

Rudolf Steiner Bookstore



New hours:

Wed-Fri 1-5pm

Sat 12-7pm

Sun 1-5pm

Mon, Tue closed

The New York Branch

Anthroposophical Society in America

138 West 15th Street

New York, NY – (212) 242-8945

ANTHROPOSOPHY NYC

FEBRUARY 2019

02 Saturday 7pm: Festival evening

Candlemas, Marta Stemberger

08 Friday 7pm: Special members' evening

ASNYC Members Meeting, 2019 Budget

09 Saturday 2pm: Museum walk

Hilma af Klint, Joyce Reilly & Doug Safranek

10 Sunday 3pm: New study group

What to Eat? Insights from Anthroposophy

11 Monday 7pm: Eurythmy, movement art workshop

The Loom of Time, Linda Larson

13 Wednesday 7pm: Spiritual history - lecture series

Judaism, David Taulbee Anderson

18 Monday 7pm: Eurythmy, movement art workshop

Share Your Light, Marta Stemberger

23 Saturday 2pm: Afternoon talk

Toward a Deepening of the Christmas Foundation
Impulse, Gino Ver Eecke

27 Wednesday 7pm: Celebration

Honoring Rudolf Steiner

PLUS STUDY GROUPS

meeting both weekly & monthly,

details at asnyc.org/studygroups.htm

www.
asnyc
.org

CENTERPOINT GALLERY

GROUP SHOW

Organized by Sylvia Mandel with works by branch members and from members' personal collections:

David Anderson ♡ Kelly Beekman ♡ John Oliver Browne ♡ Penny Carter ♡ Barbra Frankel ♡ Lani Kennefick ♡ Linda Larson ♡ Nancy Macina ♡ Sylvia Mandel ♡ Eli Thomas ♡ Katherine Vode



FEBRUARY 2019

02 Saturday, 7pm, donations welcome
Festival evening

CANDLEMAS:

Turning Point of the New Year

Marta Stemberger

At the beginning of February each year, the sap in the trees begins to flow upwards. The festival of Candlemas or Imbolc or St. Brigid's Day or Groundhog



Photo by Natasa Stubler

Day marks this turning point. In the Chinese lunar calendar, the New Moon around this time begins the New Year. Explore the depths and heights that are ready to unfold for you in 2019, the year of Earth Pig or Boar, which corresponds to Scorpio in the Western horoscope. The constellation of the Scorpion is related to the Eagle of the past, and can potentially be transformed into the Dove of the Holy Spirit for the future. What do you need to do now to assist your personal process of going deeper, yet being aware of the bigger picture? What amazing seed do you choose to nurture this year? We'll ponder the mysteries of Soul's journey through the seasons, based on insights by Rudolf Steiner.

MARTA STEMBERGER, MA — see February 18.

08 Friday, 7pm
Special members' evening

ASNYC MEMBERS MEETING

A special members meeting, at which Ryan Freeman, Council Treasurer and Chair of the Finance Leadership Group, will present the 2019 budget for ASNYC. We welcome your participation and questions.

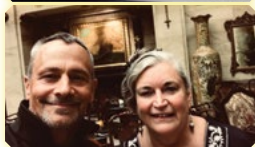
09 Saturday, 2pm at the Guggenheim
Museum walk

HILMA AF KLINT

Joyce Reilly & Doug Safranek

Come with us to "Paintings for the Temple," a glorious exhibit of the pioneer abstract painter Hilma af Klint. Predating Kandinsky and Mondrian, af Klint painted her inspiration from spirit guides in the period 1906-1915; she met Rudolf Steiner in 1908 and consulted with him thereafter. The Guggenheim is a splendid setting for this extraordinary woman's stunning art. We meet in the foyer at 2pm for

a walk through the extensive exhibit, chatting along the way, then repair to a coffee spot for further conversation. — For free or discounted tickets, visit www.guggenheim.org/plan-your-visit/discounts, scroll down to "Culture Pass." NY State resident members of the NY Public Library, or Brooklyn or Queens Library, get free tickets via www.culturepass.nyc.



JOYCE REILLY (branch member since 1985) has co-led these museum walks for more than a decade. A psychotherapist and teacher by training, Joyce is interested in the arts as the deepest expression of our humanness. Studying in Florence as a young woman, she discovered also how the spirit touches the human through brush, pen, and chisel.

DOUG SAFRANEK (also a long-time member) teaches egg tempera technique at the Art Students League of NY; his work is in private and public collections (Norton Museum of Art, NY Historical Society, Museum of the City of NY, the Met Museum) and he is represented by ACA Galleries in NYC.

10 Sunday, 3pm
New monthly study group



WHAT TO EAT?

Insights from Anthroposophy

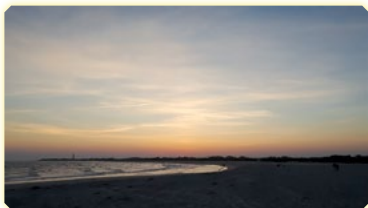
Paleo diet? Vegan diet? Mediterranean diet? Atkins diet? Ketogenic diet? High carbohydrates or low? Raw food? Juices? Confusing? Absolutely. Too many choices. Conflicting medical opinions. We will explore insights from anthroposophy to discover principles of eating each of us can follow. — Recommended reading: *What Are We Really Eating?* by Otto Wolff. All are welcome! Next date: March 10. Contact: Katherine Vode – 201-803-6677 or Kdfinebooks1@gmail.com

11 Monday, 7pm, \$20 suggested fee
Monthly eurythmy workshop

THE LOOM OF TIME

Linda Larson

Coming from the wishes of the soul in January, we will begin to discover how the threads of our lives are brought



together and the design unfolds as it is woven in the loom of time. According to Greek myth, human destiny lay in the hands of three goddesses. One of these was Clotho, who spun the thread of life. We look forward to seeing you on the 11th. *Next date: March 11. All levels of experience welcome; please bring soft-soled shoes.*

LINDA LARSON is a eurythmist, teacher, performer; Eurythmy in the Workplace; therapeutic eurythmist at Rudolf Steiner School, NYC; trained in Dornach, Switzerland, England, USA; MFA from Cranbrook Academy of Art; larsoneurythmy.com

13 Wednesday, 7pm, \$20 suggested fee
Monthly lecture - spiritual history

JUDAISM

David T. Anderson

These lectures are building up a picture of Judaism and its role in world history and should be of interest to both Jews and non-Jews. Each lecture stands on its own, so come when you can!

Part 6: ROMAN RULE (63BC). • Herod. Schools (110-10BC). Hillel. War with Rome. Jesus. • The Tannaim (the Jewish sages). Johanan ben Zakkai (30-90AD). Gamaliel, grandson of Hillel. • The Mishnah (200AD). Babylon. The Talmud (completed 500).

March 13 – Part 7: ISLAM (600AD).

DAVID TAULBEE ANDERSON

has taught drawing & painting around the world. He has an MA in Art and certificates from Emerson College (Waldorf education), and the Wagner School at the Goetheanum (teaching painting).



18 Monday, 7pm, \$20 suggested fee
Aquarius eurythmy circle

SHARE YOUR LIGHT

Marta Stemberger

Tune into the wisdom of your Soul. Explore the kines-
thetic wisdom of the Zodiac
constellation of Aquarius,
as the Sun is visiting its pale
magenta house from Febru-
ary 15 through March 11.

Yes, the dates are correct:
they are based on the ob-
servable astronomical data.

— Nurture your life forces
by moving your body, soul
and spirit in hygienic copper
rod exercises, contemplating
consonant M, and to the
sounds of enlivening music.

Learn a powerful harmoni-
ous movement meditation

to cleanse your chakras, and a simple, yet potent
exercise that you can practice yourself at home. And
yes, go ahead... invite a friend or a family member to
come with you.

*Open to all who can walk. No prior movement expe-
rience is needed. Next date: March 18.*

MARTA STEMBERGER, MA, is a eurythmist,
harmonious movement teacher, mindful translator,
spiritual researcher. Marta has taught movement,
performed, and lectured in Europe and the US since
1989. To read more about Marta and eurythmy, visit
www.hAmoves.net



22-23 Fri 6:30pm, Sat 9:30am
First Class meetings

FOR MEMBERS OF THE SCHOOL
OF SPIRITUAL SCIENCE

23 Saturday, 2pm, \$20 suggested fee
Afternoon talk

TOWARDS A DEEPENING OF THE
CHRISTMAS FOUNDATION IMPULSE

Gino Ver Eecke

As we near the 100th anniversary of the Christmas Foundation Meeting, let us prepare by making steps toward that lofty ideal that was planted in that week. In Rudolf Steiner's words from January 13, 1924: "The soil in which the Stone was laid could be no other than the hearts and souls of those united in the Society. And the Foundation Stone itself must be the attitude of mind which grows when anthroposophy gives shape to life. This attitude in life, as it is required by the signs of the present time, lies in the will to find—by deepening the human soul—the path to an awakened vision of the Spirit and to a life proceeding from the Spirit." Gino will explore with us this path.



GINO VER EECKE met anthroposophy at 16 in his native Belgium, spent a year on a BD farm in Switzerland, then came to New York, earning his diploma from Eurythmy Spring Valley in 1994. He performed as Benedictus with the Threefold Mystery Drama Group including the Four Mystery Dramas festival in 2014, and at the Goetheanum in July 2018. He guides the work of the Threefold Branch, Chestnut Ridge, NY, and can be reached at gfbver@gmail.com

27 Wednesday, 7pm, donations welcome
Celebration

HONORING RUDOLF STEINER



On Rudolf Steiner's birthday, let's gather to celebrate what he offered to humanity. Email your favorite Steiner verse, paragraph, visual artwork, or eurythmy form to anthroposophynyc@gmail.com (subject "To Honor Rudolf Steiner"). The Programs Leadership Group will review contributions and prepare the evening.