

# e-Correspondence

from the Central Regional Council  
of the Anthroposophical Society in America



August, 2014

## Communication Support:

If you are receiving this email as the contact person in your area, **please forward it on** to all the members in your group, branch or initiative. We want to ensure that all our members in the region remain connected. If you prefer that another member of your group be responsible for receiving and passing this on, please let us know. **We need your help and thank you.**

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## Speaking with the Stars project

The *Speaking with the Stars* project strives to empower us to ripen our speech and heighten our listening, so we can work in a Michaelic way with the spiritual beings of the stars.



Daisy Hu 2014

**Conference Call with Regional Members –  
Tuesday August 26, 2014: 7:15 – 8:30 pm Central  
(8:15 – 9:30 pm Eastern)**

**This will be a “GO TO MEETING” CALL:  
Dial +1 (805) 309-0014 Access Code: 290-223-149**

**Theme: *Cosmic Cycles Earthly Rhythms***

a conference call hosted by the Central Regional Council  
with Mary Stewart Adams

- ~ “World Destiny” as it relates to the verse
- ~ The year as Being – as a breathing process articulated through festival cycles
- ~ Our conception and gestation of the new year

## In preparation for our August 26th regional conference call ~

We are requesting that a representative from each Beehive Cluster prepare a 2 minute (2 paragraphs) update on what activities have been developing or are being planned in their area. Groups who were unable to participate in the June planning retreat but have begun to *speak with the stars* are also invited to prepare an update and to share during our call.

If you plan to offer a report during our regional call on August 26th, please send an email and copy of your report to Alberto Loya ([aloyavaca@peoplepc.com](mailto:aloyavaca@peoplepc.com)) for posting on our webpage as a way to encourage and inspire members and friends throughout the region.

<http://www.anthroposophy.org/groups/central-region.html>

## "Bringing in the Sheaves"

*Sowing in the morning, sowing seeds of kindness, sowing in the noontide and the dewy eve:  
Now begins the harvest and the time of reaping, we shall come rejoicing bringing in the sheaves.  
Bringing in the sheaves, bringing in the sheaves, we shall come rejoicing bringing in the sheaves.  
Bringing in the sheaves, bringing in the sheaves, we shall come rejoicing bringing in the sheaves.*

The Wheel turns from St. John's Tide with its message of the inner Christ Sun and the mirroring of the Holy nights, to the Sun in the heart of the lion (or at least it's where Regulus, the heart of the lion, was a couple of thousand years ago!) Lammas, or Loaf mas, a cross quarter festival traditionally celebrated at the beginning of August, marks the point when we leave the Garden, and earn our own way, "by the sweat of our brow".



The harvest of grain, and the baking of bread, represents the first child of the cosmic union of Sun and Earth. It symbolizes the essence of humanity, born from this union, for the loaf is more than a gift of nature, it is made by the combined forces of nature with the will forces of human activity.

The harvest season is a time of judgment. We are called upon to sift through the things that have grown up during the past half-year, and decide what we will keep and what we will cut away. We must make choices, and act on them. The cycle of life turns past the peak of growth, into the time of release.

In astrology, the moon, five eighths past the new moon, is called the "disseminating moon". During this phase, what has built up in the waxing cycle begins to be released into the environment. We start to see the results of our work. At Lammas, the sun is five-eighths of the way around the Wheel from Winter Solstice. Growth has reached its peak, and the life of the Sun God

has begun to bleed off into the fruit and grain.

The King is Dead Long Live the King - for now is also the time of sacrifice, of death in service of life. Some of the first fruits are ready for harvest, but some, too unripe to be eaten, must be plucked away. These are culls, removed so they won't drain the life force from the good fruit. If everything was left on the tree, the life force would be diluted, or worse, the bad fruit could weigh down a branch until it breaks, destroying the entire crop, or sometimes killing the tree. The culls are taken so the rest of the fruit, and those who depend on the crop for survival, might live.

John Barleycorn must die... 'Cut in half and buried, then beaten with sticks, and finally crushed between stones'... as the song goes, nevertheless rises once again. Bread is the perfect sacrifice for "Loaf Mass" or Lughnassadh as the Celts called it, for they knew that this festival is more than just the first fruits of the earth -- it also involves the first fruits of human labor. Grain is processed by human craft, and joined with the four elements to make the staff of life.

What is this day?

It is the day of Lammass.

What is the meaning of this day?

It is the mystery of the corn

What is the mystery of the corn?

That which is cut down will rise again.

Who will rise again?

We will rise again.

Who will rise again?

We will rise again.

Who will rise again?

We will rise again.



So bake a loaf of bread on Lammass. If you've never made bread before, this is a good time to start. Honor the source of the flour as you work with it: remember it was once a plant growing on mother Earth. If you have a garden, add something you've harvested-- herbs or onion or veggies. If you don't feel up to making wheat bread, make corn bread, or gingerbread people, or popcorn. What's most important is intention. All that is necessary to enter sacred time is an awareness of the meaning of your actions.



Another way to honor the connection between the grain and the human is to make a corn doll. This is a fun project to do with kids.

Lammass is also a festival of regrets and farewells, of harvest and preserves. Reflect on these topics, alone in the privacy of your journal, or share them with others around a fire.

**Regrets:** Think of the things you meant to do this summer or this year that are not coming to fruition. You can project your regrets onto natural objects like pine cones and throw them into the fire, releasing them. Or you can write them on dried corn husks or on a piece of paper and burn them.

**Farewells:** What is passing from your life? What is over? Say good-bye to it. As with regrets, you can find visual symbols and throw them into the fire, the lake or the ocean. You can also bury them in the ground, perhaps in the form of bulbs which will manifest in a new form in spring.

**Harvest:** What have you harvested this year? What seeds have you planted that have borne fruit? Find a visual way to represent these, perhaps creating a decoration for your house which represents this harvest for you. Or you could make a corn dolly or learn to weave wheat, which was used by early farmers as a resting place for the harvest spirits.

**Preserves:** This is also a good time for making preserves, either literally or symbolically. As you turn the summer's fruit into jams, jellies and chutneys for winter, think about the seeds you will keep to plant next year. How can you keep them sweet in the store of your memory?

Speaking of sweet: The traditional day for the blessing of beehives is August 8<sup>th</sup>. The last day of the honey harvest, so the bees will be sure to have enough fuel for the winter.

~Hazel Archer Ginsberg,  
Festivals Coordinator and Council Member of The Rudolf Steiner Branch of Chicago and the CRC.

## Inspiration from Mary Louise Hershberger, Fargo, ND

The reading in the "Journal for Star Wisdom - 2014" for July 27, 2014 tells us that "today" the Sun enters the second decan (decan: each of three equal ten-degree divisions of a sign of the zodiac) of Cancer which contains the Beehive or star cluster Praesepe. This decan is ruled by **Venus** and the author quotes R. Steiner as saying, "**Bees surrender themselves entirely to Venus, unfolding a life of love through the whole beehive.**" This inspires me to ask, *Can we carry "unfolding a life of love", as a guiding imagination for our shared Speaking With the Stars work?*



The Journal for Star Wisdom edited by Robert Powell, Ph.D., can be ordered through [www.steinerbooks.org](http://www.steinerbooks.org)

## A Note from David Howerton, St. Louis, MO



(ed. Note: You may recall that David has generously submitted poems and reflections over this past year for inclusion in our e-correspondence. I am deeply grateful for his thoughtful submissions and his engagement with the work of anthroposophy within our region – THANK YOU DAVID!)

Dear brothers and sisters,

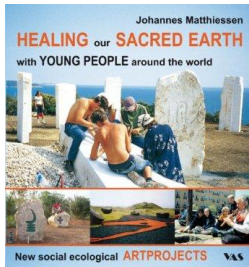
Thank you for the opportunity to be with and learn from each of you. The many ways I can improve myself as a human being are something of importance that stand out to me from our time together. One specific area I can improve, relates to my openness to others through my hearing and seeing. I believe Dr. Steiner has referred to this hearing as, the practice of "selfless listening". For me this listening involves developing the capacity to reach an inner stillness /an inner silence. Then one may seek to hear beyond ones own voice to the word of another.

In regard to my seeing; to seek to see beyond my own reflection, beyond the vale of my own clouds, endeavoring to view the shining light of another being, each with a individual character of color shining from constellations of interwoven karmic connections and relationships. In short, to increase my effort to create in myself a mood of soul, that I may recognize the spirit within and then reverently devote myself to seek the divine within others, and within all the world.

To you, who with courage consciously strive to bring the wisdom of the human being alive within yourselves and within the world. To you, the "spiritual warriors" or better said, the "warriors for the spirit", who lovingly wield the two edged sword of the ego and yet will not be mastered by egotism. To you, who are working toward divine destiny, toward the future age of spirit man. I offer my heartfelt gratitude, respect and friendship.



## From the Dietzel's, Roseville, MN



We just purchased from Regina Brenner a recently published book by Johannes Matthiessen, *Healing our Sacred Earth with Young People around the World*. I was

surprised to find a section on our pilgrimage to New Orleans, with a long quote from Margaret Runyon's description of her experience of Hurricane Katrina, and a photo of Marianne Fieber leading a songtrail, with Marianne and Dennis Dietzel, Lori Barian, Robert Karp and others following behind, as well as some photos of the wreckage in New Orleans. It is a wonderful documentation of that journey.

You can order it from [Amazon.de](https://www.amazon.de) where the shipping is around 15 Euro. (Johannes Matthiessen, *Healing our Sacred Earth with Young People around the World*)

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## CORN RIGS & WHEELS [15 degrees Leo]

CICADAS TRANCE  
IN THETA WAVES OF SOUND

THE SICKLES REAP IN BORDERTIME  
OPENING THE GATEWAY TO THE WEST

DRAGONS FLY  
INTO THE MOUTH  
OF THE HOLLOWMAN –  
HIS EYES BLAZE  
AS HE GLIMPSES HER WAITING WOMB  
ALL RIPE & HOT - HER PHOENIX TOMB  
A FIERCE ALCHEMICAL FURANCE -  
BAKED IN THE LION FIRE  
OF TETRAMORPH ANGELS  
JOHN BARLEYCORN MUST DIE  
GRIND THE GRAIN  
TO MAKE THE BREAD & BEER

MOULDED CHRYSOKOLLA -  
THE KNEADED WICKERMAN  
FULFILLS THE SACRIFICE  
& SITS UPON HER ALTAR -  
NEXT TO BRAIDED CORN DOLLIES  
& MOIST CAKE

AT THE TOP OF THE HILL –  
THE SUN  
COVERED WITH PITCH & TAR  
& TIED TO THE SPIKED WHEEL OF CATHERINE..  
IS SET AFLAME -  
THE BLAZING DISK ROLLS IN IMMOLATION  
TO IT'S DECLINE

BURN THE OLD STRAW EFFIGY  
AT THE FUNERAL GAMES  
TO BLESS THE FIRST GRAINS

WATCH SOTHIS RISE –  
MORNING FIRST SCORCHER  
CELESTIAL JACKAL  
HERALD OF THE NEW YEAR -

FLOOD THE FIELDS  
WITH YOUR SCINTILLATING SERUM

& WE MEET ONCE AGAIN  
ONCE AGAIN, ONCE AGAIN  
IN A YEAR & A DAY  
TO BEHEAD THE LOAF  
& EAT...

~Hazel Archer Ginsberg

Here are three versions of the guiding verse for our "Speaking with the Stars" project. If you are aware of others, please submit them for inclusion in the next e-Correspondence.

The Stars spoke once to Man.  
It is world-destiny that they are silent now.  
To be aware of the silence  
Can become pain for earthly Man  
But in the deepening silence  
There grows and ripens  
What Man speaks to the Stars.  
To become aware of this speaking  
Can become strength for Spirit-Man.



\*translation by George and Mary Adams



The Stars once spoke to human beings.  
It is World-destiny  
That they are silent now.  
To be aware of the silence  
Can become painful for earthly humans.  
  
But in the deepening silence  
There grows and ripens  
What human beings speaks to the Stars.  
To be aware of this speaking  
Can become strength for the human Spirit.

\* updated translation submitted by James Ulness

Stars once spoke to human beings  
Their silence now is cosmic destiny;  
Perceiving the silence  
Can be earthly humans' sorrow;  
But within the mute silence ripens  
Humans' speech to stars;  
Perceiving their speech  
Can become strength to Spirit-Man.

\* Given to Marie Steiner by Rudolf Steiner on December 25, 1922  
translated by Christian and Ingrid von Arnim  
Submitted by Dennis Dietzel



## What's happening in our Region?

Follow the link: <http://www.anthroposophy.org/groups/central-region/>

### Crossings:

**Ruth E. Zinniker**, 81, of East Troy, died July 16, 2014, at her home surrounded by her loving family and friends. She was born and raised in Germany by her parents Immanuel and Herta Voegele. She moved to Wisconsin in 1958, in 1961 she married her late husband Richard (2011) in Germany and made East Troy her home ever since. She was well known for her amazing gardening, as well as an organic and biodynamic farmer all of her working years.



### **Sergei Prokofieff (1954-2014)**

The noted and highly regarded anthroposophist Sergei O. Prokofieff has died on the New Moon in Leo, July 26th, 2014 in Switzerland. Author of many books of anthroposophical research and insights into the legacy of Rudolf Steiner and the spiritual situation of humanity, he was a member of the Executive Council at the Goetheanum until failing health required him to step back. He was also formerly leader of the Anthroposophical Society in Russia.

For a list of his books in English translation, see [SteinerBooks](#) and [Temple Lodge](#) publishers. A brief biography is at [Wikipedia](#).



If you have any suggestions or contributions for upcoming issues, please send them to Marianne Fieber at [marianne.fieber@yahoo.com](mailto:marianne.fieber@yahoo.com). In the subject line, indicate that they are for the e-correspondence. We hope this format will help us reach members in a timely way with information that is of interest.

### Some simple guidelines for submissions:

- \* Deadline: 3<sup>rd</sup> Saturday of the month
- \* Electronic submissions only to [marianne.fieber@yahoo.com](mailto:marianne.fieber@yahoo.com)
- \* Poetry or thoughts coming out of your work with anthroposophical ideas
- \* Activities taking place within the Central Region
- \* Reports and photos from anthroposophical events offered by Groups, Branches or Initiatives
- \* Activities which are led and/or developed by members living within the Central Region

Note: We reserve the right to edit contributions as needed.

### **The Central Regional Council is:**

Dennis Dietzel, Roseville, MN  
Marianne Fieber, Viroqua, WI  
Mary Louise Hershberger, Fargo, ND

Alberto Loya, Ann Arbor, MI  
Hazel Archer Ginsberg, Chicago, IL