

e-Correspondence

from the Central Regional Council
of the Anthroposophical Society in America



December, 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.

Contents:

[November Regional Conference Call Report](#)

[Lunar Cycle from Nov 17 to April 4](#)

[In Consideration of the Holy Nights of Christmas](#)

[Recommended Holy Night Resources](#)

[Introductory Remarks for Lent](#)

[New Images of the Zodiac and the Gospel of St. Matthew](#)

[May 2015 SAVE THE DATE](#)

[Report from St Louis, MO](#)

[Report from the Twin Cities - Star Eurythmy](#)

[Star of Wonder](#)

[What's Happening](#)

[Verses for Zodiac](#)

[Winter Solstice](#)



Speaking with the Stars project

The **Speaking with the Stars** project strives to empower us to ripen our speech, so we can work in a Michaelic way with the spiritual beings of the stars. We encourage individuals, groups and branches throughout the region to prepare for and participate in a collaborative regional Star Festival on Holy Saturday, April 4th, 2015.

Through our communication channels we encourage regional members to renew their interest and impulse toward an awakened impulse as we imagine a collaborative activity during Holy Week 2015. Beginning with the December 21st New Moon and Winter Solstice we can experience the Holy Nights and Lent in preparation for Holy Week and the lunar eclipse on Holy Saturday.

The moon cycle dates are as follows, as previously shared with our regional members and friends.

2 0 1 4

New Moon Dec 21 Occurring at 8:36 pm, just 2.5 hours after Solstice,
Occurring at 6:03 pm EST

Full Moon Jan 5, 2015

UPCOMING REGIONAL CONFERENCE CALLS

February 24th – 7:15 pm CST (3rd Trimester)

More information will be coming in January.

November Regional Conference Call - Report

A group of our regional friends gathered once again over the phone lines to continue the journey we have begun together as we *Speak with the Star*. Mary Stewart Adams drew from her wealth of study, research and experience and shared many images and recommendations with us as we enter into this second trimester of our project and into the coming Holy Nights. The following are excerpts from what she shared. The full documents can be found on the Central Region webpage at www.anthroposophy.org

We are grateful to Mary for these resources as we head into this sacred and contemplative time in which we all may strive to bring light, warmed by our hearts and deeds, into the darkness.

Lunar Cycle from our November 17, 2014 Regional Call to Total Lunar Eclipse, April 4, 2015

Submitted by Mary Stewart Adams

New Moon, Saturday, November 22nd~achieves New phase at 7:32 am est, with Venus nearby (Venus is readying to emerge as our evening star, starting first week of December and sooner, the further south you are)

Full Moon, Saturday, December 6th~at 7:27 am est, and this time, with Mercury nearby; Feast of St Nicholas

New Moon Sunday, December 21st~at 8:36 pm est. The Sun will have achieved its Solstice or 'standing still' moment (the pause between complete inbreath and beginning of outbreath) 2.5 hours earlier, at 6:03 pm est. This marks the beginning of the Holy Nights season, and as suggested on our call, the three days from Solstice to Christmas Eve can be contemplated in relation not the rounds of Earthly Evolution as described in Rudolf Steiner's Occult Science (as researched by Robert Thibodeau); 22 December~Old Saturn; 23 December~Old Sun; 24 December~Old Moon and the Feast of Adam and Eve

Full Moon Sunday, January 4th~at 11:53 pm est; this is the peak of the Quadrantid Meteor Shower gradient near Boötes, not far from Big Dipper), which, like the December Geminids, does not originate with a comet, but by a 'minor planet'! This Full Moon is opposite the Sun, which is square Uranus and nearly conjunct Pluto at this time~making for an intense opportunity for total transformation and undertaking the new with this new year {full report can be found at [webpage](#) }

In Consideration of The Holy Nights of Christmas

By Mary Stewart Adams, 2014-15

The Holy Nights from the eve of the Sacred Birth to 12th Night (or Epiphany eve) provide an opportunity in the yearly course of time to settle into contemplation of the Human Being as a Star unfolding in an Earthly biography.

Each of the 12 days and 13 nights~from midnight December 24th to dawn January 6th~ can be regarded as a microcosmic experience of the macrocosm, allowing us to approach the sublime gesture of the divine spiritual beings whose outer vestments are each of the several constellations

of the zodiac. And this we can do while simultaneously contemplating the events in our own lives, in order to uncover the golden threads connecting us to one another, to the goals of Earth evolution, and to the divine spiritual nature that comes to birth again and again at this darkest time of year.

Please note that there are many ways to consider this sacred time, making the most important element not how you do it, but rather whether or not you do it. In this approach, the 13 nights will be aligned to the descending and ascending forces of the zodiac as they relate to the human physical form, and this relative to the constellations as they are understood in the tropical zodiac. {link to full article on [webpage](#)}

[Recommended resources to support your Holy Nights work:](#)

Living a Spiritual Year by Adrian Anderson

<http://www.rudolfsteinerstudies.com/books.html>

The Cycle of the Year as a Path of Initiation Leading to an Experience of the Christ by Sergei Prokofieff

<https://steiner.presswarehouse.com/Books/BookDetail.aspx?productID=405681>

William Bento's 2014-15 Holy nights Journal can be ordered here: Call: (916) 903-6110, emailHartspen@Earthlink.net, or write to: M. Hart, 11230 Gold Express Dr. Suite 310 - #372, Gold River, CA 95670

Note on the journal: "*The Way to the Self*" is our Theme for this Holy Nights. In this Year's Journal, Dr. Bento describes three levels wherein we find our Self – the Personal, the Transpersonal and the Universal. It is particularly during the Holy Nights that our Universal Self can be more accessible to us. However, so much also depends on what we have done in our inner work throughout the year in order to truly know our personal self, and to strive to align our activities with the Transpersonal Self.

***The Festivals and Their Meaning* by Rudolf Steiner**

Facsimile Calendar of the Soul for the year 1912-13 (includes New images of Zodiac as they first appeared) available through steinerbooks.com

New Images poster created by Patricia DeLisa, available at www.fairytalemoons.com proceeds go to the Anthroposophical Society in America

The Northern Astro Calendar 2015 for sky viewing, planting, and storytelling tips throughout the year, available at www.fairytalemoons.com

[Introductory remarks toward the Lenten Season from Mary Stewart Adams](#)

Dear Friends

The Lenten season is not only a time of abstinence; it is also a season of preparation. Over the years I have created a way to engage with this mood of preparation that is informed by the understanding that each day of the week is related to one of the seven planetary spheres, and in turn, each of these spheres to a specific teaching of the 8-Fold Path of the Buddha, as per Rudolf Steiner. There are nearly seven weeks of Lent, including the Holy Week from Palm Sunday to Easter Sunday. So, there are the seven days of the week; the

seven weeks of Lent; the seven planetary spheres; there are also seven planetary seals; and the seven teachings plus one overall contemplation in the 8-fold path. Aligning these elements to one another throughout the Lenten season supports our preparation for the sacred Festival of Easter (Note: Because Easter is a movable feast, its date changes each year, so this contemplation must be adjusted from one year to the next, as was the intent with the original *Calendar of the Soul*).
{full report can be found at: [website](#) }

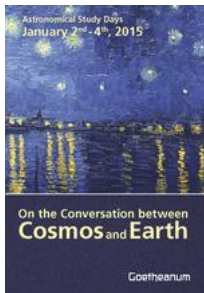
An imagination on the New Images of the Zodiac relative to Rudolf Steiner's lectures on the Gospel of St Matthew

Submitted by Mary Stewart Adams, November 2014 ~ in response to Margaret Runyon's question regarding shared study and the New Images of the Zodiac
{full imagination can be found at: [website](#) }

May 2015 retreat – SAVE THE DATES – May 15-17, 2015

The Central Regional Council is beginning to look ahead toward our May retreat!

Our St. Louis Friends are ready to welcome us to their home for our May retreat! We are delighted to be returning to the center of our region for our next gathering of group and branch leaders as we reflect upon our year-long *Speaking with the Stars* project as well as look to the future. More details and registration materials will be provided as soon as possible. Stay Tuned!



Astronomical Study Days

On the Conversation between Cosmos and Earth

January 2nd – 4th, 2015

At the Goetheanum in Dornach Switzerland

Program and Booking Form <http://www.goetheanum.org/Januartage-zur-Astronomie.6727.0.html?&L=1>

Report from St. Louis, MO

Karin Lahyer, St. Louis, MO 11/26/14

Dear Friends,

It has been an extraordinary time in St. Louis, and I live in the thick of it in the Shaw neighborhood. Another young black man was shot and killed by a police officer about 4 blocks from where I live. The freeway that was closed by protesters this week is 5 blocks away. Looking at all of this in the light of the masque “The Spirit of St. Louis” staged 100 years ago in 1914 adds another element. In the masque, there were great metaphorical battles against Gold and Poverty, to name a few. Were I to write a scene now, I would stage a battle where St. Louis overcomes racism.





Here is a quick scene from near me this week that shows the spirit we, in my area, can build upon:

After days of waiting on tenterhooks for the grand jury results, tensions and fear increased. Would the rioting and looting in Ferguson come here? Were we in danger? As things got ugly in Ferguson, with fires and more, a large group of protesters gathered near Shaw. They peacefully shut down a major freeway and then proceeded south on Grand Ave. They gathered late near a cafe, continuing the peaceful protest until a truck drove by with passengers throwing bricks in store windows. Tear gas. Fear. Refuge and peace in the local church. Endless helicopters circling overhead.

And then comes the next morning. Local businesses board up their windows in fear. Upset and outrage all around. And then the artists come and begin to paint, transforming the boards into murals up and down the street. Hope blooms amid the fear, a small seed sprouts. Can the dialogue begin?

That is the scene I take with me as I finish my long trip to Michigan tonight. What scene might you write from your neck of the woods in our great land?

Sending peace and blessings to each of you.



REPORT from the Twin Cities

Submitted by Marianne Dietzel, MN

STAR EURYTHMY

On the eve of the December full moon, twenty four eager seeking souls from around the Twin Cities and beyond gathered at the City of Lakes Waldorf School in the heart of Minneapolis to experience the planets dancing through the Zodiac in Eurythmy. Guided by Raven Garland, eurythmist living in Fairfield, Iowa, we warmed up our feet, sense of rhythm, awareness of our neighbors and of directions in space with contraction/expansion in and out of the circle, and a short-short-long pattern around the circle.

Then we began our exploration of the gestures, colors and vowel sounds for the planets, with rich input from our diverse group of individuals.

The next morning, with eighteen participants, we convened again to review and expand upon what we had done the night before. To this



we added moving to the seven-pointed star. Each group of seven got to practice moving all together to find their way to each point on the star, using both the vowel sounds and the gestures for each planet.

With time in the middle of the day to reinforce this imagination by drawing it, we culminated our grand star form with the constellation of Capricorn “sounding” in the middle, with one group moving the path through the middle to each point, and another moving around the outer form, to the verse “Mystery of Ephesus,” by Steiner.

At one point, we “sounded” all the planets at once.

Raven also led us in a conversation about each planet, with some information gleaned from *Cosmic and Human Evolution* by Hedwig Erasmý, and *The Twelves Moods* by Rudolf Steiner.

Thank you to Raven and all participants for this enlivening experience. We hope to continue star eurythmy with Raven in the future.

Star of Wonder – Mira

Research from Mary Stewart Adams' weekly radio program "Storyteller's Guide to the Night Sky" on Interlochen Public Radio.

The famous American carol ‘We Three Kings of Orient Are’ was written in 1857 by John Henry Hopkins, for the General Theosophical Society in New York as part of their Christmas pageant.



**‘O Star of wonder, star of night
Star with royal beauty bright
Westward leading, still proceeding
Guide us to thy Perfect Light’**

Was there really a Christmas Star? The star Mira in the constellation Cetus means “Star of Wonder”. This star is visible over the horizon in the south every year at this time.

Mira is the star of wonder because it has been known, since ancient times, to be a star of great variability. They call it that because sometimes it’s invisible and sometimes it’s the brightest star in the sky. In ancient times, it was believed that each human being comes from a particular star, that souls on Earth were equal in number to the stars in the universe. Each soul was connected to a star.

Then, the fact that the Star of Wonder grew brighter or dimmer every few months meant something unusual was about to happen in this soul/star connection, that perhaps a significant birth was about to happen. The ancient sages would read the stars patterns, and this is how they knew if a significant birth was going to take place. When Mira starting pulsing toward greater brightness they knew it was time to make ready.

Mira continues to impress astronomers to this day, since it is the only star known that has a comet-like tail, which suggests that there's something even more unusual about it.

Find Mira looking south about an hour after sunset. It appears in the region of the sky where there are great super clusters, the largest structures known in the observable universe as though they were souls, waiting their turn to come to birth.



Please follow this link for Mary Stewart Adam's radio segment.

http://m.interlochenpublicradio.org/?utm_referrer=http%3A%2F%2Finterlochenpublicradio.org%2Ftopic%2Fnorthern-night-sky#mobile/26823

WHAT'S HAPPENING IN OUR REGION?

Warm Hearts, Wise Heads, Active Hands - Our Paths Unite In the Journey thru the Holy Nights

Rudolf Steiner Branch of the Anthroposophical Society – Chicago, IL

Community Gatherings, Combining Spirit, Science, and Art, for the 13 Holy Nights 2014-2015

7pm – 9pm: Rudolf Steiner Branch,
4249 North Lincoln Avenue, Chicago, IL

For more information and a schedule of activities, contact hazel@shedrums.com

~Hazel Archer Ginsberg

Festivals Coordinator and Council Member of the Chicago Branch of the Anthroposophical Society and the Central Regional Council.

Additional Holy Night Resources and Links:

Each night we will study together lectures from Steiner's 'From Jesus to Christ'

http://wn.rsarchive.org/Lectures/GA131/English/RSP1973/FJ2C73_index.html

Luke lectures 3, 4, 5 & 7

http://wn.rsarchive.org/Lectures/GA114/English/RSP1964/GosLuk_index.html

as well as the Matthew lectures 5,6,7,12

http://wn.rsarchive.org/Lectures/GA123/English/RSP1946/GosMat_index.html

Verses for the Zodiac

by Daisy Aldan

Sagittarius

The fire is gelled
in gesture of a wave
which did not break.

I brace my curved arm
for descent of One:
who will condense in Light:

Light that will ignite
the smoldering wave of Night.

Capricorn

all things
converge
to seed-point
of the year's
black
diamond
midnight

In the end is my beginning

Thanks to Tim Mowrey, TX for posting this to our Facebook page



Winter Solstice

*Behold the Sun
At midnight.
Build with stones
On lifeless ground.*

*Find in decline,
In death's night,
Creation's new beginning,
Morning's youthful might.*

*The heights reveal
The gods' eternal word.
The depths guard
The peaceful treasure.*

*Living in darkness,
Create a Sun.
Weaving in matter
Know spirit's delight.*

 Rudolf Steiner 



AUGUST 2015

Inviting Lyre Friends from Around the World . . .

The Lyre as Instrument for Peace: Giving Ear Toward Understanding and Reconciliation;

2015 International Lyre Conference 3-8 August, 2015

2015 Lyre Pedagogy Conference 1-3 August, 2015

DETROIT, MICHIGAN, USA

What is the task of the lyre in our time? What is the full reality of the lyre tone? Is it possible that there is more to this instrument than we, in our richly varied endeavors, have so far managed to bring about? Contemplating a thematic focus for the next International Lyre Conference, the Board of the Lyre Association of North America, inspired by the suggestions of Channa Seidenberg, has felt compelled to ponder these questions in the context of our present global situation and to consider whether the lyre may have something particularly important to offer in our time. We have found it of interest to remember that during each of the regencies of the Archangel Michael* throughout history, there has actually been a lyre on the earth. We wonder if the existence of the lyre in our contemporary world may suggest that this instrument, with its unique tone, has the capacity to elicit new thoughts about how we might learn to work together. How could this be so? The sounding of even a single lyre tone evokes a listening response – not just the usual “listening to,” but a deeper “listening into.”





If you have any suggestions or contributions for upcoming issues, please send them to Marianne Fieber at 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: 3rd Saturday of the month
- * Electronic submissions only to 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