



Anthroposophy Atlanta

Newsletter

September 2015

Dear friends,

August came and went, and the newsletter took a rest. As we move toward the autumn, branch activity is picking up a bit more. We have a couple of events coming up here locally, and this is also a busy time for the broader Anthroposophical Society. Our branch planning group has met twice this month to explore the calendar for the upcoming year along with questions of the branch's role in strengthening the work of anthroposophy in our area. Current members of the planning group are Linda Brooks-Cooper, Angela Foster, Eva Handschin, Katherine Jenkins, Roberta Ricketts, Elizabeth Roosevelt, and Sara Walsh. Please reach out to one of us if you have an interest in this carrying work for the life of our branch or suggestions for the future.

In service,
Elizabeth Roosevelt, for Anthroposophy Atlanta

Upcoming Events

- | | |
|-------------------|---|
| September 17 - 19 | Principles and Practice of Anthroposophic Medicine |
| September 30 | Michaelmas Celebration:
Awakening Through the Heart's Potential |
| October 9 - 11 | Engage!: Meeting the Events of Our Time
(Anthroposophical Society AGM in St. Louis) |

Branch Study

The Wednesday evening study group has resumed with with [The Gospel of St. John](#) at 7 pm. As we are nearing the end of this text, we will soon begin a new study. Stay tuned for the selection. All are welcome!

Michaelmas Celebration and Presentation

All are invited to the branch Michaelmas celebration Wednesday, September 30 at 6:30 pm. We will have a potluck dinner together and the opportunity to share updates arising out of anthroposophical work locally and nationally. Catalina De Luna Garza will present her recent research, ***Awakening Through the Heart's Potential: A Necessity of our Time***. Her work gathers explorations of the heart from historical and mythical, to medical, educational and philosophical, threading it all to show that education of the heart is not a pious wish, but a social and moral responsibility through which human beings can awaken to a greater humanity. In this process, Catalina explores the possibility of experiencing Michael within the human heart out of a place of freedom, in a soul full of courage.

Eurythmy Study Group

Great news for fans of eurythmy in the Atlanta area! Laura Covert will be leading a beginner course for adults entitled "A Study in Eurythmy Fundamentals." We plan to meet 7 Saturday mornings in Decatur from 9am to 10:30; the dates are still being determined—we will start in October and finish in early February. Each Saturday will involve approximately an hour of movement with time for discussion and reflection. To reinforce our Saturday lesson, the students meet for an hour in the evening in the week following to review and read from Rudolf Steiner's lectures on eurythmy. If you are new to eurythmy, have practiced some and want to deepen your understanding, or are just curious about this important part of the Waldorf School curriculum, now is your chance to join a group of cheerful adults in this exploration. Please email me if you would like more information. Angela Foster: afoster@thirdbody.net

When Things Flow Together

— Angela Foster

Synchronicity feels like magic to me. I love it when streams come together. I'll share a picture of that magic from my life today:

I'm 43, I have two children and have been a stay-at-home mom for 7 years. My younger daughter started first grade last week, which means transition for the whole family. For me, it means a new phase in which I have some extra time and energy available for self-care. I have decided that for physical health, overall fitness, and as a will-building exercise, I will make a commitment to physical exercise every weekday. Today I decided to run. I need upbeat music to jog with, so I dug deep in our iTunes catalog and discovered an album that should be fast and fun, "Ultimate Funk," a compilation of funk hits from the 1970's and '80's.

That's one stream of my life. There is this other stream where I have been encountering the Gospel of St. John since 2013. That spring I spent a weekend in silent retreat, reading the Gospel and Rudolf Steiner's collected lectures regarding the Gospel. I've been working with St. John in a continuous way since then. Our Wednesday night study group started reading Dr. Steiner's lectures last spring and is continuing with the book this fall. Recently Glen Williamson visited Atlanta and performed [The Incarnation of the Logos](#), which is intimately tied to the Gospel of St. John. And, through Anthropos Theatre, plans are in the works to bring the stage production of [the Gospel of John](#) to Atlanta and four other Southern cities for Easter of 2016.

So, how do these two streams come together, today, in my life? Well, you may know that the first several verses of the Gospel of John are significant. The first lines are often translated as:

In the beginning was the Word, and the Word was with God, and the Word was God.

Naturally, in working with the Gospel, I have been thinking a lot about The Word. That brings me to today, while running, and the third song on my "Ultimate Funk" playlist ends up being a 1986 hit song by the artist Cameo, entitled "Word Up." Now I was 14 when that song came out and it was on the radio a lot. I knew all the words and could sing along. Even today, after all these years, I was able to sing the words. Only now I thought about the connection between the words to this funky R&B song and The Word of the Gospel of John.

The chorus goes like this:

**Word up, everybody say
When you hear the call you've got to get it underway
Word up, it's the code word
No matter where you say it you know that you'll be heard**

The artist Cameo would appear to be having a strong experience of the importance of The Word in this song. I'm not able to say whether he was consciously thinking about the evolution of humanity, or the Gospel of St. John, when he was writing the lyrics, but that connection was definitely made in me today as I listened again to this song that I sang along with unconsciously as a teenager.

I marvel at the disparate events that had to occur in order for my study of esoteric Christianity and my commitment to exercise to culminate today in song. On one level it can seem just a coincidence; yet in my heart it feels like a wonderful gift and affirmation of my path. I'll keep pondering the meaning of these streams coming together- for me it feels like there might be a connection between "Word Up" and Wake Up - waking up to the Word; waking up to my tasks; waking up to community.

In a lecture in Hamburg, 1908, Dr Steiner is recorded as saying "if we try to make what we can learn from spiritual science about the Gospel of St John into a feeling, into an experience, we shall then find that this Gospel is not a textbook, but a force that can be active within our souls." I invite you all to study this Gospel along with me. We'll be reading Lecture 10 in the Wednesday night study group this week.

And if you missed Glen Williamson's recent performance of *The Incarnation of the Logos*, never fear, we are working on a hosting it again in December. If you'd like to support or be involved in the planning for bringing Anthropos Theatre's performance of *The Gospel of John* to our community in 2016, please email me for details.

May these words convey my heartfelt warmth to you,
Angela Foster

Verse

The following verses arose out of an initiative of the North American Youth Section as part of the effort to raise funds to attend a leadership meeting in Dornach. An open call for poetry was shared online, and friends responded. The sample below is from the group who will travel to Dornach. As the question sometimes arises about the presence of young people in anthroposophy, I thought to share these voices. I'm grateful to be working with the Youth Section and also for the support we have received from friends in Atlanta. Thank you!

~Elizabeth

1.

Hello Dear Friends,
Frank here,
Writing you to say, thank you either way,
A special situation has come to activation,
Where my peoples are in motion,
In hopes to cross the ocean,
and even over land,
with hopes gold and grand,
and Gold is what we need,
for plane tickets indeed,
A meeting of international scale,
Of youth who ride the beautiful whale

We call Anthroposophia,
It would be so nice to see ya.
Click on the link to see for real
If giving support is how you feel
I'd be so grateful for you to watch
and think about what egg will hatch
a blossoming bloom
flower's perfume
And so much more is on its way...
<http://igg.me/at/youthsection>
either way, I love you.

~ Frank Aleph Agrama

2.

The Only Constant
Whose voice is calling:
Where are the singing Hearts
Where are the beating Drums
Where are the no going Homers,
The to the mountain top goers,
'Til the last blade of grass,
Stand stronger.
And the Stars glimmer:

Here. Now.
Don't underestimate, geez, wow.
One by one, together,
never say never.
All the way to our hearts and back,
As the future called us,
To create what we lack.
We are here, Change.
We. Are.

~ Daniel Evaeus

3.

Still writing,
Overwhelmed by the reasons to speak or not,
To reach for a thought unspoken.
Catch my drift?
Catch me quick, I'm a drifting, rambling, raspy old curmudgeon
With nothing to say but what's coming,
Hold my words with a grain of salt
Or is it sand?
Whatever it is, let it be that grain of understanding that bridges worlds
from mine to yours,
From thoughts to pores
As my thoughts pour out on this page
Into this web of many minds
Destinies colliding
Through cybernetic unfolding
Melodious riffs of pure consciousness colliding,
I hope you can catch me as I fall from the heights of these dark nights of the soul,
Daybound,
Breaking new ground with each wave that emits sound
From my vocal range
Or mental state
These type font fingers unfolding slowly into a melody of word sound made quiet by the
page in front of me.
Call me dumb, or call me everything, anything, just call me when the feeling strikes.
Clickety click that easy path towards my door so we can find a flash of fertility in this
barren wasteland of thought.
My thoughts and yours, suddenly alive with meaning made clear
by a chance at intercourse.

~ Ariel-Paul Saunders

4.

A temple on the hill,
Of new forms built,
Is calling forth
New Forms, new bonds —
Not born by blood,
But through hearts weaving
The mystery
Of future streams,
Seeding possibility
That love grow
From these deeds.



~ Elizabeth Roosevelt

Looking Ahead

This newsletter seeks to offer a picture of the activity and voices of anthroposophy in Atlanta. To contribute to future issues, contact anthroposophyatlanta@gmail.com. More about our branch can be found on our [website](#).