

# Glimpses

## Newsletter of the Anthroposophical Society in Canada

No. 8 4 Summer 2017

### FROM YOUR GENERAL SECRETARY – JULY 2017

Dear Friends,

In April, during the Annual General Meeting of the General Anthroposophical Society, Justus Wittich, the treasurer, spoke of the alarming situation regarding the Society's finances.

For the 2016 fiscal year, a deficit of 300,000 Swiss francs (CHF) was registered. This was attributed in large part to the low audience turnout for the new Faust production during which the hall was never more than half full. In fact, in mid-season it was decided to cut the production budget by 20% in order to be able to save 3.8 million francs.

In an attempt to absorb the debt, it was necessary to withdraw an amount of 2 million Swiss francs from the Society's general budget. We should mention here that, on average, individual members worldwide contribute 75 CHF per year. In order to deal with the present deficit, the annual contribution from each member would need to be 125 CHF. Previously, any lack of funds was covered by dipping into inheritance moneys and accumulated reserves. However, the situation has now come to the point where, if the Goetheanum cannot manage to find the funds necessary to cover the present deficit, it looks like some services provided for in the 2017 budget will have to be cut. One of these cuts would involve eliminating the financial support for the upkeep of the archives, which, as we know, contain exclusive artistic treasures. There is also the possibility of not being able to provide continued additional support for the Eurythmy

troupe at the Goetheanum. And if worst comes to worst, several properties will have to be sold.

Following the General Secretaries' meeting, there was a meeting of the Executive Committee with the treasurers of the national societies. As our own treasurer was not able to attend, I sat in for him during the two-day session. As it happens, it was the representatives of the European societies that were present. Once they had been made aware of the critical financial situation, they asked the members of the Executive Committee to leave the room. One hour later, they reached the unanimous decision to commit substantial amounts from their respective national societies to help cover a part of the deficit. In the last issue of *Anthroposophy Worldwide* we read that a sum totalling approximately 400,000 CHF has been pledged by the societies in Switzerland, Germany and the Netherlands.

In the same issue, Justus Wittich states his firm intention of meeting a zero-deficit goal by the year 2020.

#### What support can we give?

At our AGM in Vancouver this May, I explained the situation and stated that I had not made a specific pledge in the name of our Society, but that I had said I would put the question to our members. A brief survey among some members (resulting in pledges totalling over \$1000) has led me to believe that many of our members would be willing to add an additional amount to their annual contribution. It goes without saying that your support would be greatly appreciated.

Our treasurer, John Glanzer, suggests the following method for making an additional donation: *"Extra donations to the Goetheanum, over and above regular Membership contributions, can be made by donating to the Anthroposophical Society in Canada, and marking the donation "Goetheanum - Extra". Donations of this type will be collected and forwarded to the Goetheanum once a year after the AGM in accordance with our Agency Agreement with the Goetheanum. Canadian tax receipts will be issued to the donors"*.

The ongoing question is of course how to find new sources of income to support the work of the General Anthroposophical Society and the Anthroposophical Society in Canada. It would be extremely important at this juncture to explore how our national Society's reserve funds could best be put to use. Fundraising

initiatives are presently being discussed. Certain individuals have made provisions for inheritance or life insurance money to be awarded to the Society, and other ideas or initiatives along these lines can certainly be taken advantage of.

#### Our Council: members who are stepping down

The Council's task is not exclusively an administrative one. Study and artistic work help create a circle of initiative and mutual support among the council members. This working together strengthens our ability to serve the Society and the membership. When a member with whom we have worked intensely and joyfully for some time has to step down, we always feel both a certain sadness and also a deep sense of gratitude for the effort the individual has devoted to the work.

Two of our active and committed colleagues will no longer be able to serve with us as Council members next year.

John Bach, from Vancouver, who was our Council member from the West Coast and took on the task of Secretary, has withdrawn for personal reasons. During the 2016 Ottawa conference, it was John who coordinated the research project presentations. The Council thanks him most sincerely and wishes him well for the next phase of his life.

Ida (Karen) Liedl has also left the Council, in her case due to the fact that she is moving with her entire family to Europe. Karen brought lively artistic exercises into our Council work, stimulating our creativity and bringing us a sense of cohesiveness. We wish her a wonderful stay in Germany.

#### Two guest speakers from the Goetheanum are to visit us shortly

Robin Schmidt will arrive from the Goetheanum to give a lecture in Montreal on August 11<sup>th</sup>, a meditation workshop on August 12<sup>th</sup>, and a lesson for members of the School for Spiritual Science on August 13<sup>th</sup>. He will be in Toronto the following week. Olivia Hannah has organized a meeting with the youth circle for August 16<sup>th</sup>.

Taking advantage of Robin's presence among us, we are organizing a meeting to explore the possibility of creating a sustained anthroposophical meditation initiative in Canada. Robin has a great amount of experience in the field of meditation (see the announcement for the

event).

Christiane Haid, who heads the *Section for the Literary Arts and the Humanities* and is also the editor for the Goetheanum publishing house, will give two lectures in Montreal:

FAUST – REPRESENTATIVE OF MODERN MAN  
Saturday, September 9<sup>th</sup>, 2017 at 7:30 p.m.  
Location: École Rudolf Steiner de Montréal  
4855 Kensington

and

THE MISSION AND TASK OF *THE SECTION FOR THE LITERARY ARTS AND THE HUMANITIES*  
Sunday, September 10<sup>th</sup>, 2017 at 1:30 p.m.  
Location: 263 Duluth St. East

For further information, please read the description in this newsletter.

Wishing you a sun-filled, restful and inspiring summer,

Arie van Ameringen  
General Secretary

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### **2017 AGM and Conference in Vancouver**

The Annual General Meeting, and Conference for members was held this year at the Rudolf Steiner Center in Vancouver. (See article below for report about Conference.)

The AGM was well attended by local members. In business arising from last year, there was some conversation about the issue of a proxy vote. This discussion was brought to members in Toronto in 2015, Montreal in 2016, and now Vancouver. Federal regulations stipulate that proxy voting (now called absent voting) must be made available to members. The question is about how the ASC will put this into place. There will be more to follow. (We accepted 2 proxy votes this year, in order to meet quorum.)

Jef Saunders, our administrator was absent at the AGM this year. Health reasons prevented him from attending. We missed Jef's presence at our meetings, and wish him a speedy recovery.



Council: Arie, Micah, Dorothy & John

We have a small council this year. We are actively seeking new members, but also recognize that a small working group has value.

Here are a few highlights from Council activities since the last AGM in 2016.

A mandate group formed to revise both our membership application form, and the section on our website about becoming a member. We made it more current in the look and the language. You can see these updates on the website.

Jef Saunders, our administrator, has done a lot of work on collecting members' contributions more effectively. A protocol and timetable to inform, and remind members about their contributions has been put in place, and we have seen good results.

Much has already been written about the very successful conference in August 2016, Encountering our Humanity. Seeds from the conference have carried on. We have been hearing from members how ideas and new impulses have been flowing out of this Ottawa conference.

Council is working on strengthening our relationship with the initiatives. We finalized the agreement with AWSNA. You may have noticed on your contribution form this year, members can donate to AWSNA through the ASC and receive a tax receipt.

We have started the process to identify a new General

Secretary, as Arie's term will finish in 2018. (Update: the nominations are now closed, and the committee of council members, and two Class Holders, also in consultation with Paul Mackay and Joan Sleigh at the Goetheanum, is meeting to identify a person who would be able to take on this role.)

In October 2016, Council members and Class Holders met and worked with the theme "Is the Spiritual Impulse of the Christmas Conference still an active force for mankind in the 21<sup>st</sup> Century?" Where do we see this Spiritual impulse at work in the movement in Canada?

We have been working with the question of what is our vision for the next 6 years to take us to the 100<sup>th</sup> anniversary of the founding of the General Anthroposophical Society at the Christmas Conference? We see the Ottawa conference as a seed. A sense of community was developed at the Conference. Out of the question of "how do we bring this heart sensing across the miles?" we decided to work with a specific meditation, and in this process to see if a spiritual force is built up in the group. We invited members to join us in the weekly (Sunday) meditation, on the first panel of the Foundation Stone meditation, as a way to strengthen our community across the miles.

We did hear from some members who participated in this meditation.

Always part of our work is to respond to funding requests from members. This year, among other things, we contributed funds from Members Travel for 2 members who attended the Worldwide Conference at Michaelmas in Dornach.

We are organizing and underwriting a workshop and public lecture with Robin Schmidt, co-author of the book Meditation. The workshop An Introduction to Anthroposophical Meditation (Concentration, Contemplation-Meditation) as well as a public lecture, will take place in both Montreal and Toronto in August 2017.

In March 2017 council met in Thornhill and downtown Toronto. We shared some of the results of this working together, of the impulses and questions we are carrying as a Council, in the March enews.

We met with members and friends of the Toronto

Branch at the Waldorf Academy. We had a café conversation, with some questions, and then open discussion at the end. One question we explored was about the challenges of the Society in an urban environment such as downtown Toronto.

We are trying in this summary to give you a picture of what we do and how we work. We do get questions from the membership about what we are doing. We would be happy to speak to you, or come to meet you in your local Branch or Group meeting to speak more about council work, and also to hear from you.

We want to thank and acknowledge Jef Saunders for his amazing work as administrator. Also, thanks to Eric Philips-Oxford for his selfless translation of articles for the enews and website. And finally, thank-you to the members for your continuing support of the Anthroposophical Society in Canada.

We on council are all excited about the coming year, deepening the discovery of what is possible together, growing the work of anthroposophy in Canada, trying to answer the needs of the world, and connecting to a wider network.

With best wishes for the summer season,  
Dorothy LeBaron, John Glanzer, Micah Edelstein, Arie van Ameringen

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### **Members Conference 2017**

On the Victoria Day long weekend the Conference and AGM of the Anthroposophical Society of Canada was held in North Vancouver BC at the Rudolf Steiner Centre. "How Can I Represent Humanity Today?" was the Conference theme. There was so much content in the two days; there were many highlights and it is only possible to touch on a few of them in this short summary.

On Saturday morning Arie van Ameringen spoke of the need to look for the Christ in the other. There is a habit in our circles for each to go inside and tend his "little garden." We are all "becoming" human; this requires self-development. Each needs to do the inner work as well as understand the role of art for Anthroposophy to work effectively in the world. Arie went on to give a wonderful picture of working with the Foundation Stone Meditation over 7 days in order to transform all the parts of our being.

Bert Chase spoke about the importance of the "practice " of art. There are two streams. One is open



and receives what comes towards oneself. Everything is possible but one has to select. This is the "organizing" principle. The second stream has to do with one's relationship with substance. Something new appears in the physical world and the work of art is a "footprint" of a soul shaping itself.

Philip Thatcher spoke movingly about the life of the poet and constitutional lawyer F.R. Scott (1899-1985) who tried to cultivate "large" eyes with which to see and act in the world. As well as practising the art of poetry (and mentoring younger poets) he developed ideas around social justice with a concern for the freedom of the individual. Learning how to "bend" under great pressure was a theme he returned to again and again in his life.

Micah Edelstein spoke of the need to pay attention to what is coming towards us from the future. How do we practise "spirit beholding"? There is a need to have full confidence in Anthroposophy. There was some discussion of the recent Faust production at the Goetheanum. Some new things were tried and the production lost money. What went wrong? There was no consensus about this.

To practise "spirit beholding," Micah led us on a Dialogue Walk outdoors. We formed groups of two with a person we didn't know well and each of us took turns walking for 30 seconds behind our partner to observe his gait. Then in the pairs we shared thoughts of what had emerged in our respective lives from the



winter. It was a wonderful exercise to make the acquaintance of someone new in this way.

On Sunday morning Elizabeth Carmack spoke passionately about the need to include the indigenous people when we reach out and consider Canada's future. Cultural diversity is the life blood of society and more (much more!) intercultural and inter-religious dialogue is needed.

Elizabeth then introduced Wendy Charbonneau, the Squamish elder who had delighted us with her presence last summer at the Ottawa conference. With her drum she sang the commissioned work: "Women are Gone" which brought to mind the plight of Canada's murdered indigenous women. She taught us how to breathe out the word "Ahoy" which native people practise to bring inner sadness to the surface and release it. She told us the story of "The Sisters" which is about a father who gave each of his daughters a special gift. "Be careful what you want," he said. "What you ask for is going to represent who you are."

We ended the morning by going on a nature walk with



Wendy along Mosquito Creek just outside the Centre. She pointed out some medicinal plants and told us stories about them. She mentioned how important it is each spring to greet and welcome back our "buddies" —the buds of the growing flowers.

So much more could be written about this wonderful conference. We all thank John Bach, outgoing Council member, for organizing such a full and stimulating weekend!

Susan Koppersmith

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## Rudolf Steiner's Art of the Identifying Motif A Search for a New Motif for the Anthroposophical Society in Canada

Early in Rudolf Steiner's public life, he developed the practice of creating unique identifying motifs for anthroposophical activities. These motifs quickly became visual cues that artistically communicated the essential anthroposophical character of what was taking place. Rudolf Steiner's intention was that these unique forms would stand as a signature for what was arising out of his work. These forms rapidly became identifying elements integrated with anthroposophical events and initiatives. These distinct identifiers quickly established that the event taking place was arising out of, and in relationship to, Rudolf Steiner's impulses. Over the years this new art form has evolved extensively, becoming integral to anthroposophical initiatives wherever they occur. As such the quest for an appropriate motif, often accompanied by lettering that relates to the form, and colours that enhance it, have become inseparable from anthroposophical initiatives. One of the most important steps in developing a public presence for an initiative is the search for an identifying motif that captures its essential character in a visual sign.

Out of this longstanding practice, the Council of the Anthroposophical Society in Canada has begun a search for a new, distinct motif for the work in Canada.

### Background

Over the past decade Federal regulations governing charitable organizations have significantly changed. This has meant that these organizations have had to review their structures and adapt their purposes to these new conditions. This has affected a broad range of charitable organizations across the country, among them the Anthroposophical Society in Canada. In response, the Council for the Society, along with its professional advisers, have undertaken an extensive review of the Society's structure and purpose. This has led to the by-law revisions adopted in 2014, as well as the granting of the Certificate of Continuance under the Canada Not-for-profit Corporations Act. Accompanying this process, the Council has worked extensively with groups of members across the country on the development of an updated "Purpose". The intention of the "Purpose" is to capture with a brief statement the central impulse that lies behind the organization. This development of a new statement of purpose, took place from 2013 to 2015, arising out of the contributions of members across the country.

### Purpose of the Society

This process resulted in the draft of a revised formulation of the Purpose that was presented to members in the 2016 AGM, and is currently being reviewed by federal regulators. This is provided here along with the wording of the original Purpose as it appeared in the Charter of the Society when it was first established in 1953, and as was reconfirmed when the Society was incorporated as a Charitable Organization in 1988.

Purpose of the Anthroposophical Society in Canada - 1953 and 1988

To promote and foster the study of the science of Anthroposophy and the dissemination of its principles, according to the teachings of Dr. Rudolf Steiner, and thereby to promote and foster the development of human brotherhood and the moral, artistic and cultural life of humanity.

Purpose of the Anthroposophical Society in Canada - 2016

To foster the life of the soul and a true spiritual understanding of the world, both in the individual and in human culture, based on the path of knowledge brought by Rudolf Steiner; our intention is to make a contribution to the artistic, scientific, and cultural life of today, and for the future.

The activities of the Society have not fundamentally changed. In 2016, there is less of an emphasis on disseminating the work of Rudolf Steiner, and more on fostering the life of the soul, and awakening to the spiritual dimension of life, based on the spiritual knowledge brought by Rudolf Steiner.

Anthroposophical conferences, workshops and lectures are both educational in nature, and have a strong artistic component to them. The Society's activities place an emphasis on developing relationships, on meeting each other. Many of us who participated in the 2016 Ottawa conference experienced this "Encountering our Humanity" and a way of working together that was a co-creating experience. The emergence of individual initiative, research, a strong artistic component, and the 7th Social Art of co-creating are developing processes in the Society across Canada.

With its adoption of this revised formulation, the Council of the Society sought for a process that will also lead to the development of a new Identifying Motif that will give a new artistic stamp to it. As with the development of the Purpose, the Council seeks to involve artists working out of an anthroposophical art impulse, to become coworkers in this quest. To support the Council with this task, they have asked the Canadian members of the Visual Art Section Council to

help guide the process.

What is the Quest?

How do we capture this new gesture of our shared work in Canada as a new motif that reflects this newly adopted Purpose? One that reflects our time, and that can carry us into the future of the Anthroposophical Society in Canada? It is an exciting and potent moment! Will you help?

The intention is that this process includes the selection of a lettering font that complements the Motif and includes the Society's formal name, in both official languages.

Anthroposophical Society in Canada / La Société Anthroposophique au Canada

The goal is to establish a standard motif and font that provides a consistent visual recognition for all of the Society's communications and publications. This would extend, in a similar manner, to the Society's online presence.

As part of this quest, over the next six years we are preparing for the 100th anniversary of the founding of the General Anthroposophical Society, at the Christmas Conference of 1923/24. Our hope is that this new Motif and lettering for our Society, will contribute to the impulse of the Society in Canada toward this commemoration.

The History of the Motif Adopted in 1988

In 1953 a small group of members took the step of separating themselves from the Anthroposophical Society in the United States to found a new Society in Canada. At the time, a majority of these individuals lived in the Toronto area. As such, the structure of the new Society developed around this geographic centre. The Executive Council of the Society lived in the same area and became the group that carried communication with the members and the Goetheanum for the following decades.

As anthroposophy proliferated in Canada this geocentric structure of the Society became less and less representative of the membership. Substantial groups, and centres of activity developed in Montréal and Vancouver, with smaller centres in multiple locations on both sides of the continent. By the 1970's, the tension between the geographic dispersion of the membership and the geocentric structure of the Society came to a crisis.

The use of proxies at the Annual General Meeting was the only option available for members wanting to become active participants in the management of the Society. In 1975, 22 years after the founding of the Society, a representative of the membership in the West was asked to participate in the Annual General

Meeting with enough proxies to control the AGM and the decisions made there. This representative, Steven Roboz, was one of the founding members of the Society in Canada. While in Toronto he had an important

personal experience, a sense of the human essence of one of the members of the Executive who was perceived as blocking change.

Stephen Roboz decided that this experience of the essential humanity of the other had to take precedence over establishing a new organizational structure. This personal experience, and the decisions arising out of it, then created an opening for a slow metamorphosis of the structure that occurred over the following decade. Slowly members from across the country became active on the Executive. This new leadership for the Society began meeting with members across the country, searching together for a form that could adequately support the complexity of the membership and their initiatives.

Two significant processes for change were occurring concurrently with this quest for a new structure for the Society. Most significant for those in Canada was the aftermath of the 1980 referendum on Sovereignty Association for Québec and the increasing politicization arising from it. At the same time, the Anthroposophical Society in the United States went through the process of reviewing its own organizational structure and making the decision to regionalize its structure.

These two processes had a significant impact on the exploration for an appropriate form for the work in Canada. Soon after the first Québec referendum, the Council of the Society in Canada made the pivotal decision that whatever form should arise it was critical that our structure fully integrate and support Francophone members. This was in stark contrast to the regionalizing process in the United States. This decision acted as a primary impetus for what developed, and then was formally adopted in 1988. The basic structure that arose for the Society was one of movement and inclusion. That the Council for the Society was made up of members from across the country, and that it would travel from centre to centre to hold its meetings, and that the AGM would be held in different places each year became the pillars of its way of working. Behind all of these steps was a conscious striving to bring about forms that would weave and connect members in an immediate way through the “roving” nature of its activities. This wide and inclusive gesture became one of the primary considerations in the Motif being developed at the

same time.

The other realization, that had an influence on the development of motif, was that the membership at the time had two strong, and seemingly opposite ways of working with anthroposophy. On the one hand there was a proliferation of activities seeking to spread and make public the work of anthroposophy, the “wideners”. These activities were complemented by those who felt the need to deepen and quietly strengthen the life of anthroposophy, the “deepeners”. Once recognized, these two gestures within the life of anthroposophy in Canada were easily identified as fundamental to its gesture in Canada.

It is these two fundamental recognitions: first the significance of imagining the Society as a living activity that encompassed all of the regions of the country, and the double nature of the members and their activities, to deepen and to widen the life of anthroposophy, that provide the genesis for the form of Identifying Motif that then was adopted in 1988.

Anthroposophical Society in Canada

The colours used were selected to reflect the broad gesture of the Anthroposophical Society in Canada which mirrors that of the world Society centered at the Goetheanum. A light rose stationary was selected with a soft moss green ink for the new Motif, colours that were intended to have an artistic connection with those of the membership cards for the General Anthroposophical Society

An Impulse to Support Visual Artists

Along with both processes - the revision of the Society’s structure and the development of a new “Purpose” along with the goal to develop a new Motif - the Council of the Society in Canada has had an ever increasing awareness of the importance of the arts for our work together. At the same time artists experience that they are working in isolation, finding it difficult to come into relationship to the wider anthroposophical community. The recognition of this tension was central to the decision of the Council to support the largest juried exhibition of visual artist that has ever occurred in north America as part of the 2016 North American conference in Ottawa.

With the goal of furthering opportunities for visual artists, the Council seeks to use the need for a new motif as a vehicle to further the contribution of visual artists. This has resulted in the development of this project.

Project Outline

Against this background, and with the development of a newly adopted Purpose, the Council is inviting artists to become active in the development of a new Motif

for the Society in Canada. This article provides a picture of what has been done, and a history of what brings us to this point. This process will be guided by a collaboration of members of the Council of the Society and of the Visual Art Section in Canada.

The following is an outline of how this will take place.

**1. Identification of Participants**

After reading this background, if you would like to participate in the process, please contact either Bert Chase or Dorothy LeBaron, whose contact information is below. Please provide your contact information and indication of interest by September 01, 2017

**2. Formal issuance of the Call:**

Once the participants have been identified, the detailed structure for the call for submissions will be circulated and a submission schedule provided.

**3. Selection of Finalists**

The jurying of submissions will take place as a blind competition.

**4. Preliminary Selection of Finalists:**

Based on the submissions received, the committee will provide three recommendations for finalists.

**5. Publication of Work:**

In order to support the artists participating, the Society will publish in Glimpses, and on its website, the submissions of the finalists. The intention is to share with the membership what has been submitted, and to provide the artists an opportunity to elaborate on their work and ideas.

**6. Final Selection:**

Out of this process a final selection will be made and developed.

**7. Formal Award:**

A formal acknowledgment of the selected motif and artist will take place, and a formal recognition included on the Society's website.

Both the Council of the Anthroposophical Society in Canada and the Project team of the Visual Arts Section very much look forward to working with visual artists on this exciting project. Please contact Bert Chase or Dorothy LeBaron and let them know of your interest in participating.

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## Cascadia Reaches Out

Karl Koenig (1902-1966) was an Austrian paediatrician who founded the worldwide Camphill movement of therapeutic communities for those with special needs. Ita Wegman, an Anthroposophic physician, invited him to work closely with her at her institute for people with disabilities.

The Cascadia Society for Social Working is an urban Camphill centre in North Vancouver BC with a day program serving 34 individuals with developmental disabilities. In addition 11 of these individuals live in 4



Cascadia's Main House

Cascadia residences located in close proximity to each other.

Workshops in the day centre include fibre arts, painting, basketry, candle-making, gardening, clay and home skills as well as a myriad of other artistic, educational, and therapeutic activities. Eurythmy and music play a strong part in the life of Cascadia.

I had several meetings with Ruth Tschannen, a therapeutic Eurythmist, who has spent 30 years in Camphill communities. She has been a part of Cascadia since 2000. I was also able to speak with Megan Kaart, a coworker in her mid-twenties, who initially joined Cascadia in September 2014

**Ruth, how did you find yourself in the Camphill movement?**



When I joined Camphill as a 24 year old, Karl Koenig was not in my consciousness. I had heard his name but this did not mean very much as he was not living anymore. I was deeply in awe of other coworkers who were the leaders and almost like gods to the rest of us. They were only about 35 years old at the time but they seemed much older. We did not mind working day and night for something we did not understand because we felt recognized and entrusted with responsibilities that were far beyond what we thought we could manage. We sensed a higher being working above the



Ruth Tschannen

community which was able to make things possible. In these first three years I learned everything important for my life. I learned gardening, basketry and other crafts. I met the Calendar of the Soul. I studied the stars and learned to play the lyre. I loved Eurythmy and made costumes for our performances. After only 3 months I became a member of the Anthroposophical Society. Reincarnation made total sense. I was intrigued by how I could learn to share money with others. There was no question that Anthroposophy and living in community was now the way forward for me.

**You have been at Cascadia for 17 years. What changes have there been?**

In 2000 we were a few coworkers with 11 special needs individuals. There were not many rules back then. We could go swimming, walking, camping, participate in festivals and artistic work without having long meetings about these things. We were all doing it

all together.

Coworkers then did not work much one-to-one with our handicapped individuals, called "companions". Even those with greater needs were taken into the group as much as possible.

At that time we were down on 1st St. in North Vancouver in two locations. Many wonderful things were possible being right in the middle of the city. Back then we did not have our own garden. After a while we found that the space was get-ting too small. As well there were fumes from a car shop be-low us and we had neighbours who were not favourable to our work.

Then the wonderful moment came when we were able to purchase our first house and move up the hill to 19th St. Many of our dreams came true; we now had our own space and gardens and possibilities to do art right in our own back-yard.

The project of the mosaic came about after our move.



Detail from a large mosaic of the Zodiac

We have grown. Now we have 3 properties on the same street with a hall to meet and more space for different work-shops.

With growth there come new regulations which are signs of our time which we cannot avoid. To see the positive aspect with this helps to find meaning in an ever-growing flood of paper. One result is that many of the most experienced members of our Society have ended up in administration. But we are happy that new people are constantly joining us.

The challenge is to give people responsibilities to

spearhead initiatives without losing sight of what Cascadia and Camphill stand for. We are always re-evaluating our mission. How can we bring the spiritual aspect into our daily lives without making people uncomfortable?

I strongly believe that most people have a sense that there is something different working in Cascadia. I am sure this is why people come to us. Finding ways to address such topics is the great challenge but also the most wonderful opportunity to sharpen our observation of the younger generation of coworkers and their needs.

Making soup and feeding the hungry in the city is a recent project that appeals to the young coworkers. Respecting the environment and recycling are big concerns for them.

The initial impulse of working and sharing with special needs individuals is not anymore the main priority. Of more interest now is answering the question: how can our companions be-come part of the solution in meeting the problems of the world?

The companions are interested in the people that cross their paths. We visit hospitals where they have the task of cheer-ing up the sick. By greeting individuals in elevators they break the silence around the tyranny of others' attachment to cell phones.

I am very interested to find more ways to give young coworkers opportunities to go into the world with our companions to bring change.

Up until now the products and the workshops were important, also the arts. The new approach now would be: how can we interact with and teach the world through the crafts, the arts and the gifts we have through Camphill?

Each companion has a vital task. How can he or she truly shine?

**Megan, tell me a little of your life and how you found your way to Camphill.**

I had returned from New Brunswick and was in the middle of different job interviews. It was a good moment to explore what was happening in my home city after being away. The father of one of my best friends had worked in Camphill, Minnesota. To my



Megan

surprise I found out that there was a Camphill community in my very own neighbourhood so I came by to investigate.

I was taken by the atmosphere and all the friendly people. I found that it was easy to become involved and I decided I wanted to volunteer. I was offered a live-in volunteer position. This suited me well as I could be at Cascadia full-time without having to worry about rent. I lived for a year in a Cascadia house with Monique Walsh in West Vancouver.

I found that the Cascadia atmosphere had a different set of priorities. In other jobs where I had worked and in schools I had attended everyone's energy was focused on what was happening next. The future was the top priority.

At Cascadia time slowed down; it was the first time I had been with a group of people who seemed more interested in what was unfolding right in front of them instead of being preoccupied with the future.

After a year I left Cascadia thinking that I wanted a different experience in the wider world. I packed a lot into that year. I worked on a blueberry farm. I worked in a family grocers and I worked with kids with disabilities.

After a year away I was offered a job at Cascadia. I was happy to leave my other jobs and come back.

I am excited about the impulse now within the

Cascadia Society to reach out — that's a great thing! We have volunteers that come from Europe to work with us. We have a connection with a grade 7 at St. Edmund's, a Catholic school up the street. The students come and participate in our home skills and artistic workshops and work along-side and interact with the companions.

We have made friends with a woman named Goli who runs an organization called Why Waste? She salvages day-old food from grocery stores which we use to make soup. The soup is taken down to Oppenheimer Park in Vancouver, one of the poorest districts in the country known for its issues around homelessness and addiction. Companions (with permission of their guardians) are always very interested to accompany coworkers down to the Park to serve the visitors.

**Ruth, this soup project in Oppenheimer Park sounds really interesting. Can you tell me more about it?**

We make sandwiches, too! We found that the poor prefer white buns because many have missing teeth and white bread is easier to chew. We discovered that they like apple sauce and yogurt, too, so we take these things down to them as well. Cobb's in North Vancouver donates the day-old buns. Our coworkers meet the day before and make the soup and 250 sandwiches.

Goli from Why Waste? is a treasure! Her sister is an Anthroposophical doctor in Germany so there already is a connection between us. It feels a bit like Christmas just before she delivers the produce (some of it organic) to us each month. If we ever wanted to expand the soup project we could definitely get food delivered to us every second day!

I think that it is important for Cascadia to reach out. I believe that we can't anymore just arrange our activities for the enjoyment of our own inner circle.

The world has needs, too, and we all want to be part of meeting them.

**Thanks, Ruth and Megan! Good luck with this endeavour.**

Susan Koppersmith

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## INTERESTING PUBLICATIONS

**The Mystery of Emerging Form**

**Imma von Eckardstein's Drawings of the Constellations A Biological Perspective**

**Yvan Rioux**

Contemporary science views our planet as an insignificant speck of dust in the vastness of space, with its four kingdoms as a random assemblage of atoms. Yvan Rioux presents a radically different perspective, demonstrating an indissoluble relationship between Heaven and Earth. Over aeons of existence, the four kingdoms have manifested a creative power that perpetually brings forth new expressions.

Temple Lodge publishing

ISBN 978 1 912230 02 0

**The Chinese Yam or Light Root: Fundamental research into the possible beneficial health effects of this plant as a nutrient. Kindle Edition by Theodoor J. Zimmermann (Rtd., anthroposophical doctor)**

As early as 1924 Rudolf Steiner, the founder of anthroposophy, remarked that this is the only plant being able to gather light ether in its roots. For this reason he recommended that in Europe, too, it would be beneficial if this root would be consumed on a regular basis.

Rudolf Steiner's words raise some questions. How should we understand and interpret this observation.

The present book endeavours to answer these questions. It tries to elucidate Steiner's remark on the yam as light root and its relevance for us today.

Kindle link: [https://www.amazon.ca/s?\\_encoding=UTF8&field-keywords=The+Chinese+Yam+or+Light+Root%3A+Fundamental+research+into+the+possible+beneficial++health+effects+of+this+plant+as+a+nutrient&node=2972705011](https://www.amazon.ca/s?_encoding=UTF8&field-keywords=The+Chinese+Yam+or+Light+Root%3A+Fundamental+research+into+the+possible+beneficial++health+effects+of+this+plant+as+a+nutrient&node=2972705011)

## **WORKSHOPS AND EVENTS**

For all workshop and events information go to:  
<http://anthroposophy.ca/en/events/>

### **AUGUST 2017**

#### **Meditation Workshop and Public Lecture**

Robin Schmidt, co-author of Meditation will be in Montreal and Toronto in August, 2017, offering events in both cities.

#### **Montreal:**

#### **"Être humain à l'ère du numérique"**

Conférence publique:

Vendredi, 11 août, 19h-21h

Centre communautaire Ahuntsic, 10780 Rue Laverdure, Montréal QC H3L 2L9

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#### **Concentration - Contemplation - Méditation**

Une introduction à la pratique de la méditation selon l'anthroposophie

Atelier sur la méditation :

Samedi le 12 août, 9h30-16h30

263 ave Duluth, est, H2W1H7

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#### **Toronto:**

#### **Staying Connected to your Life Path**

An Anthroposophical Meditation Workshop for Young People

Wednesday, August 16th, 2017, 7 - 10pm

University of Toronto, The Multi-Faith Centre, Multi-Purpose Room, 569 Spadina Avenue, Toronto

#### **Being human in a Digital World -**

Thursday, August 17, 7 - 9pm, Rudolf Steiner Centre, Thornhill

#### **Concentration - Contemplation - Meditation**

An introduction to anthroposophical meditation

Saturday, August 19, 9am - 4pm, Rudolf Steiner Centre, Thornhill

<http://anthroposophy.ca/en/event/concentration-contemplation-meditation-an-introduction-to-anthroposophical-meditation/>

#### **Class work for members of the School of Spiritual Science**

Sunday, August 20, 9:00 - 10:30 am

Community room, Hesperus Fellowship Village, Thornhill

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Montréal, QC September

**FAUST - REPRESENTATIVE OF MODERN MAN - with Christiane Haid. September 9, 7:30pm**

Location: École Rudolf Steiner de Montréal  
4855 Kensington

Admission: 20\$ (Students and Seniors -18\$)

Both lectures will be given in English. French translation may be provided upon request.

For information:

Arie van Ameringen: 450-295-2387

Denis Schneider: 514-382-3922

Toronto, ON October

**Finding Your Next Perspective: Three Anthroposophical Biography Workshops- Led by Dorothy LeBaron**

3 Saturdays - 9 am to 4 pm Oct. 21, Nov. 4, Nov.

Kelowna, BC October

**AN INTRODUCTION TO THE NATURE OF HEALING**

**A SEMINAR AND WORKSHOP An Introduction... with Fiona Hughes M.D. OCTOBER 13 - 15, 2017**

HOSTED BY KELOWNA WALDORF SCHOOL  
Summerhill Biodynamic Farm, The Retreat Centre  
Upper Mansion, 4870 Chute Lake Rd, Kelowna, BC,

Montréal, QC September

**THE MISSION AND TASK OF THE SECTION FOR LITERARY ARTS AND THE HUMANITIES with Christiane Haid  
263 Duluth St. East. Sunday, September 10th, 2017 at 1:30 p.m.**

Suggested contribution \$20

Both lectures will be given in English. French translation may be provided upon request.

For information:

Arie van Ameringen: 450-295-2387

Denis Schneider: 514-382-3922

Thornhill, ON October

**Conference & Performance: How to know Lucifer and Ahriman and Choose the Christ: Fri 27 - Sun. 29 Oct. 2017: Christian Community Church, Thornhill, ON**

Toronto, ON September

**An Introduction into Anthroposophical Meditation: A Five Week Course - Led by Robert McKay - Toronto. September 14 - October 26**

Thornhill, ON November

**The Portal of Initiation, a Stand-Alone Performance Saturday 4 Nov . 2017: Christian Community Church, Thornhill, ON**



## Collegium – School of Spiritual Science N. America

### General Anthroposophical Section/d'Anthroposophie générale~

Penelope Baring: [penelopebaring@camphillvillage.org](mailto:penelopebaring@camphillvillage.org),

Rüdger Janisch: [Rjanisch@beaverrun.org](mailto:Rjanisch@beaverrun.org),

Monique Walsh: [moniqueswalsh@yahoo.ca](mailto:moniqueswalsh@yahoo.ca)

Section for Agriculture/ Section agricole~

Sherry Wildfeuer, [sherrywlf@verizon.net](mailto:sherrywlf@verizon.net)

Section for the Literary Arts & Humanities/

Section des Belles-Lettres ~

Marguerite Miller, [margueritemiller@comcast.net](mailto:margueritemiller@comcast.net)

Medical Section/ Section médicale~ Gerald Karnow, [gkarnow@hotmail.com](mailto:gkarnow@hotmail.com)

Natural Science Section/ Section des Sciences~

Jennifer Greene, [greenewaterresearch.org](mailto:greenewaterresearch.org)

Pedagogical Section/ Section pédagogique~ TBA

Performing Arts Section, Eurythmy, Speech, Drama & Music/ Section des Arts de la Parole et de la Musique~ Helen Lubin, [helenlubin@gmail.com](mailto:helenlubin@gmail.com)

Social Science Section/ Section des Sciences sociales~

Meg Gorman, [pelicanmeg@earthlink.net](mailto:pelicanmeg@earthlink.net)

Section for the Spiritual Striving of Youth/ Section des Jeunes~

Ariel Paul Saunders, [aripaulster@gmail.com](mailto:aripaulster@gmail.com) & Nathaniel Williams, [nafanyel79@gmail.com](mailto:nafanyel79@gmail.com)

Visual Arts Section/ Section des Arts plastiques~ Bert Chase, [hsca.inc@gmail.com](mailto:hsca.inc@gmail.com)

General Secretary, Anthroposophical Society in America~ , John Bloom, [john.bloom@anthroposophy.org](mailto:john.bloom@anthroposophy.org)

Council, Anthroposophical Society in Canada/ Conseil, Société anthroposophique au Canada~ Arie van Ameringen,

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Executive Council/ Comité directeur, Gøetheanum~ Virginia Sease

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John Glanzer, Treasurer, Calgary, AB

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Arie van Ameringen (General Secretary), Montreal

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## **First Class Holders In Canada**

### British Columbia

Bert Chase, North Vancouver Tel: (604) 988-1470  
Brigitte Knaack, Kelowna Tel: (250) 764-4710  
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Christian Reuter, Kelowna, Tel: (250) 764-4587  
Patricia Smith, North Vancouver Tel: (604) 988-3970  
Philip Thatcher, North Vancouver Tel: (604) 985-3569

### Alberta

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Gregory Scott, Thornhill Tel: (905)-737-5019  
Sylvie Richard, Ottawa Tel: (613)-591-2495  
Hélène Besnard, Ottawa Tel: (613) 730-0691

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France Beaucage, Montréal Tel: (514) 384-1859  
Eric Philips-Oxford, Montréal Tel: (514) 524-7045

### Nova Scotia:

Arthur Osmond, Dartmouth Tel: (902) 466-7735

## Anthroposophical Society in Canada



Robin Schmidt lives in Switzerland. His fields of study are philosophy, cultural history, and Educational Sciences. He heads the "Forschungsstelle Kulturimpuls" ([www.kulturimpuls.org](http://www.kulturimpuls.org)) research group, and has published books and articles on cultural history, anthroposophy, and the changes the digital revolution has brought to our social life. He is a research fellow at the FHNW School of Education in Basel and is currently conducting research into the effects of the digital revolution on education.

### Location, Dates, Times Montreal:

Public Lecture: Friday, Aug. 11, 7 - 9pm, Centre communautaire Ahuntsic, 10780 Rue Laverdure, Montréal QC H3L 2L9  
Meditation Workshop: Saturday, Aug. 12, 9 - 4pm, 263 ave Duluth, est, Montréal QC H2W1H7

### Toronto:

Downtown Toronto:  
Meeting Young People: Wednesday, Aug. 16, 7 - 9pm, TBA (call below)  
Rudolf Steiner Centre Toronto, 9100 Bathurst St., Thornhill  
Public Lecture: Thursday, Aug. 17, 7:00 - 9:00pm  
Meditation Workshop: Saturday, Aug. 19, 9:00 - 4:00pm  
Hesperus Fellowship Village, 1 Hesperus Road, Thornhill  
Work with Class Members: Sunday, Aug. 20, 9:00 - 10:30 am  
Further Details Contact:

Montreal - Arle van Ameringen: [arleva.perceval@gmail.com](mailto:arleva.perceval@gmail.com)  
tel: 450-295-2387

Toronto - Jef Saunders: [info@anthroposophy.ca](mailto:info@anthroposophy.ca)  
tel: 416-892-3656

## Meeting Young People

### Staying Connected to your Life Path

An Anthroposophical Meditation Workshop with

Robin Schmidt

Wednesday, August 16th, 2017, 7 - 9pm

Downtown Toronto: Location TBA

Robin will offer practical meditation tools and techniques from an Anthroposophical perspective and share his current research with us on how to create and maintain a contemplative life in the current digital environment. This gathering is geared towards youth aged 18-40 and will be interactive and practical, with lot's of room for questions, discussion and short practice exercises.

By Donation

## Being human in a Digital World –

Public lecture

Thursday, August 17, 7 - 9pm, Rudolf Steiner Centre, Thornhill

The digital revolution is not only a question of new media, technologies and applications. It produces an environment in which we now more and more work and live and impresses its primacy in all fields of life. It has already radically changed the way we live together, how we relate to the world and to our self. How can we stay, be and become human in midst of these conditions?

Cost: \$20 (students/seniors \$15)

## Concentration – Contemplation – Meditation

### An introduction to anthroposophical meditation

Robin Schmidt



Art work, Spring By Dorothea Tempelton

## Anthroposophical Society in Canada

## Concentration –Contemplation– Meditation

### An introduction to anthroposophical meditation

Saturday, August 19, 9am - 4pm, Rudolf Steiner Centre, Thornhill

Anthroposophical meditation takes as its starting point the individual's own questions and goals, and as such can prove to be a meaningful contribution to the challenges encountered in dealing with life in today's world. It can also offer a means of enhancing one's ability to take on true responsibility in one's professional life. It seeks to deepen the individual's capacity for understanding in general and for establishing a relationship to what is transcendent: in nature, in one's fellow human beings, in one's professional life. In other words, it is an attempt to develop a relationship with the divine in midst of a contemporary life.

This workshop will explore some of the methods and practice related to the anthroposophical approach to meditation. It will also provide space for exchange on practical questions relating to: how to go about taking up meditation; how to transform a verse into a meditative process; and how to integrate a regular meditative practice into everyday life.

Society Members: \$100

Non-members: \$125

Class work for members of the School of Spiritual Science

Sunday, August 20, 9:00 – 10:30 am

Community room, Hesperus Fellowship Village



