius: Rudolf Steiner at 150” and “Anthroposophy in the Light of Goethe's Faust.”

The talk will begin at 7 p.m. in the chapel of Trinity Presbyterian Church, 3201 Hillsboro Pike, Nashville, Tennessee 37215. Admission is free of charge. For more information, go to <http://anthroposophynashville.org/> or call (615) 373-5173.

Spiritual Hierarchies Seminar in Nashville March 28-29

Margaret Shipman will lead a seminar on the Spiritual Hierarchies in Nashville, Tennessee on March 28-29, 2014. Eurythmy will be led by Gail Langstroth.

Shipman directs the Traveling Speakers Program and the Geographically Engaged Members Study (GEMS) Group for the Anthroposophical Society in America.



Langstroth is an internationally recognized poet, eurythmist and stage artist.

The seminar will begin on Friday night at 6 p.m. and continue Saturday from 9 a.m. to 4 p.m. in the chapel of Trinity Presbyterian Church, 3201 Hillsboro Pike, Nashville, Tennessee 37215. The price of the seminar is \$50, including a catered vegetarian lunch. Scholarships are available. For more information, go to <http://anthroposophynashville.org/> or call (615) 373-5173.

Eurythmist Gail Langstroth

Anthroposophy Atlanta warmly invites you to a Gathering Saturday March 8, 2014 Academe of the Oaks 10am to 2pm

We are pleased to have guest lecturer FREDERICK AMRINE visiting Atlanta. Fred is a Professor of German Studies at the University of Michigan and an internationally recognized Goethean scholar. He holds degrees from the University of Michigan, Cambridge University, and Harvard University, where he taught as a member of the faculty. He has been a student of Anthroposophy all of his adult life, and has translated Steiner and lectured widely on anthroposophical topics. Fred has taught at both Antioch College and the Waldorf Institute of Southeastern Michigan.

Fred is scheduled to speak at 10am. We have planned time for Eurythmy and artistic work. A vegetarian lunch will be offered. A few local artists will have work on display and for purchase.

You are invited to come for all or part, as your schedule allows.

There is no charge to attend. Please RSVP in order that we can arrange the space and plan our food.

Academe of the Oaks is located at 146 New Street in Decatur, Georgia.

Directions can be found at: www.academeatlanta.org or call: 404-405-2173

For more information and to RSVP:

Angela Foster at afoster@thirdbody.net

**10th Annual Florida Anthroposophy/Waldorf Ed. Conference
Cedarkirk Conference Center, Lithia, Florida**

The New Language of the Heart

Evolving out of the Children of the 21st Century

March 7-9, 2014

with

Jean A. Schweizer, PhD. and Joseph Savage

Karen Maestrales, Drawing ; Barbara Bedingfield, Singing

Register Now! Call 727-786-8311; Email kmaestrales@gmail.com

ABOUT THE PRESENTATIONS AND PRESENTERS:

"How To Know Higher Worlds and the Heart Motions To Activate Spirit Self and Remain Whole" with Jean A. Schweizer, PhD.

Jean leads us to explore how our hearts and minds are joining, creating a unified field to access higher knowledge in the union of spirit and form. She will show us how movement and sound activate the heart and mind beyond polarity to bring forth the records of who we are, written on the walls of our own heart, our Spirit Self, and our purpose.

Jean helps us to understand how the children of the 21st century have their polarities joined to reach the nothingness, the still-point of the heart, where all creation and elimination take place. The children are giving birth to the new sense organ in the heart to embody light and love.

Jean A. Schweizer, PhD., founder of IMPULSE ENTELECHY™ is an international educator, therapist, author, and consultant on vibrational sound and movement. Jean has been a certified curative and pedagogical Eurythmist and Waldorf teacher for over 50 years, as well as a member of the Anthroposophical Society for just as long. She has also pursued more traditional educational and therapeutic paths, having taught in educational and health institutions here in the U.S. and abroad. Jean is currently focusing her full attention giving workshops and trainings on IMPULSE ENTELECHY™ for educational and therapeutic purposes. She is raising awareness of the new design born within the children, which changes the way they learn and behave as they pioneer the new pathways to Unitive Consciousness.

Jean's research on the phenomenon of the *New Children* spans over 35 years and many of the children are now adults. Each generation of children brings new gifts as they pioneer in the new paradigm of Unitive Consciousness affecting us all.

Granted by notable foundations, Jean has worked with extraordinary children and their multiple gifts. Many of them were not recognized as such. Jean worked with the Center for Creative Education in Palm Beach County, originally funded by the *John D. and Catherine T. MacArthur Foundation*, the *Palm Beach Board of Education* and other prominent foundations. At that time, she created a new movement approach to math, which the children named, "*Circle Math*" and which helped to double the math scores in public schools. Jean also hosted the Radio Show, "Songbirds with Dr. Jean Schweizer".

"HOW TO KNOW HIGHER WORLDS" with Joseph Savage

In his Introduction on Friday night, "Life's Basic Questions," Joe offers indications for learning how to understand our destiny. On Saturday he will work with us on cultivating reverence and the development of an inner life conducive to the spiritual path outlined in "How to Know Higher Worlds". We will also work on the six preparatory exercises for meditation to gain insights into higher knowledge.

CONFERENCE REVIEW AS A GOETHEAN CONVERSATION with Joseph Savage

Goethean Conversation, named after Johann Wolfgang von Goethe, is an art of conscious conversation that explores experience in a heart-centered and sense perceptive manner. Stilling

the carnal mind to really listen to one another with receptivity is a key component for creating the space necessary for this type of genuine conversation to take place. It's an attempt to explore the inner nature of our experience, not our opinions, and allow the hidden to be revealed for greater understanding. It enables polarities to speak freely and safely to each other, so that a third, and new, reality has the possibility to emerge. Joe will lead our conference review as a Goethean Conversation.

Joseph Savage brings a broad scope of experience in Anthroposophy and Waldorf Education to our conference. He was integral to the founding of the Great Barrington Rudolf Steiner School in Massachusetts and the Sarasota Waldorf School in Florida. He served both those schools for many years as teacher, builder, consultant, and leading board member. Joseph is committed to bringing Anthroposophy to the world at large, and has helped many innovative groups, such as the EF Schumacher Society and AWSNA. He's also been an entrepreneur in the health field with Full Circle Technologies and Rejuvenations Whole Body Energy Enhancement Center. Presently Joseph lectures on Anthroposophy and leads a study group in his home. Joseph and his wife, Anne, were married in 1970. They have three children and three grandchildren. For 25 years they lived in an idyllic setting on a farm in Egremont, MA, where they tended a large Biodynamic garden and raised chickens, rabbits, ducks, bees, sheep, and goats. Their children all attended the Great Barrington Rudolf Steiner School.

Karen Maestrales was introduced to Anthroposophy in 1982, as a parent and board member of the Boca Raton Waldorf School, founded in 1973. In 1984 the board offered Karen a teacher training scholarship and a position as assistant in the Nursery/Kindergarten. She gratefully accepted and continued to teach Waldorf Education to children and adults in diverse South Florida venues for 27 years. During her teacher training a passion for art, particularly color and painting, was ignited and continues to be the flame that kindles Karen's work in Waldorf Education and Anthroposophy.

Barbara Bedingfield is a longtime member of the Anthroposophical Society and a First Class Member of the School of Spiritual Science. She led the initiative for founding the Suncoast Waldorf School that opened in 1998. The school, situated now on its own property in Palm Harbor, Florida has graduated four classes of 8th graders. This year it was decided to focus the development efforts on K-5 and expand the school in an organic way to 8th grade. Barbara graduated from the Waldorf Teacher Training Program at Antioch University New England in 1996 where she also received a Master's in Early Childhood. She has taught kindergarten and grades one through four. Currently, Barbara's primary focus is school development at Suncoast.

AWSNA ROUND TABLE DISCUSSION with Jason Child and others

We are delighted to have AWSNA representatives attend the conference this year. This is an important opportunity for school representative and initiative representatives to connect and share with AWSNA and each other. The session has an open format. How it evolves will depend upon the participants. It can include Q&A, and can also address some key points, such as, why associate, the state of Waldorf education in the world, starting a school, struggling schools, etc. Please send your questions and suggested topics for discussion in advance to Jason Child, jchild@awsna.org or call his office at the Emerson Waldorf School 919-260-9297, ext. 26. AWSNA representatives will be available for private appointments at no charge beginning Friday at 9:00 a.m. - 3:00 p.m. off campus, and at Cedarkirk beginning at 4:30 p.m. and throughout the conference based upon the conference schedule. Please contact Jason Child for an appointment.

ABOUT JASON: Jason Child serves on the Leadership Council of the Association of Waldorf Schools of North America. In addition to his work with AWSNA, he is the music director at the Emerson Waldorf School in Chapel Hill, NC and has been teaching music since 1987. He travels throughout North America to mentor Waldorf teachers and visit Waldorf schools. Jason is also the Vice President of the Association for Waldorf Music Education.

The New Language of the Heart

2014 Florida Conference Schedule, March 7-9, Lithia, Florida

Friday, March 7

4:00-6:00 Registration

7:00-8:00 Dinner

8:00-8:15 Singing with Barbara Bedingfield

8:15-8:45 Life's Basic Questions with Joseph Savage

8:45-9:30 A New Choreography of Consciousness in the 21st Century with Jean Schweizer

Saturday, March 8

8:30-9:30 Breakfast

9:30-11:00 How to Know Higher Worlds and Nine Heart Motions to Activate the Spirit Self with Jean Schweizer

11:00-11:30 Break

11:30-12:30 How to Know Higher Worlds I with Joseph Savage

12:30-1:30 Lunch

1:30-1:45 Singing with Barbara Bedingfield

1:45-3:00 How to Know Higher Worlds and Thirteen Heart Motions to Remain Whole with Jean Schweizer

3:00-4:00 Drawing with Karen Maestrales

4:00-4:30 Break

4:30-5:30 How to Know Higher Worlds II with Joseph Savage

5:30-6:30 Dinner

6:30-7:30 AWSNA Roundtable Discussion (optional)

7:30-9:15 Synthesis with Jean Schweizer and Joseph Savage

Sunday, March 9

8:30-9:30 Breakfast

9:30-9:45 Singing with Barbara Bedingfield

9:45-10:45 Conference Review as a Goethean Conversation with Joseph Savage

10:45-11:15 Goodbyes

11:15-12:15 Meeting for Members of the First Class of the School of Spiritual Science (Blue Card required)

About the Location: Cedarkirk is a year round camp and conference center owned by the Presbyterians of Tampa Bay and Peace River. It's located on the Alafia River within 170 acres of woodlands, wetlands, and uplands. Cedarkirk is dedicated to providing a place for individuals and groups to have the opportunity for spiritual renewal and growth in a natural environment.

We strive to create a place free of distractions, where conversation around the dinner table, canoe trips on the river, and walks in the woods revive and feed your spirit. Our facilities are used for retreats, meetings, conferences, leadership training, camping, outdoor experiences, and more. We serve a variety of church related groups, family reunions, public and private schools, community service agencies, and non-profit organizations.

Snacks are available from Cedarkirk Food Service for a nominal fee. Complimentary coffee, tea and iced tea are available. Linens and towels are available for groups for a small fee per set, which includes sheets (top and fitted bottom), a pillowcase, a bath towel, hand towel, and a washcloth. Blankets and pillows are provided for all guests in Cedar Lodge, Pine Lodge, Retreat House and "Kirk Kabins". There is wireless internet access and a computer with printer available for guest use in Cedar Lodge.

Cedarkirk: 1920 Streetman Dr., Lithia, FL 33547

Phone: 813-685-4224 **Directions:** Please see attached map.

Register Now! Enrollment limited to 42. Call Barbara: 727-786-8311 or 727-581-6195 before 8:30 p.m. or Email Karen: kmaestrales@gmail.com

Central Regional Council Opens Astrosophy Initiative To All Groups and Branches in the Nation

**The Stars spoke once to Man.
 It is World-destiny
 That they are silent now.
 To be aware of the silence
 Can become pain for earthly Man.
 But in the deepening silence
 There grows and ripens
 What Man speaks to the Stars.
 To be aware of this speaking
 Can be strength for Spirit – Man.**

~ Rudolf Steiner

IMAGINE speaking to the stars from the expanse of the Heart's land!

This is the shared striving towards which we seek your collaboration in 2014-15. The Central Regional Council is in the beginning phases of a two-year project related to two cosmic events occurring in Spring 2015; the solar eclipse of March 20th, and lunar eclipse of April 4th, Easter Saturday. (both are total eclipses)

We imagine offering, as shared human striving throughout our region, as many opportunities to engage with this cosmic gesture as possible. These events may be both guided and spontaneously inspired. We hope to generate the experience that we are in an on-going conversation with the cosmos, and that ours is a task to awaken ourselves to what we are speaking in that conversation.

We want to engage as many of you as possible in this process in various ways, including a series of regional conference calls and creative conversations.

Are you sparked by this picture?

What do you need from us to get involved?

How might you imagine your participation?

Scroll down for time sensitive "action steps".

This attempt at coordinating our activity relative to the cosmic gesture will benefit by the rich information shared by Rudolf Steiner, and is enhanced by our striving to CRC 2014 & 2015 live into the rhythms and understanding of the Moon and Sun and planets in our lives throughout the time preceding the eclipse dates in 2015.

SCHOOLING AND RESEARCH ~

For those of us who don't know the significance of these eclipses, or what it means to "speak to the stars", schooling and research is needed. Mary Stewart Adams, a longtime student of star wisdom, will serve as tutor and guide by offering leading thoughts for conversation via written resources and regional conference calls to which representatives from all central regional groups and branches are invited.

Action Step: Identify at least one person from your group/branch to join our regional call on January 22, and if possible, let us know in advance who they will be. Note that all interested persons are welcome.

The first Regional conference call took place on January 22, 2104 – 7:15 – 8:15 pm CST (8:15-9:15 EST)

"Speaking with the Stars: Human Questions and Cosmic Answers": Conversation and leading thoughts with Mary Stewart Adams.

2015 REGIONAL GATHERINGS ~

In addition to smaller local gatherings and individual offerings, we imagine at least 4-5 groups/branches located in the east, west, north, south and central areas of the region serving as larger hubs for these simultaneous “speaking to the stars” events in April 2015. They will serve as centers to which others from neighboring areas might travel more easily by car, bus or train.

Action Step: Let us know as soon as possible if your group/branch is interested in serving as one of these hubs. We would like to know who our partners are by May of 2014, because...

The Guest House at the Headlands International Dark Sky Park has been reserved for the first week in June (June 1-4), 2014 to host a retreat. Representatives from our hub groups will be invited to join members of the Central Regional Council and Mary Stewart Adams to meet and collaborate. Travel, food and housing costs will be subsidized. We will study, discuss and begin planning these coordinated events. Mary Adams will join us for deepening conversations and will host an evening in the International Dark Sky Park: www.emmetcounty.org/darkskypark/, located two miles west of Mackinaw City, MI, on the shores of Lake Michigan.

IN SUMMARY ~

In the spirit of uniting with those who share this goal of speaking to the stars, imagine that on the same date and at the same time, a number of gatherings are happening across the central region with the theme of “speaking to the stars”. The programs will be festival celebrations including shared and individualized elements. We are looking for at least 5 groups or branches; one from each of the 4 directions and one more central, willing to become event hubs.

We are also hoping to engage others wishing to participate alone or with your local group during the designated event time.

The CRC is directing its work in 2014 towards cultivating collaboration for this 2015 event in a new way among our groups and branches and we are looking at how best to include as many members as possible in this project and research. We will consider this a research and tutorial year as we introduce ourselves more deeply to the stars and gather a collective voice for our speaking.

In support of these goals, in 2014 the CRC will:

1. host a series of regional calls, beginning on January 22 and continuing seasonally through 2014 and more frequently in 2015
2. host a study and planning retreat during the first week in June at The Headlands Guest House for representatives from collaborating groups and branches

“May our feeling penetrate to the center of our hearts, and seek in love to unite with those who share our goals, and with the spirits who look down benevolently on our hearts earnest striving!”

Excerpt from Verse for America ~ Rudolf Steiner

The Central Regional Council

Marianne Fieber, Mary Louise Hershberger, Dennis Dietzel, Alberto Loya with Hazel Archer Ginsberg and Mary Stewart Adams

From the Nature Institute in Ghent, NY:

"Experience the Deeper Nature of Nature" is a week-long course that we are offering in February to farmers, gardeners, apprentices, and people who love the land. The course will be led by Craig Holdrege and Henrike Holdrege.

Gaining a deeper understanding of nature involves a widening of our inner horizons. While it is one thing to acknowledge that nature is dynamic, interconnected and whole, it is another matter to experience, articulate, and respect these qualities in our interactions with nature. How can we perceive and understand life dynamically? That is an underlying question that will inform many of the week's activities, which will include: --**Plant Study** (two sessions per day): metamorphosis; plant growth and development in relation to the environment with a focus on soil; domestication characteristics of food plants; assessing quality through our senses.--**Astronomy** (one session per day and night sky observations if the sky is clear): the rhythms and characteristics of the planets Mercury, Venus, Mars, Jupiter, and Saturn.

--**Projective Geometry** (one session per day): exercising flexible thinking; learning to think in polarities; forming the ideas of the infinite and of center and periphery.

The course begins on Sunday, Feb. 9, at 7 pm at The Nature Institute and ends on

Friday, Feb. 14, at 4 pm. The course meets a portion of the classroom study requirement for apprentices enrolled in the North American Biodynamic Apprenticeship Program.

March 18-30

Mathematics Alive!

A weekend workshop for teachers of Middle School Algebra.

Contact us through email info@natureinstitute.org or phone 518-672-0116.

June 29 to July 5

Reading in the Book of Nature:

Enlivening Observation & Thinking Through Plant Study

A Public Summer Course

Registration information will be available in February.

July 31 to August 3

Dynamic Embryology and Morphology

A four-day seminar with Dutch embryologist Jaap van der Wal.

For more information, see the website www.natureinstitute.org

A Psychosophy Circle Conference: Aspects of the Fallen Self Friday evening, February 7 - Saturday, February 8 Camphill Soltane

Keynote Speakers: James Dyson, William Bento, Roberta Nelson.

For more information, contact Gillian Shoemaker 610 455 2040 or Alan Thewless 610 970 3047

HELLENIC ODYSSEY June 29 – July 14 (or 21) 2014

with Gillian Schoemaker and Rev. Julia Polter

Come with us to the sacred and Mystery places of Greece - temples, oracles, places of healing, museums and theaters - **Athens, Eleusis, Epidaurus, Delphi, Mycenae, Sounion, Meteora, Ephesus, Patmos and more.**

At the sites, we will try to sense and engage with the spirit of place through story, Eurythmy, and informal talks from Gillian and Julia, and Nassia and Hakan, our Greek and Turkish guides.

Our active presence of awareness, openness and gratitude for what has been and still continues to live in these sacred places, can be seen as an offering of healing and respect for the earth..

There will be time for ponderings and wanderings too! Time to enjoy the landscape and 'soul-escape' of Greece - the beautiful interplay of light, sea, sky and sun-warmed countryside. Time, too, to ponder, relax, swim, stroll, eat in waterside tavernas, and watch the world go by. It is possible to join the Odyssey for the mainland Greece section only, ending on 16th July.

Travel includes airfare, coach and ferry. Accommodations in simple comfortable pensions, chosen for their charm and location.

TOUR GUIDES:

Gillian Schoemaker is a eurythmist, living and working in Camphill Special School Pennsylvania as teacher and therapist, and member of the Pennsylvania Performing Ensemble. She is a long-time lover of Greece, has lived there and traveled extensively. She is interested in the relationship between the spirituality of human beings and landscape. This will be the 3rd Hellenic Odyssey; she also leads tours to the sacred places in Egypt and Scotland, her native country.

Rev. Julia Polter has been working as a priest for the Christian Community - Movement for Religious Renewal in the US and Germany since 1999. Next to her studies in Theology she holds a Master's degree in Philosophy, Linguistics and Literature. She enjoys exploring those fields such as the Greek culture, in which art, science and religion merge. Julia teaches in various anthroposophical training programs and lectures widely.

Local guides will accompany us throughout the tour as well.

COSTS: The price is approximately **\$5140 / GBP3220 / EUR2650** for the whole Odyssey. It is also possible to join the mainland Greece only part of the tour, and leave on day 16. The cost is **\$3590 / GBP2245/5140**

The price is based on the exchange rate of the Dollar and Pound to the Euro in October 2013. Should this change significantly, we will adjust the cost accordingly.

If you have any questions, please don't hesitate to contact:

Gillian Schoemaker

1784 Fairview Road

GLENMOORE PA 19343

610 469 0864

gillian_schoemaker@yahoo.com

SteinerBooks Presents:

**"NATURE AND THE HUMAN SPIRIT:
From Ancient Nature Religion to Spiritual Science":
A Workshop in the Berkshires With Dennis Klocek
March 28 – 29, 2014**

The goal of this workshop is to reveal a way of striking a balance between skepticism and illusion in the search for a clearer understanding of the relationship between the spirit of the human being and the spirits that animate the natural world. Through lectures and exercises designed around the use of the alchemical mandala as a problem-solving tool, participants will explore the evolution of the search for meaning. The program will cover nature religions of ancient times; alchemy: medieval and Rosicrucian experience of nature; Goethe, morphology, and German Idealism; and Rudolf Steiner and the spiritual-scientific approach to the experience of spiritual realms.

Fee: \$100; Where: Rudolf Steiner School, Great Barrington, MA

For Brochure or Registration: contact Marsha Post at SteinerBooks, 413-528-8233, or friends@steinerbooks.org.

and:

**THE MYSTERY OF THE HUMAN HEART
A Seminar in the Berkshires with Armin Husemann, MD
May 9 – 11, 2014**

This Seminar will explore in a wide-ranging way the spiritual-physical nature of the heart as a cognitive-perceptual organ and the blood as the bearer of the I. For Rudolf Steiner the recovery and scientific confirmation of the heart's true function was pivotal in overcoming humanity's continuing descent into materialism. He also spoke of the heart's transformation and of a new kind of thinking: a thinking with the heart, "a sensing-heart-eye-organ," and even of the heart as "an organ of karma."

Fee: \$150 Where: Rudolf Steiner School, Great Barrington, MA

For Brochure or Registration: Contact Marsha Post at SteinerBooks, 413-528-8233, or email friends@steinerbooks.org

**INTERESTED IN THE STEINER LIBRARY'S PROGRESS?
JOIN THE LIBRARY COMMITTEE'S WEBINARS!**

Join us for one of three Town Hall meetings open to anyone with an interest in discussing the themes of spiritual research, thought, community and conversation in the anthroposophical community. Hear a report on the recent move of the Rudolf Steiner Library, what's happening next with the collection, and join others as we explore the potential of the library as a life-giving force within the Society, in the daughter movements, associations, and all those interested in anthroposophy. Discussion from the Town Hall Meetings will directly contribute to building the vision and plan for how to grow library services over the next five to ten years.

All meetings will be conducted online and can be joined by anyone from any location. You must register, however, to participate.

If you would like to host a group meeting for your branch or in your home, please contact us. Hosts will need a laptop computer and preferably a large screen or TV for shared viewing.

Camera, microphone, speakers and other equipment will be provided. For more information email Maurice at rsteinerlibrary@gmail.com or Marian at marian@anthroposophy.org

You can follow the progress of the move and share your thoughts and comments by visiting the library blog: library.anthroposophy.org.

We look forward to hearing from you!

Warmly,

The Library Steering Committee

Marian Leon, Virginia McWilliam, Maurice York

**Rudolf Steiner Library Open House,
Friday, February 21, from 4:30-6:30** (snacks and drinks will be provided)

There will be a tour of the Library's new, temporary home in the brick church at 139 Main Street, Philmont, NY. At 5:30 there will be a short presentation, looking back at the move we've just made and looking forward to the future.

**"BIOGRAPHY AND COMMUNITY: PRACTICING SOCIAL ART"
THREE WEEKEND WORKSHOPS**

AT THE ALKION CENTER AT HAWTHORNE VALLEY

March 21-22: *Biography and the Journey of Human Becoming*

April 25-26: *Working with Others: Toward Creative Group Work*

May 23-24: *The Art of Community Building*

Signe and Christopher Schaefer are together offering three workshops on practicing social art. All three workshops will take place on Friday evening, from 7:30-9:15 and all day Saturday, from 9-4. The workshops will consist of exercises, artistic work, small conversation groups and short talks. Fee per workshop: sliding scale, \$120-150; with a commitment to all three - \$340-400. Those who wish to participate must enroll at least one week in advance of each of the workshops, by mailing a \$25.00 registration fee to: Alkion Center, 330 County Route 21C, Ghent, 12075. Be sure to include your contact information.

Signe Schaefer is the founding director of the Center for Biography and Social Art, was for many years the director of Foundation Studies at Sunbridge College.

She is the co-author of *Ariadne's Awakening: Taking Up the Threads of Consciousness*, and the author of the recently published, *Why on Earth: Biography and the Practice of Human Becoming*.

Christopher Schaefer was a co-founder of the Centre for Social Development at Emerson College in England before teaching for many years at Sunbridge College where he founded and directed the program in Waldorf School Administration and Community Development. He is the co-author of *Vision in Action: Working with Soul and Spirit in Small Organizations*, and the author of *Partnerships of Hope: Building Waldorf School Communities*. Although semi-retired, Chris is presently the co-director of the Center for Social Research at the Hawthorne Valley Association and both he and Signe have been involved in supporting the development of Waldorf education in China in recent years.

All workshops will take place at Hawthorne Valley School, Ghent, N.Y. Inquiries: 518-672-8008 or info@alkioncenter

Latest News from Inner Fire - the Anthroposophical Intentional Community for People with Addictions and Mental Illness:

Inner Fire – Celebratory Opening

At Mid-Winter the Earth is pregnant with future-bearing forces. The seeds and bulbs of next year's growth are resting in the warmth of the Earth and the buds on the trees have already taken shape. If we could see spiritually they would be filling the Earth's depths with a delicate shimmering light – much like the Aurora Borealis of the Northern skies – and the buds, too, are shining out. When we put lights on our Christmas trees, we make visible this spiritual reality of the light shining into the darkness.

On Saturday, December 7th, a new light began to shine as the celebratory launch of Inner Fire took place at Grace Brook Farm in Brookline, Vermont. Inner Fire, under the direction of Beatrice Birch, her husband Tom Kavet, and James Taggert, aims to become a healing community offering hope to those struggling with mental illness and who seek treatment alternatives to the mind-altering drugs so widely used in today's psychiatric world. Over 50 people came together from throughout New England, New York, and beyond gathering slowly in the warm farmhouse kitchen newly lazured by Robert Logsden. Old friends greeted one another over shared food and good conversation until it was time to move into the living room complete with a large fieldstone fireplace.

Music composed by Dorothy Haller and played beautifully on cello by Christina Porkert opened the program followed by the lighting of a remembrance candle in honor of five souls who have inspired the work of Inner Fire.

Next, Dr. Sandra Steingard, Medical Director of the Howard Center in Burlington, Vermont, spoke of her own journey as a psychiatrist, her use of psychotropic drugs in her practice, and her gradual awakening to the negative long-term consequences which these drugs can have. Her openness to new ideas, her commitment to the health of her patients, and her courage in standing against the mainstream thinking of her peers in the use of psychotropic drugs was truly admirable.

Robert Whitaker, author of the ground-breaking books *Mad in America* and *Anatomy of an Epidemic*, was next to speak. Robert spoke eloquently about the history of mental illness in this country, the development and use of psychotropic drugs, and the increasing body of evidence and research regarding the negative long-term effects of these drugs. He developed a strong case against the prevailing idea that mental illnesses are brain diseases, chemical imbalances fixable by psychotropic medications. He cited the need for a new paradigm of understanding and, at the very least, a plea for an honest scientific discussion of the issues. He emphasized that an initiative such as Inner Fire would be an important step in the evolution of our understanding and treatment of mental illnesses as they would be working out of a deeper conception of the human being and demonstrating new treatment methods. He stressed the importance and timeliness of this initiative.

Tom Kavet followed with a brief description of the building plans and capital campaign and expressed their gratitude for the generous gifts they have received, including the following three to get them off to a good start.

1. A gift of \$50,000.
2. A gift of \$150,000.
3. A challenge gift that for every \$100,000 raised a \$50,000 match will be made up to \$200,000.

Vikki True, master-singer, closed our afternoon with two songs, “The Song of Bernadette” by Leonard Cohen and a “Native American Canon,” gathering all the good-will in the room and uniting our voices even as we stood united in our resolve to support Inner Fire. Like the seeds resting in the warmth of the Earth, the seed of this new initiative now rests in the warmth, enthusiasm, and joy of a growing number of people. May it continue to grow strong – becoming an ever brighter light of hope shining into the darkness and lives of those in need.

The next few months will be critical in meeting this challenge and raising enough funds to ensure that the building may begin in Spring 2014 and the doors open in 2015. For a copy of the Executive Summary of the Business Plan or for more detailed information, please contact

beatrice.birch55@gmail.com.

-Jeffrey Sexton

NEW ERC MEMBER APPOINTED TO GENERAL COUNCIL



At the AGM on October 13, 2013, it was announced that Linda Evans will be replacing Ann Finucane as the Eastern Region's representative on the General Council of the Anthroposophical Society in America.

Linda was appointed to the ERC at last year's AGM. She currently lives in Elkridge, Maryland and serves Society members in the Mid-Atlantic states of the Eastern Region (Maryland, Delaware and Virginia). Other members of the ERC include: Sarah Hyde who serves the New England states; Ann Finucane, who serves NY, NJ, PA and CT; and Kathleen Wright who serves the

southeastern states.

Linda Evans was working as a Public School Social Worker in Detroit when a colleague of hers told her about Waldorf education. She decided to check it out and in 2003 enrolled in the Waldorf Teacher training program in Detroit. While there, Linda learned about the Anthroposophical Society, the Christian Community and the First Class. Within a short time, she became active in all three. She also became friends with the late Ernst Katz and learned much from him. Soon Biodynamics and Curative Education were added to her list of anthroposophical interests and she is currently enrolled in the Extra Lesson Program that is given during the summer. Linda works as the Coordinator for Alternative Education in Maryland.

Linda attended her first meeting with the General Council following the AGM in October.

Yeshayahu Ben-Aharon Throws Down the Gauntlet by Michael Prim

Yeshayahu Ben-Aharon asks Anthroposophists to examine themselves. He asks us to be alive, twenty-first century, creative, and interesting people. He asks us to be self-actualizing, compassionate people who see ourselves in “the Other” Most importantly he asks us to examine our old habits, our comfortable, yet stagnant ways of being and doing in the world, to create our own spiritual exercises and then to actually do them on a regular basis. Rudolf Steiner lived in the nineteenth and twentieth centuries, but did he not himself ask the same of us?



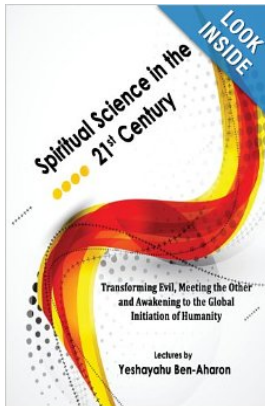
Steiner’s miraculous book, *The Philosophy of Freedom*, is the essence of our work. This is the book that we need to study, to read and re-read until we have been transformed into new beings of love and freedom. Yes, we need to discuss the book, to make sure we understand what Steiner is saying. But Steiner and Ben-Aharon are not just asking us to understand the book, discuss its message, and to become thinking, willing and feeling entities. They are asking us to literally transform ourselves into new human beings!

There is no better time for us to begin this process than now, the twenty-first century. Perhaps the most forward thinking, indeed Arhimanic, futurist on the planet today is Ray Kurzweil. Kurzweil is a prolific inventor, and one of the most accurate predictors of the future (see Wikipedia for an overview of Kurzweil's work). Evolution has been a mostly linear phenomenon over the eons. But since approximately 1950 science and technology have altered this pattern. We are now in the midst of the most mind-blowing expansion of knowledge of all times. Kurzweil calls this phenomenon the law of accelerating returns. In a linear progression we move from 1 to 2 to 3 to 4 to 5 ad infinitum. But in an exponential progression, we move from 1 to 2 to 4 to 16 to 256 ad infinitum. If you take the simple exponential function e^x (e^{e^t} for a more Kurzweilian projection) and graph it over x values ranging from 0 to 100, going up in intervals of 10, you will get an idea of the rate of change of change itself! Graph this simple function and use the horizontal x -axis as the time and start with 1945 and continue to 2045. You may think of the vertical y -axis as the amount of information accrued in a given period, or newly acquired skills, insights or even newly created levels of consciousness in your life. Perhaps you have begun to feel the effect of this acceleration already and begun your own method of dealing with this change in a balanced yet vibrant way.

2045 is the year that Kurzweil marks as the Singularity. Technological development has exploded at such an accelerated rate (remember: the acceleration itself is accelerating) that human history and human beings will never be the same. Also remember that human beings are creatures of evolution. As anthroposophists, we understand that human evolution is marked not by just natural selection and randomness, but by the evolution of human consciousness. But until the mid-twentieth century, human beings were steeped in a society of linear growth and development. Our brains may not be up to the task of dealing with this hyper-exponential growth, but we are being plunged into this unimaginable world. We are witnessing a flood of newly created physical and mental illnesses in our society as a result of an overly stimulated materialistic culture, and of changes occurring that are not in synchronization with “natural” evolution; our bodies and our minds are not prepared for these abrupt changes. The best and the brightest of the science community will not alter the speed of their cleverness and inventiveness in order for us to catch up. We are all headed for a point

beyond our present imaginations. As twenty-first century Anthroposophists, we should embrace this revolution with excitement. In fact, Steiner's words and ideas take on a more futuristic, yet Christ-like quality in this coming adventure. Was Christ not asking his disciplines to transform their thinking as well as their essence?

When I first read Yeshayahu Ben-Aharon's fifteen-page article in the fall, 2011 **Being Human** edition, I knew this was the anthroposophist I had been looking for. Here was a thinker who had been in the academy and done his Ph.D. dissertation on Edmund Husserl, the phenomenologist! Most importantly, he had passed through the academy but was not with the academy. Unfortunately, so many of our intellectuals in academia are dead, and clueless about anything spiritual. Ask almost any philosopher or physicist in a major university what they think of the words "soul" and "spirit", and they will either laugh at you or roll their eyes. Yeshayahu Ben-Aharon is not only a scholar, but he is also an artist. Artists create and Ben-Aharon creates ideas and concepts. I have read and continue to re-read his five books; they are all significant contributions to Anthroposophy. *The Event: In Science, History, Philosophy, and Art* is indicative of his breath and creativity. Anyone with the capacity and resolve to read and absorb Rudolf Steiner is certainly capable of assimilating Ben-Aharon's heady, though pellucid ideas. Like the polymath Rudolf Steiner himself, Ben-Aharon breathes life into these four seemingly disparate disciplines. Perhaps the only obstacle to assimilating Ben-Aharon's work is the reader's own weakness in these disciplines. But how can a serious student of Anthroposophy not be enthusiastic about the great contributions being made in all of these fundamental disciplines? Certainly science and philosophy have burgeoned and transformed our way of living and thinking. Perhaps Ben-Aharon comes the closest to Owen Barfield of twentieth century Anthroposophists in his intellectual curiosity and clarity. I believe that Steiner meant for us to keep up with the times: to immerse ourselves in all the intellectual, cultural and political events of the time.



Yeshayahu Ben-Aharon represents for me – and many others – a new brand of Anthroposophist. As with Rudolf Steiner, he is intellectually curious about everything and places enormous emphasis on social issues. He emphasizes the importance of understanding and absorbing *The Philosophy of Freedom*. Despite the thousands of wonderful lectures and the major core books by Steiner, this book is really the one we need to understand. Through our personal work with the exercises left by Steiner and the creation of our own exercises, we are emboldened to transform ourselves through the Christ-impulse. Anthroposophy is a self-actualizing, transformative cosmology that should and can be in synchronization with the exponential change of the twenty-first century. Yeshayahu Ben-Aharon captures this

spirit of the time with great acumen and probity, and challenges each of us to transform ourselves.

Editor's Note: Michael Prim tells us that he was inspired to write the above article after attending a conference with Ben-Aharon in Saratoga Springs November 21-24 2013. It was the Annual Global School Conference. He also recommends Yeshayahu's latest book, *Spiritual Science in the 21st Century*, which is a compendium of 13 lectures Ben-Aharon has given over the last 15 years Ben-Aharon will be doing a world tour from February to October this year. He is very popular in the Scandanavian countries and most of his time will be spent there.

NEW YORKER MAGAZINE FEATURES HUGE ARTICLE ON CHENGDU WALDORF SCHOOL IN CHINA

The January 27, 2014 issue of the *New Yorker magazine* features a large article with 14 color photographs of the Chengdu Waldorf School. Go to the New Yorker website and type "Chengdu Waldorf School" in their search box to view the article.

The author of the article, Ian Johnson, interviewed Harry Huang (also spelled Wong) and his wife who founded the Chengdu School in 2004. Tammy Hughes, one of the Rudolf Steiner Branch's former members and Board President assisted greatly in the founding of the Chengdu Waldorf School, so this article is of especial interest to our community in North Carolina.) The school now has over 300 students, grades K-8 and a 5-year waiting list! The Waldorf method is quickly becoming one of the most influential countercultures in China! There are currently 200 kindergartens and over 30 grade schools. Plans are in the works for a Waldorf High School with a campus for 1,000 students!

Below are some photographs from the article:



Photographs above taken by Carolyn Drake of the *New Yorker* magazine.

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-

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
Christina Beck

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. congregation. **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 Initiatives:

Rudolf Steiner Branch (Chapel Hill, NC):

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; **Our next meetings will be: February 11, March 11, April 8, May 6 and June 10.** call **919-929-1073** for more information.

Readings for the Dead Group – every other Thursday, 7:30-9:00 pm. We are reading *Staying Connected* Edited by Christopher Bamford. Dates 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)

The Greensboro Anthroposophical Study Group is a small but steadfast group meeting on Mondays 2:30 to 4:30 at the home of Sandy LaGrega. Each meeting begins with the recitation of "The Foundation Stone" and meditation on the Virtue of the Month. The current book of study is *The Bhagavad Gita and the West*, The Collected Works of Rudolf Steiner. The next book will be *Citizens of the Cosmos, Life's Unfolding from Conception through Death to Rebirth* by Beredene Jocelyn. Please call Sandy at [336 908-4664](tel:3369084664) if you plan to attend. All are welcome.

The Sophia Center for Life Studies (Greensboro, NC) continues to meet monthly. *Crossings: Caring for Our Own at Death* is the main initiative at this time. The group is involved in consultation and education in the area of natural-at-home after death care. Please call Sandy LaGrega at [336 908-4664](tel:3369084664) for more information.

Study Groups in the 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 meets in Cutler Bay, currently reading *How to Know Higher Worlds* on Thursdays, 4:00-5:00 PM for more information, please contact **Annabelle Cooper at 305-278-2285** (Miami currently has five study groups and a Waldorf School with grades K-6);

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@gmail.com or 561-716-0416; Karen organizes the annual Florida Anthroposophical Conference.

Nearby is the **Sea Star Initiative**, a Waldorf-inspired school (grade N-K-6); 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.

Jacksonville, FL has a Pre-K and K Waldorf initiative.

Palm Harbor - Suncoast Waldorf School (K-8) ; contact Barbara Bedingfield at 727-766-8311 or email her at bedingfield2000@yahoo.com; website: www.suncoastwaldorf.org

Sarasota, FL - Study group with Anne and Joe Savage has been meeting for over 10 years;, currently reading *The Nature Spirits*; meets every Monday at 7 PM at the Savages: 4753 Riverwood Circle, Sarasota, FL 34231; the group has 8-10 members; contact Joe or Anne at 941-926-8591 or email joe.savage@verizon.net

Sarasota has a “Waldorf Sarasota School” with grades K-4;

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 infomration, 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 ; meets every other Tuesday afternoon at the Linden Waldorf School and is reading ***Our Spiritual Companions*** by Adam Bittleston; contact Barbara Bittles at blbittles@comcast.net

Nashville has its own website: www.anthroposophynashville.org

The Rudolf Steiner Group of Nashville meets every other Tuesday evening at the Unitarian Church on Woodmont Blvd. in Nashville and is reading ***The Being of Anthroposophia***. Contact Cathy Green cgreen@grasslandaquatics.com

Linden Waldorf School Steiner Study Group, Nashville - meets on Monday mornings 8:30-10:30 at 3201 Hillsboro Pike, Nashville, TN 37215 and is currently studying ***How to Know Higher Worlds*** by Rudolf Steiner 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 with the Enzo Nastati commentary***; contact: Anne Nicholson at annenich@gmail.com or call 615-426-3395.

Southeastern Regional Group of Chattanooga. led by Maria St. Goar; contact: mstgoar@comcast.net 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@yahoo.com or call 423-265-3260

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 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

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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