



Rudolf
Steiner
House

EVENTS

Autumn 2019



Rudolf Steiner House 35 Park Road London NW1 6XT



Welcome to Rudolf Steiner House

Rudolf Steiner House

35 Park Road, London NW1 6XT

T: 020 7723 4400

www.rsh.anth.org.uk

[f.com/rudolfsteinerhouse/](https://www.facebook.com/rudolfsteinerhouse/)

Office

Opening hours

Monday to Friday 9am–6pm

Doris Bailiss

Finance and Administration Manager

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Bookshop

Opening hours

Monday to Friday 12noon–3pm,

4pm–7pm. Saturday 10am–6pm

E: rsh-bookshop@anth.org.uk

T/F: 020 7724 7699

Library

Opening hours

Tuesday, Thursday, Saturday,

12noon–2pm and 3pm–7pm

E: rsh-library@anth.org.uk

T/F: 020 7224 8398

Café

Opening hours

Saturday 9am–5pm

The Café can be opened at other times by request, please contact the Office for further information.

Receiving the EVENTS

For an electronic version of this brochure contact

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EVENTS team

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Deadline for submissions to the next issue

30th October

This EVENTS brochure is published termly by **Rudolf Steiner House** to bring to your attention the initiatives, activities and events inspired by the work of Rudolf Steiner in and around London.

Rudolf Steiner (1861–1925), the Austrian philosopher and spiritual scientist whose body of research he named Anthroposophy – ‘the wisdom of the human being’ – was far ahead of his time. His concerns about the future of humanity gave rise to new insights and initiatives in many fields of life. As innovative now as they were then, they have become even more relevant in the light of the unprecedented challenges humanity faces today. At the heart of Steiner’s research were the questions: What makes our endeavours truly human? How can we reconnect with our spiritual origin in ways appropriate for our time? How can we – individually and in human fellowship – reach our highest potential and live in respectful harmony with all the other realms of nature? His ideas have influenced fields as diverse as meditation, personal, social and organisational development, education, agriculture, art and architecture, health and wellbeing, natural science, the performing arts, economics – to name a few.

You are warmly welcome to visit Rudolf Steiner House with your questions or to be inspired by our varied programme, enjoy our library, bookshop and café – or simply the peaceful atmosphere of the House, which has often been described as a unique oasis in the hustle and bustle of the metropolis.

Rudolf Steiner House (RSH) and Theatre

RSH is the centre of the Anthroposophical Society in Great Britain, a registered charity. In addition to weekly study groups, talks, special events and concerts organised by the Society, our rooms and the Theatre are available for hire. For details please contact the office (see page 2).

Unless otherwise stated, events listed in EVENTS take place at Rudolf Steiner House.

When human beings meet together seeking the spirit, then they too find the way to one another – the paths from soul to soul.

Rudolf Steiner

Contents

2 Welcome to Rudolf Steiner House

3 About EVENTS, Rudolf Steiner & RSH

4 Regular Events

Spirit in Action 4

Intro to Anthro 6

Study & Conversation Groups 7

Biodynamic Market Stall 9

Friday Seminars & Lectures 10

Monthly Art Talks 12

13 Workshops

London Eurythmy 13

Acting 13

The Human Organism and the Plant World 14

All Souls – What Happens When We Die 14

An Intro to Gardening the Biodynamic Way 15

16 Special Events

Open House London 16

Michaelmas Festival 16

Unity, Spirit, Purpose – Hope in Action 17

The Harmony of the World 18

How to Protect Yourself from Demonic

Attacks of EM Radiation 19

Finding Stillness 19

Resurgence 20

Holy Nights 22

Baby and Child Massage 23

Rupert Spira 24

25 Bookshop

26 The Therapy and Wellness Centre

28 Other Steiner Events in London and Beyond

29 Steiner Waldorf Education

30 London Directory

31 At A Glance

32 Waldorf 100

Opinions expressed in this leaflet are the responsibility of their authors. They do not represent the views of the Anthroposophical Society in Great Britain, as the Society cannot have an opinion, only individuals can.

SPIRIT IN ACTION

October - November 2019 on Thursday evenings 7.30-9pm

A series of eight evenings aimed at people in their 20s and 30s with an interest in spirituality, but all are welcome. Each evening will be a blend of teaching and activities, usually with some connection to Anthroposophy, a contemporary spiritual path created by Rudolf Steiner for people who want both to develop themselves spiritually and to help the world. You are welcome to attend all the evenings, or your own selection.

Hosted by Alex Wright.

Further info: www.rsh.anth.org.uk/spiritinaction Contribution: £10 (£7 students)

Creating Spiritual Community to meet Early Years Education and the Waldorf Movement in the 21st Century

With Hannah Roberts

3rd October

How to build a sustainable Waldorf Kindergarten model which serves not only the young child but family and community too. A new way of working with money and building honest relationships in light of our current climate.

Hannah has been a Waldorf kindergarten teacher for 14 years and is the founder of Robin's Nest, an innovative and progressive Waldorf Kindergarten based in the grounds of Emerson College, East Sussex www.robinsnest.org.uk

Living your Story

With Marcus Pibworth

10th October

What happens when we are able to talk openly and honestly about what we are experiencing in our lives? In many indigenous cultures there is a belief that a memory is not complete until it has been shared. This evening will combine a story told by Marcus that mixes a biographical story from his own life woven into a Brothers Grimm tale, followed by a short workshop where everyone will be invited to explore the gifts that are hidden within their own life story. Marcus is a storyteller exploring how stories can be used to create healing and change. Much of his work focuses on how to create spaces for men to talk about the difficult bits of life that they often suppress. His goal in life is to drink as many cups of tea with as many different people as possible. <https://theministryofchange.org>

Dance of the Planets

With Denise Gell

17th October

Come and experience moving the gestures both of the planets and their corresponding sounds on geometric forms. Sacred movement as a modern metamorphosis of ancient temple dances. No experience necessary. Please bring soft soled comfortable shoes and clothes to move in.

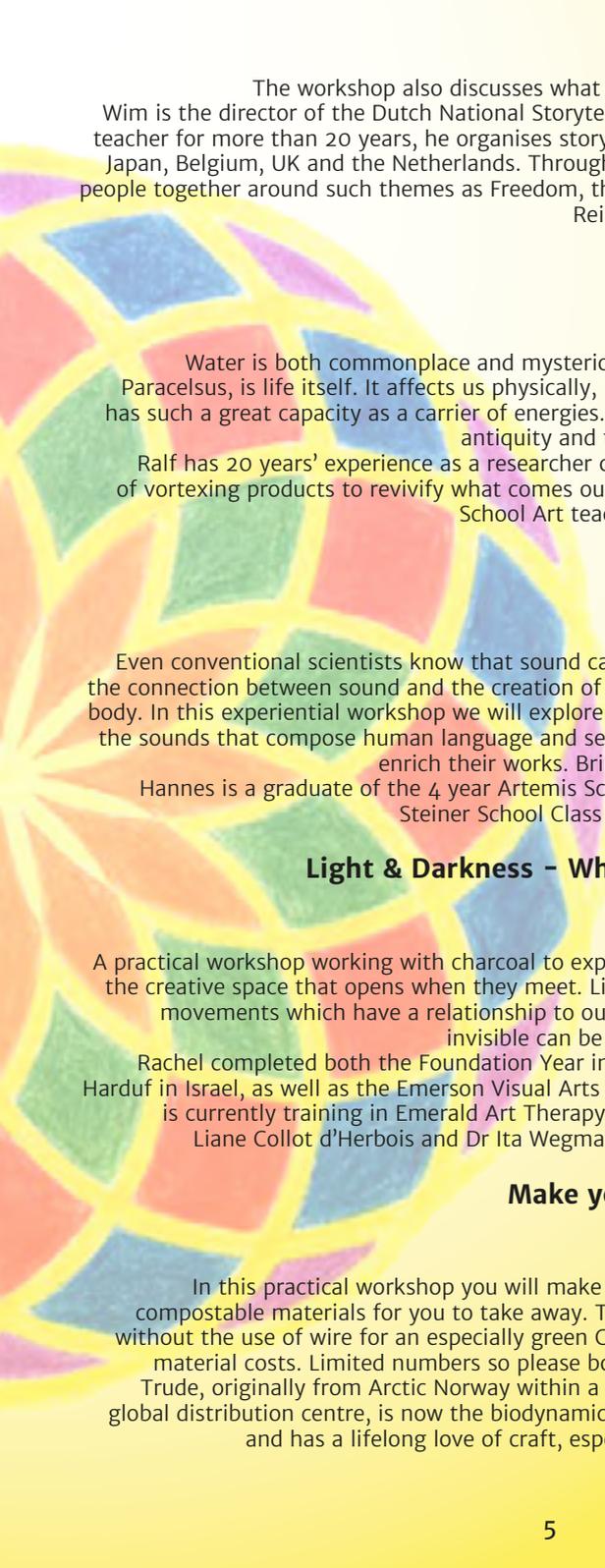
Denise has performed and taught in a variety of venues over the last 20 years and currently works as a eurythmy therapist offering one to one sessions, text 07904 858 081.

Stories of Bright Light & Angels

With Wim Wolbrink

24th October

People who have near-death experiences often mention tunnels and bright light. People who say they are consciously in contact with angels also say that angels are beings of light and love. To observe the work of angels we start in everyday life with special 'coincidental' phenomena. We will also look at what is present in our feelings and how thoughts come to our mind. By these means we will arrive at the supra-physical domain of the angels.



The workshop also discusses what mankind can mean for the angelic world. Wim is the director of the Dutch National Storytelling School. A storyteller and storytelling teacher for more than 20 years, he organises storytelling festivals and workshops mainly in Japan, Belgium, UK and the Netherlands. Through these festivals he brought thousands of people together around such themes as Freedom, the Threefold Social Order, and Karma and Reincarnation, www.nationalevertelschool.nl

Water - Wellspring of Life

With Ralf Roessner

31st October

Water is both commonplace and mysterious, fundamental to life, and according to Paracelsus, is life itself. It affects us physically, psychologically and spirituality because it has such a great capacity as a carrier of energies. Healing springs and wells were known in antiquity and this is a resurgent spiritual science today.

Ralf has 20 years' experience as a researcher of the esoteric life of water and developer of vortexing products to revivify what comes out of your taps. He is also a former Steiner School Art teacher and biodynamic farmer of light root.

The Hidden Life of Sounds

With Hannes Kaiser

7th November

Even conventional scientists know that sound can affect matter. Rudolf Steiner explained the connection between sound and the creation of matter, including the form of the human body. In this experiential workshop we will explore in a playful way the different qualities of the sounds that compose human language and see how poets have used specific sounds to enrich their works. Bring a short poem or an excerpt if you like.

Hannes is a graduate of the 4 year Artemis School of Speech & Drama course, a former Steiner School Class Teacher and a musician and choir leader.

Light & Darkness - Where there's Polarity there's Life

With Rachel Aharon

14th November

A practical workshop working with charcoal to explore the polarity of light and warmth and the creative space that opens when they meet. Light & warmth each have their archetypal movements which have a relationship to our soul and body, and in their meeting the invisible can be made substantial. All materials provided.

Rachel completed both the Foundation Year in Anthroposophy and the Creative Year at Harduf in Israel, as well as the Emerson Visual Arts course at Emerson College in Sussex. She is currently training in Emerald Art Therapy in the Hague, Netherlands, developed by Liane Collot d'Herbois and Dr Ita Wegman. <https://rachelaharon.wixsite.com/2018>

Make your own Christmas Eco-Wreath

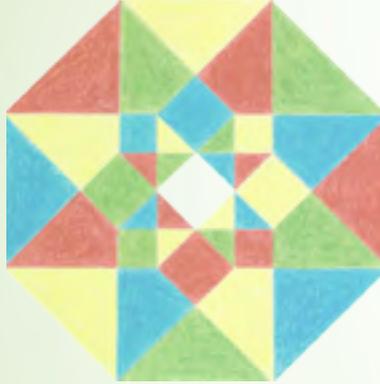
With Trude Lauksund

21st November

In this practical workshop you will make a Christmas wreath entirely from natural compostable materials for you to take away. Trude has a method of attaching greenery without the use of wire for an especially green Christmas. This evening is £15 to cover all material costs. Limited numbers so please book in advance (online or call RSH office).

Trude, originally from Arctic Norway within a day's sledge ride from Father Christmas's global distribution centre, is now the biodynamic gardner at Emerson College, East Sussex and has a lifelong love of craft, especially when it involves natural materials.

www.instagram.com/emerson_garden



INTRO TO ANTHRO
October – November 2019
Tuesday evenings 7.30pm–9pm

Encountering Anthroposophy for the first time can be like meeting a wise elephant: you may want to get to know the elephant, but a hug is going to be a bit of a stretch. Intro to Anthro takes 8 areas of Anthroposophy and explains them in such a way as to be of use to someone interested in starting a spiritual path. Topics covered are:

- 1st October Karma - What? Why? & How?**
- 8th October Human Constitution beyond the Physical**
- 15th October The Four Elements in Nature & Mankind –
Temperaments**
- 22nd October Human Evolution Past & Future Part 1**
- 29th October Human Evolution Past & Future Part 2**
- 5th November Spiritual Forces Active in Humanity Today**
- 12th November The Angelic Hierarchy**
- 19th November Nature Spirits**

Most evenings are a combination of lectures and activities. This series has been designed by Alex Wright as a course with the knowledge building week on week. *Alex Wright has an MA in Law from Oxford University, is a qualified Steiner Waldorf Class Teacher and a graduate of the three year Emerson Visual Arts Course.*

The course costs £70 (£50 students). You are welcome to attend the 1st or 2nd evenings for £10 (£7 students) and then pay the balance should you decide to continue. For further info please get in touch Rudolf Steiner House.

STUDY AND CONVERSATION GROUPS

Our reading groups provide the opportunity in a very informal setting to explore Rudolf Steiner's work with others. There is no need for any prior participation or knowledge, and everyone, young and old, is very welcome to join us at any time, just once or as often as it suits.

We aim to create a friendly, inviting atmosphere, as good humoured as it is serious.

Working together, we share our reflections on the immediate theme and try to pay as much attention to listening as to speaking. We find that studying together provides a wonderful opportunity for the whole group to advance in knowledge and understanding. Members and friends are warmly invited to groups at any time even for one-off visits. Previous participation is not necessary and there is no need to book. **Small donations towards expenses welcome: £3/£2**

All the Rudolf Steiner lectures and writings that we are studying are available from the library at Rudolf Steiner House and, in addition, many may be accessed online at the *Rudolf Steiner Archive*. Further information also available at: ssatrsh@virginmedia.com

Meetup web site:

www.meetup.com/rudolf-steiner-spiritual-science

MONDAYS

Karmic Relationships, Volume 1

With Trevor Dance

**23rd September; 7th & 21st October;
4th & 18th November; 2nd December
7pm-8.30pm**

These profoundly esoteric lectures examine the laws inherent in reincarnation and karma and explore in detail the incarnations of specific historical figures. The opportunity to study this lecture series in a group affords us a chance to really get to grips with these fundamental issues, which demonstrate the realities of the workings of karma in human life. This first volume is an essential basis for such a study.

The Temple Legend

With Dr Sue Peat and Adrian Hotten

**30th September; 14th & 28th October;
11th & 25th November; 9th December
7pm-8.30pm**

We will be continuing with the lectures given to members of Rudolf Steiner's first Esoteric School between 1904 and 1906. They throw light on the content of the picture-language of myths, sagas and legends. Pictures, Steiner explains, are the real origin of all things – the primeval spiritual causes. In order to

work with pictures or symbols today we first need to become acquainted with their esoteric content.

Steiner gave these lectures as a necessary preparation for the planned second section of his Esoteric School, which was to deal in a direct way with a renewal of ritual and symbolism.

They clarify the history and nature of the cultic tradition including principally Freemasonry and its background, but also the Rosicrucians, Manichaeism, the Druids, the Prometheus Saga, the Lost Temple, Cain and Abel – and much else besides.

TUESDAYS

At the Gates of Spiritual Science

With Brendan McQuillan

**1st, 15th & 29th October; 12th & 26th
November; 10th December 7.15pm-8.45pm**

Continuing with these Stuttgart lectures which are an extremely accessible introduction to the ideas and content of spiritual science and form an excellent and concise complement to Steiner's basic written works, *Theosophy* and *Cosmic Memory*. They cover the nature of the human being, the three worlds, life after death, karma, the evolutionary epochs, and the path of inner development.

WEDNESDAYS

The Riddles of Philosophy

With Trevor Dance

**25th September; 9th & 23rd October;
6th & 20th November; 4th December
2pm-4pm**

We are studying the final chapters of this seminal work – the chapters in which Steiner explores the ideas of thinkers of his own time and the essential question of how spiritual ideas can prosper in a materialistic society whose thinking excludes the existence of the spiritual world.

These discussions are more pertinent than ever in a world where humanity seems so much in conflict with the natural world, which will not be ‘conquered’ by science.

Materialism and the Task of Anthroposophy

With William Bishop

**2nd, 16th & 30th October; 13th & 27th
November; 11th December
2pm-4pm**

Selected lectures from this powerful and timely series of lectures given by Rudolf Steiner in Dornach in 1921.

The Spiritual Beings in the Heavenly Bodies and in the Kingdoms of Nature

With Brendan McQuillan

**2nd, 16th & 30th October; 13th & 27th
November; 11th December
4.15PM-6pm**

Continuing with these Helsinki lectures which describe the invisible world of elemental beings that underlies nature, and the spiritual beings of the hierarchies. The lectures explore the relationships of the spiritual beings to individual planets and their moons, to the sun and to comets, against the cosmic backdrop of other solar systems, and in the context of the reciprocal natures of human being and cosmos.

Essential Steiner – A Reading and Conversation Group

With David Lowe

**The Mission of the Archangel Michael
Wednesdays Weekly from 25th
September until 18th December
7.15pm-8.45pm**

In the autumn of 1919, almost exactly one hundred years ago, and a year after the armistice that halted the 1st World War, Rudolf Steiner gave this series of lectures about the role of the Archangel Michael in our time.

In concluding lecture three, Steiner showed remarkable prescience, 20 years before the 2nd World War, when he had this to say: *The ferments that have brought Europe to the edge of the abyss, that will pit Asia and America against each other, engendering worldwide conflict, are products of the past. The path of human evolution to absurdity may be countered only by travelling the path that leads to the spirit: the Michael path, which becomes the path of Christ.* Perhaps it's time we paid attention.

THURSDAYS

Reading to the Dead

With laia Chiesa

**Third Thursday of the month from
September 7pm-8.30pm**

As one of the recognised tasks of Anthroposophy, we will be reading to the so-called dead, to establish and/or re-establish a connection with the dear ones who have crossed the threshold. For further information, please contact laia Chiesa. E: laiac53@yahoo.com



EVERY SATURDAY 10am – 2pm
BIODYNAMIC MARKET STALL AT RUDOLF STEINER HOUSE

The biodynamic stall has been joined by Noel, a nutritionist with great knowledge of the light root (*dioscorea batatas*) who has been helping Kenny bring the most amazing seasonal produce from a variety of biodynamic producers.

We also have haloumi, cheddars and the “best yoghurt I have tasted” from Plaw Hatch; eggs and wonderful apple purees, juices, syrups, cordials, fermented fennel, delicious apple juice and highly nutritional aronia berry juice as well as a variety of flours including rye and spelt. We look forward to seeing you at the stall from 10am to 2pm every Saturday.

Kenny Coffey
E: belikeabird@gmail.com
M: 07957 799 336



FRIDAY SEMINARS AND LECTURES

7pm–8.30pm
TRANSFORMATION

This autumn the Friday seminars will explore the theme of transformation and in particular how working with the concepts and insights offered by Rudolf Steiner can assist us in transforming ourselves.

All welcome, no need to book. Suggested donation £5 / £3

For further information please see www.meetup.com/rudolf-steiner-spiritual-science

The Rosicrucian Path of Transformation

With Bastiaan Baan

4th October

The Rosicrucian path is one of inner transformation of the soul, outlined in the allegorical story told in one of the most important writings of esoteric Christianity: *The Chymical Wedding of Christian Rosenkreutz*. This work, first published anonymously in German in 1616, draws on concepts from Christianity and alchemy. By following the path of one who follows a call, meets many challenges and finally arrives at the Wedding, we are offered the opportunity of undergoing personal transformation by meditating on the significance of the events that are portrayed. Bastiaan Baan's interpretation of this work combined with the insights Rudolf Steiner brings makes it very accessible and relevant to our lives today.

Bastiaan Baan worked as a teacher in the Netherlands before being ordained in 1981. He was a Christian Community priest in the Netherlands and director of the priests' seminary in Spring Valley, NY. He lectures widely and is an accomplished author and published a commentary on the Chymical Wedding of Christian Rosenkreutz in 2016.

Tolerance is not enough. The Transformation of Architecture into the Social Art

With Andrew Wolpert

11th October

In a world of antagonism, prejudice and intolerance, we could easily imagine tolerance as an ideal to be striven for. And yet it is not enough. The continued development of the human being and

the metamorphosis of the arts are essential aspects of the imagination Rudolf Steiner offers us for our future. That the spatial quality of sculpture could evolve into the dimension of time and become eurythmy is already a well-practised artistic reality. The metamorphosis of architecture into the social art is something we have to work to achieve in the future, and is inseparably connected with what lies beyond tolerance. Architecture lends itself to a connection with Michael and what Rudolf Steiner called the Cosmic Intelligence, and at this time of year this theme gives us an opportunity to explore how the great art of Architecture has prepared us for something unimaginably greater. *Andrew Wolpert's love of architecture connects with the Logos structure of Grammar, with what Blake called the Human Form Divine, and with the work of Michelangelo.*

Transforming How we Face the World

With Philip Martyn

18th October

Rudolf Steiner gave many simple mental exercises for pulling together our thinking, feeling and our ability to exercise our will power. In this interactive session Philip Martyn will go through some of these exercises and we can practice a few of them to get a feel for how it is to work in this way and what effect these exercises can have. Practised regularly they offer us the possibility of being more awake, more positive and less stressed in our daily lives.

Philip Martyn is a retired lawyer who has served on the council of the Anthroposophical Society and as co General Secretary.

How the Ass became Golden – Mysteries Ancient and Modern

With Andrew Welburn

25th October

Transformation is unsettling, not always dignified, means taking risks and sometimes backfires. But without it we are going nowhere, and the Mysteries are always a journey. An ancient initiate called his parable of life The Golden Ass, with the message that just when things seem at their worst the answer can first clearly be seen. Our own time is darker than most, but for us too the gold may be there waiting to be found.

Andrew Welburn has been an academic in the fields of English Literature and biblical interpretation and history. A lifelong anthroposophist, he has written several books on Steiner's philosophy, esotericism and Christianity, and on the prophet Zarathustra.

Uniting Divide and Human Future through Deeds of Consecration

With Peter van Breda

8th November

How does the future form itself for individuals, nations and indeed for the whole of our world? As individuals are we simply following, or not following, the will of Divine powers and where does our own will play into these futures? We may see deeds of consecration as something just for those with a deep connection to religion, but as is often said even the most mundane task, carried out rightly, can become a prayer and have a pivotal influence on our future and that of others.

Peter Van Breda lives in London and is a priest of The Christian Community – a movement for religious renewal.

The Transformational Alchemy of Christ-Sophia

With Adam Slowikowski

15th November

Drawing on the book *The Rose of the World*, written and concealed by Daniel Andreev whilst in prison, Adam will lead us in considering recent history and to an understanding of the future picture

this book portrays. This is one of an increasingly 'globalised' world, under the threat of a dictator. To overcome this situation a far greater force must come into effect – that of an all-embracing 'church', *The Rose of the World*. The book calls for spiritual reunification of all peoples, with harmonious relationships between the many world religions as exemplified by the petals of a rose joining to form a flower. This masterpiece of Russian spiritual literature has much to tell us about the religions and spiritual development in western culture. *Adam Slowikowski lives in London and has a major interest in modern history and psychology.*

Biography Work: Becoming Who We Are

With Margli Matthews

22nd November

When I let go of what I am, I become what I might be. Lao Tzu

Through conscious work with our biography, the seemingly random happenings of our lives begin to reveal a path of transformation leading towards the reality of who we are. Each person we meet along the way becomes a messenger. Every phase poses essential questions and challenges. Each turn of the road gives a glimpse of our true story. Who is writing this story? Biography work opens a way to get in touch with the author of this strange tale in which we find ourselves. Learning to read the language of the events and meetings that come to us, we can transform them into new faculties and values and find confidence and creativity for the future. In this seminar we will build an imagination of the aims and nature of biography work and, calling on our own experiences, explore the forces of transformation at work in the different phases of our lives.

*Margli Matthews is a biographical counsellor, supervisor and trainer with over 30 years' experience in private practice and adult education. She taught for many years at Emerson College and was director of the Training in Biographical Counselling. She is a contributor to the book *Lifeways* and co-author of *Ariadne's Awakening*.*

Transforming Traumatic Experiences

With Dr. Pablo Jeczmiem
29th November

We have all experienced some form of trauma in our lives and how we respond to both the events and the memory of them is critical in helping form our approach to the future. We may feel ourselves to be passive recipients of life events that have left us with severe psychological scars that seem impossible to heal or transform – maybe even causing well recognised psychological disabilities such as Post Traumatic Stress Disorder, phobias or extreme depression. Using the insights Rudolf Steiner has offered into the spiritual make up and karma of the human being Pablo will explore how our response and approach to these events can be worked with and transformed into something useful and helpful – both for ourselves and for others.

Dr Pablo Jeczmiem is a consultant psychiatrist and anthroposophical psychotherapist working within the NHS and privately. He has a comprehensive knowledge of Anthroposophic medicine.

The Transformation of the Feminine Stream Today

With Louise Sofair
13th December

Rudolf Steiner described how for ages of time humanity felt itself to be a feminine community. Gradually, as independent thinking and logical reasoning developed, humanity became more and more reliant on sensory observation, systems and laws – and inherent human wisdom was no longer trusted. How did the Christ Being address this during his life on earth and, in particular, in his meetings with women? How did he transform the ‘feminine’ stream for the future of humanity and where do we see this working today?

Louise Sofair is a mother of four who lives in Hertfordshire. She was an upper school teacher of drama and religion in a Waldorf-Steiner school for many years, is

the author of the book Women with Christ and a member of The Christian Community in London with a long-term interest in Anthroposophy.

Monthly Art Talks

With David Lowe

All welcome! No need to book.

Suggested Donation: £5 / £3

National Gallery Walk

4th October 5pm-6.15pm

Meet outside the Sainsbury Wing bookshop. We will start our visit at the large painting by Seurat known as *The Bathers*. in the impressionist galleries. If you arrive late you will find us there. Our visit will end in the small room with the Leonardo painting and large drawing. Between them we shall take other paintings including some of St Michael and the Dragon.

Art, Imagination and our Relationship with those who have passed through the Gate of Death

1st November 7.30pm-8.45pm

Christian Art is full of the representation of those who have died, especially the saints and martyrs. The artists and people of the early Christian centuries felt themselves in communion with these highly developed individuals who had preceded them. Further, the celebration of a meal with the dead was an important festival for them. Later, artists as diverse as Raphael, Blake and Picasso felt themselves inspired by those they loved who had died before them.

We will consider what our relationship to the dead is, not only in our creative working but also in our everyday thoughts and activity.

Brueghel, Master of the Runes

6th December 7.30pm-8.45pm

Brueghel, the much-loved Flemish painter of the Seasons and Festivals, also expresses the runic quality of northern European art in his paintings. We do have many of his works in the UK so this is a good chance to see the range of his work, some of which are as fantastical as those of Bosch.

Tone Eurythmy Workshop

With London Eurythmy

21st September, 12th October, 2nd & 23rd November 1.20pm–2.15pm

Energise and reduce stress with eurythmy, a movement art linked with music and poetry. Get to know this gentle, restorative and harmonising art and enhance your well-being by joining our introductory workshops. All welcome! £7

To find out more about Eurythmy please visit <https://eurythmymovement.uk/> and <https://m.facebook.com/pages/category/School/London-Eurythmy-70637358856/>

For further information, please get in touch with Diana Constantin
E: diana_constantin@yahoo.com



ACTING

MICHAEL CHEKHOV'S APPROACH TO THEATRE IN ACTION: SCENE WORK

With Sarah Kane

On Sunday 29th September, 13th October, 20th October 10.45am–6.15pm

The three workshops offer an opportunity to investigate new ways of working on a scene by applying both the principles and practical tools Chekhov developed.

Each workshop explores different aspects of the approach (e.g. atmosphere, gesture as relationship, text as gesture), building on the previous one. It is possible to participate in individual workshops.

Admission charge:

1 workshop: £90; concessions £75

3 workshops: £240; concessions £195

Sarah Kane studied Steiner's approach to speaking, then Chekhov's approach

to acting with many of his students in the 1980s. She now integrates them in her teaching, directing and performing. www.performingartsintl.org

For further information and bookings
E: info@performingartsintl.org



The Human Organism and the Plant World –

A Healing Relationship

With Dagmar Steffelbauer

Tuesday 8th October 6pm–8pm

....to study the profoundly different gestures of the plant world becomes a living and speaking as the physiognomy and gestures of a human being... (Rudolf Steiner GA 136, 4th lecture).

Dagmar will talk about the Lemon and the Chamomile and how to gain an understanding for their healing potential, in combination with the technique of applications or compresses.

Dagmar Steffelbauer is a General Nurse and Biodynamic Craniosacral Therapist She has been studying anthroposophically orientated nursing and working in anthroposophical orientated hospitals for 25 years in Germany.

Everybody interested is warmly welcome.

Admission charge: £5

For information and bookings Email:

d.steffelbauer@gmail.com or

Tel: 020 89047156



All Souls What Happens When We Die?

With Dr. Sue Peat and Philip Martyn

Saturday 2nd November

2pm–5pm

All welcome, no need to book, donation towards expenses.

For further information

E: suejoanpeat@gmail.com

Death is a certainty for all of us. For some it appears to be simply a final end to life with maybe the possibility of leaving memories held by the living as a legacy. For others it is the return to a spiritual home and the start of a journey that brings us back to a future

life on earth. At this time of year, when we particularly remember those who have crossed the threshold of death, there is an opportunity to develop closer connections with them – connections that can be mutually beneficial. During this workshop we will outline the insights Rudolf Steiner offered into the spiritual journey we take after death and into how we can work with those we have known during life who now live on across the threshold.

Dr. Sue Peat is a medical consultant at Kings College Hospital and St. Christopher's Hospice and Philip Martyn is a retired Lawyer who has served as a Co-General Secretary of the Anthroposophical Society.

An Introduction to Gardening the Biodynamic Way

With Dr. Sue Peat and Philip Martyn

Sunday 24th November 2pm-5pm

All welcome, no need to book. £10 / £5

Biodynamics goes 'beyond organic'. It arose out of Rudolf Steiner's spiritual research and works with the rhythms of the movements of the sun, moon, planets and stars which the plants respond to. We will cover the background to the biodynamic planting calendar, composting and the biodynamic preparations. Participants will be invited to exchange seasonal gardening tips, ideas and experiences.

For the last hour we will stir the horn manure preparation (known as 500), so bring a bottle if you want to take some home. The workshop is suitable for those new to biodynamics and for anyone who would like to give their garden, window boxes or house plants an autumn treat!

Philip Martyn and Dr Sue Peat are long term students of Rudolf Steiner. Philip is a retired lawyer and has previously served as co-General Secretary of the Anthroposophical Society in Great Britain. Sue is a medical consultant at Kings College Hospital, with a specialist interest in pain relief and medical education.



Open House

OPEN
CITY

22nd September 1pm–5pm House Tours

Free admission

Join us at Rudolf Steiner House, the only example of expressionist architecture in London, for the Open House London.

Rudolf Steiner House was built between 1926 and 1937. It was designed by the architect Montague Wheeler (1874–1937, a member of the Board of Architectural Education from 1934–7. He was also an active member of the Anthroposophical Society.

The house was built as the ‘home’ of the Anthroposophical Society in London. As its name implies the building takes its inspiration from the work of Rudolf Steiner (1861–1925) and particularly from the first Goetheanum building at Dornach, Switzerland (1914), which was constructed of timber.

Steiner House is the first and only example of ‘expressionist’ architecture in London. The main staircase with its flowing forms and feeling of movement and metamorphosis, is a fine example of this style. The house was built in stages, starting with the theatre and the first-floor room behind it. Other rooms were added later as was the bookshop. The building was listed (Grade 2) in 1991.

In more recent times (2008/9), a new café area was constructed, whose wooden structure creates a polarity with the brick and concrete around it, and whose wooden beams echo the forms of the original Goetheanum.

<https://openhouselondon.org.uk/>

Michaelmas Festival The Archangel Michael and the Michaelic Age

With David Lowe, Brendan McQuillan, Sue Peat, Simon Pelling and Adam Slowikowski

27th September 7.30pm–9pm

Michaelmas is a time for gathering the forces of the summer sun and for taking initiatives! We experience this in our tradition of starting the academic year in the autumn. Looking to nature we see fruiting plants in abundance and the iron from the August meteoric showers beginning to embed itself into the life of our planet. The picture of Michael with his sword standing over the dragon can inspire us to seek those forces within us that are capable of overcoming evil

and prepare to meet the challenges that we face. Drawing on the insights into the season given by Rudolf Steiner we will explore the spiritual meaning of Michaelmas for the earth, for humanity and for the future.

All welcome, no booking required, donation at the door
Further information
Email: suejoanpeat@gmail.com



UNITY + SPIRIT + PURPOSE

Hope in Action

We make and tell stories through who we are being, as well as what we are doing.

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Transform your understanding of unity, your spirit and your purpose.

SPEAKERS:

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DR. JUDE CURRIVAN - 'Living the Power of Unity'

MAC MACARTNEY - 'Kneeling to the Rose - walking home without a map'

ANDREAS KORNEVALL - 'Entering the Age of Restoration'

TICKET INFO:

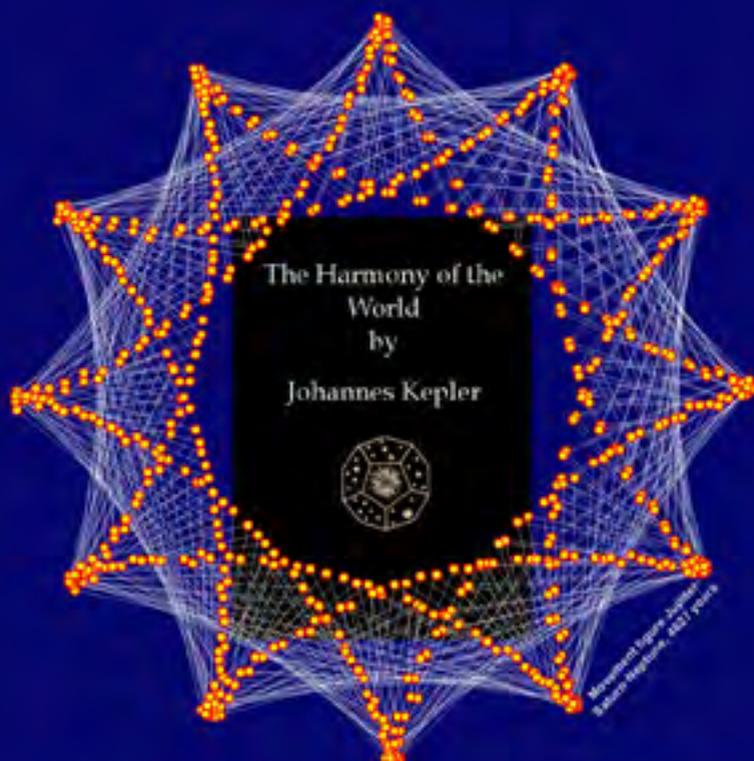
Friday 27 September 2019

18:15 – 22:30

£12

Rudolf Steiner House
35 Park Road, London NW1 6XT

<http://unity-spirit-purpose.eventbrite.co.uk/>



400 Years of Johannes Kepler's The Harmony of the World

An introduction into the harmony in the cosmos
as envisioned by Kepler and a new look at it

Talk by Hartmut Warm, Hamburg

Tuesday, 1 October 2019, 7:30pm

Rudolf Steiner House, 35 Park Road, London

Admission charge: £7 (£5 Concessions)

Information: www.keplersterm.com

How to Protect Yourself from the Demonic attacks of Electromagnetic Radiation and Vaccines

With Are Thoresen

Saturday 5th October 7.30pm

Are Thoresen perceives demons and other spiritual beings. Following on from his very successful talk on Demons and Healing in April, Are has been invited back and will speak about the demonic effects of electromagnetic radiation and how to protect oneself. He will also address the issue of vaccines. Both subjects are very topical.

Are Thoresen is a Doctor of Veterinary Medicine. He runs an independent holistic practice in Norway and is author of Demons and Healing.



Admission charge: £10/£5 concessions

For further information and bookings please contact Glenn Charles. E:glenn.charles@gmail.com T: 07554 000 280

Finding Stillness

With Mike Buckley

**Sunday 27th October
10am-4pm**

A guided discovery of how to re-connect with your true self and find a lasting peace of mind

'Mike finds a way to help you simply be'

Simple guided meditations and transformative insights help bring about

an experience of deep peace, which is not dependent on circumstances, and an understanding of life where everything falls into place. The day will include some tai chi breathing practices. Mike Buckley leads this day of guided meditations and life changing insights to help you to your own taste of freedom.

Tickets £75

Maximum 14 places - booking required

Details & booking:

www.peaceofmindnow.co.uk/events

Enquiries: mcmbuckley@gmail.com

Tel : 07931 986168



Resurgence



From economic growth to growth in wellbeing – generating action at the heart of political and social decision-making

With speakers and performers including:

Marjatta van Boeschoten
Anthroposophical Society

Gail Bradbrook
Extinction Rebellion

Herbert Girardet
Cultural ecologist

Tony Juniper
Environmental campaigner

Tom Heap
BBC *Countryfile* presenter

Satish Kumar
Resurgence & *Ecologist*

Noga Levy-Rapoport
London climate strike march

Mukti Kumar Mitchell
Low-carbon expert

Catty Pearson
Musician

Chris Smith
Politician and environmentalist

Isabella Tree
Rewilding expert

Raynor Winn
Author of *The Salt Path*

Saturday 2 November 2019 10am–6pm

Rudolf Steiner House, 35 Park Road, London NW1 6XT

Book today: www.resurgence.org/wellbeing19 or 01237 441293

Tickets: £40 per person; £30 concessions.

Optional vegetarian or vegan lunch £10 per person.

Resurgence



Saturday 2 November 2019

10am–6pm

Rudolf Steiner House

35 Park Road, London NW1 6XT

Book today:

www.resurgence.org/wellbeing19

or **01237 441293**

Tickets: £40; or £30 concessions.

Optional vegetarian or vegan lunch

£10 per person.

From economic growth to growth in wellbeing – generating action at the heart of political and social decision-making

With speakers and performers including:



Marjatta van Boeschoten
General Secretary of the Anthroposophical Society.



Gail Bradbrook
Co-founder of Extinction Rebellion (XR).



Herbert Girardet
A cultural ecologist, international consultant and author.



Tony Juniper
Environmentalist, campaigner and writer.



Tom Heap
A presenter on *Countryfile* and *Costing the Earth*



Satish Kumar
Founder of The Resurgence Trust and long-term activist.



Noga Levy-Rapoport
Part of the UK Student Climate Network.



Mukti Kumar Mitchell
Insulation solutions for period properties.



Catty Pearson
A singer-songwriter. Music is one of her 'soul' focuses.



Chris Smith
Lord Smith of Finsbury, and environmentalist.



Isabella Tree
Travel writer, author, who rewilded the Knepp Estate.



Raynor Winn
A long-distance walker and author of *The Salt Path*.



The Holy Nights at Rudolf Steiner House **Advent Spiral Celebration With** **The London Lyre Choir** **24th December-4th January 4pm-6pm**

Full details of the Holy Nights events are available from:
Adrian Hotten Email: ssatrsh@virginmedia.com
Dr. Sue Peat Email: suejoanpeat@gmail.com Tel: 07770577372

The days and nights between December 24th and January 6th cross the boundary between the old and new year. These days can be seen as a time to prepare for the coming 12 months. We gather round our Christmas tree, decorated with sacred symbols, roses and candles, to enter into the spiritual significance of this special festival of reflection and renewal. Each evening includes light refreshments. Donation towards expenses.

Come with us to Paradise! **An experiential workshop and performance** **of the Paradise Play** With Geoffrey and Maria Norris **21st December 2pm-6pm**

The Christmas plays from Oberufer represent a continuation of the medieval mystery drama tradition and offer deep insights into spiritual truths. The Paradise Play portrays creation and 'the fall' together with the spiritual forces that lie behind the events we see acted out on the stage. The workshop will offer the opportunity to experience the play in song, speech and eurythmy and to explore how these art forms carry its message. The afternoon will conclude with a performance of the play directed by Geoffrey Norris. Everyone welcome, no booking or experience of acting required. Donation towards expenses.

Further details please visit
www.meetup.com/rudolf-steiner-spiritual-science/



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29th Oct-1st Nov 2019

28th-31st Jan 2020

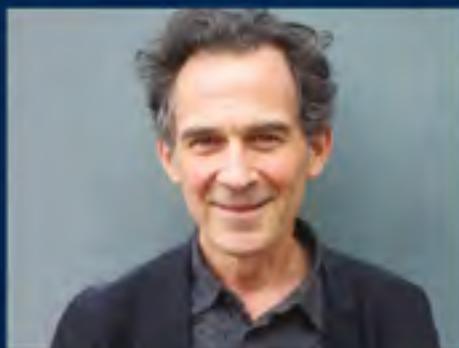
31st Mar-3rd Apr 2020

Book now by contacting Mary:
mary@babyandchildmassage.co.uk
07528 589 859
www.babyandchildmassage.co.uk



Rupert Spira

The Essence of Non-Duality



"Meditation is what we are, not what we do; the separate self is what we do, not what we are."

2019-20 Evening Meetings at Rudolf Steiner House

£10 admission – online booking recommended due to high demand

Friday 4 October 7pm – 9pm

Friday 15 November 7pm – 9pm

Friday 13 December 7pm – 9pm

Friday 3 January 7pm – 9pm

In his meetings, Rupert explores the perennial, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, such as Advaita Vedanta, Kashmir Shaivism, Hinduism, Buddhism, mystical Christianity, Sufism and Zen, and which is also the direct, ever-present reality of our own experience.

This is a contemporary, experiential approach involving silent meditation, guided meditation and conversation, and requires no affiliation to any particular religious or spiritual tradition. All that is needed is an interest in the essential nature of experience, and in the longing for love, peace and happiness around which most of our lives revolve.

For full details: www.rupertspira.com Enquiries: niya@rupertspira.com



A Bookshop? – More a way of life at Rudolf Steiner House

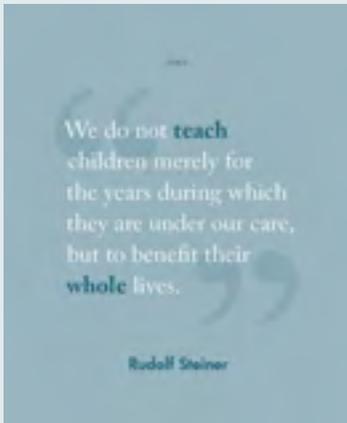
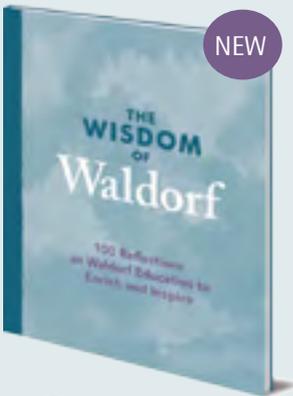
You encounter all the published riches of Rudolf Steiner. You can find out about Waldorf education, bio-dynamic agriculture, anthroposophical medicine, the threefold social order, modern spiritual paths, the causes of the First World War, meditations, architecture, art, the four gospels and modern Christology. And that merely scratches the surface of Steiner's immense published contribution to modern life. There are also children's books and intelligent toys. The shop also stocks a range of Stockmar art materials as well as Hauschka, Weleda and Speick.

There are also Biodynamic eggs and flour for sale. There is a beautiful selection of candles. Also, and very importantly, there are secondhand books on sale of Steiner's and other authors. The shop is staffed by friendly knowledgeable people.

It is open Monday to Friday, 12am to 3pm, 4pm to 7pm. Saturdays 10am to 6pm.

Email: rsh-bookshop@anth.org.uk. Telephone/fax: 020 7724 7699.

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The Therapy and Wellness Centre

The Therapy Centre at Rudolf Steiner House is run by qualified therapists, doctors and practitioners. Our work is based on an anthroposophical understanding of health and illness, and we work out of strong ethical principles. We try to understand not only what makes someone unwell or in need but also what leads a person back to wholeness and wellbeing. There are currently two Anthroposophical Medical Doctors associated with the Centre:

Dr Peter Gruenewald CAHSC reg.

For further information: www.londonintegratedhealth.co.uk

M: 07898 650 182 or E: epi@londonintegratedhealth.co.uk

Dr Jenny Josephson

For further information

T: 012 824 422 or write: 21 Hartfield Road, Forest Row, East Sussex RH18 5DY



Artistic Therapy (children and adults)

Anniek Verholt AATA, CAHSC reg.

Anniek works in private practice; she also meets clients via Skype. After more than 17 years, she has developed a unique way of working which combines counselling and coaching techniques with a holistic therapeutic approach using mindfulness and creative expression.

For further information: www.artstherapylondon.co.uk

M: 07717 525782 or E: info@artstherapylondon.co.uk



Counselling

Julia Dvinskaya Reg. MBACP (Accred)

Julia is a biographical counsellor with several years of experience working with people struggling with relationships, life turning points, stress, crisis, anxiety, loss, uncertainty, confidence and other questions of finding strength to face their life challenges. Julia also facilitates biography work in groups.

For further information: www.mylifeandcounselling.com

M: 07939 011508 or E: juliadv.counsellor@gmail.com



Psychotherapy and Counselling

John Lees UKCP reg, BACP Snr accredited, CAHSC reg.

John offers individual anthroposophic psychotherapy and counselling for the effects of trauma, anxiety, depression, life crises, incarnation problems and psychosomatic problems. He is trained in anthroposophic psychotherapy and leads the training course in anthroposophic psychotherapy at Emerson College. He has worked as a therapist for 28 years and as a clinical supervisor for 22 years.

For further information: www.johnleestherapy.com

M: 07931319454 or E: fjohnlees@aol.com



Physiotherapy and Rhythmical Massage

Anna van Zelder Chartered Physiotherapist MCSP, HCPC registered & Rhythmical Massage Therapist MRMTA

Anna has a special interest in pain management and rehabilitation and offers physiotherapy from a holistic perspective. She works with an integrated approach, which means Rhythmical Massage and/ or 1–1 Pilates Rehabilitation could be incorporated where appropriate or could also be applied as separate therapies.

For further information see: www.annavanzelderem.com

M: 07789 852 378 or E: info@annavanzelderem.com



Skin Care – Dr Hauschka

Elaine Sadler is an award-winning health and beauty therapist, working as a Dr Hauschka Esthetician & Holistic Therapist.

Elaine won Therapist of the Year 2009–2010 at the Professional Beauty Awards where she used Dr Hauschka treatment and products in all entries. The Dr Hauschka body and face treatments are restoring, harmonising and rejuvenating experiences.

For further information M: 07890 668359 or

E: elaine.sadler6@gmail.com



Body and Face Care – Martina Gebhardt

Elizabeth King is a Holistic Facialist & Skincare Educator and passionate about care of the skin.

Her extensive knowledge is based on the principle that the skin protects as well as reveals the inner self as it mediates between individual, people and environment. Working with Martina Gebhardt products and using rhythmical and pulsing movements, the skin and inner self feel met and held, so that radiance can emerge. Elizabeth has particular experience with rosacea, teenage acne as well as irritated, hypersensitive skin conditions.

For further information M: 07504 821593 or

E: elizabeth@liv.co.uk



Homeopathy, Reflexology & Weleda Advisor

Katerina Roberts, BSc(Hons), Cert.Ed.

Katerina has over 30 years of experience as a Complementary Therapy Practitioner, treating general health issues in adults and children. She has a degree in homeopathy and has taught health professionals and the general public at various colleges around London.

She also takes a holistic approach to health. She believes that in today's fast changing world, people need assistance at all levels, not only physically but emotionally and spiritually. By bringing relaxation and balance to the individual, her aim is to help each person to become the best version of themselves in their journey towards good health and wellbeing. Homeopathic Skype appointments available on request.

For further information: www.katerinaroberts.com

Tel: 01689 827936 or E: katerinapersonal@yahoo.com

Facebook: [HolisticHealthTreatment](https://www.facebook.com/HolisticHealthTreatment)

KAIROS REHABILITATION

Anthroposophical Medical Assessment and Therapy Kairos Rehabilitation Trust

For adults & children with long-term conditions which prove hard to treat (may include sleep disturbances, chronic fatigue, anxiety, depression, autistic spectrum disorders, attention deficit disorders, post-traumatic stress & other medically unexplained symptoms).

Kairos has moved and our new address is: Heronsgate Medical Centre, 1A Goosander Way, Thamesmead, SE28 0ER.

STUDY GROUP

Every Monday starting from 2nd September 7pm-8.30pm in Charlton.

Topic: Macrocosm and Microcosm, lectures given in Vienna March 1910.

For details please contact Ingrid Hermansen on 07712 810 108 or gepainservice@gmail.com



TEMPLE LODGE CHRISTIAN COMMUNITY

For details about events and talks please contact
51 Queen Caroline St, London W6 9QL
E: ccsecretary@btconnect.com T: 020 8748 8388





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Kindergarten Experience: Mornings: Monday 14th October and Monday 18th November.

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Information
E: regine.childrensgarden@gmail.com
www.thechildrensgarden.org.uk



London Steiner School

LONDON STEINER SCHOOL

9 Weir Road, London SW12 0LT
T: 020 8772 3504
E: office@londonsteinerschool.org
www.londonsteinerschool.org



ST. MICHAEL STEINER SCHOOL

Park Road, Hanworth Park,
London TW13 6PN
T: 020 8893 1299
E: info@stmichaelsteiner.hounslow.sch.uk
www.stmichaelsteiner.hounslow.sch.uk

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www.fernverrow.com

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 E: press@springrestaurant.co.uk
www.springrestaurant.co.uk

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 E: info@thehive wellbeing.com
www.thehive wellbeing.com

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www.biographyworklondon.co.uk

Counsellor, Psychotherapist and Psychophonetics Practitioner
Graham Kennish MBACP
 47, Harrington Gardens, SW7 4JU
 E: kennish46@gmail.com
 T: 07973 680959

Cranio-Sacral Therapy & Remedial Massage
Christa Parkinson
 24 Woodland Gardens, Muswell Hill, London N10 3UA T: 020 8444 6331

Craniosacral Therapist (BCST)
Dagmar Steffelbauer Registered at CSTA UK
 90 A, The Avenue, Wembley, HA9 9QL.
 E: d.steffelbauer@gmail.com

Phyto & Aromatherapy
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 T: 07841 904 871

Registered Osteopath & Eurythmy Therapist
Michael Mehta
 Hermes Health Limited, Templeton House, 33-34 Chiswell Street, London EC1Y 4SF
 T: 020 7638 3202 www.hermeshealth.uk

For further therapies, please see Therapy Centre at RSH on pp. 26/27 of *Events*

September			SG = Study Group SiA = Spirit in Action. IA = Intro to Anthro FT = Friday Talks	
Date & Start Times			Weekly 10.00am – 2.00pm: Saturday Biodynamic Market Stall	9
19	Thu	7pm	Start of SG: Reading to the Dead	8
21	Sat	1.20pm	Tone Eurythmy Workshop(1)	13
22	Sun	1pm	Open House London	16
23	Mon	7pm	Start of SG: Karmic Relationships, Volume 1	7
25	Wed	2pm	Start of SG: The Riddles of Philosophy	8
25	Wed	7.15pm	Start of SG: Essential Steiner – A Reading and Conversation Group	8
27	Fri	7.30pm	Michaelmas Festival	16
28	Sat	2pm	Waldorf 100	32
29	Sun	10.45am	Acting: Michael Chekhov's Approach to Theatre in Action (1)	13
30	Mon	7pm	Start of SG: The Temple Legend	7
October				
1	Tue	7.30pm	IA: What? Why? & How?	6
1	Tue	7.15pm	Start of SG: At the Gates of Spiritual Science	7
2	Wed	2pm	Start of SG: Materialism and the Task of Anthroposophy	8
2	Wed	4.15pm	Start of SG: The Spiritual Beings in the Heavenly Bodies and in the Kingdoms of Nature	8
3	Thu	7.30pm	SiA: Creating Spiritual Community to meet Early Years Education and the Waldorf Movement in the 21 st Century	4
4	Fri	5pm	Monthly Art Talks: National Gallery Walk	12
4	Fri	7pm	FT: The Rosicrucian Path of Transformation	10
5	Sat	7.30pm	How to Protect Yourself from the Demonic attacks of Electromagnetic Radiation	19
8	Tue	7.30pm	IA: Human Constitution beyond the Physical	6
8	Tue	6pm	The Human Organism and the Plant World – A Healing Relationship	14
10	Thu	7.30pm	SiA: Living your Story	4
11	Fri	7pm	FT: Tolerance is not enough The Transformation of Architecture into Social Art	10
12	Sat	1.20pm	Tone Eurythmy Workshop (2)	13
13	Sun	10.45	Acting: Michael Chekhov's Approach to Theatre in Action (2)	13
15	Tue	7.30pm	IA: The Four Elements in Nature & Mankind - Temperaments	6
17	Thu	7.30pm	SiA: Dance of the Planets	4
18	Fri	7pm	FT: Transforming how we Face the World	10
20	Sun	10.45	Acting: Michael Chekhov's Approach to Theatre in Action (3)	13
22	Tue	7.30pm	IA: Human Evolution Past & Future Part1	6
24	Thu	7.30pm	SiA: Stories of Bright Light & Angels	4
25	Fri	7pm	FT: How the Ass became Golden – Mysteries Ancient and Modern	11
27	Sun	10am	Finding Stillness	19
29	Tue	7.30pm	IA: Human Evolution Past & Future Part2	6
31	Thu	7.30pm	SiA: Water – Wellspring of Life	5
November				
1	Fri	7.30pm	Monthly Art Talks: Art, Imagination and our Relationship with those who have passed through the Gate of Death	12
2	Sat	10am	Resurgence	20
2	Sat	1.20pm	Tone Eurythmy Workshop (3)	13
2	Sat	2pm	All Souls – What Happens When We Die	14
5	Tue	7.30pm	IA: Spiritual Forces Active in Humanity Today	6
7	Thu	7.30pm	SiA: The Hidden Life of Sounds	5
8	Fri	7pm	FT: Uniting Divide and Human Future through Deeds of Consecration	11
12	Tue	7.30pm	IA: The Angelic Hierarchy	6
14	Thu	7.30pm	SiA: Light & Darkness – Where there's Polarity there's Life	5
15	Fri	7pm	FT: The Transformational Alchemy of Christ-Sophia	11
19	Tue	7.30pm	IA: Nature Spirits	6
21	Thu	7.30pm	SiA: Make your own Christmas Eco-Wreath	5
22	Fri	7pm	FT: Biography Work: Becoming Who We Are	11
23	Sat	1.20pm	Tone Eurythmy Workshop (4)	13
24	Sun	2pm	An Introduction to Gardening the Biodynamic Way	15
29	Fri	7pm	FT: Transforming Traumatic Experiences	12
December				
6	Fri	7.30pm	Monthly Art Talks: Brueghel, Master of the Runes	12
13	Fri	7pm	FT: The Transformation of the Feminine Stream Today	12
24	Tue		The Holy Nights at Rudolf Steiner House starts	22

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1919 - 2019

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