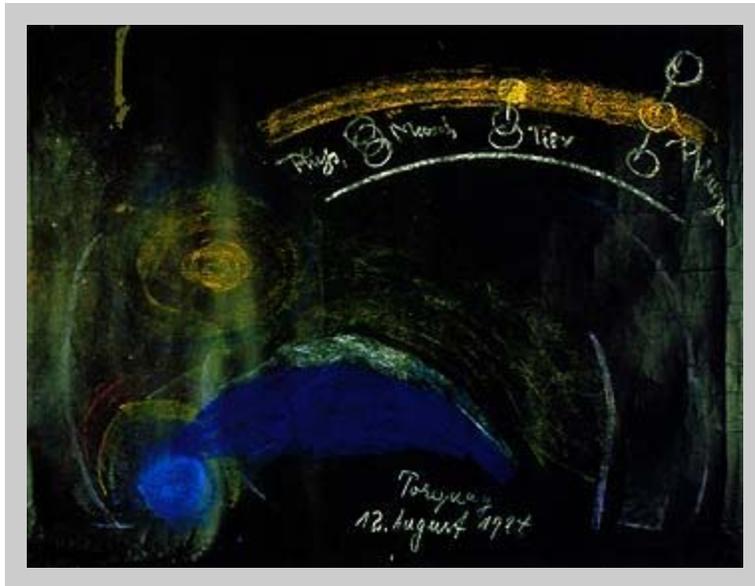

Anthroposophy Atlanta

Branch News & Events

June 2017



You look at a plant and say to yourself: I am a being of which I see only a mirror image, an inessential reflection, while on Earth. The more I turn my gaze to the stars, the more I see the true being up there. Nature is revealed in its entirety only when I look up from the Earth to the stars, when I consider the Earth and the cosmos as one. Then I can look back to myself as a human being and say: that which in the plant reaches up to the heavens has been compressed into myself on Earth. As a human being, I carry the physical world, the soul world, and the spiritual world.

True and False Paths in Spiritual Investigation. August 12, 1924
Lecture and drawing by Rudolf Steiner, 39 x 59 inches, chalk on paper, GA 243
<http://antroposofi.org/blackboard/39.html>

In This Issue:

- Events and Activities
- Two Poems for Whitsun
- Study Groups
- ARC, Library, Calendar of the Soul
- Hints on How to Meditate (Part 2)

Whitsun (Pentecost) Verse

Where knowledge through the senses ends
There stands the gateway
Which alone opens
Living reality to our soul's being;
The soul creates the key
When it grows strong within itself
In the struggle which the forces of the world
On their own ground wage
With human powers;
When by its own strength it drives away
The sleep which cloaks the powers of knowledge
At the limit of the senses
In spiritual night.

-Rudolf Steiner
Translation by Matthew Barton
Submitted by Katherine Jenkins

Upcoming Events and Activities

THE MYSTERY OF ST JOHN THE BAPTIST AND JOHN THE EVANGELIST

Date: Saturday, June 24, 2017

Time: Noon (lunch), 1pm (presentation)

Place: The ARC, 761 Scott Circle, Decatur, GA 30033

There will be a presentation by Katherine Jenkins at the ARC on Saturday, June 24, St. John's Day, from "The Mystery of John the Baptist and John the Evangelist at the Turning Point of Time – An Esoteric Study" by Sergei O. Prokofieff. This is a lecture given June 7, 2003, during the Whitsun Conference of the Section for the Humanities of the School of Spiritual Science at Dornach, Switzerland. There will be a reading and discussion. The meeting will begin at 1:00. If you can come early for lunch, please RSVP to katjenks@negia.net. We will eat about noon.

DEVOTIONAL GATHERING to celebrate First Sunday of St. John's Tide

Date: Sunday, June 25, 2017

Time: 9:30 -10:30 am

Location: The ARC, 761 Scott Cir, Decatur 30033

This event is sponsored by Atlanta Affiliate of The Christian Community, Movement for Religious Renewal.

CALENDAR OF THE SOUL, the St. John's Mood and the Writing on the Earth



Date: Saturday July 1st, 2017

Time: 10am - 3pm

Location: The ARC, 761 Scott Circle, Decatur, GA 30033

We will meditate, discuss and explore with pastel on paper the mood of the season, St. John's Tide, in a workshop led by Sophie Takada.

Sophie Takada was an art teacher and a mentor at the Oakland Steiner School, in Michigan where she lives. She has studied Anthroposophy for nearly 20 years, and is a member of the esoteric class. She has worked on Rudolf Steiner's Calendar of the Soul for many years and had three different series of the 52 weeks exhibited in Ann Arbor and Paris. Her husband, Tatsuo Takada, created books of the Calendar with her paintings and original translations by Michael Brewer; copies will be available for purchase at

the workshop.

Workshop suggested fee: \$30-80, includes art materials plus beverages, snacks and a vegetarian lunch. Email Angela at arc@thirdbody.net for more information or to reserve your spot.

Announcing the Second Annual Anthroposophy Southeast Regional Gathering September 22-24, 2017

Please save the date! Details to come!

What: The Second Annual Anthroposophy Southeast Regional Gathering

Who: YOU! Members and Friends of the Anthroposophical Society in America

When: Weekend of September 22-24, 2017 (Friday evening through Sunday morning)

Where: A retreat center in the beautiful foothills of the Appalachians, approximately 90 minutes north of Atlanta

Cost: Approximately \$75 per person will cover the conference expenses and homemade meals and snacks. Rooms will be in the range of \$80-\$150 (total for both nights) depending on level of privacy desired. There are also B&B's, camping, couch surfing and work trade opportunities to accommodate varying needs.

Offerings: The offerings for the weekend are gifts of love from folks in the southeast region, including exploration into a deeper understanding of the Foundation Stone with Joe Savage and work in Astrosophy with Brian Lynch. These offerings will be supported by group artistic activity in Eurythmy and Creative Speech with Anne Nicholson and friends. Plus there will be ample opportunities for individuals, groups and branches to share and connect.

Hearing from You: What would you like to experience during the gathering? Please email anthroposophysoutheast@gmail.com. The conference planning group will meet in midsummer and review everyone's responses before finalizing and announcing the program.

*Yours in Light and Warmth--Anne Nicholson
for the Anthroposophy Southeast Conference Planning Group*

Are YOU looking to deepen your understanding of Anthroposophy?

A group of adult students is now forming the **Atlanta Cooperative for Anthroposophical Study**. If you have been considering foundation studies, this co-op will be a great way to join in with local folks who are eager to study for spiritual and self development. Topics will include the **foundational work of Rudolf Steiner, the evolution of human consciousness, human biography, cosmology, biodynamic gardening & farming, Waldorf education, and much more**. We will schedule lectures, book study and peer-led discussions, and we will offer many opportunities for Art- painting, drawing, eurythmy, woodworking, and speech & drama. Classes and workshops will take place in a variety of formats and at different times of day in order to accommodate as many people as possible. Whether you are new to anthroposophy or have been around for awhile, taking up the study in community is rich and infinitely rewarding~ we invite YOU to join us now!

Currently, we are looking for people who can join in as a Core Member with a one-year commitment and \$1000 suggested donation in order to start scheduling the classes. For anyone who cannot commit now, we are planning opportunities to participate a la carte, so stay tuned for updates.

This program is forming in collaboration with Anthroposophy Atlanta, the Anthroposophical Society in America and the adult education program of The Waldorf School of Atlanta.

For more info about the Atlanta Cooperative for Anthroposophical Study, email Angela Foster at ACAS@thirdbody.net

The Anthroposophy Atlanta Planning Committee is interested in ideas for speakers, events and workshops that local friends want to participate in. Let us know what you are interested in and let's work together! Email us at anthroposophyatlanta@gmail.com

Community Contributions

The Flowers Are Trying to Tell Us Something

A Poem by Carol Kelly

Wake up. It is a new day.

The dream that you had was a journey into the experience of you without your body.

Now you are heavy again.

But you have changed and are constantly changing,

Even as the blood coursing through your veins

Renews itself day and night.

Wake up. It is Pentecost.

The flowers bursting forth with blossoms and the birds in full throttle with song
Are trying to tell us something.

As the birds take flight, they burst in and out of visibility.

They ride, free of earthly cares, on currents we cannot see.

Release yourself from all that makes you heavy: Old ideas, old grudges, old habits, old
ways of being.

Let it go, recycle it or dispose of it properly.

Reception of the Holy Spirit requires a certain lightness of being.

We have to raise ourselves up to meet it.

It gives us a language so that we may be able to reach others.

For the Holy Spirit comes to us as individuals,

But we have to create a new world together.

Carol Kelly is a Christian Community Priest in the Baltimore/Washington DC congregation of the Christian Community, Movement for Religious Renewal. Submitted by Katherine Jenkins

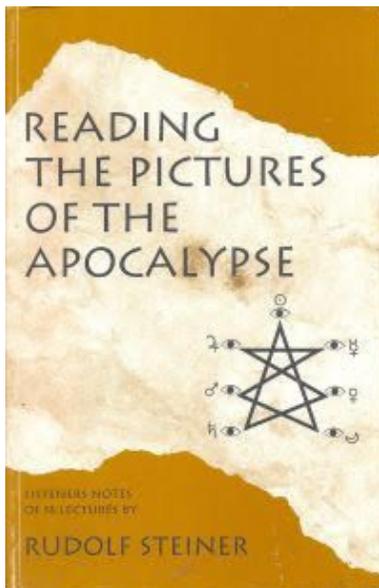
*Do you have an artistic creation, poem, article, event or anything else you would like to share?
Please send it to anthroposophyatlanta@gmail.com. We welcome contributions!*

Area Study Groups

Group or Text	When	Meeting Time	Location/Contact
Apocalypse of St. John*	First Monday of the month	1-2:30pm 'Bring your own' lunch at noon	ARC Melissa Grable midwaymel8@gmail.com
Mystery Dramas	Tuesdays	10-11:30am	ARC Angela Foster afoster@thirdbody.net
How to Know Higher Worlds	Tuesdays <i>*beginning with new school year*</i>	5:30-7pm	Midway Woods Enid York enidyork@yahoo.com
Cosmic Memory	Wednesdays during school year <i>*suspended for the summer*</i>	7-8:30pm	Academe of the Oaks

If you would like more information on any events or activities, or have a calling to take up a new study, please email us at anthroposophyatlanta@gmail.com

*Note: The Christian Mysteries study group would like to invite you to prepare for our fall study by reading the next book over the summer break. We have chosen "Reading the Pictures of the Apocalypse" as the follow-up to "The Apocalypse of St. John."



We are daily overwhelmed by pictures of the world situation which reflect mighty spiritual events in our time. Our task is to learn to rightly read these pictures and make judgments about them. This book offers rich opportunities for such practice, or inner schooling, so that we can meet the world situation in full wakefulness.

Themes include: the nature of the third millennium; Sorat and the significance of the number 666; the War of All Against All; the Second Coming of Christ; and the true nature of the I and the possible futures open to it - futures that depend upon our actions now.

The book is out of print, but the lectures are available at the Rudolf Steiner Archive http://wn.rsarchive.org/Lectures/ReadApoc/ReApoc_index.html. Used print copies are available on Amazon. We will meet to read the first lecture on September 11th.

Christian Community - Atlanta Affiliate News

Katherine Jenkins



In review of our recent activities, let me say that we were most blessed by the visit of Rev. Craig Wiggins, from San Francisco, CA, on May 4, 5, 6, 2017. He visited Auburn, AL; completed our series

of esoteric talks; met with our Carrying Group about the possibility of Atlanta hosting the 2020 Inter-American Conference; met with children and parents; and held services for children and adults. We hope there will be another opportunity for him to visit in the future.

I have just returned from Nashville, TN, where the budding initiative there, under the leadership of Rev. Patrick Kennedy, held the Act of Consecration of the Human Being, for the first time in the home of Barbara Bittles. The blessings were enormous for all, and plans are being made for a future service.

Katherine Jenkins is a member of the Branch Planning Committee, the Anthroposophical Society, the First Class of the School for Spiritual Science, and The Christian Community Movement for Religious Renewal.

ARC News: Apartment Available

The studio apartment adjacent to the ARC is available now for short term rental. The ground level has a kitchen with a small dining area, while the upstairs loft has a bed, bathroom and private balcony overlooking the fenced backyard and happy hens. This is a furnished apartment and is available for summer rental at \$250 per week. It would be a great option for in-laws visiting over the summer (or a staycation if you need a little space away from the kids this summer!). Longer term rental can be discussed for the right fit- an ARC caretaker could have a reduction in rent in exchange for caretaker responsibilities. Just think how easy it will be to check out books from the Anthroposophical Lending Library when you are right next door! The ARC is in the quiet residential neighborhood of Medlock Park in Decatur and is convenient to Emory, CDC, WSA, AO and I-285.

Contact Angela at ARC@thirdbody.net for more information

The Anthroposophical Resource Center (ARC) is a private residential space offered by Patrick and Angela Foster in service to human enlightenment, growth and healing through Anthroposophy and the Arts. If you have an idea for a class, study group or workshop and are looking for an ensouled space, consider renting a room at the ARC. The building is available room-by-room, or as a whole space for parties, retreats and larger gatherings. The ARC is located at 761 Scott Circle, Decatur 30033. For more information about how you can support the ARC, or to inquire about guest reservations, email Angela at arc@thirdbody.net

Anthroposophical Lending Library

The Anthroposophical Lending Library of Atlanta (ALLA) is located at the ARC, 761 Scott Circle, Decatur 30033. The two large bookshelves in the front room are stocked with over 300 titles, more than 100 of which are by Dr. Steiner. There is sure to be something to meet your interests! **The library is open on Tuesdays from 9am to 2:30pm with other times by appointment.** There is a check-out form for on the desk between the shelves.

Books and other printed materials **donations** are always welcome, and can be left in the donation basket near the bookshelves. If you would like recognition, please leave a note in the book with your name. If you have multiple books, you can bundle them or place them in a bag.

If you have a love of books, we can always use a helping hand with cataloguing, labeling, and shelving. We have a large batch of books to be catalogued from a variety of topics.

To check availability, volunteer, or reserve a book, please send an email to the ALLA email address: anthrolendinglibraryatl@gmail.com

A list of current holdings is available on our website:

<https://anthroposophyatlanta.org/library/catalogue/>

Calendar of the Soul

(June 11, 2017 - June 17, 2017) Ninth Week

When I forget the narrow will of self,
The cosmic warmth that heralds summer's
glory
Fills all my soul and spirit;
To lose myself in light
Is the command of spirit vision
And intuition tells me strongly:
O lose yourself to find yourself.

Vergessend meine Willenseigenheit
Erfüllet Weltenwärme sommerkündend
Mir Geist und Seelenwesen;
Im Licht mich zu verlieren
Gebietet mir das Geistesschauen,
Und kraftvoll kündet Ahnung mir:
Verliere dich, um dich zu finden.

English translation by Ruth and Hans Pusch

<http://www.calendarofthesoul.net/>

Based on adjusted dates for 2017-18 suggested by Herbert Hagens

<http://www.anthroposophy.org/fileadmin/calendar-soul/Calendar-of-the-Soul-dates-2017-2018.pdf>

Hints on How to Meditate

Part II

By Martina von Limburger (1869 – 1956)

(Continued from the May Newsletter)

During meditation, everything must be excluded from our mind that has to do with outer life. The portal through which we must step in our meditation is like a narrow slit. Everything we take with us in the way of thoughts that do not belong in the meditation has the effect of a consuming fire on all that is to grow within our self. The temptation to take such thoughts into meditation is very strong indeed, and since we want to develop spiritual maturity more quickly in order to be of service to humankind's evolution, meditation becomes a particular area where hindering forces try to penetrate in whatever damaging manner they can. One example is their bringing about of that tendency for us to recall ordinary happenings of the day in our mind. Now, we do have one occult technique to protect ourselves from these unwanted thoughts and silence them. For this purpose one can picture as clearly as possible the image of the staff of Mercury, a brightly radiating rod around which a black snake winds itself. Then one pictures another white light-filled snake that winds itself around the rod from the opposite direction toward the dark snake. The black snake symbolizes the material thoughts that bother us, whereas the light-filled snake represents the divine thoughts of our higher self. If we place this symbolic image of the light-filled snake that curls itself against the dark snake in its full significance before our soul, then the interferences will disappear and we can devote ourselves to our meditation undisturbed.

It should be emphasized that the practice of meditation is not a matter of making progress as quickly as possible. Many pupils constantly demand new exercises for that reason, but a person's power of soul demonstrates itself when he or she can remain with one exercise for a long time — perhaps even for an entire lifetime — and still receive spiritual sustenance from it. Every meditation verse is filled with great force the effects of which last a long time so as to awaken slumbering life energies of soul. The further a pupil progresses and the more spiritual forces awaken in him, the simpler these exercises become.

Meditative life above all else consists in our allowing the content of the meditation to be present in our soul through repetition. Thus, consistent meditation becomes an ever-effective inner force, not unlike a drop of water that continuously falls on a stone and eventually makes a hole in it. A meditation is not able to evoke the maximum inner energy required if it is present in our soul only a few times. Only through patience that endures over the long-term can this energy develop itself far enough that we become aware of the eternal center of being in our nature. The energy we develop is of primary importance but it is frequently avoided by human beings. We only receive forces of the spiritual world into us if we properly bring toward these

spiritual forces the energy we develop through endurance and patience along with inner stillness. We become conscious of the forces of the spiritual world by meeting them halfway with our conceptual life.

Every esoteric seeker makes progress if he does his exercises faithfully and regularly, even though he is dissatisfied with his accomplishments. Honest striving is what counts in the first place. Through meditation we actually become different people, and this absolutely is the case even if we might not be aware of it.

Concerning esoteric life, if one regards the exercises received as just another addition to one's regular life, then any kind of seeming progress made we must realize as insignificant. The decision that an esoterically striving person should make, however, is to bring everything that happens to him or her in daily life into a relationship with his esoteric life. Thus an inner center is created from which one can direct their entire life. "

We need to develop a strong force through our meditation that uses the words of a meditation as instruments through which we gradually impress spiritual organs into our astral body through which we then cognize the spiritual surroundings. These impressions that we imprint into our soul body only becomes permanent with time. This is because we can compare the astral body to an elastic mass that can receive indentations (impressions) but after a while revert back to its original shape. The impressions are imprinted into the astral body during sleep, when the ego and the astral body have left the physical body. The stronger and more intense our meditation is, the more strongly these impressions carve themselves into the astral body until they at last become permanent; then from these impressions the organs of spiritual sight develop.

If one makes oneself deaf and blind toward all external sense impressions during a meditation, then one slowly lifts the ether body out of the physical body during this time and becomes united with the Christ aura which as we know is now the aura of the earth. Were we to lift ourselves out of the physical body without the meditation content, then our soul would be alone with itself. Instead it now becomes permeated with the Christ and experiences the words of St Paul: "It is no longer I who live but Christ who lives in me!"

Meditating represents a balanced condition through which one-sided Luciferic and Ahrimanic influences can be overcome. Luciferic temptation lies in lonely thinking and brooding, while Ahrimanic temptation is found in cognition that is directed solely to that which is external. One achieves a balance in his or her soul by permeating one's thoughts with such a living vigor that his or her thoughts become something that can be confronted as living things; like perceptions that one can see and hear. This balanced condition is achieved through proper and consistent meditation.

Meditation is neither an ordinary thinking nor perceiving. It is a thinking that lives so animatedly in the soul that this higher thinking is like a perception itself; it is a perception that has as its perceptual object (percept) nothing external but thought itself. Between the Luciferic element of thought and the Ahrimanic element of the perception, the soul life can stream forth within a divine-spiritual medium that only aims at the progress of world evolution. The meditating person who so lives in his or her thoughts that they become alive within him or her experiences the following in this divine stream:

“To my right I have mere thinking. To my left I have mere perception. I do not exclude either; rather I know that these polarities must be held in balance, like a triangle that is determined by the sum of its angles.”

(To be continued)

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Martina von Limburger was a pupil of Rudolf Steiner. This article was translated into English by Maria St. Goar and submitted by Edward St. Goar. Edward is a Class Reader for the First Class of the School of Spiritual Science. He lives in Chattanooga, TN.

About the Anthroposophical Society in America and Anthroposophy Atlanta

The Anthroposophical Society in America is a non-sectarian, non-political “association of people who would foster the life of the soul, both in the individual and in human society, on the basis of a true knowledge of the spiritual world.”

The Anthroposophical Society in America supports the development, communication, and practice of anthroposophy in the United States. Anthroposophy is a discipline of research as well as a path of knowledge, service, personal growth, and social engagement. Introduced and developed by Rudolf Steiner, it is concerned with all aspects of human life, spirit, and humanity’s future evolution and well-being.

As a branch of the Society, **Anthroposophy Atlanta seeks to nurture the life of anthroposophy in the Atlanta area and in the Southeast. Our branch supports the individual path of self-development and community path of social health and renewal in the light of anthroposophy.**

Opinions expressed in the newsletter are those of the individual authors, and do not necessarily reflect the opinion of the Anthroposophical Society or the Anthroposophy Atlanta Branch. Activities and events are listed for informational purposes and not as an endorsement.

<https://anthroposophyatlanta.org/>

Anthroposophy Atlanta

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Yes, I would like to be connected with Anthroposophy Atlanta

Please add/keep me on the mailing lists for Anthroposophy Atlanta so I can know about speakers, events, study groups, and other activities in the area

Name: _____

Email address: _____

Mailing address: _____

I am: A member the Anthroposophical Society in America

Not a member of the Society but interested in Branch activities

I am able to support the activities of the Anthroposophy Atlanta with a donation:

\$80

\$40 (suggested)

\$5

I can provide time or materials during the year

Donations can be made by mail with checks payable to Anthroposophy Atlanta and sent c/o 225 East Hancock Street, Decatur GA 30030. For questions about making a tax-deductible contribution, please contact us by email at anthroposophyatiana@gmail.com

Areas of Interest:

Education

Music, Eurythmy, Drama, Speech

Medicine

Inner Development

Visual Arts

Youth Initiatives

Agriculture

Math and Astronomy

Literary Arts, Humanities

Natural Sciences

Social Sciences

Other:

Suggestions for Branch activities: