

# *The Michael Messenger*

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

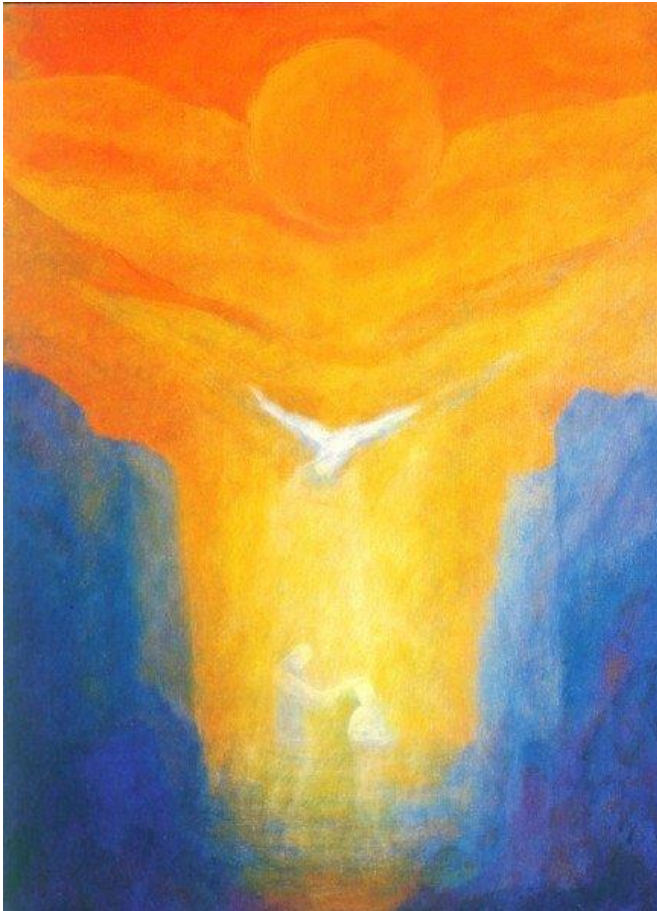


**JUNE 2016**

**Vol. I No. 8**

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To view our online Calendar of Events, go to: [www.anthroposophync.org](http://www.anthroposophync.org)

# Christian Community Priest Visit June 4<sup>th</sup> - 5<sup>th</sup>: Talk, Service and Summer Celebration

**June 4th, Saturday night at 7:30 pm** Rev. Carol Kelly will give a talk on the "Sacredness of Water" at the Brown Wing of the Emerson Waldorf School.



Water is precious, selfless and permeated with Spirit. The world is made of Spirit. The REAL world is just that. The one we live in, the material world, we can think of as a "special case of spirit". Spirit moves with what moves, forms what will be formed, and makes itself manifest where there is "activity". This applies also to our thinking. Where and how does water appear in the Gospels? How can we receive its message?

## June 5th, 2016 Sunday Morning - Act of Consecration of Man:

Children's story will be told at **9:30 am**

Children's service begins promptly at **10:00 am**.

The Act of Consecration of Man begins at **10:30 am**. Please do not enter late if possible.

## POT LUCK LUNCH

Circle time will begin at **12:00 noon** followed by community **potluck picnic** and summer celebration!

Childcare is available. Please let us know if you'll be bringing children and their ages.

This will be our last priest visit of the school year.

We will have a picnic luncheon outside afterwards to share our visions for the new year and celebrate the new monthly services.



For a Sacramental Consultation or to meet privately, please contact Rev. Kelly at [carolkelly.cc@gmail.com](mailto:carolkelly.cc@gmail.com) or [845-803-2071](tel:845-803-2071)

# **Sacred Conversation:**

## **A Workshop with Lynn Jericho**

**Saturday, June 11**

**3-5:30 pm**

**At the home of Eve Olive**

**5815 Mt. Sinai Rd., Durham, NC**



At Pentecost, there were many sacred conversations occurring. Each was a miracle of universal harmony and understanding. At St John's Tide we can imagine the sacred intimate conversations between John and his cousin, Jesus and how they prepared the way for the conversations between the Baptist and the Christ. Can we even imagine this level of intercourse? Are there ways to approach and reach for these pinnacles of communication?

There are three elements to Sacred Conversation: the speaker, the listener, and the dynamic field. In this presentation, I will offer insights into each element and a few surprising perspectives on the dynamic field. Within the dynamic field we will look for the presence and influence of spiritual beings, elementals, the dead and unborn, and the counter-forces. We will consider how we must prepare our inner life for these conversations.

We will engage in a few research conversations in pairs and as a group. We will ask questions and see what the mood of Pentecost and St John's Tide will bring to each of us.

I've been working with the role of conversation in healing, transcending and evolving consciousness. In my practice as an anthroposophical counselor I have had several thousand conversations. Some of them have had a different, even amazing, quality to them. Wondering about the grace and meaning of these conversations has inspired my research into Pentecost, St John's Tide and sacred conversations.

*~Lynn Jericho*

# St. John's Festival at Infinity Farm

## Saturday, June 25<sup>th</sup>, 2016 5 PM-9 PM

Once again Joy and Bob Kwapien are offering their farm as the site for the community's annual St. John's Day celebration. The Schedule of events will be:

Arrival; making of boats to sail on the pond

Pot Luck Supper

A Play about St. John performed by branch members

Lighting of the Bonfire; launching of the boats

Singing

Be sure to bring: a Pot Luck dish to share, natural insect repellent, a folding chair or blanket to sit on, flashlight, and a camera if you would like to remember this special event. Lemon water, homemade ice cream, paper plates and utensils will be provided. This is a fun Family event and we usually have lots of children who attend. Parents are reminded to stay close to their children as there is no lifeguard near the pond and it is easy for one to get lost in the dark if one wanders off. For more information or to offer help with set up, please call Joy Kwapien at: 919-732-1840

### Photos from Past St. John's Events



Joy Kwapien with the late Dr. Mark Eisen



Dr. Mark takes a picture of the bonfire



Dr. Mark sounds the gong to begin the procession



Children wait for the boat launch



# **Celebrating the Cosmic Memory of Pentecost with Cosmic and Sacred Dance**

**June 18th, 2016 2-4 PM**

**At The Shared Visions Retreat Center**

**3717 Murphy School Rd, Durham, NC 27705**

**Presenter: Kelly Calegar**

**Pianist: Alice Tien**



The Earth was between the Sun and the Center of our Galaxy on Pentecost - thus it was possible for Christ to fulfill His Promise:

I will pour out my Spirit on all people. (Joel 2: 28)

In the Old Testament, Pentecost was the feast that occurred 50 days after Passover as a celebration of God's gift of the Ten Commandments to Moses on Mount Sinai. In the New Testament, after the Resurrection, Christ sent from the Father Realm at the center of our Galaxy the fire of Pure Selfhood to His disciples. After preparing them through His ministry, they became able to receive this highest revelation of Divine Love, and thus they became apostles of the Truth.

This gathering will be a celebration of what must happen anew in our time. Through the sacred forms and gestures of Cosmic Dance, and the inspired music of the great composers, we strive to prepare our bodies and souls to become temples of the Spirit, receivers of divine Truth that will lead us through the world crises of our time.

We will move the cosmic dances of the planets in the signs of the Zodiac as they were located at the original Pentecost. Thus, we will speak to the stars our loving memory of the Pentecostal fulfillment of the Incarnation of Christ whom the Father sent to us to reunite us with Him, in the substance of Love. All are welcome! Tuition: \$20 - \$35 (less for those in need, more for supporters of the art)

# **EVE OLIVE'S POETRY STUDENTS TO PRESENT AT JULY JAMBOREE at Unexposed (aka UNX)**

**JULY 22, 7:00 - 8:30 pm**

The July Jamboree at the night club "Unexposed" at 105 Hood St. in downtown Durham advertises itself as "30 Bands, 30 Artists, 30 Poets, 30 Days". Artists get a solo show on the night of their choosing. Art openings will run from 6pm to 8pm. Musicians get from 10pm to midnight, with wiggle room. Poets get 2 hours 8-10pm. One poet can go the entire time, or curate friends in the poetize with them.

Eve Olive's Poetry Class will be presenting their work which has the theme "Poems of Birth, Poems of Earth: A Song of Life" from 7:00-8:30 on July 22. At 8:30 PM the Emerson Waldorf School High Schoolers and graduates will be performing their own music and poetry.

For more information about all the groups that will be performing during the month of July for the Jamboree, check out the Independent's event column on line or in the newspaper as we get closer to the event. If there are nay shy poets out there, please get in touch with Eve Olive, as there is room for more participants. Eve's phone number is 919-489-2564 or email her at [eveolive1@gmail.com](mailto:eveolive1@gmail.com)

For those who would like some prompting to help with writing poetry for this event, Eve is willing to hold a one-day workshop at her home either June 11 or June 18<sup>th</sup>. The prompt that will be presented is: "We are sending you to Earth" as we did last year on Whitsun. If any of you still have the poems you wrote then, please send them to Eve if you would like your work to be presented at the jamboree. Please call Eve if you are interested in attending a poetry workshop with her. There would be no charge; but if you would like to make a contribution to the EWS Eurythmy Fund that would be greatly appreciated.

**SAVE THE DATES:** — Christian Community Priest Bastian Baan will be coming to our community on either August 23-25 or September 5-7 and will present two talks (still to be determined). Keep posted to the list-serve for more details.

September 23-25 – Hazel Archer Ginsberg will be here to do a Community Michaelmas Festival with our branch.

Julian Roberts will be giving a talk on the theme of the year either September 9-11 or Septemebr 30-Octo. 1. If you have a preference for any of the dates, please let the planning committee know. Contact Diana Haynes at 919-768-3969 or email her at [dhaynes@earthllink.net](mailto:dhaynes@earthllink.net)

## RSB Community Honors Mindy Kash

### On Her 65<sup>th</sup> Birthday



Over 30 people came to Eve Olive's home on May 9 to celebrate Mindy Kash's 65<sup>th</sup> birthday. Once again, Marlene Joyce offered the birthday story and song. Mindy's life story was told. Friends offered gifts, poems, and anecdotes about Mindy. A Pot luck meal was eaten and two birthday cakes were shared.

The next community birthday is Eve Olive's on June 6. Joanna Carey will be hosting the party on Monday at 2:30 at her home. Please bring finger foods to share and something to share about Eve. See the list-serve for more details

## What the Children Experience

Every child is born with a sense of wonder. When a small child moves her hand through water, splashes, pats, lifts it up into the air, this is done with a combination of fascination and devotion. Children first grasp the world through touch and taste. They want to put everything in their mouths! They hold and behold the simplest objects with a sense of wonder and interest we have long since lost.

Children come from the heavenly world down to earth. They have to adjust to many things: eating food, sleeping, breathing, digesting, language, temperature changes, noise, light and darkness. We have an opportunity to acknowledge and accompany their journey! We can enter their world a little bit, rather than "forcing" them directly into ours. They will be eternally grateful for any and all efforts to allow them to slowly reconcile the world of earth with the world of spirit.

We can imagine then, that when parents or grown-ups acknowledge the spiritual reality, the beauty of nature, the song of birds, gratitude for God's blessings, thankfulness to those who take care of us, generosity and selfless giving, that they are as joyful and harmonious as they can be. They want to participate, with us, in the lovely world God has given us.

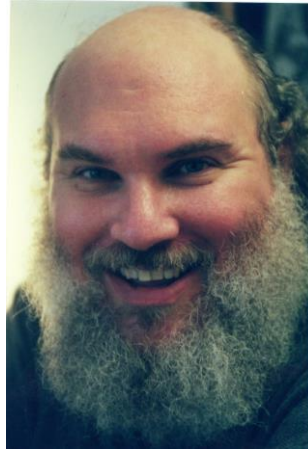
We serve children when we are able to acknowledge some higher power, however that may manifest for us. We help them when we can pray with them, even if it is only to bless our food and light a candle at night before bed. Every small deed sows a seed in the child's heart that will be there for the rest of his/her life.

The Children's Service in The Christian Community is open to everyone. It allows the child to direct his or her attention for a few minutes, on the importance of love in the world. It offers the possibility that the child, sometime in his or her life, may want to seek the Spirit of God and assures them that HE will be there when they do. This can be a "lifeline" for children in the later years of their young adulthood and beyond. The Children's Service will take place this Sunday, June 5th at 10:00 am in the Brown Wing of EWS and in September, every third Sunday, except October, when it will be on the 9th. ~ *Carol Kelly*

# In Loving Memory of Dr. Mark Joshua Eisen

April 1, 1951 - May 12 2016

By Kathleen Wright



On May 14, 2016 close to 60 friends, family and former patients of Dr. Mark Eisen gathered in his home for the funeral rites of the two spiritual paths that were a part of him. It was the eve of the Christian festival of Pentecost and midway between the Jewish festivals of Passover and Shavu'ot. Mark's body had been prepared by a Jewish Mortuary and he was clad in the white shroud that is customary. Reverend Dancey conducted the Christian Community Funeral service during which he gave a beautiful insightful account of Mark's life, in which he portrayed the first half of Mark's life as that of a creative genius and the final third of it as the personification of the life of Job.

Following a bountiful dinner, the guests convened at sundown for the Jewish Ritual known as The Kaddish, which was read and sung by Mark's brothers, sister (via Skype) and his physician, Dr. Melanie Mintzer. Mark's brother Eric told how Mark was such a dichotomy – he could be so arrogant and yet so humble. Yes, all who knew Mark recognized the extreme polarities in this complex human being. The many who loved him recognized however, that the difficult part of him was not due to moral failings, but rather to neurological dysfunctions. His was an amazing life with great challenges and great opportunities.

## The Life of Mark Eisen



When anyone asked Dr. Mark when his birthday was, he would give them a funny look and say something like "Can't you tell?" or "Isn't it obvious?" To Mark, there was only one day he could have been born and that was April Fools Day. He was quite proud of having been born on April 1, 1953 and for many years he held a gala party to celebrate it. Mark was born in New York City to Morton (Mortie) and Victoria (Vicky) Eisen. He was the third son, following Michael and Eric (soon to be followed by a sister, Debra.) His older brother described him as a sweet boy with a luminous smile, who loved to please others. Mark told this writer that he was not as 'smart' as people seemed to think he was. He said he struggled with reading and writing, and had to work very hard to keep his grades up. At an early age, he demonstrated a love for music. He took piano lessons (**Left photo: Mark age 4 with siblings Debra, Eric and Michael**) and soon surpassed his elder brother in his ability. Soon he also



demonstrated the savant capability of being able to play any piece he heard in masterful way by ear the first time he heard it.



Mark's childhood was pretty typical until about a year or two before his Bar Mitzvah. He suddenly began having terrible pain in one of his hips and it was soon discovered that he had cancer. Mark underwent surgery and had to spend six months at home to recuperate. While this active boy did not like being confined to bed, he found comfort (and maybe even healing!) by doing his two favorite things: listening to jazz music and playing his beloved piano. He decided around then that he wanted to become a professional musician; however, he also expressed admiration for the doctors who had saved his life. His Mother tried for many years to convince Mark that becoming a doctor was a far more practical and lucrative idea than being a musician. Couldn't he be a doctor who played music on the side? Eventually she won out, but as we all know, Mark never ceased his love for music and performing. **(photo: Mark around age 14)**

When it came time for college, Mark decided to follow in his brother Michael's footsteps and attend the University of Michigan. There he met a few people who would greatly influence his destiny. The first was a "hippie" named Roger Schultz who had a mutual friend with Mark. The two became fast friends, first simply having fun times together. Roger, who has now known Mark for 47 years, describes his best memories of Mark when he told us about the fabulous "rum and cola" nights Mark would put on at the school dormitory. Mark would play the piano and perform songs, some of which he had written himself. There would be dancing and all sorts of merriment. Mark took on a persona he called "Milton Boneye" and he was funnier than anyone you've ever seen. What a loss to the world that he did not become famous, but he had a higher spiritual calling: **Photo: Mark at college**



The second influential person Mark met at UM was Dr. Ernst Katz, one of his professors. Katz was not shy about telling his students about Anthroposophy. The philosophy intrigued Mark and he told his friend Roger about it. Soon the two of them were frequent visitors at the Rudolf Steiner House in Ann Arbor and there they met a third friend, Bruce Kirchoff. Dr. Katz roped Mark and Roger into performing in several of the plays his wife had written for the community there. A book called ***The Ann Arbor Festival Plays*** includes three pictures of Mark acting as Gurnemanz in *Parzival*. **(see photo on left from 1978)** Roger tells that the two of them also performed a few times as bungling shepherds in a Christmas play. On his birthday this past year, although Mark was having extreme difficulty making sentences due to his illness, when Roger reminded him of the Christmas plays, Mark broke into his



luminous smile and began reciting his lines from the play (from 40 years ago at least!) and lucidly recalled how during one of the performances, a little boy from the audience responded to Mark's line. Mark was so touched he answered back and it added great humor to the play.

After graduation, Mark continued his studies in the Medical College at the University of Michigan. Roger recalls a funny incident that happened during those years. Roger was in the hospital with a cast from his leg up to his chest and he had begged the doctors to make it looser as he was extremely uncomfortable. Of course they ignored him. Mark came to visit and when Roger told him of his plight, Mark found a saw and cut a big chunk out of the cast. Mark was told to leave and never come back. He also gave anthroposophical remedies to Roger and that helped a lot.

In the meanwhile, Bruce Kirchoff had moved to Durham to pursue graduate studies at Duke University and found out that there was a Waldorf School being planned in the Durham/Chapel Hill, NC



area. Soon afterward, Mark received his M.D. degree in 1980 from UM and then applied to Duke University to do his medical Residency. He was accepted. He arrived in the Fall of 1980. (the same year Barbara Shell contacted Eve about the rumor that a Waldorf School was emerging in NC.) Mark soon began attending workshops in anthroposophical medicine and later studied in Europe. Mark gave a couple of lectures on anthroposophical medicine and its relation to childhood illnesses for the inquiring parents of the Waldorf school and he dreamed of becoming the school's doctor in the future. Knowing that Mark and Bruce had moved to NC and that a Waldorf School was about to open, their old pal Roger Schultz moved here in 1985 with his son Osha who began in the first kindergarten. **Photo: Eric, Debra and Mark**

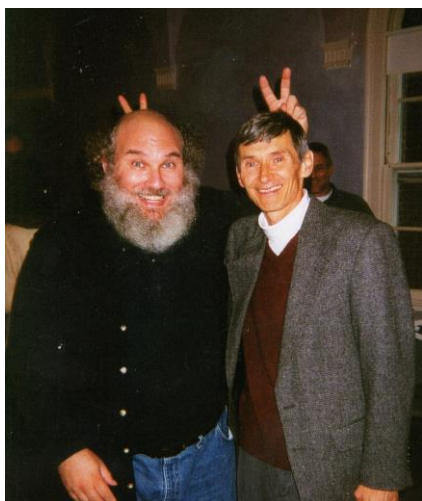
Following Mark's residency at Duke, Mark took jobs in Emergency Rooms at various hospitals and when he had saved enough money, he traveled to Europe for a full anthroposophical medical training. Mark studied Anthroposophical Medicine at the University of Witten/Herdecke. He also trained in Therapeutic Eurythmy and Rhythmical Massage. He toured Weleda and WALA, and worked at both places learning all aspects of pharmaceutical production, as well as how to grow biodynamic herbs and make biodynamic preparations for the soil and plants. He traveled extensively in Europe and fell in love with the countries of Eastern Europe. He attended IDRIART concerts, took courses in water color painting and all of the arts, and of course he spent time in Dornach and Arlesheim. He visited a number of Camphill Villages and became well-known in many anthroposophical circles in Europe. He made yearly trips back to the states to work in Emergency Rooms to afford further education in Europe. On these trips back to NC he gave lectures and attended meetings and festivals with the growing anthroposophical community in NC.

Mark felt like he was in the Garden of Anthroposophical Paradise in Europe, and the community here in NC began to grow impatient that he should return and be our doctor. Also, Mark joked how the people in Europe were telling him to "get a life" and go back to the States. Finally he returned early in 1989. He rented a room in Barbara Shell's house for a couple of years while he established himself. He began taking patients, worked in Emergency Rooms and visited other anthroposophical communities to treat patients. On one of his visits to a Texas anthroposophical community, Mark met and was immediately smitten with Eileen Bristol. Their mutual love of music, humor and Anthroposophy made

them an instant couple. For a while our NC community feared that Mark would move to Texas, but somehow he persuaded Eileen to move here instead.

### **Mark's Golden Years with Eileen**

Eileen arrived in Chapel Hill in late 1989. She and Mark were a "Dynamic Duo" for the next ten years. Their accomplishments in many fields was extraordinary and really put our anthroposophical community on the map, so to speak. Eileen had served as a member of the Western Regional Council and soon became a member of the Eastern Regional Council after her move here. Her great knowledge and savoir-faire combined with Mark's enabled the community to grow exponentially in activity and membership.



giving each other bunny ears; Mark had dozens of pictures of himself giving bunny ears to everyone.

Together, they brought many well-known anthroposophists here for conferences and workshops such as: Dennis Kloczek, William Bento, Rene Querido, Christ Schaefer, Robert McDermott, and Arthur Zajonc to name a few. Mark and Eileen took part in writing the by-laws for our community and helped establish our community as a 501c 3 non-profit organization in 1996. They wrote an annual and sometimes semi-annual newsletter for the community. They began a Anthroposophical Therapies Group and helped found the medical organization known as ARTEMISIA. In the mid-1990's they started a "Branch Home" committee that raised funds for this endeavor, as well as created a vision for the branch home. They raised over \$30,000. Sadly, this money is still in the bank awaiting a new initiative. **Photo: Mark and Dennis Kloczek**

Mark was soon able to open his own office on MLK Blvd. and the couple purchased a spacious house in an upscale neighborhood in Chapel Hill. There they hosted many a Study group, Events planning meetings, and had grand parties where Mark would play the piano and sing his wild and zany songs. Mark formed a jazz group with parents from the Waldorf School that he called 'Dr. Duck and the Quacks' and they helped do fundraisers for the school. Mark, along with the Bornhorsts, started a Mystery Drama Study Group and with the help of Barbara Renold, performed some scenes from them for the community. Mark played the character of Capesius and Eve Olive played his 'Double'. In spite of the seriousness of their roles, members found this to be hilarious seeing Mark and Eve in their red berets and the very idea of Eve being mark's Double!. Mark also began Saturday readings of the Mystery Dramas at his home and did this for several years. Another one of the many memorable events they sponsored was a "Philosophy of Freedom" weekend workshop at the Beach.

Mark's holistic and alternative family medicine practice included Eileen's Hauschka Massage therapy and often had guest therapists including Dr. Hauschka cosmetologists. He often sent patients to Eve Olive for Therapeutic Eurythmy and others he worked with himself as he loved Eurythmy. Eileen also started a business known as Jubilee that was in the waiting room of Mark's office. It sold Anthroposophical books, holistic medicine books, children's books as well as Weleda and Dr. Hauschka remedies art supplies and cosmetics. Mark wrote a monthly newsletter for his patients. Even



with all the work this thriving practice had, Mark and Eileen would take off a couple of hours in the middle of the day each day to go home and work in their biodynamic garden. They had a magnificent acre plot of flowers, trees, bushes, fruits and vegetables with a koi pond that Mark had dug himself. There was an open invitation for community members to help in their work. Mark was always very generous in sharing his flowers and fruits with community members and providing flowers for events.

Mark also felt the importance of reaching out to the community at large. He gave public lectures and workshops about anthroposophical medicine. He lectured at UNC's medical school in their "Alternative and Complementary Medicine" program. He wrote articles for the anthroposophical medicine website known as AnthroMed Library. One such title was "There is a Tooth Fairy". Mark had an extraordinary ability to bond with children and he often made class visits at the Emerson Waldorf School,



observing special children for the teachers and sharing his observations. Sadly, the school was never able to hire Mark as a school doctor due to lack of funds. Mark was deeply hurt over this; however many children were his patients over the years. Mark also made his mark in the world of alternative medicine. He launched a campaign to allow patient access to alternative medicine when there was a movement to forbid it. Mark was also an active member in PAAM (The Physician's Association for Anthroposophical Medicine.) **Photo: Mark loved teaching**

Mark was a dedicated member of the School of Spiritual Science and had a special devotion to Steiner's ***Calendar of the Soul***. He often recited the verses at Festival events and shared his interpretation of the verses. In addition to being a great musician, Mark was a wonderful artist. His water colors paintings and pastel drawing are of a professional level. Every year during the 13 Holy Nights, he would do one art work a day that described his mood. In spite of all the work Mark had to do, when his Mother became ill with pancreatic cancer, he insisted she come to stay with him and Eileen, and they cared for her until the end.

Sadly, the tireless, immense work of Mark and his partner Eileen came to an end in 1999. Eileen tells that although she loved Mark, she could not live with him. The qualities of his illness had been manifesting for some time and were increasing – angry outbursts, impulsivity, fixed thinking, unbending will, insistence on his own way, extreme criticism of others. These qualities are a product of frontal lobe dysfunctions and were further exacerbated by early dementia. His "Higher Self" manifested at other times, and were the polar opposite. One example of this: Shortly after Eileen left, Mark attended a workshop on angels led by Karyn Martin-Kuri. I was standing beside Mark as Karin asked each participant to share what they thought their mission in life was; their purpose for incarnating on this earth. When it came to Mark's turn, he began to weep and with his head down and hands crossed, he said simply "to become a Human Being". That really blew me away, and I thought about what he could possibly mean. I recalled that the German word for human being is "Mensch" and in Yiddish, the highest compliment you can give a human being is to call them a real "Mensch". (quite different from the English word's concept, which tends to be synonymous with weakness, i.e. "he's *only* human".) And



of course the word “Anthroposophy” means “the wisdom of the Human Being”. The True Human Being is one’s Higher Self which we are all evolving toward. But still, it was the most humble response and perhaps the most insightful of anyone at the angel Workshop.

### **Since 2000 – the Job Years**

After Eileen’s departure, Mark began a noticeable gradual decline in all areas of his life. In short, as Richard Dancey observed, Mark became Job. He who had once had everything a man could possibly desire, began to lose everything, or as Mark perceived it, - everything was taken away from him. While Job thought “God” was taking everything away from him, Mark knew that it was “Ahriman”. His garden became a metaphor of the state of his world. Mark no longer had the desire or will to take care of his garden and it became overrun with weeds. He suddenly couldn’t keep up with the medical records of his patients. The filing and billing went into chaos. He asked the community for help. Several people tried, but found they could not work with him. More and more patients began to lost confidence in him and stopped coming to him. He began to lose patients and income. He began to become disoriented and could not remember what he was going to say after he had gotten up to give a public talk. He began having more and more angry outbursts. People became frightened and he lost their friendship. He was even asked not to come to a couple of Study groups because of his disruptiveness. Mark felt he was losing his community. His ability to speak coherently worsened over time as did his ability to read, to talk on the phone, to play the piano, to paint and draw. He totaled his car a few years ago and was forbidden to drive again. He started getting lost when he went for walks in his neighborhood. Mark was bewildered by all of his sufferings . He would not accept the doctor’s diagnosis of Lewy body dementia. He insisted that he was merely “depressed”. Yet, for years he had been confiding in his friends that he had been seeing “demons” lurking everywhere. He specifically said that Ahriman was out to get him, and even had nicknames for him. When asked if he had told his doctor about the demons, he said that his doctors would think he was having hallucinations, but that he knew he was having “real spiritual experiences”.

In 2011, Mark experienced a pulmonary embolism and that really exacerbated his symptoms and he was forced at last to close his medical practice. Eventually he needed home health care, first for a few hours a few times a week, then for a few hours a day, and finally 24/7. Mark also needed surgery for an inguinal hernia two years ago that caused him much pain and embarrassment. Mark was

blessed with good caretakers – Mary, Christopher, Bob and Mikey who were very devoted to Mark and realized how special he was. In spite of Mark’s illness and growing paranoid, he remained devoted to Anthroposophy. Up until a short time ago , Mark would go outside at night and do Eurythmy for the stars. His beloved faithful companion, Squeaky the Cat, would watch Mark inquisitively as Mark danced the planetary and zodiac formations under the night sky. Mark wanted to be included in all the community’s events. He literally hungered for anything anthroposophical. He often asked me to organize gatherings at his home for study, festivals and simple parties. We managed to have a few, but it was difficult arranging things and one time he asked me to cancel a gathering because he wasn’t feeling up to it.



Squeaky was the smartest cat I have ever seen and he adored Mark more than any cat has loved its owner. Mark could get Squeaky to do amazing tricks and he would understand commands like a dog. Mark always had entertaining stories about Squeaky to tell.

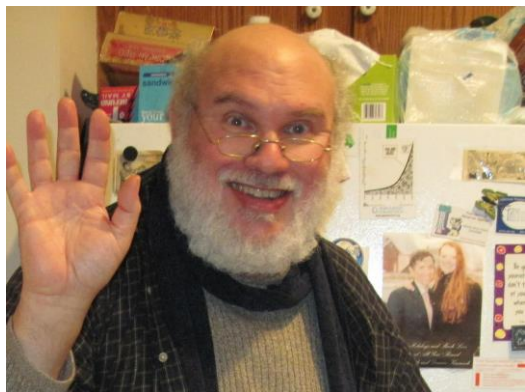
### Mark's Final Days

On Mark's 63<sup>rd</sup> birthday this year (April 1), his caretaker provider Madelyn informed Mark's guests that he had become increasingly agitated and that it was causing so many problems she feared he might need to be committed to a mental facility. He also had stopped wanting to eat and had to be coaxed. His behavior at the party was very congenial. He was very happy to be surrounded by old friends. Outwardly he seemed physically quite healthy. (photo on right: Mark on Apr. 1, 2016 eating ice cream)



A few weeks later, Madelyn did indeed have Mark taken to UNC hospital where he remained for a little over a week. During his hospital stay, Mark was heavily sedated and when he returned home required a hospital bed. He could no longer walk, sit up or eat. A couple of days after his return home, on Sunday, May 8, I visited Mark. When I first arrived his eyes seemed far away. I began to pray some of his favorite verses including one simple one he had given me for healing: "I gather the warmth of the sun into my heart and I let it flow through all my limbs". As I recited this, Mark seemed to come to life and his eyes brightened. He tried to sit up and he indicated with his hands that he could not speak. I said to him, "You don't have to speak. I can read your mind." Mark's face lit up and he laughed and I asked the aide to put him more upright in the bed. I told Mark that he had done great things in his lifetime and was much loved and appreciated. I told him I knew he was disappointed with his life, but that his wishes would be fulfilled next time, and that his will forces would inspire others. I could tell he was understanding all I said. His eyes and hands told me what his mouth could not.

The aide, Mikey tried to get Mark to drink but Mark could not swallow and the milk just drooled down his mouth. I knew that the end would be soon. Mark's sister Debra arrived shortly after I left and she stayed with him until Wednesday, the day before he crossed the Threshold. On Monday May 9, Mindy Kash visited Mark in the morning and she had a very similar experience with Mark that I did. She could tell he was glad to see her and she also thanked him for all he had done for her and our



community. Later that afternoon, Roger Schultz came to visit, but Mark was already in a deep sleep from which he did not ever really wake up. On Thursday, a recently new care worker named Mohamoudd, who is from Sierra Leone, was sitting beside the sleeping Mark observing his labored breathing. He noticed that Mark had exhaled, but did not inhale again, so he called Madelyn, the founder of Caring for Seniors. It was 11:30 in the morning of May 12. By strange coincidence at that same minute Roger Schultz, Mark's friend of 47 years, phoned me and asked me to please call and see how Mark was doing; He had just called Mark's house and spoke with Mohamoud but,

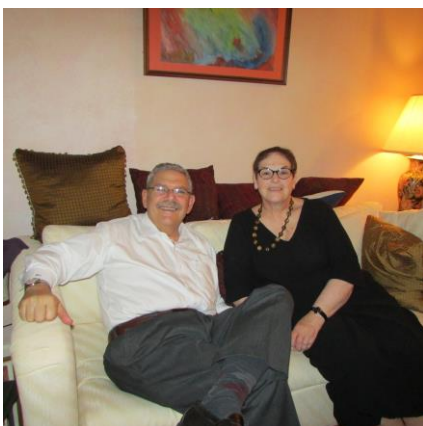


as Mohamoud's English is not very clear, he did not know what he said. I then called Mohamoud. All I could understand was that I should come quickly, so I went over there. As I got in my car, I felt that Mark was sitting beside me and I said "Are you gone already, Mark?" and I knew he was. When I arrived. Madelyn was on the phone with the police and Margaret Heath, who was our community's liaison with Mark's family, was making phone calls.

A life of triumph and tragedy, Mark served as physician, community leader, Eurythmist, musical genius, great comedian, artist, writer, actor, amateur astronomer, meditant, collector of gems and stones, connoisseur of teas, brother, uncle, dear friend, cat daddy, Anthroposophist and Jew; in short, he was a true *Mensch*. "*The Lord giveth and the Lord taketh away. Blessed be the Name of the Lord.*" (*The Book of Job*)



Photo of our community from about 1996. Surrounding cake in an arc are: Cindy Doty Mahoney, Barbara Shell, Tammy Hughes, Linda Folsom, Eve Olive, Dee Anne Lamb, Eileen Bristol, Above the Late Linda Folsom's head you can see Mark Eisen peaking out. Below: Guests at Mark's funeral: Left: Mark's brother Michael with mark's physician Melanie; center: Lisa Stauffer and Leni Covington, Right: Toni, Margaret Heath, Tomi's husband



# Memoirs and Testimonials

## From Friends and Family of Mark Eisen



Mark's brother Michael shared a favorite joke Mark told while in medical school: There were these two men waiting on a long line at the cafeteria in Heaven. As they patiently stood there conversing, suddenly a little man in a white coat dashed past them all and cut in the line up front. "Who was that???" gasped the man who had not been in Heaven very long. To which the other man replied: "Oh, that was God – he thinks he's a doctor!" **(Photo on left: Mark loved his birthday – 2010)**

Cindy Doty tells how her daughter Whitney loved Dr. Eisen when she was little, and would play "Dr. Eisen" with her dolls. When little Whitney would come for an exam, Dr. Mark would bark like a dog and Whitney would respond by meowing like a cat. The whole exam would be conducted with barks and meows. They both seemed to understand what the other was communicating. Mark knew just how to win children over!

Margaret Heath tells of how her severely autistic friend Eve took an instant liking to Mark and was so peaceful around him.

A young woman, former patient of Mark's, who has been afraid of getting into relationships said that after Mark's death, he appeared to her in a dream and urged her not be afraid, but to love.

Mindy Kash told how it was Mark and Eileen's Study Group on Steiner's The Fifth Gospel that finally gave her the answers she had been seeking all her life about how to understand the Christ. She said that the Gospels themselves did not answer her questions but Steiner's work did. She is so grateful to Mark for offering that group.

Another Study group of Mark's that Mindy enjoyed was a medical one. By strange coincidence three of the women in that group had rhyming names and she recalls how Mark found it so amusing when they arrived that he would announce "It's the Mindy, Cindy and Windy Group!"

Another woman told how many years ago her allopathic doctor had advised her to have an abortion because of her frail health. She decided to get a second opinion from Dr. Mark. He urged her to keep the pregnancy, which is what she wanted, and today both Mother and daughter are happy and healthy. The baby is now a 23 year old Waldorf graduate!

Margit Gratzl recalls a humorous encounter she had with Mark earlier this year when he came to the Christian Community Sunday service. Mark went up to her and said "I am not sure I know who you are, but I know that I like you." Margit smiled and said, "I like you too, Mark."

A patient from another state recalls that Mark cured her of liver cancer without chemotherapy.



Allen Barenholtz reminisced about a humorous incident that occurred years ago when Allen went to Mark for an ailment that required an injection of bee venom. Mark got out a hypodermic and positioned himself with his arm extended as far as it could go away from Allen's body and took aim – Allen asked Mark why he was standing so far away – was that part of the treatment? To which Mark jokingly replied, "No, I'm standing as far away from you as possible so you won't be able to hit me when you take a swing at me because this is going to sting like a bee!"

Many patients recall Mark going above and beyond the call of duty by delivering meds to them or making house calls when there were dire situations. Mark also charged his office fees on a sliding scale.

Kathleen Wright: One of the happiest I have ever seen Mark was at my wedding in 2007. We



had these little bottles with a bride and groom on top that were filled with soap bubbles. During one part of the wedding ceremony, people were asked to blow bubbles. Mark, with childlike glee began blowing bubbles and he didn't want to stop, so he gathered all the extra soap containers he could find, even asked people if they didn't want theirs any more so he could have them. He spent a good part of the reception continuing to blow bubbles. He also asked every woman in the room (about 50) to dance, and he started a Conga line and had everyone doing the bunny hop. I have several pictures of Mark from that day, his face all beaming with joy. A month before he passed away, at his birthday party he asked me "Did you get married?" I told him yes and reminded him that he had a great time at my wedding and he smiled and said "I thought so." He often would tell me that my husband was a lucky

man and at other times he would say I was a lucky woman. He thought it was so funny that I had married "Mr. Wright" and would always ask me how "Mr. Right" was. **Photo: Mark at**

**Kathleen's wedding 2007**



Another happy memory I have of Mark is a New Year's Eve party he gave. A friend of mine had brought her 4 year old daughter along and the little one went up to Mark at the piano and asked him to play Eric Clapton's song "Layla". Mark looked up to the ceiling and said to himself, "Now let me see...how does that go?" My heart sank for a minute that he might not know it and the child would be disappointed, but then he said "Oh yeah!" And he began playing it like a pro, better than Eric Clapton and he knew the words too, which delighted the little girl whose name happens to also be Leila. **(Mark and Leila in photo on left)**

Bruce Kirchoff wrote: When our daughters were in grade school they would, like all children, get ill with rather undefined illnesses, sometimes running high fevers in the middle of the night. Mark would always be there on call for us. There were a number of nights in those years when Mary would be up with one or the other of the girls, and would be back and forth on the phone with Dr. Eisen to try and find a treatment that would bring down the fever and let them get some sleep. We always felt Mark's great compassion come out in his concern for our girls. We have fond memories of the love and care that he lavished on them in those years, and are grateful for all that he gave.

## FIVE DEATHS IN LESS THAN TWO MONTHS; INTERESTING KARMIC CONNECTIONS

Our anthroposophical community has had more than its share of deaths in the last two months. On April 4 - Else Wierbicki; April 11 - Linda Folsom; May 12 - Mark Eisen, and On May 19, Linda Folsom's brother John Cloyd and Diana Haynes's brother Richard Wittstadt. There were deaths among members' parents this year too – Dick Howard and Kathleen Wright lost their Mothers, and Roger Schultz's Father passed away.

The first three, Else, Linda and Mark all joined our community in the "pioneer years" of the early 1980's. The latter two men, although not members of our immediate community, were connected in a different way: their sisters, Linda and Diana were best friends; in fact Diana was the one who discovered Linda's body on the day of her death. Also, both of the men were in their early 60's and both were alcoholics. Neither man had ever married. John died just a month and a week after his beloved sister Linda, who had tried so hard to help him over the years. Rudolf Steiner shared in his karmic lectures that those who are closely connected with anthroposophists during life, even if the person rejected Anthroposophy during his lifetime, will seek it after death. We now have an opportunity to be connected with all five individuals through our spiritual reading and meditations.

There were also many interesting things Linda Folsom and Mark Eisen had in common. Mark was a doctor; Linda a nurse. Both suffered terribly in their last 6 years - she from bi-polar disease; he from dementia. Both suffered from severe childhood diseases that made them immobile for months - she with polio; he with cancer of the bone. When they weren't depressed, they were the most fun-loving, "life of the party" people you have ever met. Both began their work in our community in 1982. Both left behind adorable kitties that needed homes after their departure. Both of them loved our community dearly and both strongly felt that our community needed a branch home.



The photo of Linda and Mark on the left was taken just a few months ago when Rev. Carol Kelly was visiting. Linda had brought Mark to the service. She was very concerned about his well-being and the need for him to participate in spiritual events. Mark was also very concerned about Linda. In fact, when he heard of her death, he refused to believe the fact that she had died peacefully and instantly, but insisted she had been "brutally tortured and beaten" for months by a being he called "Ben". It was obvious to all of us who

were close to Mark that this was his latest "code name" for Ahriman. For the last two years he would tell us how Ahriman, or as he sometimes called him "Mr. A " was making his own life a living hell. They passed away just a month and a day apart, as so many people who are strongly connected do.

## Memoirs and Testimonials for Linda Folsom

Last month we printed an obituary for Linda Folsom, but there were so many people who wanted to share their memories of Linda, so we wanted to include as many as possible in this issue. Here are the recollections and feelings people shared:

Susan Seidman wrote:

There are certain extraordinary, evolved individuals who come to earth with a contract for a very challenging incarnation along with an intention to positively impact the lives of everyone they touch. I sensed in Linda such an individual. I was stunned by the depth of the biography she shared and the inner work she had taken on, and the non-judgmental way she was able to relate to people. Although I was new to the community here when I met her, we experienced an immediate bond; my heart and soul



always felt open and safe in her presence. Linda had a most radiant heart and spirit warmth along with a concern for all of life. One felt enveloped in a loving energetic embrace in her presence. Her inner struggles were, in a sense, symptomatic of much of humanity. But when the "persona" was stripped away, her generous, light-filled essence was evident – so pure and large. I felt grateful and touched by the overtures she made to me and the few times we spent together. She gave the gift of her beautiful being to so many, and now her luminous spirit is free to continue the Christ Consciousness work in spirit realms. I bless you on your way, Linda, and live in gratitude for your presence on earth. (photo - Linda and Herb Slapo goofing around ca 2014)

Linda had a group of nurse friends who went to the beach for a week of fun, relaxation, and practical jokes each summer. They called themselves "The Penthouse Chicks". One of the chicks shared a little story at Linda's funeral: This chick decided that she was going to give Linda taste of her own medicine, for Linda loved to play gags on her friends. So she placed an AFLAC duck alarm clock under Linda's bed and set it to go off at 3 AM each day. She was surprised the next morning when Linda said nothing about her night and acted like she had had a good rest. At the end of the week however, the chick friend said to Linda: "Alright, it's time to give me my duck back. "Oh no", said Linda. "It's my duck." I found him under my bed and he is mine. They began to argue, first playfully, then it even got a little heated. The chick began to threaten Linda: If you don't give me the duck back I am not going to drive you back home. You will have to get a cab and that will cost hundreds of dollars." Linda agreed to that, but at the last minute handed over the duck.

Ron Evans shared a funny story Linda had told him about a trip she took to Virginia during one of her manic phases. She stopped at a Marine base and walked into the officer's club and demanded to know why it was closed. The receptionist said that there was to be a special dinner for a bunch of Generals in a half hour and it was open to only them. Linda asked if she might join them. The



receptionist said he didn't know, but she was welcome to wait. When the generals arrived Linda boldly approached them, introducing herself as Captain Linda Cloyd Folsom; she named her former army unit, their base in Vietnam and asked if she might join them. Being true gentlemen, they could not refuse her. Apparently she gave them quite a piece of her mind about the problems with the Vietnam war. Wish we had a recording of that dinner! **Photo on right: Linda's high school graduation. She was so beautiful inside and out.)**

Margaret Heath recalls how Linda let her stay with her one time when she had fallen on hard times. Linda told her she could stay as long as she wanted until she got on her feet again. Over the years, Linda housed many a person in need or to many visitors to our community. For the last 8 months of her life she housed and fed a woman she had met in the hospital who had nowhere to go and no money.

Sandy Bisdee told how she loved Linda's earthy sense of humor and how she would sometimes cuss.

Kathleen Wright: I have almost 30 years of wonderful memories of Linda. We were in so many Study groups together and worked for many years on the festivals. The most spiritually intimate group we belonged to was the Ita Wegman group which consisted of her, me, Diana Haynes, Margaretta Bornhorst and sometimes Mark Eisen. How I miss that group! Only Diana and I are left. Most treasured are the times we spent one to one at luncheons, at movies, Broadway shows in Raleigh, concerts. We poured out the secrets of our souls to each other. In my whole life I cannot recall anyone who made me feel as loved, recognized and appreciated as Linda Folsom did. And yet her heart was so big, she made many people feel the same way. Oh, how I miss her!



One funny memory I have is how she welcomed my husband Bob into the community- She decided that the best way to make him feel welcome was to put him to work, so she asked him to be a part of a Michaelmas play that involved elemental beings doing Eurythmy!. She asked Bob to be a gnome (along with Mark Eisen) and one other poor chap I can't remember. As if that wasn't enough, the following year, she decided that Bob had to play St. John in a children's play about St. John. Once again my long-suffering husband put on a costume and did as Linda wanted. Linda remains his favorite anthroposophist and he felt a deep loss when he heard she had died.

**(Photo on right: Linda loved animals and felt they were healing to be around.)**





## Tatiana Zybin Moving to Greensboro



We received the following message from our dear friend and Board member, Tatiana Zybin. Tatiana taught Spanish and singing at the Emerson Waldorf School many years ago and she was a teacher at the Great Barrington Waldorf School, as well. Her sons went to school there. Tatiana is moving to Greensboro to be closer to her son and her Grandchildren. We will miss her, but wish her the very best of happiness in her new residence. Keep posted to the list-serve as a Bon Voyage Party is in the works for her!

Hello Dear Friends:

I'm sorry that I have to stop attending studies and other happenings at our Anthroposophical Society. I must concentrate on finishing all responsibilities with respect to the sale of my house in Hillsborough and on ensuring all repairs, etc. are done to my satisfaction in the home I have purchased in Greensboro. I will be moving to Greensboro on June 29.

It has been very rewarding to be part of our Anthroposophical Society. I felt enriched by the various workshops and courses I have taken over the years and by sharing all these experiences with the many members that took part in them. We are indeed blessed to have such an active and earnest community. I will sorely miss it.

With warm regards and lots of good wishes to you all.

Tatiana Zybin

## Michael Navascues Chosen To Replace Tatiana Zybin on Board

After Tatiana Zybin announced her plans to leave our community, the Board began a search for a replacement for her. Michael Navascues graciously agreed to serve in her place. Michael is a member of the School of Spiritual Science and attends the Rose Croix Wednesday Study group. He is an artist.

Normally Board members are elected or re-elected when a Board member's term is up; however when a Board member leaves at a time that is not close to the Annual General Meeting, it is written in the by-laws that the Board may appoint someone in their place.

# STUDY GROUPS AND WORKING GROUPS

Please note: Many groups go on hiatus over the summer months, so be sure to contact the group leader before attending any group to make sure it is in progress.

**Christian Community Study Group**, reading *The Reappearance of Christ in the Etheric*; Sundays 4-5:30 pm at the home of Kathleen Wright, 4615 Greenglen Drive, Durham, NC; call 919-309-9622

## **IANDS (International Association of Near Death Experiences)**

Dates for meetings for the rest of 2016 are: June 16, July 21, August 18 September 15, October 20, November 17 and December 15; meetings are at 7 PM at the Rhine Center, 2741 Campus Walk Ave., Building 500, Durham, NC 27705. We will be having guest speakers present their experiences and insights from their NDEs. Contact Robert Mays for more information at 919-929-1073 or email at [mays@ieee.org](mailto:mays@ieee.org)

**Reading For the Dead Group**- reading: *The Inner Nature of Man and the Life Between Death and Rebirth* (Vienna April 9<sup>th</sup>-14<sup>th</sup>, 1914) by Rudolf Steiner; meets on the second and fourth Thursday of the month at the home of Joanna Carey 4207 Neal Road, Durham, NC from 7 PM- 9 PM; [joannapcarey@gmail.com](mailto:joannapcarey@gmail.com)

**Rose Cross Study Group** meets Wednesdays, 7:30-9:30 PM; reading; *The Book of Revelation and the Work of the Priest*; at Judy Frey's, 55207 Broughton, Chapel Hill; RSVP 919-928-8749 or email: [damaris12@nc.rr.com](mailto:damaris12@nc.rr.com)

**Threshold Care Group** at the home of Jenny Bingham; call Jenny for more information at 919-241-4304 or email her at [jennybingham7@gmail.com](mailto:jennybingham7@gmail.com)

**Triangle Biodynamic Network**- one Saturday a month, 2-4 PM at Turtle Creek Farm in Cedar Grove, NC; contact Mary Leonhardi for directions and any other details at [mleonhardi@hotmail.com](mailto:mleonhardi@hotmail.com)

## **- Other Groups in North Carolina**

**Asheville** has two study groups:

Second and fourth **Thursday nights** from 7-8:30 PM. Reading: *The Christ Impulse and the Development of Consciousness*. This is a committed group with lively discussions on how Steiner books are applicable to our lives today. Reading in advance is preferred. Contact: Marie Davis [\(828\) 273-5647](tel:828-273-5647)

Email: [md79397@yahoo.com](mailto:md79397@yahoo.com)

**First Sunday of the month Study Group (Asheville)**. Meets 3-6pm. Focus is on the Threefold Social Order. Currently reading *Spiritual Science as a Foundation of Social Forms*; First hour: reading; Second hour: discussion; third hour: a Pot luck dinner. contact: Marie Davis (see above)

**Clemmons (near Winston-Salem)** has four Steiner/Anthroposophy Study Groups led by Sarah Putnam; contact Sarah for more information at 336-972-8243 or email her at [sputnam01@att.net](mailto:sputnam01@att.net)

**Greensboro** –Study group meets on Mondays 2:30-4:30 pm; reading *According to Luke: The Gospel of Compassion and Love Revealed by Rudolf Steiner*. All are welcome;

**The Sophia Center for Life Studies/Crossings Care** also meets to promote natural death care work; contact Sandy LaGrega for more information at 336-908-4664 or email; [sandraclagrega@gmail.com](mailto:sandraclagrega@gmail.com)

## *News From Tammy Hughes in China*

Fairy tales are a rich and endless source for nourishment. I am so fortunate to have found Waldorf Education when I was 21 studying in Gainesville. Like a fairy tale, finding Waldorf education set me on a very long journey in which I would meet many challenges and many people. My journey has taken me to China, yet the Anthroposophical Branch in North Carolina remains a source of inspiration for which I am very grateful.

In May, friends and I were holding a parent/child class in the mountains in China. It is a project that we have created to help families have hands on experiences of having a healthy week in nature. Through this work, we as teachers renew ourselves and are able to give more support to the families. This camp was our sixth camp since last summer. At each camp we have been fortunate to have festivals and often birthdays. With this work, we help Waldorf and non-Waldorf school families to relate to a understanding of the child through evening conversations. However some of the greatest understanding of the child comes through hearing a birthday story or climbing difficult to climb rocks or doing handwork together. In the times we live in it is critical to find ways to take care of ourselves so that we are better able to fully engage in our lives.

At the very end of our May camp, I received news of Mark's passing. As life goes, we cannot always pause when we wish to pause. My colleague and I had a birthday to celebrate. In the forest, we gathered flowers for our crowns, and made crepe paper capes. As my colleague told the birthday story for the five year old boy, in my heart I told another story of a weary traveler who was going home to have a rest. After our birthday story, we feasted on passion fruit cheese cake and egg tarts. Then we all said goodbye as it was the end of the May camp.

It was good to have the travel time, I was thankful for the emails from various friends about Mark's passing.



The next day, I began a workshop for parents and teachers in Beijing. The mood of the workshop was very surprising. Many of the participants came with much deeper questions about the process of incarnation than I had expected, which I imagine was due to a recent anthroposophical meeting in China. It was a breath of fresh air. I felt a source of strength came into the weekend work. On Sunday which was Whitsun, we had a small celebration with an observation of a vase of flowers, origami birds and a story which I created for them. It was a joyous event to celebrate a festival that I used to celebrate, but recently had not found a place to celebrate in China.

**The late Mark Eisen with Tammy ca. 2009**

## Kinder Harp and Singing Classes offered

I am offering a 4 week class in basic Werbeck singing out of the School for Uncovering the Voice with instruction in the kinder harp as well. Both are being offered to improve and enhance teachers' ability and confidence in playing and singing with children and family members.

The course is a beginning course for teachers and childcare workers but interested parents are also welcome to attend.

2 hours per class for 4 weeks, meeting on Friday afternoons from 2:00-4:00 or 3:00-5:00. Course will begin the last Friday in May or the first week of June depending on how many sign up.

Cost is \$100 for the full 8 hours of instruction.

Please register ASAP as space is limited.

Classes will be held in my home

4207 Neal Road in Durham.

*~Joanna Carey*

## Spiritual Practice with Yeshayahu Ben-Aharon

Jun 08-12th 2016 PM

Saratoga Springs, NY



Condensing a seed for future spiritual practice - join in the culminating Event of the completion of a 7 year cycle of the Global School.

Can we demonstrate what have we accomplished in our school work over the last 7 years that can serve as a seed of future spiritual practice? Can we look upon ourselves, and each other with open eyes, building community around devotion to the truth?

We will bring to harvest and share the essence of what we have actualized through our work with:

- *The Philosophy of Freedom*
- Fruitful Human Meeting
- Chapter I of Knowledge of Higher Worlds and its Attainment



**Yeshayahu Ben-Aharon** will join us to offer guidance in how this work can be realized in authentic meditational practice.

For more information please contact: [scottehicks \(at\) gmail.com](mailto:scottehicks@gmail.com)

“The goal of the school is to use written texts and life's experiences not for knowledge's sake but as fertile compost in order to practice, real, active, soul and spiritual training of new faculties in and through the meeting with others. Spiritual knowledge is not transmitted to encourage the pupils to gain more knowledge that can be privatized and appropriated, carried in memory as dead, conceptual scheme and entrenched in sectarian and dogmatic personal and social habits. The school is founded on the conviction that only real meeting with the self through the other, and vice versa, can develop the faculties needed to create healthy and productive personal and social life in our time

## SAVE THE DATES:

### Representing Anthroposophy: Fall Conference & AGM -

Thu, Oct 06 2016 to Sun, Oct 09 2016

Location: Chestnut Ridge, NY

The planning group for this year's AGM (Barbara Renold, Abigail Dancey, Laurie Portocarrero, Ray Manacas, Virginia Hermann, Torin Finser and Marian Leon) has been meeting with members and friends in online conference preparation meetings! A further open planning meeting comes June 7, 2016 at 8:00 PM EDT. Register now at

<https://attendee.gotowebinar.com/register/3364775335691937539>

The planning group has been meeting since December to talk about themes and intentions for this year's conference. Several threads are being carried as the program comes into expression:

**The evolution of consciousness as expressed in drama.** Under the direction of Barbara Renold, speech artists and eurythmists are rehearsing scenes from *Oedipus Rex*, a Shakespeare Medley, *A Midsummer Night's Dream*, and *The Trial of the Soul* to be performed throughout the conference. Thank you to Creative Speech North America for a grant to help fund this work!

**Working with the Theme of the Year, self-knowledge and the experience of evil today**, as we strive to birth the consciousness soul individually and within our communities.

Integrating the members' meeting throughout the weekend to inform and allow dialogue to flow.

How can these threads support our conversations on the life and cultivation of anthroposophy within the Anthroposophical Society in America?

*Announcing a new course!*

# RENEWING THE SPEAKING WORD

A FOUNDATION YEAR  
IN THE ART OF CREATIVE SPEECH

*will be offered by*  
*The Speech School of North America*

**SEPTEMBER – JUNE, 2016/2017**

*at Threefold Educational Center*

.....

*The year of study will include: Basic Exercises • Epic, Lyric & Dramatic Speech • Poetics • Dramatic Exercises & Chekhov Work • Greek Gymnastics • Eurythmy • The Anthroposophical Speech and Drama Course & General Anthroposophical Studies*

Core faculty: Helen Lubin, founder of 'Speech Arts in Waldorf Schools in North America,' and faculty at Rudolf Steiner College since 1992; and Barbara Renold, Sunbridge College faculty from 1983–2007, and director of the Threefold Mystery Drama Group, Spring Valley, NY.

Tuition for the course is \$6,000. For more information, including course schedule, housing, and financial aid contact Barbara Renold at: 845-356-0674, or email [barbararenold@gmail.com](mailto:barbararenold@gmail.com).

To learn more about the Threefold Community, programs at Threefold Educational Center, and activities happening on campus visit [www.threefold.org](http://www.threefold.org).

## Robert and Suzanne Mays Visit Wilhelm and Annelise Schultze in Norway, May 15-19, 2016 by Suzanne Mays

Wilhelm and Annelise are long-time friends of the anthroposophical community and the Emerson Waldorf School. Wilhelm was part of the first study group that met in our home way back in 1983, driving the long distance from his home in Albemarle, NC every other week to attend the study group. He was also the person who initiated and signed in 1986 the letter seeking group status for our community with the Anthroposophical Society in America. Wilhelm and Annelise attended the dedication of the Emerson Waldorf School when it first opened in 1984. To this day, Wilhelm shakes his head in disbelief that the founders of the Emerson Waldorf School believed they could start the school when there were only a handful of students and no teacher just a couple of months before the doors of the school were to open! That was certainly reckless and something no one in Europe would ever dream of doing! He learned a big lesson that things are done differently in this country. He is also very glad that the Waldorf School has been successful for at least three decades and continues to thrive.



In the early 1980's Wilhelm came from Germany to marry Annelise who lived in Albemarle, NC. Annelise by birth is a Norwegian citizen and so by the late 1980's she and Wilhelm decided to move back to her home in Kristiansund, Norway where there is universal health care and where they wanted to buy a farm and turn it into a Bed and Breakfast tourist business. We have stayed in touch with Wilhelm and Annelise over the years. Whenever we corresponded they would ask us: "When are you coming to Norway?" Alas, our busy life and the cost of the trip kept us away until this year when we made the resolution to get to Norway because it really was the case of "now or never." Wilhelm celebrates his 80<sup>th</sup> birthday in December.

Both he and Annelise have health issues that have slowed them down this past year.

Kristiansund is a harbor area about half way up the western coast of Norway. We flew into Norway two days before its national holiday. In 1814 Norway declared itself an independent kingdom and created a constitution to free itself from Sweden and Denmark. Constitution Day is an all-out national festival that outdoes anything done on the 4<sup>th</sup> of July in America. Constitution day is celebrated every year on May 17<sup>th</sup>. Every child from kindergarten through high school in every town and city in Norway participates by parading in native Norwegian costumes and playing in marching bands throughout the main streets all day long. There is no military presence in the parades and no political speeches. Everyone wears ribbons the colors of their national flag. It is basically a flag day for expressing national pride and thankfulness, by the wearing of their native costumes, singing their national anthem and performing in concert classical music composed by native Norwegians. The pictures here show Wilhelm and Annelise's homestead. They put up every flag they owned in our honor just before we arrived. You can see the US flag waving, as well as the flag for NC, Germany, EU, Norway.



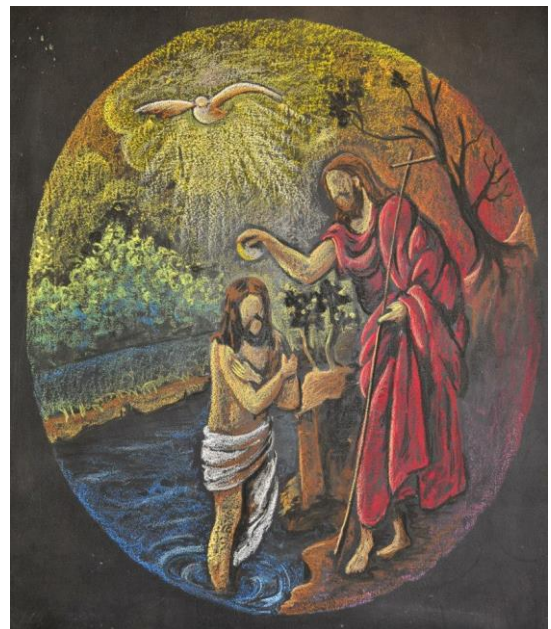


Wilhelm is the gentlemen with vest on, third from the right front row, on Constitution Day singing with the Masonic choir that he is a member of. Annelise is posed, during Constitution Day on the Kristiansund ship dock, by the portrait of her in her native Norwegian costume specific for the Kristiansund district she was born and raised in. Wilhelm and Annelise fondly remember many of the people whom they met here in NC 33 years ago. They send their warmest regards to those who never left this community and are still here to read to this report!

## *St. John the Baptist*

*Thou herald Spirit, by the Father's Grace,  
Abiding witness to the Light of men.  
Look on our seeking.  
All we have done on earth has left its trace,  
And all we say sounds on for spirit ears.  
Help our judging.  
Baptizer of the waking soul, lead out  
Our lives from barren conflict in the dark  
Into Christ's presence.  
Let sound the music of the faithful heart,  
Prophet of days to come, for brother men,  
Unto Christ's glory.*

*~Adam Bittleston*



**The Michael Messenger** is the monthly newsletter of the Rudolf Steiner Branch (NC), located in Chapel Hill, NC. The RSB-NC is a branch of the Anthroposophical Society whose national headquarters are in Ann Arbor, Michigan and its international headquarters are in Dornach, Switzerland.

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**Submitting articles, announcements and reviews:** Please send Word documents or jpgs. (no pdfs. please) or graphics to the **Editor: Kathleen Wright** at: [kathleenwright51@gmail.com](mailto:kathleenwright51@gmail.com) Or call her at 919-309-9622

Pilgrimage to the Holy Land  
Marlene Joyce

"Israel the Heart Chakra of the Earth" was the name of our Sophia Foundation Pilgrimage...I knew generally that Israel was special for many reasons to several different religious denominations, but I hoped to deepen into what this actually meant.

**Friday, April 15:** My first taste was just getting on the airplane to Tel Aviv. Many of my fellow travelers were devout Jewish men who rocked back and forth as they said morning prayers wearing shawls and tefillin. Arriving by shuttle in Abu Ghosh, (aka Emmaus), a unique town where Jews and Arabs live together harmoniously, our shuttle dropped us off on the main road and we were welcomed by our B&B hosts, Messianic Jews, who drove us up a steep stone road to our lodgings perched among other buildings on the side of a hill with a view of Jerusalem. Here we met travelers from all around the world, with whom we would share this experience.

Our first four days were spent being bussed to areas in the West Bank, south and west of Jerusalem. Susan Brewer and I roomed together. Here we are on the bus.



**Saturday, April 16:** We hiked down the Judean Desert cliffs to a dry river bed, and up the other side to the cliff-hanging *Monastery of St. George*, administered by Greek Orthodox monks. They were closed to tourists, conducting a prayer service, so we left without entering...but we marveled at this majestic place carved into the sheer rock face.

In Jericho we stood under the *sycamore/fig tree* that Zacchaeus, the tax collector, climbed to get a better view of Jesus. We read the story from the Bible and Anne Catherine Emmerich's (ACE) vision of it and did eurythmy around the tree.



**Sunday, April 17:** Our first stop in Bethlehem was a cave in *Shepherd's Field Park* similar to the one where the Nathan Jesus was born.

Then we waited in a tourist line for the Sunday service to end at the *Church of the Nativity*. Amid reconstruction scaffolding, we finally inched our way to the grotto of the nativity, marked by an altar under which was a silver star, the actual birthplace. Sitting along the wall in the dimly lit cave, breathing incense, we sang in honor of the blessed event. In the church courtyard garden we did eurythmy.



**Monday, April 18:** We drove to *Qumran* where the Essenes established a community near the Dead Sea founded by Jeshua ben Pandira around 160BC. They were very devout and prayed 24 hours a day in preparation for the coming Messiah. We walked among foundation stones for purification pools, for areas housing scribes coping sacred texts, and for pottery making. These sacred texts were placed in the pottery jars and hidden in 11 nearby caves to preserve them until they were found by Bedouin shepherds in 1946.



Our next stop was a nature preserve, Ein Gedi. We waded in a stream from a waterfall in this desert oasis. The park closes at 5pm so the animals can feed in peace.

Then we went to the Dead Sea Spa for our swim in the lowest land elevation on earth (1291 ft. below sea level) and experienced amazing buoyancy. Salt and minerals collect here and the sea bottom is crusty, hard and uneven. Breaking through it, we picked up rich, brown mud and plastered each other for a health-giving skin treatment! The showers are right in the water, too. What fun!!

**Tuesday, April 19:** We packed our bags and drove north to Galilee. Our first stop was the memorial to the Beatitudes. Near this hillside overlooking the Sea of Galilee, Jesus took the disciples aside from the crowd to teach them. As with other areas, a modern eight-sided interior church has been built over the spot, representing the eight Beatitudes. Our guide told us that the actual Byzantine ruin where the Sermon on the Mount was delivered was down the hill closer to the water.

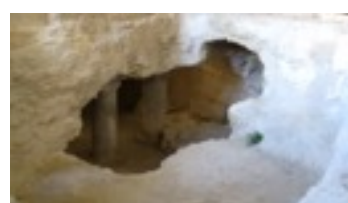


For lunch we had our first taste of St. Peter Fish. It is tilapia served intact and we had to remove head, tail, fins and bones to savor the delicious meat. Then we checked-in to our Nof Ginosaur Kibbutz Resort where we spent the next 9 nights.

**April 20-27:** Our days began early with a group meditation on the pebble beach, or a swim in the Sea of Galilee, or both, watching the sunrise. After a breakfast buffet of an array of delicious foods, we climbed aboard our bus to explore sites where Christ taught and healed.

I thought it was interesting that Emperor Constantine I directed his mother, Saint Helena, to travel around Israel and found churches commemorating important events in Christ's life. As she directed the underground grottos to be enclosed in church structures, the excavations turned up Christian relics considered sacred (nails, rope, a piece of the cross). So that is why every significant site where Christ was, is buried beneath a church!

**Wednesday, April 20:** In Nazareth we walked up a cobblestone hill to the *Church of the Annunciation*. It has been rebuilt several times due to earthquakes or wars, most recently 1969, and has two levels. The lowest includes a grotto which is said to be the home of the Nathan Mary, in front of this is an open space with a large altar in the center incorporated into the remains of a 4th century Byzantine church and then a Crusader church. The upper church had a beautiful large mural glorifying Mary as the Mother of God with icons around the walls and in the colonnaded yard, all dedicated to Mary and presented by countries around the world. Also visible below are the remains of earlier byzantine and crusader structures.



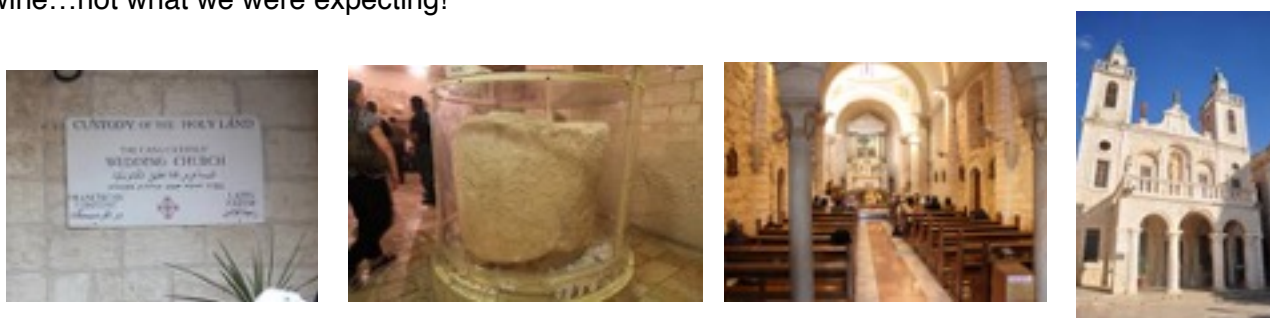


Not far from Mary's annunciation church is *St. Joseph's Church* (aka the *Church of the Nutrition*). Some believe that Jesus grew up and learned his father's trade in the grotto.



We ended our travels in a field looking for broken pottery from earlier times. Actually this is very near the place where the youth of Nain was raised from the dead. The funeral procession would have passed right by here and Jesus happened to be walking by at that time and raised the youth.

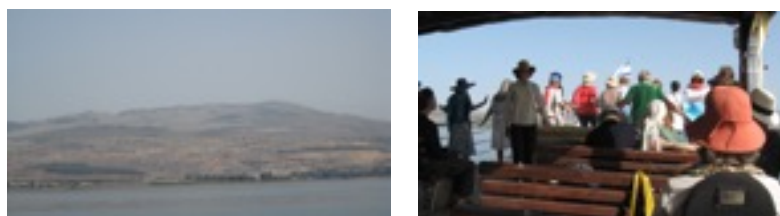
**Thursday, April 21:** The church where the *Wedding of Cana* took place was our destination. I thought the church looked a little like a wedding cake inside and outside. The stone in the glass case is claimed to be one of the water 'jugs' that held the wine...not what we were expecting!



We also visited a *Carmelite Monastery* believed to be where the sacrifice offered by Elijah took place (I Kings 18: 20-46). As the story goes Queen Jezebel ordered the extermination of the Prophets of Yahweh in favor of worshipping Baal. Elijah persuaded her husband Ahab to a challenge for each group. They would both prepare a sacrifice to their respective deity. Each group would invoke the name of their god, and the one who sent fire from heaven would be proclaimed the true God. When Elijah invoked Yahweh and the fire came from heaven, Yahweh was proclaimed the true God.



**Friday, April 22:** This day began with a boat ride on the Sea of Galilee. It was a glorious day to be on the water and we had the boat all to ourselves. The views, the fresh smell, the way the sunlight reflected off the water, all had a mesmerizing effect. We could imagine the many sermons and healing that took place around the shore. Peter had a fishery here and this is where Jesus walked on the water and calmed the storm. We did eurythmy to celebrate this joy!





We disembarked from the boat, got on our bus and drove to the fishing town of Capernaum, where Jesus began his public ministry. We walked the ruins of the synagogue and saw the foundations of villages of different eras (Jews, Muslims, Christians, Crusaders) In 1990 the Franciscans built a hexagonally-shaped modern memorial on pillars over the ruins of St. Peter's house (*Chruch of St. Peter's House*). It is believed that Jesus raised Peter's mother-in-law from the dead here.

During the time of Christ, the poor population of Capernaum built homes from the local black basalt stone, hence the black present structure.



**Saturday, April 23:** We got an early start to Mount Tabor, the place where the *Transfiguration of Christ* took place. Because the road is steep, narrow and winding, we were dropped-off at a shuttle area and then transported to this church. Enroute we could see the fertile, green patchwork of the Plain of Jezreel, known as the breadbasket of Israel. At the top of the mount we walked the promenade to the entrance which had small chapels on either side with murals of Elijah and Moses. At the back of the altar was a painting of Christ with Peter, James and John beholding Christ, Elijah and Moses, while over it was a semi-circular ceiling of blue mosaic tile with imprinted angels and symbols of the birth, transfiguration, death and resurrection of Christ. Like many other churches this was built on the remains of Byzantine and Crusader churches and has a tumultuous and rich history. The present structure was designed by Antonio Barluzzi in the late 19th century. We sat around the altar and sang to honor and revere the significant event that occurred here.

Choosing to walk down the hill, a friend and I missed the turn to the shuttle area, but fortunately we were rescued by a taxi carrying others who had the same problem.



Our next stop was the Valley of the Doves, a valley between rocky cliffs dotted with caves. Jesus walked this route from Nazareth to Magdala and Capernaum, He made this long trip on rough terrain many times, healing and teaching along the route. He also taught from a boat on the Sea.

We surveyed the valley below from Mount Arbel. The more fit of our group opted to repel down a steep cliff face. I took the bus to an area where we walked uphill looking for a cave that Mary of Magdalene inhabited. We did not locate it.



The nearby town of Magdala, an ancient fishing community, was named for Mary Magdalene as she was purported to have inherited a castle near there from her father. We stopped at a construction site where a priest was building a motel for pilgrims. During the excavation the foundation stones of a first century synagogue were discovered. Because a seven-branched menorah carved in stone was one of them, called the *Magdala Stone*, it is speculated that Mary Magdalene may have built this for Jesus, who twice exorcised her demons. We also visited a shrine there with a Women's Atrium, and four chapels dedicated to miracles Christ performed called the *Encounter Chapel*.



**Sunday, April 24:** Today we went north to ancient Caesarea Philippi (aka Banais) and Dan, at the foot of Mt. Hermon, one source of the Jordan River which provides a beautiful green, lush flora. We strolled along the river to the *Cave of Pan* with a seemingly unlimited quantity of water flowing from it which made pagans marvel. We gathered in the shallow cave, sang and read a vision of ACE. In this rather remote place Christ revealed to his disciples that he was the Messiah and Peter would be the rock upon which he would build his church. Leaving, we walked through ruins of Canaanite,



Greek and Roman sanctuaries.

We went down the road to the home of the Tribe of Dan. After a walk through a beautiful nature reserve with several hundred others, we sat among excavated ruins of an Israelite Temple and listened to the story of the healing of the Syrophenician woman's daughter from ACE..

It was the Jewish holiday of Passover so many people were leaving their city life to enjoy the sea and sights of the Galilee.

**Monday, April 25:** Today our guide led us through *Katzrin Park*, an archaeological find in the Golan Heights with a reconstructed temple and village homes mentioned in the Talmud which gave us a taste of living there in the 4th-7th century. I tried pushing the heavy olive press. The park included a modern amphitheater and, in celebration of Passover, we enjoyed a live band concert attended by many families.



Another area in the Golan we visited was Gamla, a Jewish hillside town that was totally wiped out when Roman legions surrounded it and brutally killed everyone.

Hiking to this historic hill we passed a viewing place for Old World Griffon Vultures. Birds of prey, they nest on mountain crags, hatch naked, and adults have a wingspan up to 206 inches! They are protected from extinction. Israel certainly has variety!

We returned to the *Mount of Beatitudes* for lunch at the convent, then sat beneath the trees gazing at the beautiful gardens with the Sea of Galilee beyond and listened to words about Sophia, the Rose of the World. A feast for the soul and spirit!

We returned to the kibbutz, swam in the Sea of Galilee and ended our day with an outdoor barbecue buffet with all the Passover families. A truly memorable day!!

**Tuesday, April 26:** We started our day near our kibbutz. Visiting The *Church of the Multiplication of the Loaves and Fishes* in Tabgha, we saw a rock under the altar which is said to mark the spot where Jesus fed the multitude with five loaves and 2 fishes. Then we walked down a path toward the Sea of Galilee to the *Church of the Primacy of St. Peter*, where seven springs bubble up and flow into the water. Each spring represents a planet and has a different mineral content and flavor. This is the place of the mensa Christi-the table of Christ. Where Christ asked Peter three times, "Do you love me?" and said "Feed my sheep".



Back on the bus we rode to Tiberias to see a tile mosaic at Hamat Teverya National Park. The traffic was like any beach resort town during a holiday—very congested! However, this zodiac mosaic of the ancient *Synagogue of Hamat* is one of the most magnificent ever found in Israel! This ancient site, just being developed, has been known for healing hot springs as early as the 13th century BCE.



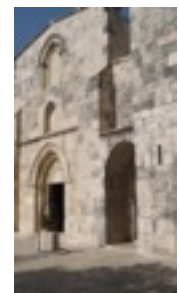
Susan and I returned to the kibbutz museum to see how an ancient wooden Galilee boat, buried and protected in the seabed sediment was successfully raised and preserved. The Antiquities Authority helped in the 11 day rescue effort, and have firmly dated it to the first centuries BCE-CE.

### **Wednesday, April 27:**

Jerusalem here we come! Our bus took the scenic route south along the Jordan River. Our first experience was to follow the dry path of *Hezekiah's Tunnel* deeper and deeper down stone steps to tunnels dug underneath the City of David in the late 8th century BCE. According to the Bible, Hezekiah was securing a water supply for the impending siege by the Assyrians. This tunnel leads from the Gihon Spring farther downstream, our next stop. This lower pool with high stone sides and open to the sky is mentioned in the Gospel of John as the place where Jesus sent a man blind from birth to complete his healing.



Our final pool of the day was the *Pool of Bethesda* where sheep were washed for sacrifices. Here Jesus healed the paralytic man who had waited to be first in the pool for 38 years. This excavation is on the grounds of the *Church of St. Anne*. We entered this area of the old city from the Lion's Gate and went into the shaded walled courtyard. We rested while we listened to John's Gospel story and ACE. Then we entered the church dedicated to the Virgin Mary's mother and sang. We lodged at the *Convent of the Sisters of St. Joseph of the Apparition* for the rest of our stay in Israel.





**Thursday, April 28:** We began at the *Church of Bethphage* a Crusader era Franciscan church built on the foundation of a 4th century Byzantine shrine commemorating the meeting between Lazarus's sister Martha and Jesus after Lazarus had died. Today this is on the Mount of Olives, however, two thousand years ago this was a separate village between Bethany and Jerusalem. It contains a stone discovered during excavation in 1867, traditionally identified as the one used by Jesus to mount the donkey as he began his procession into Jerusalem on Palm Sunday. We sang and did eurythmy.



We went to an overlook and saw directly below us an ancient cemetery with stone coffins above ground. We walked down a steep hill to an *ossuary* where there were smaller coffins for the bones of the long dead. Next to this was a small, sweet sanctuary, *Dominos Flevit*, shaped like a teardrop. Here Jesus lamented over the destruction of Jerusalem described



in Luke.

After lunch, we walked back down the Mount of Olives to the *Garden of Gethsemane* and *Basilica of Agony* (aka *Church of All Nations*). Gazing at very old olive trees in the tranquil garden, we listened to a vision of ACE. Then we entered the church to see a huge flat rock in front of the altar. This enshrines a section of bedrock where Jesus is believed to have prayed before his arrest.



From here we walked to the old city to climb down the steps to Lazarus' tomb. A stone walled 12' x 12' recessed place with an entrance in the wall of a busy market street. It was small, so we went down in groups and did eurythmy and sang. We also saw the remains of the home of Simon the Leper where Jesus stayed. Everything is close together in the old city, so we will be doing a lot of walking while here.

**Friday, April 29:** Today is Good Friday for the Greek Orthodox Christians and thousands of Coptic Christians are arriving on their annual pilgrimage from Egypt. They are visiting many of the same places we are this weekend. Our destination this morning is the *Cenacle* (aka *Upper Room* and *Coenaculum*) The traditional place of the Last Supper. We listened to the vision of ACE, sang and did eurythmy. It is outside the gate of the old city, so we walked through the Mount Zion gate and briefly toured all four quarters: Armenian, Jewish, Muslim and Christian. We came to the street called the Via Dolorosa, the Way of Sorrows, which indicates places of the events of Christ's life from Good Friday to Easter.

The current '*Stations of the Cross*' begin at the ancient site of the Roman barracks, (aka Antonio Fortress). Although disputed today, Station 1 is *Lithostratos*, pavement described as the location of Pilate's judgement. Station 2 is there, two chapels: *Church of the Flagellation* where Christ was flogged by Roman soldiers, and a few steps away is the *Church of the Condemnation and Imposition of the Cross*, where Jesus took up his cross after being sentenced to be crucified.

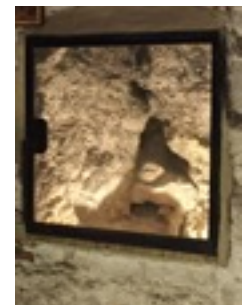




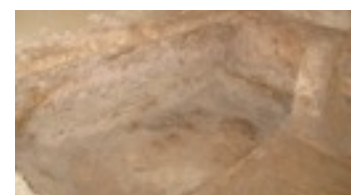
Due to the 7000 pilgrims arriving from Egypt, our guide suggested we visit the last five stations of the cross today. All are in the *Church of the Holy Sepulcher*. Inside the entrance to the right, stairs lead up to the open chapel where Jesus garments were stripped off, and Jesus was nailed to the cross, Stations 10 and 11. The painting has Mary, Christ's mother standing nearby. The 12th Station is where the cross was placed upright. There is a hole where you can place your hand under the ornate *Altar of the Crucifixion*, and on either side are boulders that have been split open by an earthquake.

In the front entrance to the church is a rectangular flat rock, Station 13, the *Stone of Atonement*, where Christ's body was anointed with oils and wrapped in clothes. Then the final station is a distance to the left of the entrance, a rather small building within the larger dome of the church which houses the rock tomb and the rolled-away stone. We were not able to go inside.

Going down the stairs beneath the Rock of Calvary, we were in the *Chapel of Adam*. According to tradition, Jesus was crucified over the place where Adam's skull is buried.



**Saturday, April 30:** We were up early to go to the Garden Tomb. Some believe that this is the sepulcher of Joseph of Arimathea and therefore possible site of the resurrection of Jesus. It is a lovely garden and we could enter the tomb on which there was a sign "He is not here for He is Risen". There was a small chapel in the garden for a service to Sophia.



We returned to Abu Ghosh in the afternoon and visited a Crusader Church for prayer in the crypt.

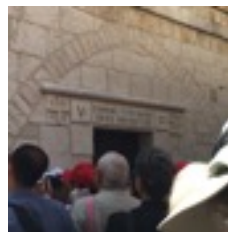
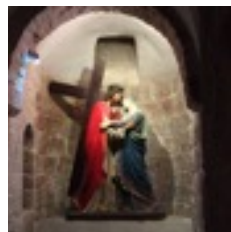
**Sunday, May 1:** Finally the day arrived for us to visit the Temple Mount! A holy site for Jews, Muslims and Christians, where the Dome of the Rock is housed. In the center is the beautiful golden domed Muslim shrine that can be seen from all over Jerusalem on ancient Mount Moriah. Some people believe this is the place where Abraham bound his son Isaac, where the Angel Gabriel took Mohammed up to heaven, and where the Temple of Solomon was built in 832 BCE housing the Arc of the Covenant.



Temple Mount...As we waited to go through security at the one gate for non-muslims, we could see the Western Wall, both men and women in separate areas swaying and praying. We entered the spacious grounds and saw the al-Aqsa Mosque and remnants of earlier times. But during our visit we were harassed by muslim men telling us that **nothing** was there before it was controlled by muslims. We left and sang and did eurythmy for peace outside the gate.



We walked to the Via Dolorosa to visit the Stations of the Cross we had missed earlier. These are designated in several ways on the street: the 3rd is where Christ falls for the first time; the 4th is where Mary, his mother stood by the roadside to see him; the 5th is where Simon of Cyrene from North Africa is forced to carry the cross; the 6th is where Veronica comes with a cloth to wipe the face of Jesus; the 7th is where Jesus fell for the second time; the 8th is where Jesus consoles the women of Jerusalem, marked by a Latin cross on the wall of the Greek Monastery; at the 9th Jesus falls for the third time. This was a very moving experience!



Free time was appreciated next. I got a mint lemonade for a dollar (US dollars were as welcome as shekels), looked in a few shops and then we gathered again to make a second visit to the Cenacle on Mount Zion to honor Pentecost with singing and eurythmy. In the evening we packed.

**Monday, May 2:** We loaded our suitcases on the bus and met in the convent church to sing for guests. Then we gathered in the garden to share our thoughts about this amazing experience.

After lunch in Abu Ghosh we drove to the Mount of Olives, a muslim neighborhood today. Many believe that in the area of this Crusader building, now a mosque, Christ ascended to heaven. We sang!



Our journey following the steps of Christ Jesus was complete! Our bus headed for Tel Aviv, dinner and a plane ride home.

And what a pilgrimage it was! Israel The heart Chakra of the Earth! Its people embody every human characteristic from ancient times to the present, different ethnic people living in close proximity working next to each other in relative harmony. It is like a vibrant, pulsing heart alive with the promise of a future of peace.

