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The New York Branch

Anthroposophical Society in America

138 West 15th Street

New York, NY – (212) 242-8945

ANTHROPOSOPHY NYC

DECEMBER 2018

02 Sunday 5:30pm: Festival gathering
The Advent Garden

03 Monday 7pm: Evening lecture
Nutrition Agriculture & Spiritual Life, Wm. Riggins

07 Friday 7pm: Members & friends
Celebration of Renewal

09 Sunday 5:30pm: Festival gathering
Advent Meeting

10 Monday 7pm: Eurythmy, movement art workshop
The Christmas Rose, Linda Larson

12 Wednesday 7pm: Spiritual history - lecture series
Judaism, David Taulbee Anderson

16 Sunday 5:30pm: Festival gathering
Advent Meeting

17 Monday 7pm: Eurythmy, movement art workshop
Stay Awake, Marta Stemberger

18 Tuesday 7pm: Performance, Walking the dog Theater
A Christmas Carol - David Anderson

23 Sunday 5:30pm: Festival gathering
Advent Meeting

Dec 24 – Jan 5, 7pm: Festival gatherings
The Twelve Holy Nights

www.
asnyc
.org

PLUS STUDY GROUPS

weekly & monthly, details at asnyc.org/studygroups.htm

DECEMBER 2018

02 Sunday, 5:30pm, donations welcomed
Festival gathering

THE ADVENT GARDEN

Festival Group

When nights overshadow day we walk the Advent Garden, an inward and outward spiral. Lighting a candle from a flame representing the heart of the universe, we each walk alone to place our little



light on a star in the garden's outward spiral: an image of the bridge between spirit and matter.

ADVENT MEETINGS: Dec 2,9,16,23

During Advent, we will explore fourfoldness (as a part of sevenfoldness): the fourfold human being, the four elements, and the four stages of the Cosmic or Reverse Ritual, described by Friedrich Benesch as Communion, Transubstantiation, Offering, and the Revelation of the "I". We invite all to join and weave together a festival mood as a dedication to our branch and the spiritual world. Each evening we will seek to experience the growing mood of anticipation in memory of the approach and birth of the "I am" on Earth.

03 Monday 7pm, \$20 sugg. donation
Evening lecture, questions, discussion

NUTRITION, AGRICULTURE, & SPIRITUAL LIFE

William Riggins, EdD

Our daily food is no mere collection of fuel and spare parts for the body. In preparing and eating food, we form connections: to the earth, where our food was grown; to heaven, which imbued it with warmth, light, order, and the power to grow; to all the people who cultivated, transported, stored or prepared it; and to our bodies as instruments for our earthly tasks and as temples of the spirit. If our civilization—perhaps even our planet—is to survive, these connections must be consciously understood.

WILLIAM RIGGINS, EdD: graduated from the Columbia University Department of Health and Nutrition Education. His dissertation focused on warmth and the overcoming of calorie theory in teaching nutrition. He studied the anthroposophical approach to nutrition and physiology in Europe and the US; lectured, taught and counseled on nutrition in many countries; and translated/co-translated *Essentials of Nutrition* by Dr. Gerhard Schmidt and *Healing Plants* by Dr. Markus Sommer. He has been traveling by bicycle with his wife, Alexandra as pilgrims and troubadours, through forty-nine countries, visiting many farms and gardens along the way.

07 Friday 7pm
ASNYC/NY Branch Members

CELEBRATION OF RENEWAL

The Council of the New York Anthroposophical Society cordially invites you to a celebration of renewal for our NYC membership community, at 138 West 15th St (btwn 6th and 7th Avenues). Join us for hearty hors d'oeuvres, music, shared thoughts and conversation. **Please RSVP by phone: (212) 242-8945 or by**

email: anthroposophynyc@gmail.com "The results of the work of the Anthroposophical Society can in a real sense give rise to a social life based on brotherly love." (*Statutes of the General Society*, 1923)



09 Sunday, 5:30pm
Festival gathering

ADVENT MEETING (see Dec 2nd)

10 Monday 7pm, \$20 sugg. donation
Monthly eurythmy

THE CHRISTMAS ROSE

Linda Larson

Please join us as we share an evening welcoming winter and holiday time, and moving together to "The Christmas Rose," a poem from Molly von Heider, master eurythmist from the UK and an exceptional human being. She was my first eurythmy teacher when I discovered this unique form of movement in England, and this workshop is



Rose, by L. Larson

dedicated to her. *Participants of all levels are welcome. Please bring soft-soled shoes. Next dates: Jan 14, Feb 11.*

LINDA LARSON: Eurythmist, facilitates workshops and seminars, Eurythmy in the Workplace; has taught in Waldorf Schools, Camphill communities, businesses and non-profit settings, etc., performed, and practiced Therapeutic Eurythmy in Europe, UK, USA; currently Therapeutic Eurythmist at Rudolf Steiner School, NYC; trained in Dornach, Switzerland, England, USA; MFA from Cranbrook Academy of Art; BS from U. of Delaware. larsoneurhythmy.com

12 Wed 7pm, \$20 sugg. donation
Monthly lecture series

JUDAISM

David T. Anderson

These ten lectures will build up a picture of Judaism and its role in world history. They should be of interest to both Jews and non-Jews. For non-Jews, penetration and insight into the essence of Judaism will become possible through observing the historical phenomena and allowing the inner ensouling content to speak, just as we look at an individual's biography to find the soul revealing itself in and through it to an observer who approaches it with loving interest. The study of Judaism presents us with a rich spiritual content that has formed an especially important component of the total spiritual fabric of the evolution of mankind. It is hoped that those already familiar with the Jewish religion as their own will find much of interest to them and enlivening, new, and fresh ways of looking at an old, but evolving subject.



Part 4: FALL OF SAMARIA (772bc).

- Isaiah.
- Fall of Judah (586bc).
- Babylon (70 years and some for 800 years).
- Ezekiel.

Future dates: 1/16, 2/13, 3/13, 4/17, 5/15, 6/12.

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).



Goetheanum, Winter 2013

16 Sunday, 5:30pm
Festival gathering

ADVENT MEETING (see Dec 2nd)

17 Monday 7pm, \$20 sugg. donation
Sagittarius Eurythmy Circle

STAY AWAKE

Marta Stemberger

Prepare for the heart of the holidays by enlivening the light within you. Explore the kinesthetic wisdom of the Zodiac constellation of Sagittarius, as the Sun is visiting its lavender house from December 19 through January 18. Yes, the dates are correct: they are based on the observable astronomical data. Stop by to connect with each other through harmonious movement to contemplative live piano music and inspiring poetry. Tune into your body with hygienic copper rod exercises. Bring to life the basic elements of music: beat, rhythm, pitch. Learn to move the eurythmy gestures K and G, the offering from the stars in the constellation of the lavender Sagittarius, the Guardian of the Threshold. And yes, go ahead... invite a friend or a family member to come with you.



Open to all who can walk. No prior movement experience is needed. Next dates: Jan 21, Feb 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

18 Tuesday 7pm, \$20 sugg. donation
Performance

DICKENS' A CHRISTMAS CAROL

David Anderson

"A Christmas Carol is the best way I know to be inspired by the season," says David Anderson of Walking the dog Theater. Moving fluidly from character to character, Anderson performs the story exactly as Dickens wrote it, both dialogue (in multiple London accents) and descriptive passages. His rendition, directed by Ted Pugh, revives Dickens' own manner of storytelling. Bruce Hallenbeck of The Independent called this performance an "amazing one-man show ... what Dickens intended all along!"



DAVID ANDERSON: actor, director, artistic director of Walking the dog Theater, an initiative of the Hawthorne Valley Association in the Berkshire-Taconic region north of NYC. See www.wtdtheater.org

21-22 Fri 6:30pm, Sat 10am
First Class meetings

FOR MEMBERS OF THE SCHOOL OF SPIRITUAL SCIENCE

23 Sunday, 5:30pm
Festival gathering

ADVENT MEETING (see Dec 2nd)



THE
TWELVE
HOLY NIGHTS

Dec 24–Jan 5

During the Holy Nights, we will live into the spirits of twelfoldness through the 12 senses, 12 virtues, 12 worldviews, as the 12 Days and 13 Holy Nights of the year lead us to the culmination of Three Kings Day/Epiphany on January 6th. All are invited to share in the living warmth of gathering with a festival consciousness.

A full schedule of events will be available in the bookstore and at www.asnyc.org