

E-Correspondence

from the Central Regional Council
of the Anthroposophical Society in America

January, 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.**

Happy New Year!

Whatever you can do or dream you can, begin it.

Boldness has genius, magic, and power in it. — Johann Wolfgang von Goethe

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Throughout the Holy Nights, the Central Regional Council worked with the following lecture:

Human Questions and Cosmic Answers by Rudolf Steiner.

BEGINNINGS ~

In this time of new beginnings, our January conversation with Mary Stewart Adams is the first star wisdom tutorial and also a first step towards finding a region-wide circle of co-workers to anchor our emerging "Speaking to the Stars" project which will culminate in Spring of 2015.

Please join us in creating a vessel for this work.

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

O lord

You are the I am

You know what I am and what I am not

*Please help the human being to ignite your courage to alight your love in our hearts
From the light of your deed, may we recognize you within all the world.*

*I acknowledge before you my suffering, my shame, my selfishness, my darkness. As painful as it
can be to recognize and share, it is a part of who I presently am.*

*Though this darkness limits me, it does not define me, for there is a greater aspect to the fullness
of our being. Some have come to know it as the higher self or the higher I. The higher I points to
our divine origin, to our destiny and to their convergence in our self-aware consciousness in the
present. A source of light, of awareness, of devotion to truth and knowledge.*

*Even in the darkness of our soul, the higher I works to prepare us for the dawning of the
spiritual sun of love within our hearts, dispelling the shadows of egotism and uplifting the
divine ego in mankind.*

My time cometh. My sun is setting. The father calls me back.

The renewal of my soul spiritual being awaits me.

*I thank you, body of this world, for you are the vehicle through which I form a relationship with
the physical aspect of the creation. Our ties are loosening and our interactions grow
increasingly weak. You, no longer represent me, for I have continued to grow and change and
you are the form of a life past. You can no longer contain me. Though I must part from you soon,
I will long for you, but I am a being of soul and spirit and must return to the father from which I
came, to be renewed in the well spring of life.*

*I will not forsake thee, for I will work to return within you, from a re-enlivened orientation of
form, soul and spirit. I will again bear the weight of my failings and the fruits of my labors and
shall continue to work, uplifting you, towards the spirit. Spiritualizing you from within and
without, permeating you with the Redeemer's warm and radiant light of love.*

David Howerton, Member of the Anthroposophical Circle of St. Louis

**May blessings of good health be within you
and all mankind in this new year!**

from the Anthroposophical Circle of St. Louis.

Pictured from top left clockwise are Bill and Genie Sakaguchi, Cheryl Lawler, Daniela Sales, Karin Layher, Ann Weidemann, David Howerton, Hope and Sawyer Gribble – photo taken by Laura Iturralde.



Notes from Hazel Archer Ginsberg and Alberto Loya

The Feast of Epiphany, which in Greek means ‘Manifestation’, is a Christian feast day that celebrates the revelation of God the Son as a human being in Jesus Christ. Western Christians commemorate principally (but not solely) the visit of the Magi to the Baby Jesus, and thus Jesus' physical manifestation to the Gentiles. Eastern Christians commemorate the baptism of Jesus in the Jordan River, seen as his manifestation to the world as the Son of God.

This day (January 6) is also called: 12th night, Three Kings Day, The feast of La Bafana, The Feast of Recognition, The Adoration of the Magi, The Manifestation of God and Saturnalia. Eastern Churches, following the Julian calendar, observe the Theophany feast (meaning “Vision of God”) on what for most countries is January 19.

Epiphany, like Easter and Pentecost are holy days traditionally set aside for initiation rites, emphasizing the mysterious relationship between the elements of fire and water. In both the Eastern and Western churches the feast additionally commemorates the marriage at Cana (see John 2:1-11), at which Christ performed his first miracle. The marriage at Cana is an allegory for the mixing of water and wine [liquid fire] changing water into fire, which the ancients called The Alchemical Marriage, or the Great Work.

Epiphany, observed before AD 194, is older than Christmas and has always been a festival of the highest rank. At one time the Nativity and Epiphany were celebrated together and were referred to as the first and second nativity; the second being Christ's manifestation to the world, linked as it is with the cosmic event of Christ's baptism.

The Three Kings from the East: Caspar, Melchior and Balthazar, were wise men initiated into the mysteries of the stars by Zarathustra. They followed the starry script written in the heavens that was foretold by the ancient prophets, to Bethlehem, where they paid homage to the Christ-child and presented him with gold, frankincense and myrrh.



Gold reflects the kingship of The Christ as a ‘Solar King’. Frankincense, which was used in worship and for meditative and invocational purposes, symbolizes his priestly role, and myrrh, because it was used in embalming and for burial, points to the crucifixion and resurrection.

The twelve days of Christmas end with the Feast of Epiphany which comes with its own traditions, rituals and symbols for the common folk. Carolers go from house to house. In many homes the Christmas tree is taken down and in some areas is burnt in a big bonfire.

For the children this is an especially joyous occasion because, associated with taking down the tree goes the "plündern" (raiding) of the tree. The sweets, chocolate ornaments wrapped in foil or cookies, which have replaced the sugar plums, are the raiders' rewards.

On the evening before Three Kings, traditionally there were prayers, blessed dried herbs would be burnt and their aromatic smell would fill the house. Doorways would be sprinkled with holy water and the mistress of the house would write with chalk C + M + B with the number of the year above the house or barn door and say: "Caspar, Melchior, "Balthasar, behütet uns auch für dieses Jahr, vor Feuer und. Protect our home from the perils of fire and water."). This tradition is still practiced today, including at the Rudolf Steiner House in Ann Arbor.

Astrological Outlook for 2014 - Heart Of Wellness Podcast – from wdr 91.9 Community Radio from the Ground Up in Viroqua, WI.

December 31, 2013 - Evolutionary Astrologer Ryan Evans gives his tantalizing take on the potentially remarkable and even revolutionary things that may be happening in 2014. Take a listen to the **Astrological Outlook for 2014**. <http://wdr.org/heart-of-wellness-podcast/>

David Brewster, beloved husband of Trisha Waters, passed through to the spiritual worlds at 2:30 a.m. on Christmas morning. David suffered long in illness - a body wrecked by immobility with his capacities taken from him. Still, his light shown through, showing those around him the way to the heart - through dignity, love, and openness. At his passing he showed no distress, grimacing, or sounds - "this is how it can be done" was his message - the same message he lived in his life. He is released of his suffering and for this we rejoice. Merry Christmas indeed! David and Trisha were long-time residents of Chicago and participated in the CRC's Healing Pilgrimage down the Mississippi River to the Gulf of Mexico the Easter following Hurricane Katrina.

*Write it on your heart
that every day is the best
day in the year.*

~ Ralph Waldo Emerson

REFLECTIONS on "THE INDIVIDUAL ENCOUNTER and the PATH to COMMUNITY"

From Anne Morgan - Midheaven Farm, Park Rapids, MN

Mary Louise, I just read your report of your trip back east and the AGM. I was struck by your comment about "an American Anthroposophy." When Dewane and I first started with Biodynamics in the 1970's, all information was centered on Germany and New England. But those instructions didn't work for our land. (Please note: He is the brains and embodies the will to do BD. I happily follow his instructions.) Upper Midwest (prairie) soils are built from the bottom up (decomposition of deep roots), not from the top down. The amount of BD 500 needed to activate the conversion process here was two or three times what was recommended where farms had been worked for generations, if not centuries. The angels here had a "Midwest" way of guiding the development process between farmer/gardener and the resident elementals.

From our perspective, BD needed an American regional biodynamics due to the vastness of the North American continent, just like Australia needed its version of Biodynamics.

I applaud the idea of an American Anthroposophy. What do you think that means?

What's happening in our Region

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

January 19th: The 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 for lodging - please contact hazel@shedrums.com



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