

Rudolf
Steiner
House

EVENTS

Spring ~ Summer 2022

Welcome to Rudolf Steiner House

These are our normal opening times and department contact details. But please check our website for the latest updates. www.rsh.anth.org.uk

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/)

Theatre

Alexander Gifford Artistic Director
alexanderjgifford@yahoo.co.uk
T: 07717 220176

Adrian Locher Executive Producer
T: 07717 220176
adrian.locher@btinternet.com

Owen Lloyd Theatre Manager
rsh-bookings@anth.org.uk

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Monday to Friday 9am – 5pm

Doris Bailiss

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doris.bailiss.rsh@anth.org.uk

Ilona Pimbert

Communications Coordinator
ilona.pimbert.rsh@anth.org.uk

EVENTS team

Christiana Bryan, Glenn Charles, Ilona Pimbert

Bookshop

Monday 9am – 4pm, Tuesday to Friday
9am – 7.30pm and Saturday 10am – 5pm

Elizabeth Reeve Bookshop Manager
rsh-bookshop@anth.org.uk
T/F: 020 7724 7699

Library

Tuesday and Thursday 12noon – 2pm
and 3pm – 7pm, Saturday 10.30am – 2pm
and 3pm – 5.30pm

Ian Botting Librarian
rsh-library@anth.org.uk
T: 020 7224 8398

Café

Due to reopen soon!

Badruddin Pouget Group Catering only
badruddin.pouget7@gmail.com
T: 07727 093033

Receiving the EVENTS brochure

For an electronic version of this magazine
contact: ilona.pimbert.rsh@anth.org.uk

Design & Print

Printaprint Crawford Street, WIU 6BH

Please send your submissions to

ilona.pimbert.rsh@anth.org.uk

Deadline for submissions to the next issue – Friday 29 July 2022

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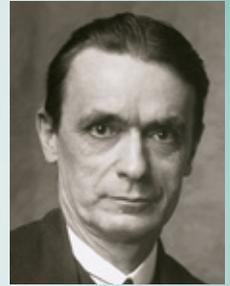
Online events

Front cover image: The four-fold human being expressed as the four Gospel archetypes.

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

ABOUT ANTHROPOSOPHY

RUDOLF STEINER (1861 –1925) was an Austrian philosopher, scientist and social reformer who extended scientific research beyond the existing parameters of natural science to investigate the non-physical, spiritual realities of life. Using clear and accessible means for attaining spiritual knowledge, he offered insights that have inspired new approaches in many fields of contemporary practical life. He shared the results of his work in over 40 books and 6,000 lectures. Many of these works are available in the bookshop and/or Library in Rudolf Steiner House. Rudolf Steiner Press is the sole publisher and distributor of his work in the U.K.



During the course of his life, Rudolf Steiner collaborated with doctors, therapists, farmers, business people, teachers, scientists and artists. These collaborations created Waldorf Schools, biodynamic agriculture, new economic and social models, the Camphill movement, anthroposophic medicine and a large number of other initiatives that exist today in Great Britain and across the world. Many of the people who come to Rudolf Steiner House are actively working in these fields.

Rudolf Steiner re-founded the Anthroposophical Society at the Goetheanum in Dornach, Switzerland in 1923 as: “an Association of people whose will it is to foster the life of the soul both in the individual and in society, based on a true knowledge of the spiritual world”. The Society is in no sense a secret society as membership is open to everyone regardless of religious belief, race, nationality, social standing, scientific or artistic conviction. Membership is therefore not dependent on agreeing with the results of Rudolf Steiner’s spiritual research. He considered freedom of thought to be fundamental to human existence, including the freedom to disagree with his teachings.

The Anthroposophical Society in Great Britain was founded in Rudolf Steiner’s presence in London in 1923 and in 1932 Rudolf Steiner House at 35 Park Road became its headquarters.

The Society not only embraces the activities that take place in the theatre and meeting rooms here but also work and study in local groups across Great Britain, including the celebration of festivals, artistic performances, courses, trainings, lectures and major national and international conferences. It is funded by its members who are asked to make an annual financial contribution to support its work. Governance of the Society lies with the Council who, together with the Honorary Treasurer and General Secretary, are appointed by its members.

Marjatta van Boeschoten

General Secretary of the Anthroposophical Society in Great Britain

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**. **For updated news on these and other events please see:** www.meetup.com/rudolf-steiner-spiritual-science

MONDAYS

How to Know Higher Worlds (Zoom)

with Dr Sue Peat

16 & 30 May, 13 & 27 June, 11 July

This book outlines a sure path from the everyday world of physical existence into a living, personal experience of the spiritual world. We will be carefully following the text together, discussing how we may best apply the spiritual exercises Rudolf Steiner outlines in it to our own lives and experiencing how working with these exercises can be a transformative experience.

Zoom link: <https://us02web.zoom.us/j/82632129836?pwd=SDZ3d0kxWk0wNU1uUzN5OStBZmN6QT09>

Meeting ID: 826 3212 9836

Passcode: 755359

Karmic Relationships Volume 3

with Trevor Dance

9 & 23 May, 6 & 20 June, 4 & 18 July

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. For further information: trevordance@hotmail.com

TUESDAYS

The East in the Light of the West

with Brendan McQuillan

10, 17, 24 & 31 May, 7, 14, 21, 28 June,

5 & 12 July

7pm - 8.30pm

These nine lectures published in English as *The East in the Light of the West* were given in Munich in 1909 and are subtitled *The Children of Lucifer and the Brothers of Christ*. The English title could also have been *The South in the Light of the North* since the lectures contrast the two streams of spiritual culture and initiation that emerged from Atlantis: a Northern stream to the macrocosmic 'upper' gods through the outer gate of the physical senses, and a Southern stream to the microcosmic 'lower' gods through the inner gate of the soul life. Steiner points out that both paths lead to the same spiritual goal and are mediated and drawn together by the Impulse of Christ.

WEDNESDAYS

The Fall of the Spirits of Darkness

with William Bishop

18 May, 1, 15 & 29 June, 13 and 27 July

2pm – 4pm

At the end of 1917, after four years of war in Europe, Rudolf Steiner spoke out in these 14 lectures on the spiritual impulses behind the Great War, behind humanity's attempts to build theoretically perfect social orders, and behind many divisions and disruptions that would continue to occur on the earth. So reads the blurb on this book of lectures that we will read and discuss together.

For further information:

williambishop191@gmail.com

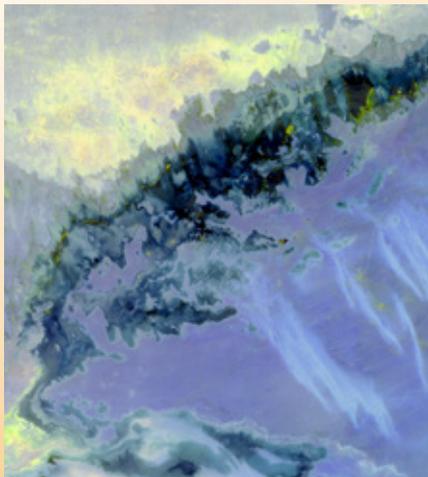
The Philosophy of Freedom

with Trevor Dance

11 & 25 May, 8 & 22 June, 6 July

2pm – 4pm

Rudolf Steiner regarded this book as the underpinning of every aspect of anthroposophy. It is a practical guide – if we want to become free we have to strive through our inner activity, our unconscious urges and habits of thought. Freedom is not lack of restraint, but the attainment of a world view that sees through all illusions, recognizes no limits to knowledge and opens the portal of the reality of the spiritual world. All welcome – no prior knowledge assumed. For further information: trevordance@hotmail.com



Harmony of the Creative Word (12 lectures)

with Margitta Ogundare and
Dagmar Steffelbauer

11 & 25 May, 8 & 22 June, 6 & 20 July

4.15pm – 5.45pm

It was formerly published as Man as Symphony of the Creative Word. Rudolf Steiner begins by speaking about our inner relationship to three ancient and sacred representatives of the animal kingdom – eagle, lion, bull– and to the forces of the cosmos that form them. He goes on to deepen these themes by approaching the plant and animal worlds in the context of planetary and cosmic evolution. Then he introduces the elemental nature spirits who work with plants and animals. He also is describing the cooperation they offer to humankind.

Finally, the human being – the ‘harmony of the Creative Word’ – is placed at the heart of this spiritual celebration of life. You are warmly invited to join the study group.

Further information:

d.steffelbauer@gmail.com

THURSDAYS

Reading to the Dead

Staying Connected

with Iaia Chiesa

7 April, 5 May, 2 June, 7 July, 4 August

6.45pm – 8.15pm

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:

iaiac53@yahoo.com

POETRY EVENINGS

17 March, 21 April, 19 May, 16 June, 21 July

7.30pm – 9.30pm

with Barnaby Tobias

Rudolf Steiner Bookshop offers An Evening of Poetry. Join us for the sharing of poems, monologues, stories, parts of plays, and all things creative. A casual event where we celebrate the spirit of creativity. All are welcome and encouraged to share something of their own work or another's they admire. We will have some discussion around the inspiration for certain pieces, with a main emphasis on the practical sharing of work.

Cash donations are welcome.

rsh-bookshop@anth.org.uk



BIODYNAMIC MARKET STALL

**Saturday 12, 19 & 26 March, 2, 9, 16, 23 & 30 April
7, 14 & 21 May, 11, 18 & 25 June, 2 & 9 July**

11am - 2pm

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 produce from Tablehurst Farm and Michael Hall's garden. Availability is seasonal including leeks, jerusalem artichokes, carrots, black and white radish, cavolo nero, kale, golden and purple beetroot, chioggia, kohlrabi, parsnips, red cabbage and apples. 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 and sauerkraut from Brambletye. From Shire Farm we have their delicious apple juice and highly nutritional aronia berry juice as well as rye and spelt flour.

We look forward to seeing you at the stall from 11am to 2pm every Saturday.

Kenny Coffey

belikeabird@gmail.com

07957 799 336



FRIDAY SEMINARS AND LECTURES

The Foundation Stone

7pm – 8.30pm (UK time)

A series of zoom and face to face seminars exploring a meditation given by Rudolf Steiner that can form the foundation of our spiritual lives. All welcome, no need to book, no charge.

Voluntary donations towards costs and overheads are gratefully received and can be made by transfer to a Nationwide account held for this purpose. Account name: Adrian Hotten, sort code: 07-01-16 account number: 31466776 or via Paypal to suejoanpeat@gmail.com

Zoom link

<https://us02web.zoom.us/j/82632129836>

Meeting ID: 826 3212 9836, Passcode: 755359

Find your local number: <https://us02web.zoom.us/u/kw5KhlMVS>

From the First Goetheanum to the Foundation Stone Meditation

with Andrew Wolpert
13 May

Andrew will address the metamorphosis of what was begun in 1913 to what was laid in the hearts of the members in 1923, and that asks for our continuing metamorphic practice.

Andrew Wolpert has been working in adult education in the fields of language, literature, art history, and Christology for many years in Europe and in Asia.

The Foundation Stone as a Foundation for Healthy Organisations (Zoom)

with Sebastian Parsons
20 May

The Foundation Stone Meditation was given by Rudolf Steiner to support the members in the re-founding of the Anthroposophical Society. The Society is an organisation – a shared endeavour – and the meditation draws together the fundamental teaching of Anthroposophy to support the members in their striving. It can also support us in our daily lives at work and at home, wherever we are in a collaborative environment striving for the good.

Sebastian Parsons has been a businessman and a student of spiritual science for over 30 years. He built the Dr. Hauschka skincare brand in

the UK, founded the Stockwood Community Benefit Society, has chaired a number of charities including the Biodynamic Agricultural Association and West Midlands Eurythmy Association, and now works in finance in Stourbridge.

Addressing our Souls – Speech workshop

with Geoff Norris
27 May

We can work with speech to address our souls and tell ourselves of the wonders of our own being. We can tell ourselves how the soul lives in the body and in what we do, feel and think. The aim is summed up in the aspiration expressed in the final lines ‘That good may become....’ of the actions that we found in the realm of the heart, and direct with clear thinking. Come and join in – whether you’ve worked with the foundation stone for years or are totally new to it. *Geoffrey Norris is a speech artist and teacher, actor, director, storyteller and master of Creative Speech. He is the founder of the Speech and Drama Studio.*

www.speechanddramastudio.com

The Two Foundation Stones (Zoom)

with Dr. Douglas Miller

3 June

On a stormy night in late September 1913 in Dornach Switzerland Rudolf Steiner laid the dodecahedral copper Foundation Stone for a building that was to serve as the centre for the work of the Anthroposophical Society. Nearly a decade later that building, constructed by an international group of artisans as a world war raged, was lost to an arsonist's fire on New Year's Eve 1922. Vowing to continue, Rudolf Steiner set about rebuilding, and he laid a new Foundation Stone during the refounding of the Anthroposophical Society at Christmas 1923—this time in the form of a meditation for Society members. Dr. Miller's presentation will offer an opportunity to explore the importance of these two foundation stones—their relationship and meaning for anthroposophy, for the work of Rudolf Steiner, and for the world.

Dr. Douglas Miller is a retired professor of German at the University of Michigan—Flint in the United States; his research, publication, and lecturing has focused on Goethe's accomplishments as a scientist and writer, as well as on the history and meaning of Rudolf Steiner and anthroposophy.

The Foundation Stone in Movement and Colour

with Mary Watson

10 June

The Foundation Stone is performed in eurythmy – a form of movement that brings speech and sound to life on the stage. Mary will help us explore together how working with gesture and colour can deepen our experience of this meditation. No experience of eurythmy is expected or required – feel free to watch or join in.

Mary Watson is a eurythmist who works with a group to bring the Foundation Stone Meditation in eurythmy to others in the form of day workshops including performance, demonstration and simple exercises in both eurythmy and speech.

Working with the Foundation Stone – Rhythms and Practices (Zoom)

with Tom Hart–Shea

17 June

The Foundation Stone Meditation was given in a completely open public space, and has always been visible and accessible to any seeker. I will start with a review of the rhythms and go on to address the dynamic of Father, Son and Spirit.

Tom Hart Shea has three names because he very fortunately married a feminist. He worked in education as a primary school teacher, researcher and Head Teacher (Principal).

The Soul at work in the Body

with Dr. Peter Gruenewald

24 June

As we work with the Foundation Stone we can experience our soul living in our body in all three 'systems' – the 'metabolic limb' system – generating energy and enabling us to move, the 'rhythmic' system – made up of the heart and lungs and the 'sense nervous' system – centred in the head. Peter will outline how a healthy working together of the soul within these three systems brings us to a deeper understanding of ourselves as both physical and spiritual beings.

Peter Gruenewald is an Anthroposophical Doctor working both in the NHS and privately as a specialist and GP. He has a specialist interest in cardiovascular physiology and in how new insights into heart function are leading to a deeper understanding of its central place in our physiology.

The Heart Forces (Zoom)

with Eric Klein

1 July

The Heart forces are central to the Foundation Stone Meditation, and as we work with it, we realise that the ongoing development of the forces of love, the Christ forces, are central to both our development as human beings, and to the development of humanity as a whole. New impulses are founded within our hearts and consciously focussed with ever renewing, living thinking.

Eric Klein was born and raised in an Anthroposophic home in New York, educated at the Rudolf Steiner School in New York City, before training as a concert musician at the Manhattan School of Music. His life's journey has gone through Harvard Business School, the Christian Community Seminary in Stuttgart, Germany before settling in England in 2002. He has worked as a performing musician, composer, conductor, teacher and lecturer.

Facing up to the Foundation Stone

with Andrew Welburn

8 July

Rudolf Steiner's almost overwhelming challenge to us in the great Foundation meditation can leave us feeling inadequate even to start. But in reality, it has many surprisingly friendly features and there are manifold ways we can grapple with it. It also can help us feel that we are not alone as we face the future but have around us a world of spiritual beings and resources. So let's try!

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

Hope (Zoom)

with Peter Van Breda

15 July

Is hope just a wild fantasy that in reality can never be fulfilled? Should we take care with what we hope for, or perhaps never allow ourselves to hope for anything? The Foundation Stone invites us to open ourselves to a deep power of hope that is relevant and present and can be consciously cultivated in our spiritual lives.

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



Engel by Ninetta Sombart

Resilience and Self-Care with Goethean Psychology (Zoom)

with Graham Kennish

Wednesdays 7.30pm – 9pm and

Saturdays 11am – 12.30pm

A 1+ hour (free) Zoom workshop to learn a practical anthroposophical method of handling anxiety and stress, through the Goethean observation of one's own inner emotional state, with the language of gesture. You will leave with a practical exercise that you will have created yourself, to use in daily life.

Graham Kennish is a Steiner science teacher trainer, a driving instructor and a psychotherapist (MBACP Accredited) holding workshops and individual sessions in Goethean Psychology.

Free of charge, but donations to cover Zoom costs are welcome.

For further information and booking your chosen date, please contact:
kennish46@gmail.com or 07973 680959 www.goetheanpsychology.co.uk



Rudolf Steiner's Mystery Dramas (Zoom)

with Trevor Dance

20 March & 28 May 7pm – 8.30pm

For updated news on this event please see:
www.meetup.com/rudolf-steiner-spiritual-science

The session will take the form of a talk and some reading from the four Mystery Dramas, exploring Steiner's methods and development as a dramatist. I will be using the Hans Pusch translation, but do not worry if you have another version or no book at all, as the readings will be brief.

This event is free of charge.

Join Zoom Meeting

<https://us02web.zoom.us/j/86268202714?pwd=OWk4ckphZ3NBbTVtK043cW9UOFVpQT09>

Meeting ID: 862 6820 2714 Passcode: 721180

Find your local number: <https://us02web.zoom.us/j/kOdJ5WJ0a>

Voluntary donations towards costs and overheads are gratefully received and can be made by transfer to a Nationwide account held for this purpose.

Account name: Adrian Hotten, sort code: 07-01-16 account number: 31466776
trevordance@hotmail.com

An Introduction to Gardening the Biodynamic Way

with Dr Sue Peat

Sunday 22 May 2 - 5pm

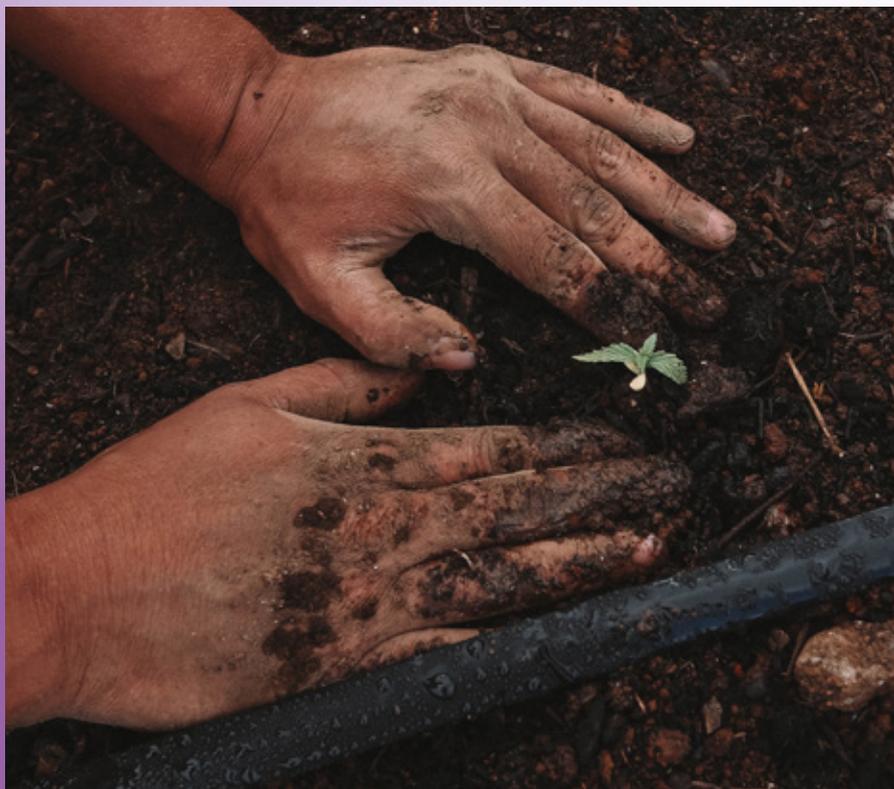
For updated news on this event please see:

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

Biodynamics is an organic method of cultivation, arising out of Rudolf Steiner's spiritual research. It works with the rhythms of the movements of the Sun, Moon, planets and stars to which the plants respond. The workshop 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 an empty screw top bottle if you want to take some home. A 500ml bottle is enough for an average garden. 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 early summer treat.

Dr. Sue Peat is an enthusiastic biodynamic gardener and long term student of Rudolf Steiner's work. She is a medical consultant at a London Teaching Hospital, with a specialist interest in pain relief.

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



Working with Nature Spirits to Transform Ourselves and the Earth

with Karsten Massei

Thursday 2 June 7.30pm – 9pm

Nature spirits, also known as elementals, pervade the whole of nature, both creating and maintaining it. They are very aware of humanity and a potential future where we work together, however humanity is largely unaware of them and often unconsciously mistreats them. Karsten will show how we can start to enter into a conscious and beneficial alliance with the beings of Nature for our mutual development and a healthy future for our planet.



Karsten will be speaking again on the same topic at Emerson College on Friday 3rd June followed by a weekend workshop, please see www.emerson.org.uk/events for full details.

He was born in Berlin in 1963 and has worked as a curative educator in Switzerland for the last 30 years. Karsten developed his clairvoyance through spending time with medicinal herbs in their natural environment, and has written six books on Nature Spirits, including *The School of the Elemental Beings* which has been translated into English. He was a keynote speaker at the Nature Spirits and Humans conference in 2019 and gave a workshop in the Weleda herbal medicine garden.

£10 (£7 students with ID) pay on the door, no cards.
For enquiries contact Alex Wright 01342 827967



Workshop Advanced Notice:

Thursday 13 October, 7.30pm, Are Thoresen will be speaking on *The Teachings of Vidar*, followed by a weekend workshop at Emerson College.

Further details in the Autumn edition of EVENTS.

For enquiries contact Glenn Charles glenn.charles@gmail.com

Holy Week

Monday 11 – Sunday 17 April

In-person and zoom events for Holy Week 2022
All welcome, no need to book, donations to cover expenses welcome

In person meetings at Rudolf Steiner House:
Rudolf Steiner House, 35 Park Road, London NW1 6XT

In person meetings at Temple Lodge will also be live on zoom:
Temple Lodge Christian Community, 51 Queen Caroline St, London W6 9QL

Zoom meetings:
meeting ID: 826 3212 9836
Passcode: 755359

The St. John Gospel Part 1 (Zoom)

Read by Matt Dexter
Monday 11 April 7pm – 9pm

The St John Gospel Part 2 (Zoom)

Read by Matt Dexter
Tuesday 12 April 7pm – 9pm

The life and work of Owen Barfield with special reference to 'The Year Participated' (Zoom)

Presented by Owen A. Barfield, Grandson and Trustee
Wednesday 13 April 7pm – 9pm

The Story of the Fourth Wise Man (Zoom)

Read by Geoffrey Norris
Sunday 17 April 7pm – 9pm



Festival for Easter

Thursday 14 – Sunday 17 April

Rudolf Steiner House (RSH) or at Temple Lodge (TL)

Zoom meetings:
meeting ID: 826 3212 9836
Passcode: 755359

SPECIAL EVENTS

The images we have selected to illustrate our festival theme are the starting point for observation and contemplative consideration. How can spiritual science add a cognitive dimension to the aesthetic appeal of this art? The Easter events, that Rudolf Steiner again and again referred to as the Mystery of Golgotha, invite us to understand the Death and Resurrection in connection with the unfinished evolution of the whole of humanity. What is the physical body, originally created in the Image of God? What happened when we left Paradise? What is the new connection with the Image of the Divine?

Thursday 14

7pm – 9pm

An exploration of Leonardo's Last Supper (RSH)

Presented by Andrew Wolpert

Friday 15

10am

Visit to The National Gallery (see below)

1.30pm – 3.30pm

Raphael's Crucifixion (RSH)

Lecture by Andrew Wolpert

7pm – 9pm

Raphael's Crucifixion (TL and Zoom)

Lecture by Andrew Wolpert

Saturday 16

3pm – 5pm

What happened on Holy Saturday? (TL and Zoom)

The Descent to the centre of the Earth

Lecture by Peter van Breda and Andrew Wolpert

Sunday 17

3pm – 5pm

Piero's Resurrection & Grünewald's Resurrection (TL and Zoom)

Lecture by Andrew Wolpert and Peter van Breda

Art Gallery Visit

From 9 April until 31 July the exhibition of Raphael's works at the National Gallery will almost certainly include the Crucifixion. It is normally part of the general collection and can be seen free of charge. For the exhibition there will be an entry fee. The lectures on Good Friday will be illustrated with an image of this picture, and it is not necessary to participate in the gallery visit on that day.

If you wish to join this visit, please book your entrance ticket individually.

<https://www.nationalgallery.org.uk/exhibitions/the-credit-suisse-exhibition-raphael>

Please let Andrew know that you are coming to arrange where to meet and go in together. For further information please visit: meetup.com/rudolf-steiner-spiritual-science

For enquiries and further details of events please contact: Andrew Wolpert andrewjwolpert@gmail.com or Sue Peat suejoanpeat@gmail.com 07770 577 372

How Can You Know Higher Worlds?

with Inessa Burdich

Thursday 31 March 7.30pm – 9pm

Anthroposophy is a spiritual path for Westerners through which we can eventually become conscious in higher worlds. We all have the potential for this, and Anthroposophy brings a means of realising this potential. An inner training is necessary in which we must be both self-directed and acquire a well-developed sense of morality and compassion. These enable us to endure all the trials through which we must pass.

Inessa also teaches a four-weekend course at Emerson College in 'Research in Spiritual Science' www.emerson.org.uk/events

Inessa holds masters degrees in both Theoretical Physics and Therapeutic Education, and also spent 20 years in an international business career. She has been an active meditator for over 30 years and is a professional supersensible researcher.

www.spiritual-research.eu

All welcome, no need to book. £10 or £7 for students with ID (no cards) at the door.

For more information please contact Alex Wright 01342 827967



In preparation for Whitsun...

Thursday 2 June 11am – 5.30pm

‘And the Word was made Flesh...’

A celebration of the Logos and of the potential of the Flesh becoming the Word through paintings Raphael completed in Rome

11am – 12.30pm	The Disputa	Peter van Breda
2pm – 3.30pm	The Disputa and The School of Athens	Andrew Wolpert
4pm – 5.30pm	The Transfiguration	Peter van Breda and Andrew Wolpert

The date is scheduled to be a Bank Holiday, and the three presentations are conceived as a whole, but we recognise that the realities of life might make it possible for some to attend only one or two of these sessions.

The event is hosted by The Humanities Section of the School of Spiritual Science and will take place at Rudolf Steiner House.

There is no charge for admission, all are welcome.

For enquiries andrewjwolpert@gmail.com or peter.vanbreda@mac.com



Eurythmy Performances



Before Dawn

Eurythmy West Midlands,
Stage Ensemble
Saturday 7 May 7pm

A dramatic collage of scenes from Shakespeare's Macbeth, with poignant musical expressions for piano and cello by Debussy, Alois Zimmermann, Lera Auerbach, and Messiaen.

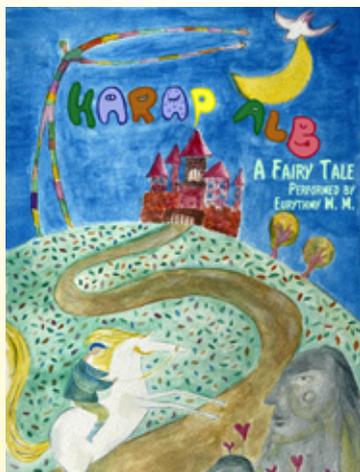
Tickets on the door: £12/£10 conc.

Harap Alb A story from Romania

Performed by Eurythmy
West Midlands
Saturday 11 June 4pm

We follow the courageous young prince on his journey to gain the red Emperor's daughter with the help of five extremely capable companions. This action-packed tale is a delight for all the family.

Tickets on the door: £10 adults, £7 children under 16. Family ticket for 4: £30

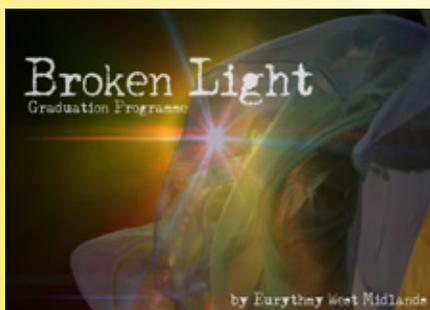


Broken Light

Graduation performance by students
of Eurythmy West Midlands
Saturday 11 June 7pm

Octavio Paz' mesmerizing poem The Broken Water Jar forms the central text in this varied programme. Music pieces by Debussy, Sculthorpe, Mozart, Bach, and Bartok lead to a full experience of eurythmy.

Tickets on the door: £10/£8 conc.





Anthroposophical Society Summer Conference for members and friends

3 – 7 August 2022 at Emerson College, Forest Row, East Sussex

In these annual summer conferences we address relevant themes in the light of Rudolf Steiner's anthroposophy and seek to deepen our understanding and practice of the path of inner development. After a two-year gap, when we were unable to meet, we have chosen a theme we feel addresses a real need of this present time: Cultivating and nurturing connection to our spiritual companions beyond the threshold. Full details in due course. All welcome.

Fur further information visit

www.anthroposophy.org.uk/news/ or www.emerson.org.uk/events/



Open House London

Sunday 18 September 1pm – 6pm

(www.rsh.anth.org.uk)

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

Free admission

[www: https://openhouselondon.org.uk/](https://openhouselondon.org.uk/)

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 is currently one Anthroposophical Medical Doctor associated with the Centre:

Dr Peter Gruenewald AMA reg. (previously CAHSC reg.)

For further information: www.londonintegratedhealth.co.uk

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



Artistic Therapy (children and adults)

Anniek Verholt BA, MA, AATA

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: 07717525782

info@artstherapylondon.co.uk



Counselling

Julia Dvinskaya Reg. MBACP (Accred.), MPABC, MUKAACP

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

juliadv.counsellor@gmail.com



Psychotherapy and Counselling

John Lees UKCP reg, BACP Snr accredited.

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

fjohnlees@aol.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
elaine.sadler6@gmail.com



BODY AND FACE CARE – Weleda

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.

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M: 07504 821593
elizabeth@skinsensibility.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
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Sophia Smith, BSc, ITEC, MAR, MNFSH, Registered Birth Doula.

A holistic therapist for the past thirty-five years, and doula (birth companion) for the past thirteen years, Sophia specialises in the fields of stress management, fertility and maternity support, and generally nurturing body and soul. For fourteen years at the Active Birth Centre, her foundational therapeutic method is biodynamic reflexology, weaving together intuitive counselling, trace element supplementation and lifestyle advice. Treatments are profoundly relaxing, integrating and may be insightful.

For further information:

www.sophiasmiththerapies.co.uk

M: 07951 305897



EURYTHMY THERAPY AND NEURO LINGUISTIC PROGRAMMING

Judith Byford, Diplomas Eurythmy London School of Eurythmy,

Eurythmy Therapy Training of Great Britain

Neuro Linguistic Programming (NLP) Practitioner, the International NLP Training Association.

My aim as a eurythmy therapist is to enable the client to move forward into wellbeing and good body health. NLP aims to find the root of the blockage in thinking.

For further information: eurythmytherapy.co.uk

M: 07539032642

judithbyford468@gmail.com

Alexander Technique – Open Sessions

Thursday 24 March and 21 April 6 – 7pm

Free 15 mins per person, please book session in advance.

Do you suffer from physical pains, stress, anxiety?

Do you want to improve your general wellbeing and how to deal with those problems through re-education?

I may be able to help.

Very often we get physical and emotional problems due to the way we mistreat ourselves. We may put too much tension into what we do in our daily lives. That tension is very often the accumulation of habits that we impose on our bodies, which leads to imbalances – physical and mental.

With Alexander work, I can show you a different way of how to conduct yourself while facing different challenges. When you learn the Alexander Technique, you prevent physical and emotional problems escalating. You become less disturbed by what happens around you.

Please contact me if you would like to know more.

I am a STAT accredited teacher with an interest in helping anyone who wishes to learn a new way of being.



Teacher: Carlos Monteiro

Contact Number: 07826 868 112

contact@carlosalexandertechnique.co.uk

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T: 01342 822275
contact@michaelhall.co.uk
www.michaelhall.co.uk

KAIROS REHABILITATION TRUST

The trust works primarily with patients dealing with long term muscular skeletal pain who are resident in the borough of Greenwich. It is open to others with hard to treat conditions. The Kairos physician, Dr David McGavin, will judge if we are able to take someone on and will liaise with the person's GP regarding treatment.

Patients are asked to contribute financially towards the costs of their treatment.

For further information please see: www.kairosrehabilitation.org.uk

Contact us on info@kairosrehabilitation.org.uk

Heronsgate Medical Centre, 1A Goosander Way, Thamesmead, SE28 0ER

STUDY GROUP

For details please contact Ingrid Hermansen on 07712810108 or gepainservice@gmail.com



TEMPLE LODGE CHRISTIAN COMMUNITY

For details about B&B events and talks please contact
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E: ccsecretary@btconnect.com T: 020 8748 8388
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