



Anthroposophical Society in Australia
Canberra Branch

Summer 2024 Newsletter



***Thus speaks the Word of Worlds
Now granted me through senses' gates
To lead into my inmost soul:
'Imbue your spirits' depths
With my wide-World horizons
To find in future time My Self in you.'
(Calendar of the Soul 9 - tr. W & L Mann)***

Dear members and friends in the Canberra Region,

Welcome back after the summer break!

I was not able to attend the 100 Years Conference in Melbourne last month, but I gather from the Canberra members who did attend, including Vincent Flynn, Terry Flynn, Louise Pilon and Marilyn Lewis, that it was a significant and worthwhile event, whose effects members will carry into this year.

Summer provides each of us with plenty of opportunity to leave the everyday world, surrender with joy and hope to the elemental world around us, and drift into the heavenly heights. As the Calendar of the Soul verse above suggests, if we pay careful attention to our own experiences through the days and nights at this time, it can be possible to experience something like a 'Christ Word' planted in our souls that can lead us back into life and into a broader perspective of future times, viewed to 'wide-World horizons'. Summer has united us with cosmic depths and horizons, and we bring this back with us as we return to ourselves in preparation for the year ahead.

This year, we on the Management Committee for the Canberra Branch will be looking to promote and encourage new and existing anthroposophical ventures in our region and further afield in order to bring new life into our Branch and nurture the life that is already there. This life can only come from any and all of us, members and friends, as free humans acting out of love and, as a result, working together to carry forward the great impulse we are each striving for, to develop ourselves to become ever more truly free human beings.

Tim Bourke

Secretary, Canberra Branch, Anthroposophical Society in Australia

Canberra Region What's On

Are you interested in one or more of the below? Do you have activities of your own that might be of interest to our members and friends? If so, please let us know and we can assist with organising, promoting, etc.; just email us any time at: canberraanthropos1@gmail.com or contact one of us individually (see end of this newsletter for Canberra Branch Management Committee contact details).

- ❑ Special guest speakers from interstate – what topics would you like to have more of?
- ❑ Shared viewing and follow-up discussion of an on-line international talks? Especially for those who may not access zoom at home.
- ❑ Create a new Study Group around a specific theme or range of topics?

Upcoming Local Canberra Branch and Other Events of Interest

Canberra Branch Easter Festival, Sunday 10th March, 3pm to 4:30pm.

Venue Lewis Hall, St Columba's Church Braddon (to be confirmed)

Annual General Meeting, Sunday 5th May, 2pm to 4pm.

Venue Lewis Hall, St Columba's Church Braddon (to be confirmed)

Marion's Gardening Party, Wednesday 14th February, 4:30 to 6:30pm

Marion's Gardening Party would like to invite Anthroposophy society members and other interested communities to our annual celebration of the birthday of Marion Mahony Griffin, on Wednesday 14 February 4:30-6:30pm at the Canberra Interfaith Forum Meditation Garden in Grevillea Park, Morshead Drive, Barton, adjacent to Clare Holland House. This occasion will be an opportunity to renew our blessing of the gardeners and plan for future gardening activities to maintain the site and establish native Australian plants in the area near the meditation garden. For further information please call Carolyn on 0405918441

Living through Death: A Journey in the Easter Mystery

You are warmly invited to participate in a special project. The aim is to bring together individuals who are interested in deepening their experience of the Easter mystery through an artistic form. We will do this through an exploration of the medieval mystery play: The Redentin Easter play. We will come together in the weeks leading up to Easter; engage in a series of play readings; then workshopping the scenes and characters. We are not aiming for a polished performance, but an experience. No acting experience is necessary. All are invited

Readings/Workshops: Wednesday 14th February 5:30pm - 7:30pm Wednesday 21st February 5:30pm - 7:30pm Wednesday 28th February 5:30pm - 7:30pm Sunday 3rd March 11:45am - 1:45pm Wednesday 13th March 5:30pm - 7:30pm Sunday 17th March 11:45am - 1:45pm It is then envisioned that these workshops could culminate in a living, passion-filled Easter Play Festival on Easter weekend: 29th - 31st March. Venue: The Christian Community Chapel 7 Holtze Close Hackett 0447 504 233

ioanna.panagiotopoulos@gmail.com

Regular Canberra and Local Region Group Activities

Class Lessons for the School of Spiritual Science

The First Class of the School of Spiritual Science has three Class Holders in the Canberra Region with lessons generally held monthly. After the lesson there are opportunities for contributions, dialogue and sharing of research. Class intensives involving presentations and artistic activity are also usually held twice a year. Blue card required.

Ainslie Arts Centre, Braddon: 11am on the 3rd Sunday of the month Marilyn Lewis (private home): 8am on Tuesdays monthly (dates to be confirmed).

Please register with Marilyn Lewis, Coordinator, marilyn.lewis@gmail.com Ph: 6288 1495

Membership enquiries for the Class: Marilyn Lewis
or Louise Pilon: Ph: 0411 512 412

Thursday morning study

Study selected texts

Held in private homes - Free

For enquiries contact Terry Flynn: theresaflynn@gmail.com Ph: 0487 384 800

Thursday evening study

Group reading and discussion. This group is currently reading the book "Theosophy" by Rudolf Steiner. Free

Meet: Queanbeyan private home

For enquiries contact Terry or Vince Flynn: Ph: 0487 384 800

Christian Community in Canberra

Sundays at 10am and Wednesday at 9:30am The Act of Consecration of the Human Being
Children's service and community gathering held every fortnight 11am on Sundays after the Act of Consecration. There are also other regular and special event/festival activities

For the latest program, newsletter, and other information see

<https://www.thechristiancommunity.net/canberra/> or contact: Reverend Ioanna

Panagiotopoulos ioanna.panagiotopoulos@thechristiancommunity.net

Ph: 0447 504 233

Weston Creek Community Orchard working bees

Third Sunday of each month 10am -2pm

For enquiries contact Chris Boswell:

Email: ochriso@iprimus.com.au

Pressel Massage

Dr Simon Pressel developed a massage therapy based on anthroposophical principles.

Magda Rojas from Colombia, is currently a locally based physiotherapist and offers the Pressel Massage in Canberra.

To book an appointment with Magda:

magdalizethr@gmail.com

Ph. 0415 685 130

Canberra Branch Library

The Canberra Branch holds a library of publications that include those of Rudolf Steiner and other authors. Catalogues of the collection are available, and books and other media may be borrowed - Free for members, \$20 per loan by non-members. The catalogue is now available online here:

<https://docs.google.com/spreadsheets/d/1XZbgzrndzilq9aHr9kgDmFhEUYnb5V4/edit?usp=sharing&ouid=105963213709335519827&rtpof=true&sd=true>

The library is currently located in the home of **Marilyn Lewis** in Fisher Ph: 6288 1495.

Announcements

Fiona Campbell Painted Space

Art as a Path of Schooling for the Soul is a new 2-year part-time online training, starting in February/March 2024, and offers a unique approach to learning painting and drawing, where artistic practice becomes a schooling process for the soul, using colour, form and space. Its aim is to promote art as a spiritual practice using an open-ended research-like process that blends online classes, lectures, discussion and contemplation, individual consultations and self-directed learning in company of an international artistic community of like-minded souls. For more about this course and for the 2024 program of Painted Space visual art courses, visit <https://painted-space.com/> or contact Fiona Campbell via email paintedspace@gmail.com

Heart Fire Centre for Speech and Drama

Announcing a new speech and drama initiative inspired by the work of Rudolf Steiner, the Heart Fire Centre for Speech and Drama Situated in proximity to Pacifica College of Eurythmy, Heart Fire is based in Samford Valley, Queensland and is the initiative of Nicole Ostini, Katrina Stowe and Dawn Langman. Dawn's life work has been to research and develop an integrated speech and acting methodology based on Rudolf Steiner's approach to the art of Speech and Michael Chekhov's, also anthroposophically inspired, art of acting. Nicole and Katrina are both graduates of the 4-year training developed by Dawn Langman since her arrival back in Australia in 1995. They are both performers and experienced teachers at primary, secondary and adult levels and have been working together with Dawn, over several years now, to lay the foundation for a full and part time training and an artistic ensemble that will continue the research into and development of the integrated speech and acting methodology.

Over the next years we are planning a series of introductory workshops that will provide opportunities for teachers and performers, intending or established, to experience the richness and transformative and health bestowing benefits of this approach. We are also working towards the possibility of a 4-year full-time training sometime in the future.

Introductory workshop

This workshop will be held at Samford Valley Steiner School just outside of Brisbane on Friday evening 15th, Saturday 16th and Sunday morning 17th March 2024. Please see accompanying flyer.

The Three Streams:

The Heart Fire methodology consists fundamentally of a systematic exploration of each of the three streams of work that makes possible their thorough integration at each level of the process.

Chekhov's spiritual/psycho/physical acting methodology: Chekhov's psycho-physical exercises attune our body/soul/ instrument to be an organ of perception and expression that provides a healthy basis in movement and gesture for accessing the emotional life of the actor and the revelations of the soul and spirit as they manifest in drama, poetry and story.

Speech Formation/ Creative Speech: An exploration of the consonants, vowels, rhythms and other elements of language, leads to the initial experience that words are not just agreed abstract symbols that carry information to our brains but have the power to create events and awaken and refine our deepest life of thought and feeling. Further training transforms us step by step into conscious co-creators with the spiritual powers, through whose Word we and all things are created.

Eurythmy: Through this art of movement the basic elements of speech eurythmy deepen and intensify our work with vowels and consonants. As we progress further, we are introduced to the cosmic gestures that reveal the inner life of the macrocosmic beings of the stars and planets who so intimately weave into the evolving consciousness of human beings as expressed through drama, poetry and story.

The integration of these streams enriches the artistic striving of actors, storytellers and reciters by providing an objective path to dimensions of reality not otherwise accessible. For further information contact

Nicole Ostini: ostini.nicole@gmail.com

Katrina Stowe: katrina_stowe@yahoo.com.au

Warm greetings from Dawn, Nicole and Katrina.

National Events – Advance Notice

The Annual General Meeting of the Anthroposophical Society in Australia, including Members' Event

Friday 17 – Sunday 19 May, at Linuwel School, Maitland, near Newcastle. Further details to be provided shortly.

Anthroposophy in Australia

Information is available to anyone interested in anthroposophy through the [website](#). Anyone interested in becoming a member is welcome to contact the local Branch directly or complete an online enquiry form.

It is also **FREE** to subscribe to the latest news from the Anthroposophical Society in Australia. Just go to <https://www.anthroposophyau.org.au/>, scroll to the bottom of the page and enter your email address. It's as simple as that!

Online and Internationally Based Courses and Events

Painted Space

15 February: [Art as a Spiritual Practice](#) webinar. Rudolf Steiner states that, without art, Anthroposophy cannot go into the future. It will go 'short of breath', he says, without the artistic element. This webinar discusses how essential it is for Anthroposophists to have some form of artistic practice to strengthen and order the soul life, to 'school it', so that we have the forces to meet the challenges coming to meet us out of the future – and how to go about this. The webinar also acts as an introduction to the new *Art as a Path of Schooling for the Soul* online training, starting in March. Entry by donation, [book here](#) or contact [Fiona Campbell](#) for more information.

16 February: *The Inner (and Moral) Nature of Colour*, seven online masterclasses with Fiona Campbell. Steiner's Colour lectures are central to the anthroposophic approach to painting. This course explores his colour theory in conjunction with his lectures on Morality. [You can find out more here](#) or contact [Fiona Campbell](#).

2 March: *Working with Colour, Out of Colour*, six short online intensives on the individuality of colour and how form arises out of colour, not the other way round, in

the anthroposophic approach. Goethe's colour circle is the foundation of this course, so is recommended for Steiner teachers or anyone wishing to understand how colours work upon us. [Find out more.](#)

You can browse the 2024 program of [Painted Space visual art courses here](#).

The Goetheanum in Dornach, Switzerland is offering a rich array of conferences and congresses, concerts and performances, webinars and livestreams leading up to the 100 Years Christmas Conference at the Goetheanum in December this year on the theme "That Good May Become". These are open to anyone. Please check them out [HERE](#).

Holistic Biography training with the team of Karl-Heinz Fink and Laura Summerfield and others continue their workshop and training program across four continents. To check the latest - just go to the website; <https://holisticbiographywork.com/training/> . They are also active on Facebook.

EduCareDo - the distance learning Anthroposophical Foundation Course that was founded by Erwin Berney in the 1990s is now offered on-line world-wide. Lisa Romero is one of the leading directors and facilitator of the *Inner Work Path* program.

You can find details here <https://educaredo.org>

Foundation Studies Fundamentals of Anthroposophic Medicine

One-year online-supported course for healthcare professionals

Foundation Studies is aimed at healthcare professionals wanting to explore and apply Anthroposophic Medicine or those wishing to refresh and deepen their knowledge or previous professional training: physicians, nurses, pharmacists, therapists, special education teachers, students, and trainees. Participants are assigned to mentor-led, regionally based study groups after the registration process closes. Participants' regional proximity and language are taken into consideration for the creation of each study group. Groups of friends or professional teams can register together. Each group is guided by one or two experienced tutors. Study groups meet either in person or online, usually for an hour weekly. Foundation Studies is offered to health professionals around the world with widely varying economic situations and income levels. To make the course affordable for all, course fees are based on the applicant's country, professional affiliation, and level of training. For further details, please refer to www.foundationstudies.org . For questions regarding exceptional provision or scholarships, please contact us directly

Dates to reserve: 17 February 2024 – Pre-Launch Info Session (optional) 2 March 2024 – Live Session 1 20 April 2024 – Live Session 2 18 May 2024 – Live Session 3 29 June 2024 – Live Session 4 17 August 2024 – Live Session 5 21 September 2024 – Live Session 6 19 October 2024 – Live Session 7 23 November 2024 – Live Session 8 / graduation • part-time • mentored regional and online study groups • live streams and digital learning platform for self-study Register at: www.foundationstudies.org Registration closes on February 25, 2024. Course Management: Judit Kedves und Michelle Schmocker Sponsorship: Klinik Arlesheim in cooperation with the Medical Section at the Goetheanum

Canberra Branch Management Committee

Anthroposophical Society in Australia

Louise Pilon, **Coordinator** 0411 512 412

Terry Flynn, **Treasurer/Public Officer** 0403 495 824

Tim Bourke, **Secretary** 0410 071 969

Riitta Korpinen, **Festivals**

Elaine Goodman, **Committee Member**

Postal Address to be advised

The Canberra Branch acknowledges the traditional custodians of the region, the Ngunnawal and Ngambri and we pay our respects to elders past, present and emerging.

We respect your freedom to choose to remain on our mailing list. If you do not wish to receive this newsletter or mailings from the Canberra Branch, please reply UNSUBSCRIBE

If you wish to receive a mailed hard copy please advise by email or call one of the committee members.
