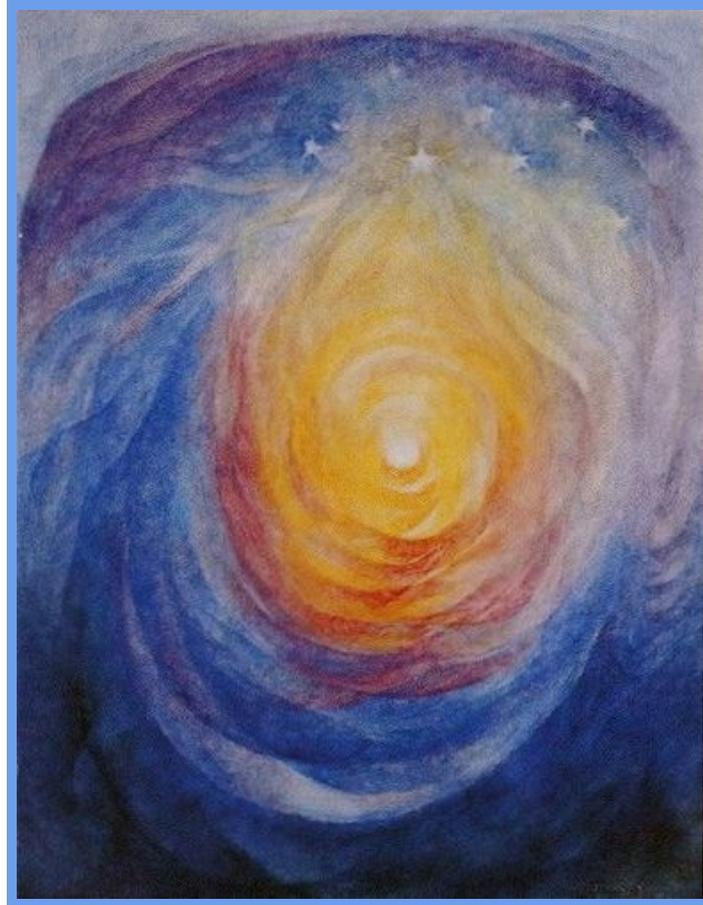

Anthroposophy Atlanta

Branch News, Articles & Events

Winter 2017



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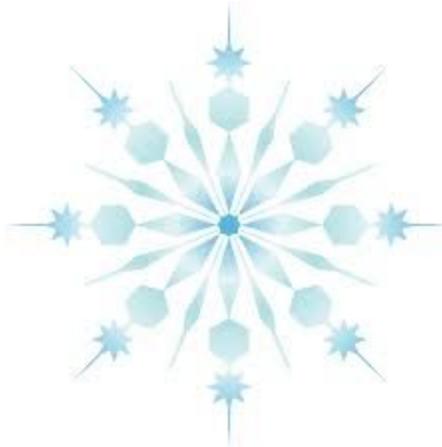
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<https://anthroposophyatlanta.org/>

S N O W

Joining Spirit with earthly life,
On the coldest darkest time.
From heaven,
An angelic gift blew down,
Delicate starry flakes of virginal powers,
Spreading a fluffy white mantle
Purifying the ambient, purifying the Earth.
Containing themselves magical powers,
Turning a dreadful freezing cold spell
Into the hearts joyful powering warmth.
Little diamonds,
Millions!
Or so it seemed...
Under the dim winter's light,
Scared over the pure snow, sparkling
Mimicking twinkle little stars from far above.
In the quietness, of such immense solemn beauty,
The soul of man joined in silent communion
Revering new life,
Asleep still under cover.

-Marian Shearer



A Note From Randy Evans

Randy Evans visited Atlanta in September and held a workshop entitled, "From Normal to Healthy: Finding Your Path with Anthroposophy." After the workshop, he provided us with the following reflections.

The study of Anthroposophy is a funny thing.

On the one hand, it can be rather complex to unpack what is being communicated. Witness the mental wrestling matches that many of us have with Steiner's work. On the other, the steps to the path to knowledge can be quite clear – such as the instructions for the six basic exercises. Where does one find the will to conquer the abstruse intellectual material and also to complete the rather mundane task of self-development? We might well excuse ourselves for not understanding Steiner but how do we explain our reluctance to engage in his exercises for growth?

These questions have plagued me for some time, and in my attempt to resolve them I was fortunate to come across Georg Kühlewind. His book *From Normal to Healthy* had been recommended to me. I picked it up and when I read just the Foreword, I knew I had a gem. I could not wait to read it. I think that was 2007.

The book was very patient. I would pick it up and start reading it from time to time, always gladdened by the clarity it offered. The first chapter and I became fast friends and were almost on a first name basis. It would get placed in the stack by my bedside and would inevitably move from the top to the bottom and then back to the bookshelf.

In 2014, I took a biography workshop where one of the presenters, Joseph Rubano, talked quite a bit about Kühlewind. Flush with the joy of that workshop, I was determined to take up the long overdue study of *From Normal to Healthy*. I immediately began reading the book two years later.

The book was worth the wait. It is, in some sense, a re-statement of *Philosophy of Freedom* using the language of 20th century psychology. Added to that is Kühlewind's exploration of how and why we all struggle so much to first see and then take up the tasks laid before us. It is rich not only in explanation but even more so in suggestions for how one puts this into practice. Whereas Steiner lays out how someone else could go about walking a path to knowledge, Kühlewind lays out how he walked Steiner's path.

In the spring of 2017, Angela Foster asked me if I might present a weekend workshop as part of the Atlanta Cooperative for Anthroposophical Study (ACAS). I knew I had to bring this book, but I couldn't do a standard book study where everyone reads and discusses a chapter every week. Many notecards and a few re-reads later, the group assembled in September of this year at the ARC with explicit instructions that the participants were only to read the Foreword but no other part of the book. My goal was that participants would be motivated to take up the book.

In this sense, I believe the workshop was a success. I just hope their books don't have to sit on the shelf for nine years before they can enjoy the wisdom of this excellent volume.

-Randy Evans



Painting by Mara Maccari, based on Rudolf Steiner's 1911 sketch with color indications.
sophiafoundation.org

From the Branch Michaelmas Celebration

Two Michael traits for humans to work towards developing are **strength** and **courage**.

St. Michael demonstrates both strength and courage when he appears on his white horse, carrying his flaming sword, his helmet and his armor of gold. Michael slays the dragon and humans gather around him, singing praises and celebrating with a feast.

On September 29, 2017 the Anthroposophy Atlanta Branch hosted a celebration of Michaelmas at the ARC. We gathered to renew, replenish and recommitment to gaining courage and strength. When Michael slayed the dragon, the evil of the world, it was so that humanity could learn to overcome their own dragons in everyday life.

We gathered to celebrate Michael's glory and to prepare for the spring by inviting the elemental beings to help us at the ARC.

Michael yearns for humans to take the gifts he sends to become ideas, and thoughts, grasped in the Spiritual. He wants us to think and be spiritual, to enliven our thinking. Roberta Ricketts described this in her presentation to the adults.

As we move from the summer into the autumn and winter approaches, our perception wanes and our power of thinking begins to strengthen. Our inner life is enriched and stimulated. We are moving from the summer sunshine to the winter's internal thoughts, a rhythm.

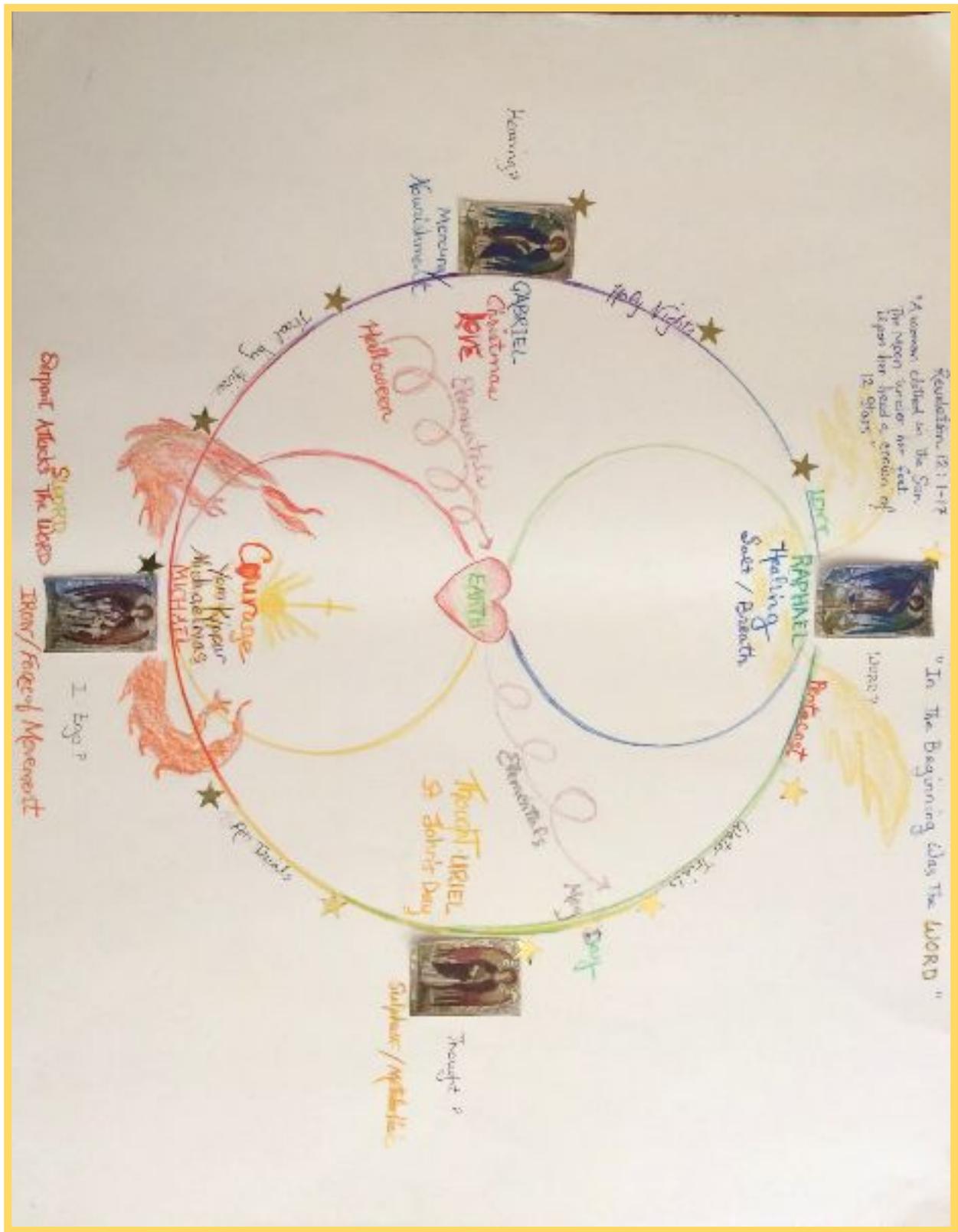
In our celebration we began by mixing our preparation, the 501 portion with rain water, then we stirred for the necessary time, and then we sprinkled the land. Everyone had a chance at sprinkling but the Hancock and Foster girls were absolutely the best. Next we planted daffodils and tulips in the prepared ground. Again, those girls were engaged in getting our bulbs deep into the earth, with hope of seeing the fruits of their labor in the Spring.

We finished the evening with a lovely Dragon stew.

For those who were not able to join with us for this Michaelmas festival we invite you for next year.

--Linda Brooks-Cooper

Linda Brooks-Cooper is a member of the Anthroposophical Society and the Branch Planning Committee.



Cycle of the Seasons - Roberta Ricketts

A Hearty Thank You

What a glorious engaging, fulfilling, enriching time we had visiting with **Mary Stewart Adams** (October 27th and 28th at Waldorf School of Atlanta and the ARC) Thanks to everyone who supported this event and helped to make it possible.

Mary's in-depth knowledge on the stars and their movements lead us to a deeper understanding of "we are all in this together." It deepens our concept of how the starry skies have an influence on our very lives, whether we recognize it or not.

The significance of the star's movements, returning time and time again to the place of many origins. What a beautiful concept, leading to the question, What is the relevance of this. Mary did her best to answer this and many other star questions and of course tying it all the Anthroposophy.

So I say again, Thanks for your support and yes, we the Anthroposophy Atlanta, have asked her to come back again!

--Linda Brooks-Cooper

All Souls' Day Observance

On Sunday, October 29, 2017, a small yet intent group gathered at the lovely home of Roberta Ricketts. We were intent on honoring and remembering Our Dead--our dearly departed who had crossed the threshold--both more recent and in the distant past. We also remembered those we don't know, but who died painful deaths, for example from suicide.

Deeply thoughtful insights from the deceased Christian Community Priest, Friedrich Rittlemeyer and others were pondered, about connecting with Our Dead in the night/sleep and day/wake rhythms. Meaningful Verses of Rudolf Steiner to connect us with Our Dead were read aloud, as well as the poem, Freedom, by Leonard Peltier. We shared pictures and stories of our dearly departed.

Deep Peace was soulfully sung.

Indeed, a beautifully heartfelt and meaningful observance was shared amongst each other as we honored and connected with Our Dead.

-submitted by Sara Michelson

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Sara Michelson is an early childhood educator and a Waldorf parent.



Upcoming Events

HOLY NIGHTS 2017-18



The Anthroposophy Atlanta Branch will be sponsoring an observance of the Twelve Holy Nights for 2017-18. **We are looking for additional people who are interested in presenting or facilitating** on available days (listed below) during the period of the Holy Nights. The ARC will be our location, with presenters/facilitators choosing the day and time. As a theme, we are suggesting **Christmas lectures by Rudolf Steiner**, primarily from “The Festivals and Their Meaning: I (Roman Numeral one) Christmas”, which can be found at rsarchive.org, or from the book Festivals and their Meaning, by Rudolf Steiner. A couple of other relevant titles include: “The Spirit of Christmas”, lecture by R. Steiner in Berlin on 26 Dec 1909, and ”Anthroposophical Leading Thoughts: A Christmas Study: The Mystery of the Logos” (available at rsarchive.org).

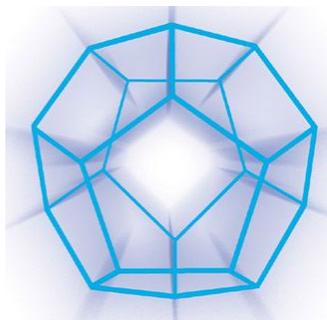
For Sunday, 12/24, I would like to suggest working at home with the Calendar of the Soul “Christmas Mood,” verse 38. On Christmas Day, you may want to work with the fourth panel of the “Foundation Stone Meditation.”

***December 26 - Jan 3 & Jan 5 will be dates to consider for being a presenter/facilitator.

***PLEASE SELECT a date and time, and submit with your chosen lecture, or other presentation theme and description to: katjenks@negia.net. If your desired date is already selected, I will let you know, so we can determine if it is possible to choose an alternate date.

-Katherine Jenkins

HOLY NIGHTS EVENT: FOUNDATION STONE READING



Date: Tuesday, December 26, 2017

Time: 2 pm

Location: The ARC, [761 Scott Cir, Decatur, GA 30033](http://www.761scottcir.com)

On Tuesday, December 26 at 2 pm, Linda Brooks-Cooper will present a dramatic reading of the Foundation Stone Meditation, and its Rhythms. Conversation will follow. Please bring your contributions and questions around this most important topic. Also, please RSVP to katjenks@negia.net for seating purposes.

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HOLY NIGHTS EVENT: ARC OPEN HOUSE

Date: Thursday, December 28, 2017

Time: 1pm - 5pm

Location: The ARC, 761 Scott Cir, Decatur 30033

An open & stress free space will be created at the ARC for art, prayer & contemplation, and conversation during these Open House hours. The front room will be set up with supplies for drawing and coloring, our back room will be set up for silence and prayer, the middle room will have a cozy fire and refreshments for folks to gather and converse. Feel free to come for all or part of time. Stay as long as you like in an atmosphere created to make space to just Be. Designed for adults and children 12+.

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HOLY NIGHTS EVENT: "SIGNS AND SYMBOLS OF THE CHRISTMAS FESTIVAL"

Date: Sunday, December 31, 2017

Time: 9am - 10:30 am

Location: The ARC, 761 Scott Cir, Decatur 30033

Katherine Jenkins will lead in "Signs and Symbols of the Christmas Festival", lecture by Rudolf Steiner, Berlin, 17 December 1906. Lecture includes a beautiful hymn by Goethe about the morning sun, leading us to contemplation of a deeper meaning of the Mysteries of the Sun, and the resurrected Christ within humanity. The guiding motif beginning with the significance of the cave, the three kings, the Christmas tree, the cross, the tree of Paradise, and the Star. Please RSVP to katjenks@negia.net.

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SPECIAL EVENTS IN AUBURN, ALABAMA

THE SUFFERING OF THE EARTH with Marcus Baechi

Date: Thursday, January 4, 2018

Time: 2pm

Location: 447 Cary Drive, Auburn AL 36830 (Home of Helene Burkart)

All are invited to Auburn for a presentation by Marcus Baechi on "The Suffering of the Earth." Recommended reading: "Agriculture" with lectures by Rudolf Steiner with introduction by Richard Thornton Smith, and "The Incarnation of Ahriman" by Rudolf Steiner.

Refreshments will follow. RSVP required to: hburkart@att.net with copy to dghual@gmail.com

A RITUAL PRESENTATION Dramatic Presentation (Epiphany Celebration)

Date: Saturday, January 6th, 2018

Time: 10am - 1pm

Location: 706 Cary Drive, Auburn AL 36830 (Home of Dorothy Hinkle-Uhlig)

Lunch will be provided. RSVP required to: dghual@gmail.com

We are pleased to add that Cyd Dudgeon will be able to play her harp on Jan 6, during the Epiphany Celebration. Note: An evening meal will also be provided for all out-of-town guests on Friday evening. Please contact Dorothy, Dghual@gmail.com, for further information , and your RSVP.

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POST-EPIPHANY DIALOG with Marcus and Baechi in Decatur/Atlanta

Date: Sunday, January 7

Time: 3 pm

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

We will be joined by special guests Marcus and Gisela Baechi for a discussion and time together, followed by sharing a meal together. Contact katjenks@negia.net for any details that you need

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ANTHROPOSOPHICAL SOCIETY IN AMERICA

Council and Leadership Team Meet and Greet

Date: Saturday January 20th, 2018

Time: 4-5pm

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

The ASA council and leadership team will be meeting in Atlanta January 19-21, 2018. **We are looking for community members who can host a guest or lend a car.** Anyone interested in helping out, please contact Nelson: nfredsell@gmail.com

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WORKING ARTISTICALLY WITH TEXT, PRAYER AND MEDITATION

A Free Columbia workshop with Laura Summer

Dates and Times: Friday, February 2, 2018 6:30pm – 8:30pm

Saturday, February 3, 2018 10am-4pm

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

For registration and information contact Angela Foster afoster@thirdbody.net

What is devotion? What happens when we devote ourselves to something through painting and drawing? What do we learn about the “object” and what do we learn about ourselves? How can sacred art be contemporary, an expression of an experience in the present? Using a variety of media—watercolor, pencil, collage, ink, crayon, and text—we will explore these questions. No previous experience is necessary. Both beginners and advanced painters are welcome!

SUGGESTED DONATION \$0-110.

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SAVE THE DATE FOR MARGARET SHIPMAN IN FEBRUARY 2018:

TOWARD AN UNDERSTANDING OF THE HIERARCHIES

Date: Saturday, February 10th, 2018

Time: 9:00am to 3:30 pm

Location: Decatur, GA

THE FOUNDATION STONE AND THE CHRISTMAS CONFERENCE

Date: Sunday, February 11th, 2018

Time: 2:00-3:30 pm

Location: Decatur, GA

Anthroposophy Atlanta & The ARC are thrilled to welcome Margaret Shipman to Atlanta!

Margaret has been a member of the Anthroposophical Society for 30 years and considers the work of Rudolf Steiner to be at the core of her life. In 2002 she started a national study group for anthroposophy - “Geographically Engaged Members Studygroup”, or G.E.M.S. She also coordinates the Traveling Speakers program for the National Society and will include Atlanta as part of a week-long tour of the South in February. She will offer two talks for the Atlanta community.

Watch for an email with more details in January. Mark your calendar now so you will not miss these enlivening opportunities!

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We are interested in your ideas for speakers, events and workshops. Let us know what you are interested in and let's work together! Email us at anthroposophyatlanta@gmail.com

Working Artistically with Text, Prayer and Meditation

A Free Columbia workshop with Laura Summer

Friday February 2

6:30pm – 8:30pm

Saturday February 3

10am-4pm

Location: Atlanta ARC

For registration and
information contact
Angela Foster
afoster@thirdbody.net



What is devotion? What happens when we devote ourselves to something through painting and drawing?

As we enter the 21st century, can we find ways to work devotionally in painting? Using a variety of media--watercolor, pencil, collage, ink, crayon, and text--we will explore these questions. No previous experience is necessary. The techniques we will use are very forgiving and exercises can be worked with at many levels. Both beginners and advanced painters are welcome!

SUGGESTED DONATION \$0-110. All of the work at Free Columbia is based on an understanding of the importance of creating a free cultural space, therefore there are no set tuitions. Rather we offer suggested donation amounts based on what it costs to run courses. If you prefer it is possible to make a monthly pledge to support Free Columbia rather than making a one time donation.

www.freecolumbia.org

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Atlanta Area Study Groups

Group or Text	When	Meeting Time	Location/Contact
Reading the Pictures of the Apocalypse	First Monday of the month	1-2:30pm 'Bring your own' lunch at noon	1384 Fairview RD NE, Atlanta 30306 Melissa Grable midwaymel8@gmail.com
Mystery Dramas	Tuesdays	10-11:30am	ARC Angela Foster afoster@thirdbody.net
How to Know Higher Worlds	Tuesdays	5:30-7pm	Midway Woods Enid York enidyork@yahoo.com
Christianity as Mystical Fact	Wednesdays	7-8:30pm	Academe of the Oaks Eva Handschin eva@academeatlanta.org Jeff Powell katn8p@hotmail.com

If you would like more information on any of the groups listed, please contact the person(s) above or email us at anthroposophyatlanta@gmail.com

Study Group at Academe of the Oaks

The study group at the Academe of Oaks is one of the oldest groups in the Atlanta area that has been meeting every Wednesday for more than ten years. The group is hosted by Eva Handschin and with her support, many of the texts dealing with Anthroposophy have been read and openly discussed. Some of these books have included: Steiner's four Gospels as well as The Fifth Gospel, The entire Karma Lecture series, and also some of the primary texts just to name a few. In addition there has also been other books by different Anthroposophists read and examined such as Sergei Prokofieff's Occult Significance of Forgiveness. For more information, please contact Jeff Powell at: Katn8p@hotmail.com

-Jeff Powell

Mystery Drama Study Group

For just over a year now, a group of 3-6 of us have been consistently reading Rudolf Steiner's *Mystery Dramas* together. (Rudolf Steiner wrote four plays that follow the lives of a group of individuals through several incarnations. Each one is titled separately; collectively the plays are referred to as his *Mystery Dramas*). Our study group meets weekly for an hour and a half to read aloud. We assign parts based on who is able to be present on a given day, so none of us ever get fixed in a particular role. It is a lively way to experience the different parts and personas of the dramas. Sometimes we re-read a scene two weeks in a row in order to try to understand it a little more. This can be particularly helpful when a scene is set in-between incarnations and involves souls existing in interpenetrating planetary spheres! Currently, we are nearing the end of the fourth, and final play, and expect to finish by the end of 2017.

Looking ahead, our group agrees that we would like to keep working with the plays. The characters are interesting, the material is engaging, and truly we have found that taking up the plays can deepen one's relationship to Rudolf Steiner and his mission. While we may continue to meet on a weekly basis, we are also considering doing quarterly intensives; the idea being that we could take a whole Saturday or Sunday and read through an entire play together. We imagine that this would be really fun if we were able to bring together a larger group of people to participate. If you are interested in learning more about the Mystery Dramas and our future studies, please let me know. No prior experience is necessary- we all learn as we go along! Please email Angela for more info: afoster@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 by Steiner. **The library is open before ARC meetings 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. We can always use a helping hand with cataloguing, labeling, and shelving. 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/>

Community Contributions

*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!*

My n is 1

Mark Hancock, MD, MPH

[The Martin Clinic](#) sponsored several nurses and myself to attend a workshop on Anthroposophic Nursing in Flat Rock, North Carolina in early November. Several parts were experiential. Small amounts of metals are used therapeutically in Anthroposophic nursing care. We had a hands-on experience of the effects of these metal salves. As a large group we were told to close our eyes and put our hands out to receive a small cloth. We were to focus on three questions: How does this substance make us feel? Imagine we see a sink full of dirty dishes. What is our reaction? Imagine we see two people arguing. What do we do?

I emptied my mind of preconceived notions. I wasn't so sure what the results of this activity were going to be. When I felt the first small cloth in my hands my feeling was one of almost irritation. I felt grounded but perhaps too grounded! I wanted to move around and I felt almost frustrated. Initially I thought I was feeling this about the activity but I soon identified that I was objectively feeling these distinct emotions--I had not been feeling anything like this earlier. I moved on to the second question. I felt like smashing those dishes and that is what I pictured myself doing. It felt satisfying! I imagined the third scene and I marched up to those people and pushed them apart. Mischief managed!

Dr. Pat Hart then circled around and collected our cloths. Susan Moss the nurse presenter gave us a second cloth.

This one made me feel more calm. I felt open to the world, ready to hear. Regarding those dishes, (I had mentally reconstructed them), I thought of the people who dirtied them and I thought I could be useful if I washed them. Picturing the arguing people, I spoke to them and asked what they were arguing about. I wanted to understand their problem and help sort it out.

At the close of the exercise we shared our experiences. Pat and Susan then revealed the metals--my first cloth was **iron** and my second cloth was **copper**. My experience was clear

and distinct in both cases. I can relate my experience of the metal cloths' influence on my emotions and imagination to iron and Mars forces in the first instance--wanting to move, smashing dishes and finding a physical solution to the problem at hand. In the second instance there was a listening process happening--feeling open to the surroundings and attempting to understand the whole picture. A copper experience, an experience of the Venus forces was becoming clear.

In scientific trials we talk about "n" as being the number of participants. Statistics becomes more powerful the higher n goes. There are studies called *case reports* where one can say n is 1. A doctor noted their patient's asthma got better when they had pinworms and worsened when the infestation was treated. Another reported that their patient with advanced cancer went into remission shortly after a fever from a skin infection.

One can argue that much of science and medicine has been built from case reports. The power of cognition to grasp a law through a particular case is evident. [One swinging lamp](#) sparked the discovery of the law of the pendulum in a young brilliant man hundreds of years ago. Today we see that sometimes we don't follow our thinking faithfully and end in a quagmire of knowledge. Statistics has come to the rescue--we argue that we can trust math more than the thinking shining through a case report. In medicine we have almost forgotten the lowly case report, preferring meta-analysis instead. These are collections of trials (typically randomized controlled trials) on a question that themselves can be statistically examined. This type of analysis has had great impact and given new scientific knowledge in medicine and other fields. Scientists have started to assume there is no way to really know the answer to a question without a meta-analysis. There is a reason that [Anthroposophists have been at the forefront of bringing the case report back into focus](#)- the power of cognition is able to discover laws from single instances of the particular especially when presented properly.

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Mark Hancock is a member of the Anthroposophical Society and of the Atlanta Branch Planning Committee. He is certified in Family Medicine and is working towards certification in Anthroposophical Medicine. He lives in Decatur with his wife Enid and their six daughters. They have a developing urban homestead with chickens, goats, a food forest and biodynamic-permaculture gardens.

www.martin-clinic.com

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.**

Views 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 listing does not necessarily represent an endorsement.



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