

# The Cycle of the Year as Breathing Process of Earth: Celebrating MICHAELMAS

An offering of the RUDOLF STEINER BRANCH – North Carolina

## Saturday, October 13<sup>th</sup>

9:00 am – 5:00 pm

Emerson Waldorf School Brown Room

O Michael,  
I commend myself into Thy care,  
I join myself with Thy command,  
with all of the strength of my heart,  
that this day may reflect  
Thy destiny-ordering will !

### Schedule:

9:00	Arrival (coffee, tea, and drinks will be provided)
9:30 – 11:00	<u>Biography Journey with Pastel and Clay (Part 1)</u> – with Sarah Putnam
11:00 – 11:30	BREAK
11:30 – 12:30	<u>Effecting Social Change – The Importance of Sacred Gesture</u> – with Kelly Calegar
12:30 – 1:30	LUNCH Autumn Vegetable Soup will be provided (plan to supplement with a bag lunch)
1:30 – 2:30	<u>Biography Journey (Part 2)</u> – with Sarah Putnam
2:30 – 2:45	BREAK
2:45 – 3:45	<u>Biodynamic Agriculture</u> – talk by Jon Lyerly
4:00 – 5:00	<u>Community Biodynamic STIR ** of a Michaelmas Preparation</u> – Jon Lyerly

**\*\*PLEASE BRING a 1 QUART CONTAINER TO TAKE SOME HOME for your property**

**Biography Journey:** *"Earth seemed a desert I was bound to traverse, seeking to find the old familiar faces."* --Charles Lamb

With the background of the soul's journey through the year and its resonance in each human life, we will search for the guiding hand of the Archangel Michael in the working out of karma in our own life stories through pastel and clay artwork.

**Effecting Social Change:** *"In one's intellect, a person can isolate oneself from the world....The feeling heart (Gemut) is not dependent upon the head, but upon the rhythmic organism of the human being"* --Rudolf Steiner Through sacred gestures given by Rudolf Steiner, and the mystery of breath as described by Rudolf Steiner, Kelly will present some of Steiner's indications for effecting social change through a new kind of listening. She will shine light on the relationship between Michael and Sophia and their roles in our time, with the aid of the Foundation Stone of Love.

**Biodynamic Agriculture:** Jon will present biodynamic agriculture as it pertains to nutrition from an Anthroposophical worldview and how nutrition affects our physical, etheric and astral bodies as well as our "I"/ higher self. He will also guide us through the life cycle of the plant world through the four seasons with an emphasis on Autumn (the season of the archangel Michael), when the fruits of the year manifest in the physical world and how this cycle is mirrored in human life through incarnations.

For more information, please write Kelly Calegar: [kcalegar@earthlink.net](mailto:kcalegar@earthlink.net)

**Sarah Putnam** is a long-time student of Rudolf Steiner, a graduate of the three-year Biography and Social Art training course at Sunbridge College, and recently completed a term on the Board of the Center for Biography and Social Art. She earned a Ph.D. from the University of North Carolina in Cultural Psychology and lives in Clemmons, NC.

**Kelly Calegar** has been a student of Anthroposophy for over thirty years. She graduated in 2003 from the Choreocosmos School of Cosmic and Sacred Dance in Roncegno, Italy, and in 2008 founded the Sophia School of Movement which offers training in sacred movement for the healing of the World Soul. Kelly has a B.A. in Economics and Modern Dance from the University of Colorado, Boulder, and works in the Durham area as a financial accountant.

**Jon Lyerly** has been practicing biodynamic agriculture since 1998. He apprenticed for 3 years at various farms, has managed 2 biodynamic farms, and consulted for several other biodynamic endeavors. He has given lectures and workshops at the national biodynamic conference, Carolina Farm Stewardship Association conference and Clemson University as well as numerous regional classes and workshops. He has a certificate in Biodynamics from Sunbridge College and a B.S. in Microbiology from Auburn University.