

# E-Correspondence

from the Central Regional Council  
of the Anthroposophical Society in America

December, 2013



## 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.**

## Midwinter – Advent – Twelve Holy Nights

*When the days become shorter, when the autumn and winter approach, the sun withdraws its forces more and more. In the same degree, however, in that the physical force of the sun is withdrawn, the spiritual force grows. And it is conferred on the earth most strongly when those days come when the shortest days arrive, and when the nights are longest.*



Rudolf Steiner – *The Mysteries*, December 25, 1907

*Again, without this being really recognized hitherto by science, these Twelve Holy Nights stand there, as though established out of the wise, hidden depths of the human soul, as if to say: Experience the Christ-Festival in all its profundity; but then plunge during the Twelve Holy Nights into the holiest mysteries of the cosmos!—and this means, into the universal land whence Christ descended to the Earth.*

Rudolf Steiner *December 21, 1911*

In this issue:

[Spiritual Research through the Holy Nights](#)

[Regional Conference Call - SAVE THE DATE](#)

[Journaling Tips for the Holy Nights](#)

[Following the Cosmic Gesture from Christmas to Epiphany](#)

[News from the CRC](#)

[Introducing a New Colleague](#)

[Reports from the Region](#)

[Wedding Announcement](#)

[Speaking to the Stars in the Central Region](#)

[All Souls Day - Chicago](#)

[Events in our Region](#)

POEMS:

[David Howerton's December poem](#)

[SOL INVICTA by Hazel Archer Ginsberg](#)

[I was Born of the Shining Distant Stars - anonymous](#)

## Spiritual research throughout the Holy Nights 2013-14

Members of the Central Region Council invite you to join us in our spiritual research work throughout the Holy Nights. We have begun to prepare ourselves for the work we are intending to cultivate in the coming two years (see later article on News from the Council for more information) which will culminate in a region-wide response to the lunar and solar eclipse headed our way during Easter time 2015. It is our hope that individuals throughout the region find inspiration during these coming Holy Nights in our effort as human beings to build a living connection with the cosmos. We are offering some lectures to study if you wish to join in our region-wide effort.

The council has chosen to work with the following lecture:

***Human Questions and Cosmic Answers*** by Rudolf Steiner.

The lectures can be found through the following link: [Human Questions and Cosmic Answers](#)

We also invite you to take up the activity of keeping a journal as part of the research process.

### Regional conference call

**January 22, 2104 – 7:15 – 8:15 pm CST (8:15-9:15 EST)**

**TOPIC: *Speaking with the Stars: Human Questions and Cosmic Answers*  
Conversation and leading thoughts with Mary Stewart Adams.**

This will be a “GO TO MEETING” CALL

Dial +1 (312) 878-3081

Access Code: 609-397-469

### ***Journaling Tips for Connecting to the Cosmos during the Holy Nights – A “how-to” from Mary Stewart Adams***

The beauty, and the challenge, of finding the stars in one's biography, is that we become the focus of our research, not from a place of subjectivity, but from a place of objectivity, and with the same consideration that is described in the practice of reviewing one's day in reverse at the close of each day. This is not undertaken in order to judge, celebrate, or lament, but so that one may begin to:

1. discern the rhythms of being human, and then (given time)
2. understand the harmony of experience in coincidence with the planetary rhythms

In this context, then, the journal is actually a collection of research notes about the course of a human day/life.

It helps to keep in mind the 8-Fold Path practice Rudolf Steiner assigns to Saturn's Day:

To pay attention to one's ideas. To think only significant thoughts. To learn little by little to separate in one's thoughts the essential from the nonessential, the eternal from the transitory, truth from mere opinion.

If we journal with the intent of using it as a way to find harmony with the planetary rhythms when we look back on our experience, then we can consider it this way: How might I find Mars in this experience? How might I find Moon? This doesn't mean trying to describe the Mars-nature of my experience as I am recording it, but to record experience with the understanding that later, when I find that there was an active Mars rhythm, I can go back to the day which I have reported with the keen eye of a spiritual scientist and researcher and discern the Mars element. But it may also be that I don't find Mars in my experience. The journal is an undertaking that has the nature of a gesture which says "If it be so that this life is unfolding within a larger harmony, then here I will record my experience of it so as to help find that larger rhythm."

*It is right to regard these 13 Holy Nights as the time which represents the power of a new clairvoyance within human souls, when one perceives everything that man must accomplish throughout life in the incarnations from Adam & Eve until the Mystery of Golgotha.*

~Rudolf Steiner

This is much easier than it sounds. It can simply be a listing of events, significant thoughts, seemingly chance encounters; not my opinions or feelings about these things, but my clear rendering of them. I can then begin to look into my life as a research arena with which the planetary world is seeking engagement. And then if I desire to look at my life experience relative to certain celestial phenomena, I have as accurate a record as I can muster (and I support my memory body in the process!).

Example:

Here's how I rendered my day December 6 (I start with last first);

*Adam Bittleston's Seven Planets before bed  
sat by the fire with kids and dmr; JK staying the night on the couch  
P and I picked him up at work, where we waited for 1/2 hour after Petoskey Open House  
Cold and windy at open house; spent time chatting with JW outside Symon's; re:Thursday book study  
and our challenge with G's seeming resistance and how this was a demonstration of the answer to the  
question that opens ch 7 "Are There Limits to Knowledge?" saw B and S; visited with everybody at JT  
Spent 2 hours at coffee shop outlining program descriptions; R and his friend happened by for lively  
conversation re: capitalism, metaphysics, current cosmos. Lots of laughs  
P had ballet rehearsal for Nutcracker  
late lunch at JT, walked  
spent afternoon crafting programs, talked to CJ at TEDxTC; Michigan Humanities Council submission;  
12th Night descriptions for DC at United Methodist Church; wrote Advent Garden description for GKO  
press release  
Gave B and L St Nick gifts  
coffee at home*

Later, I might find out that there was a significant event, doesn't even have to be celestial, and I will go back and be able to recreate the mood and encounter of this day. I know which form of description will trigger my memory, and this will be different for everyone, I suspect.

When I look back, especially if I have found that there was some specific celestial event, then it is with the question: was there anything in this day that might reveal a connection with that larger event? Sometimes my notes are just pointers or indicators. I include enough so that if need be, I can recall the moment being described. This, at least, is how I approach it.

~Mary Stewart Adams

## Following the Cosmic Gesture from Christmas to Epiphany

There are many different approaches to the Holy Nights, no one right or wrong. What matters most is that we undertake to engage with the season and the possibility for a clearer relationship to the starry worlds. While the Holy Nights allows for a connection with starry world, the Holy Week at Eastertide can foster harmonizing within the rhythm of planetary spheres.

From Adrian Anderson's book *Living a Spiritual Year* we learn about the moment of midnight between New Year's Eve and New Year's Day, that at this moment, the human soul is released from folks soul, and its highest wishes are witnessed/heard by the higher hierarchies. This makes the New Year's Eve night a sublime moment, standing over and against the regular course of nights from Christmas to Epiphany.

The sequence of days I follow is relative to the ascending and descending signs of the zodiac, and goes like this:

First Holy Night, Dec 24-25 ~ Aries  
2<sup>nd</sup> Dec 25-26 ~ Taurus  
3<sup>rd</sup> Dec 26-27 ~ Gemini  
4<sup>th</sup> Dec 27-28 ~ Cancer  
5<sup>th</sup> Dec 28-29 ~ Leo  
6<sup>th</sup> Dec 29-30 ~ Virgo  
7<sup>th</sup> Dec 30-31 ~ Libra (this completes ascending signs)  
DEC 31-JAN 1 ~ 13th Hidden holy Night (see above)  
8<sup>th</sup> Jan 1-2 ~ Scorpio  
9<sup>th</sup> Jan 2-3 ~ Sagittarius  
10<sup>th</sup> Jan 3-4 ~ Capricorn  
11<sup>th</sup> Jan 4-5 ~ Aquarius  
12<sup>th</sup> Jan 5-6 ~ Pisces (also known as 12th night)  
This completes descending forces of zodiac



## News from The Central Regional Council

Central Region Report and Budget Request for 2014 to the Anthroposophical Society in America

*(The following is the annual report that is sent to the Society along with our funding request for the coming year. It is our intention to make known to our central region members the work that we've done and plan to be doing as we head into 2014)*

It is with deep gratitude for the generosity of members throughout the Anthroposophical Society that the Central Regional Council (CRC) wishes to report on recent activities. The CRC strives to uphold our mandate to serve members in the Central region and foster the life of anthroposophy. Additionally, we wish to share some of the emerging ideas for our work for the next couple of years.

Since February 2000, the focus of the CRC's work has included events toward nurturing community and manifesting the gifts of anthroposophy here in the "heart-land" of our continent. We have established a

process for welcoming new members to our region: a handwritten postcard is sent to each one after receiving a list from the Ann Arbor office.

Exploration of the region's spiritual geography has continued as a foundational gesture in our work. Our annual May meetings are hosted in communities throughout our region allowing us to consider deeply the etheric geography from North to South and East to West. We have adopted a grail-like image of the

*Rising aloft on the breath of spirit wings  
Expanding out into the cosmos where heaven sings  
Through the moon and her reflected silvery light  
Through Saturn in his great conceptual might  
To where the impressions of past deeds can be won  
Within the great radiant record of the divine sun*

*Divine path of light  
From star in curtain of night  
To birth in earthly sight*

*In the season of the darkest hour of night  
The cosmos sends promise of our return to the light  
When it seems the deep darkness has won  
Comes the radiant light of the Midnight Sun*

With love, David Howerton,  
member of the Anthroposophical Circle of St. Louis

Mississippi watershed on many of our communications (see above). Each regional gathering has also included a theme and practical group or leadership development activity.

Healthy breathing between center and periphery requires active communication and engagement in both directions. In an effort to be more dynamic and timely, our regional newsletter underwent a transformation. The Correspondence, once printed as a bi-annual publication, is now a **monthly e-correspondence** and continues to play a vital role in our communication efforts. This is emailed to our group and branch leaders who then send it on to their members.

During our May 2013 gathering in Viroqua, WI, Albert Linderman joined us and provided us with an overview of Theory U in conjunction with our theme of **Social Imagination: Weaving Past and Future through Presencing**. During our regional annual general meeting, Albert led the group in a Theory U process to explore what may be coming toward us from the future and how we might respond in the central region. We have begun to imagine what is next: Is there perhaps another form for our gatherings that we may want to consider? Many conversations have ensued from this experience and we will have a phone call in late October, open to all in the central region, to further explore these questions.

From this process, a two-year project has begun to emerge which would be a response to cosmic events occurring in 2015. We dedicate our work in 2014 to finding our regional colleagues, those willing to be collaborators in their local area for a number of events/celebrations occurring at the same time in multiple locations in 2015. This would be a year of cultivating collaboration in a new way among our groups and branches and we are looking at how best to include as many members as possible in this project and research. We will be considering this a research and tutorial year as we introduce ourselves more deeply to the stars and gather our collective voice for our speaking in response to the two eclipses appearing in the spring of 2015.

We will be scheduling quarterly conference calls with our members to engage them in our planning process over the coming years and have already completed one conference call (August) with another scheduled in October.

## SOL INVICTA {THE FEAST OF THE UNCONQUERED SUN}

THE BREATH OF NATURE IS SUSPENDED  
IN THE VAST & HOLY NIGHT  
WE WAIT WHILE WITHIN  
THE DARK KING IS TRANSFORMED  
INTO THE INFANT LIGHT

THE MOTHER  
SLUMBERING THRU THE WINTER OF HER LABOR ABIDES...  
HER COLD VELVET CHAOS  
INDUCING THE IMMACULATE PROMISE OF LIGHT

HER BODY IS SALT  
SAVOR ITS PATIENT SONG OF DEATH IN LIFE  
PLUNGE INTO HER DORMANT SERUM  
& RISE WITH THE MIDNIGHT SUN

PAY YOUR PENNY -  
RECONCILED PROCEED -  
COMMENCE THE JOURNEY STEEP  
OF THE CARDINAL EARTH  
FROM SOUTH TO NORTH  
IN ADVENT DEEP

WE ARE AWAKE IN THE NIGHT  
TO FEAST ON CAKES OF CARAWAY SOAKED IN CIDER...  
PASS THE SPARK TO THE NEW WISHING LOG  
FOR THE ALL NIGHT VIGIL  
FIRE OAK ROOTS IN A CIRCLE  
LET THEM BURN UNTIL DAWN

THE HUSHED CENTER THICK AS FRUITCAKE  
& THE EVERGREEN CIRCUMFERENCE  
A LIGHTED WREATH - ARE ONE - FOR ALL

A STATE VAST ENOUGH & STILL ENOUGH  
TO ALLOW THE POWER OF LOVE  
TO RETURN AT LAST

LET THE TANG OF JUNIPER & HOLLY  
SHOUT WITH INCENSE TO THE COMFORTER  
& THE BELLS RING OUT THE WORD -

'THE KING IS DEAD LONG LIVE THE KING'  
WE CALL OUT EMMANUEL -  
SHEPHERDS QUAKE & SERAPHIM SING  
FOLLOWING THE STAR THAT SHOWS US THE HOMELESS AVATAR  
OUR WINTER BORN KING

EAT PHOSPHORUS WITH THE IVY GIRLS -  
AMULET SPRIGS ABOVE THE PORTALS -  
TRANSMIT THE RIDDLE OF MISTLETOE WITH WASSAIL KISSES -  
& PASS THRU THE GATE OF YULE-TIDE  
TO SUCCEED THE ZENITH & CALL THE SUN RISE  
IN CRIMSON SASH & CANDLED CROWN  
WITH LUCY BRIDE

SHE DANCES THE SILENT SPACE  
WITH OPEN HANDS  
TO SPIN THE WHEEL THROUGHOUT THE LONGEST NIGHT  
SINGING 'HAPPY BIRTHDAY' SWEET SUN KING  
SOON TO REVEAL LOVES PURE LIGHT

IN THE VAST & HOLY DARK  
THE VAST & HOLY DARK  
THE VAST & HOLY DARK  
SOON TO REVEAL  
LOVES PURE LIGHT

IN THE VAST & HOLY DARK  
THE VAST & HOLY DARK  
THE VAST  
& HOLY  
NIGHT

We will continue with the activities that maintain and strengthen our work as a council and those include:

- Monthly conference calls with CRC members to study and plan future activities.
- Two face-to-face meetings for the CRC with a goal to have one of the meetings in a southern location with recognition that the current members of the council are located in the northern part of our region.
- Welcoming New Members
- Monthly e-correspondence
- 

We are also supportive of the intention to bring the three regional councils together for a meeting and are open to participating in a gathering toward strengthening the regional work on behalf of the Anthroposophical Society in America.

The next couple of years hold a great deal of promise for Anthroposophical work in the Central Region and we feel honored to have the opportunity to support it as members of the Central Regional Council.

### Introducing a new colleague and collaborator

Since Margaret Runyon, New Orleans, LA stepped back as an active member of the council; the CRC has been keeping open to who our next colleague may be. Recently, we have had opportunities to collaborate with Hazel Archer Ginsberg from Chicago and after a series of calls; we are hoping to develop our relationship with her further. Those members present in May at our annual gathering in Viroqua, WI witnessed Hazel's passion and depth. She also participated on the recent October conference call with members and has been active in the revitalizing of the festival and branch life at the Rudolf Steiner Branch in Chicago. We are delighted to be working with her, learning from her and imagining our future regional work with her. There are a number of exciting events and activities coming toward us in the next year or two as referenced in the report from the CRC above. Hazel's energy and capacities to facilitate and lead festival events is exciting for us all. Prior to her formal appointment as a member of the CRC we are interested in hearing from our members. As is customary to our work, we will have an opportunity to officially affirm Hazel when we next have our annual general meeting. The following is a biographical sketch for those members who have not yet had the pleasure of meeting Hazel.

**Greetings – I am Hazel Archer Ginsberg**, a Member of the Council for the Rudolf Steiner Branch of the Anthroposophical Society in Chicago. I am also the Festivals Coordinator for the branch, part of the programs committee & I facilitate a Study group at the Chicago Waldorf School. My daughter is in 8th grade there & has been a Waldorf girl since she was three.

Our branch life is very active & I attend several study groups that have been meeting for many years. I received my B.S. in Philosophy and Comparative Religion from Cal. State University, San Francisco, with a minor in Women's Studies. I came to know the teachings of Rudolf Steiner through my work with The Societas Rosicruciana in America (S.R.I.A.) & through my study of Owen Barfield back in those salad days. I am a Trans-Denominational Minister ordained at the Spiritual Science Center of Maryland, and I create custom ceremonies for all occasions. My special areas of expertise are rites of passage, and applying my training in Hakomi & Matrix leadership for team building and consensus processes.

I am a bio-dynamic bee-keeper and the founder of “Wisdom Roots Puppetry”, working in the Waldorf-Tradition of Therapeutic Seasonal Story, Song and Ensouled Puppetry.

Until recently I ran a monthly community drum circle, ‘the We drum Tribe’, that would gather at the lake on the eve of the Full Moons.

This May I attended the “Social Imagination: Weaving past & future through Presencing” workshop weekend, led by the Central Regional Council in Viroqua, where I was invited to share my love of creating festivals in celebration of Whitsun. I was deep into my research of Whitsun in preparation for a festival in Chicago and I just happened to bring the labyrinth I had made for our event with me to the gathering. As fate would have it, we were able to use it for our gathering on Saturday evening.

That, my friends, was the start of a wonderful relationship with the CRC, which I hope will continue to grow and flourish. I look forward to working with this amazing group of dedicated, practical anthroposophist's for many years to come.

## Reports from the Region

### Congratulations to Christian Wessling and Laura Iturralde on their joyful nuptial news.

**November 1, 2013 ~ in St. Louis, MO.**

Laura and Christian first met at the Central Regional Council meeting in Peebles, Ohio in May 2010. Richard Dancey of the Christian community in Chicago performed their ceremony and it was a wonderful event.

*May your years together be blessed ~ we are delighted to celebrate with you!*



## REPORT: Our Speaking to the Stars – in the Central Region

Mary Stewart Adams has been sharing her gifts throughout the region and preparing us for a deeper relationship with the Twelve Holy Nights. Presentations were made in Ann Arbor, MI and then in both Viroqua and Milwaukee, WI. Lynn Stull, eurythmist added her gifts to the Wisconsin dates and the following notes, musings and poems have come out of this work.

November 5 – Rudolf Steiner House in Ann Arbor, MI  
November 15-16 – The Turning Place, Viroqua, WI  
November 17 - Tamarack Waldorf School, Milwaukee, WI

**Excerpts from Ann Arbor Lecture November 5<sup>th</sup> Notes**  
(for Mary's complete lecture notes, please click [here](#))

The verse "Stars spoke once to Man", given by Rudolf Steiner to Marie Steiner, December 1922, served as introduction to understanding humanity's evolution in star knowledge from astrology to astronomy to astrosophy (I have written about this for the 2014 Stella Natura Calendar). The "stars speaking" refers to the flourish of the astro-logos, or star word from the Ancient Egyptian/Chaldean epoch of around 3000 BC.

The "world destiny" that results in the silence of the stars refers to the beginning of astro-nomy, the body of knowledge regarding the physical composition of our celestial environment, is a reference to the period known as the Copernican Revolution of the 16th and 17th century, when views of our place in the cosmic order shifted from geocentric (earth-centered) to helio-centric (sun-centered). Our own 'speaking to the stars', the astro-sophia or 'star wisdom' is introduced by Rudolf Steiner at the beginning of the 20th century and remains a mystery of our becoming consciousness.

*What we bury deep  
In earth to sleep  
Wrap of earth must be.  
What we love,  
abides above  
all through eternity.*

\*\*\*

At the time of Christmas-New Year's each year, the star cluster of the Pleiades comes to its culmination, its highest place across our skies. In Native American tradition of Great Lakes, this is the time for celebrating the New Year, as storied in the tale of the young warriors who seek to imitate the ceremony of the elders but find themselves drifting into the sky. They become the star cluster we know as Pleiades, and a mighty voice instructs the tribe that they must celebrate the New Year five sleeps after the New Moon when Pleiades is highest. The brightest star in Pleiades has the name Alcyone, which means Foundation Stone.

\*\*\*

*I was born of the shining of distant stars  
I drew their beams with me from afar.*

*I was born of the gold of the radiant sun  
Of the light of the world ere the earth begun.*

*Born I was of the silver eye  
Of the guardian moon, keeping watch on high.*

*Born of the wild winds roaming free  
Born of the flames' intensity.*

*Born of the wave that laps the shore  
And the rock that hides the glittering ore.*

*Born I was from out of the whole  
I bear the world within my soul.*

(Author unknown)  
Sent in by Sarah Caldwell, Viroqua, WI



## VIROQUA EVENT with Mary Stewart Adams

*Thoughts from Marcia Halligan, Viroqua, WI*

Mary shared a lot of information from her own research and contemplation. She left it open-ended as to its full meaning. Two things that she said resonated strongly with me. After four hours of sleep I spent the rest of Friday night/Saturday morning absorbing and connecting to what I gained.

In her own life Mary examines the 18 and one half year cycle to understand its meaning. During my night time contemplation I examined the last 18 and a half



Lynn and Mary

years of my life. The beginning of that period saw me in the first Agriculture Lecture study group here in Viroqua. That group and that study began my connection to biodynamics and anthroposophy. Through the years I could see the positive results of biodynamic farming and that increased my openness to anthroposophy. When my brother died in 1998 Barbara Peterson, gentle elder at Pleasant Ridge Waldorf School, introduced me to reading to souls. Over time that practice meant that I read lots of material, some of it anthroposophical. Gradually my appreciation and some comprehension occurred. Beginning with the workshop on the Holy Nights in 2000 with Tamara Slayton and Mary Adams I added observing this special time of year into my personal cycle of the year. Amazingly enough I just recently joined the Turning Place group here in Viroqua and helped organize this event. My own journey in this period progressed from being on the periphery to coming towards the center during this 18 year and 6 month period.

Another statement of Mary's also impressed me deeply. She spoke about what can come from our connecting to the cycle of the year and doing our own personal work. When the spiritual world showers gifts we can then receive them. These gifts could come as information, realization or inspiration. If we do not prepare ourselves these gifts only fleetingly pass through our consciousness and then fall unheeded to the ground.

*Thoughts from Hazel Archer Ginsberg, Chicago, IL*

We gathered on the eve of the full Mourning Moon in Viroqua, as Star Lore Historian Mary Stewart Adams set the stage for [Our Speaking to the Stars](#). We worked the 'Stars Verse' that Rudolf Steiner gave to Marie Steiner on Christmas 1922 through the intellect, and with the guidance of Lyn Stull in eurythmy. We contemplated the Venus transit from many different perspectives. We looked back a hundred years to the laying of the 1st Foundation Stone, where the planet Mercury is mentioned, to call attention to the danger that humanity may turn away from our spiritual origins. With this act a seed for freedom was planted. We discussed everything from ISON to sun spots to Louie the 15th to the meaning of eclipses and the power of the Cardinal Cross, before we began our contemplation of the constellations & how they relate to our review of the year during the upcoming Holy Nights. We moved with the planets and the Zodiac with Lynn, began to gather information for the creation of our own Holy Nights Journal, enjoyed an amazing communal lunch, and made Merry during 'The Art of Social Astronomy Festival', where everyone was encouraged to share.



Mary Root, Sheila Devlin and Jacqueline Beecher

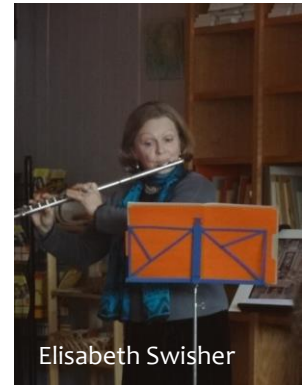


What a memorable weekend, with much food for thought, inspiring the will and enlivening the feeling. Everyone in Viroqua is so caring and helpful. Marianne Fieber is a gem, so inclusive and full of knowledge. I know that the relationships cultivated here will continue to grow and flourish, as the Cosmic Cycles and Earthly Cycles embrace us all.

## **REPORT from Rudolf Steiner Branch, Chicago, IL - An All Souls Day Festival 'Life between Death & Rebirth': A Journey through the Planetary Spheres Sunday November 3rd, 2013, 2pm-4pm**

Through my work with the Mystery Dramas, Steiner's lectures on Karmic Relationships, and as the festival coordinator at the Chicago Rudolf Steiner Branch, I was very interested in doing something special for our All Souls event this year. After doing research into the spiritual hierarchies, I awoke one morning with the idea that our community could take an experiential journey through the planetary spheres as the soul does after passing beyond the threshold.

I had a series of conversations with Gail Sauter, Linda Berg and Nancy Jewel Poer. I reached out to Margret Brill and communicated with Lynn Stull about inspirations for eurythmy. Everything starting coming together! Susanne Zipperlen took up the eurythmy, teaching us all the planetary gestures.



The festival began with an introduction that led into the 'The Descent of Inanna'- a Myth from Sumeria, shared by Richard Dancey, a true allegory of the soul's journey after death. Andrei Onegin did a blackboard working to support our understanding of the Hierarchies. Elisabeth Swisher helped us cross the threshold with her lilting flute. We all took the journey, by ringing the crystal bowl in the key of C & passing through Kamaloca with music by Mary Thienes Schunemann, sent to me by Gail Sauter.



Susanne Zipperlen was our 'Helpful Spiritual Being', directing the 'human souls' through each of the spheres, as Debra Barford played the Planetary Tones on her lyre. At each planetary station, the 'souls' were invited to mirror the eurythmy gesture for each planet and inscribe themselves by playing a gong or tubular bell before moving on.

When all had reached Devachan, we sat in the zodiac for our 'Circle of Remembrance'. Larry Olson read the names of those that have died this year, and everyone was invited to share a few words, show pictures, or stories. Martine Benmann played her amazing cello to signal the 'Cosmic Midnight Hour' and we all traveled back through the spheres in reverse order and closed the event with a lively discussion, food and fellowship.

~hag

*Angels, Archangels and Archai  
In the Ether weaving.  
Receive this human's web of destiny*

*In Exusiai, Dynamis, and Kyriotetes,  
In the astral feeling of the Cosmos,  
The just consequences of the earthly life of the human  
Die in the realm of Being.*

*In Thrones, Cherubim and Seraphim,  
As their deeds of Being,  
The justly transmuted fruits of the earthly life of the human.*

Steiner verse to be used as a meditative tool for the Hierarchies – suggested by Marianne Dietzel



## EVENTS IN OUR REGION

### Social Artistry - Building a Vessel of Relationship - Retreat, January 3-4, 2014

Followed by a 13- week online course if desired

Working together in the social realm requires adults to be courageous as well as compassionate as we strive to create the sort community that we hope our students will one day grow up to build for themselves. This course will address the weaving of our adult roles in and around the social organism of the Waldorf School as well as the building of healthy classroom relationships with and between the students in our care. This is the Great Lakes Waldorf Institute's newest course for all those working within Waldorf schools or institute communities as well as anyone wanting to cultivate a sensitive, conscious and courageous approach to relationships.

Please visit <http://greatlakeswaldorf.org/events-5/spring-foundations-course-3rd-spring/> where you can learn more and register.

### Rudolf Steiner's Lectures on Karmic Relationships

*A systematic overview of Steiner's 82 lectures on reincarnation and karma of 1924*

**January 18-19, 2014**

Two Seminars with Frederick Amrine and Ted Roszell  
Rudolf Steiner Branch, 4249 N. Lincoln Ave., Chicago  
Admission restricted to members of the Anthroposophical Society and their invited guests

#### January 18th: Methods and Results of Karmic Research

- Steiner's Early Essay on Haeckel and Reincarnation
- G. E. Lessing's Education of the Human Race
- Franz Schubert
- Ovid

- Spiritual Schools
- Reincarnation and Karma in Steiner's Mystery Dramas
- The School of Chartres
- Contemporary Research on Reincarnation and Karma

### **January 19th: The Karma of the Anthroposophical Movement**

- Platonists and Aristotelians, Shepherds and Kings (FA and TR)
- Concluding Group Discussion on the Future Karma of the Anthroposophical Movement

Background materials will be provided to those registering prior to the seminar, and further guides to study and research will be made available on the day of each session.

Price is \$40 Saturday, \$20 Sunday: \$ 60 total. Lunch and Sunday snack are included.

Please RSVP at [rudolfsteinerbranch@yahoo.com](mailto:rudolfsteinerbranch@yahoo.com) for lodging - please contact [hazel@shedrums.com](mailto:hazel@shedrums.com)



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