



Ensemble Eurythmie Interval Performance
Friday, September 29, 2023.

Ottawa Anthroposophical Conference
Saturday, September 30 to Sunday, October 1, 2023.

*At the Polaris Waldorf School
1805 Gaspe Avenue, Ottawa, K1K 0A4*

Our hearts invigorated by an evening of eurythmy with Ensemble Eurythmie Interval, our Ottawa Anthroposophical Conference will commence Saturday morning. During the weekend, four speakers will explore what it means to become human during Earth evolution, the spiritual forces of opposition to that destination, the Christ intervention and humanity's future. A rich diversity of workshop choices and plenum conversations will nourish what we are attempting. Newcomers to anthroposophy, well wishers and longstanding anthroposophists are all invited!



Ensemble Eurythmie Interval Performance

Friday, September 29, 2023

*Sponsored by the Ottawa Branch of the Anthroposophical
Society and, in part, by the Polaris Waldorf School*

Conference Agenda

Ottawa Anthroposophical Conference: Polaris Waldorf School
1805 Gaspé Avenue, Ottawa, K1K 0A4

Friday, September 29 (Auditorium)

6:00pm – Arrival & receipt of conference materials for registrants

6:30pm – Welcome!

6:35pm – 6:50pm – Sylvie Richard: *What is eurythmy?*

6:50pm – Eurythmy Performance

Saturday, September 30

8:30 - 9am – final conference registrations; AND optional singing with Marc Delannoy

9 - 10am – *Lecture, Tim Nadelle – What does it mean to become Human during Earth evolution?*

10 - 10:20am – BREAK

10:20am - noon – WORKSHOPS [Eurythmy OR Planetary Seal OR Philosophy of Freedom]

Noon - 1pm – LUNCH

1 - 2pm - *Lecture, Daniel Mauro – 8th sphere & the forces of opposition*

2 – 2:20pm – BREAK

2:20 – 3:20pm – WORKSHOPS [Art of Speech Formation OR Aging & the Threshold]

3:20 - 4:20pm – PLENUM

Sunday, October 1

9 - 9:30am – Optional signing with Marc Delannoy

9:30 - 10:30am – Conversations with representatives from anthroposophical initiatives

10:30 – 11:30am – *Lecture, Marc Delannoy – the Christ intervention*

11:30am - 12:30pm – LUNCH

12:30 - 1:30pm – WORKSHOPS [Golden Section OR Kemptville Tea Party]

1:30 - 2:30pm – *Lecture, Grant Davis – Remaining Epochs to Vulcan*

2:30 - 3:30pm – FINAL PLENUM

Workshop Offerings at the Ottawa Anthroposophical Conference

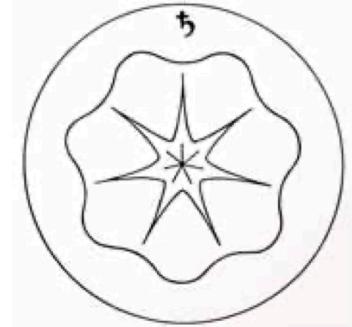
Saturday Morning Choices

Eurythmy: The Human Being Standing in the Widths of Space & Stream of Time,

with Sylvie Richard, Eurythmist An exploration of the wisdom inscribed in the human form(gestalt) and the potential for the cultivation of social awareness through Rudolf Steiner's gift of Eurythmy. Participants will have an experience of movement.

Drawing the Saturn Planetary Seal, with MaryAnne Causyn

The Planetary Seals were created as symbols of the great evolutionary stages of our planet and of humanity's past, present and future on Old Saturn, Old Sun, Old Moon, Earth (Mars/ Mercury), Jupiter and Venus. (Rudolf Steiner did not create a Seal for Vulcan.) We will discuss the origin of the Seals, Dr. Steiner's indications relating to them and what is known, unknown and hypothesized about them.



We will attempt to draw the waving, weaving inner warmth forms of the Saturn Seal according to the dimensions given by Carl Kemper, an architect who worked with Dr Steiner on the first Goetheanum. If there is time, we may add depth to the forms using coloured pencils. Materials will be provided. *This workshop can accommodate 7 participants.*

Philosophy of Freedom Foundational Exercise, with Tim Nadelle

When asked, "What will remain of your work in thousands of years?" Steiner replied: "Nothing but the Philosophy of Freedom" (PoF). Steiner also explained in various places that the PoF is itself a path of knowledge. It is possible to work individually, co-creatively, as if in personal conversation with the PoF, to discover and refine exercises along the path of knowledge which are implicit in the PoF.

During this workshop we will work to penetrate the text of three brief, seminal passages from chapter three of PoF. And then we'll work with a Foundational Exercise which is implicit in those passages and, indeed, in the whole of chapter three. The exercise is foundational inasmuch as it proffers a field of activity through which we can embrace everything which comes to meet us in life with confidence that we shall find living answers.

Saturday Afternoon Choices

The Art of Speech Formation, with Julie LeGal

In this workshop we will explore the life hidden inside our voices, sounds and the words we use every day and taste a bit of poetry.

Julie Le Gal is a professional actor, creator and director who has studied the Michael Chekhov technique and Rudolf Steiner's speech formation.

What light can spiritual science shed on the process of aging? With Moira Huston

What can we do to improve the aging process? How can we prepare more for the spiritual world that we are approaching? As we prepare to cross the threshold, how can this preparation influence our daily life?

In this workshop, we will examine the negative aspects of old age and how the study of spiritual science can change this time into one of understanding, acceptance and growth. Contributions from those who attend will be very important.

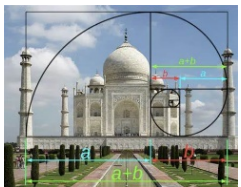
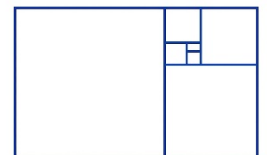
Sunday Afternoon Choices

Workshop: The Golden Section, with Reinhard Rosch

We create a Golden Section when we divide a length in such a way that the ratio of the shorter to the longer section is the same as the ratio of the longer section to the total length.

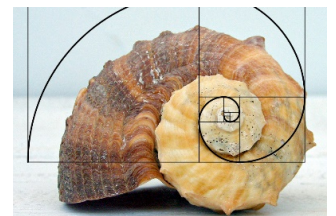


We usually associate the Golden Section with Art, specifically with architecture, and we will look at examples of famous buildings and at art incorporating the Golden Section in their design.



But in modern times, the Golden Section has given way to practicality, and harmony has taken a back seat. I will bring to this talk a tool for exploring our environment for the presence of the Golden Section, and I am sure you won't find very many examples.

What very few people realize is that the origin of the Golden Section is in nature, and you may say, it is fundamental to all creation. To prove this to ourselves, we will explore the Golden Section in Nature, in Mathematics and in Geometry. We are trying to pack a lot into a one hour workshop, but I can give you a hand-out to further study the topic at home.



The Kemptville Tea Party

Since 2021, Tim and Magi Nadelle have hosted a recurring small gathering of local anthroposophists to discuss global events in our home, in the spirit of truth-seeking and from an anthroposophical perspective. Government, media and economic responses to the emergence of symptoms labelled COVID-19 were epochal in scale. Lockdowns, mask mandates and vaccine passports changed society with stunning velocity. Forces of untruth, hatred and repression gained the upper hand.

Although the Covid-justified measures are mostly over, their legacy endures. Other transgressions multiply in different forms, in government, educational and cultural institutions, in business. We can see these developments as a preparation for the coming incarnation of the Prince of Lies. We would like to caution that, at the Kemptville tea party, there are no taboo subjects or questions. We share observations around emerging global developments and strive to penetrate to the spiritual forces at work behind outer appearances. All are welcome.

Ottawa Anthroposophical Conference

Biographies of Speakers

Grant Davis

Grant joined the board of Rudolf Steiner College Canada in 2018 after retiring from a career as a computer scientist. He is chair of the fundraising committee and has a particular interest in anthroposophical cosmology as well as in biodynamic farming. His many decades of studying esoteric science led to volunteer work teaching the foundations of anthroposophy in Canada and overseas. He splits his time between Toronto and Frontenac County.

Marc Delannoy

Marc Delannoy grew up in a French Canadian household out West before coming to Ottawa in his early twenties through an interest in anthroposophy, in order to teach in a Waldorf school setting. He has been associated with Waldorf education all his working life. More recently, Marc has taken up studies at the Seminary of the Christian Community in Toronto and is actively involved this year with both the Ottawa and Montreal congregations in an ongoing practicum work. Marc is a member of the Anthroposophical Society and participates in branch work in Ottawa.

Daniel Mauro

As a mystic, neuroscientist, counsellor, and healer, Daniel enjoys distilling cutting-edge science for the modern mind and spiritual seeker, alike. Daniel is the author of *Build Yourself a Better Brain* and Founder of *High Performance Brain Magazine*. He has designed and delivered a variety of innovative workshops on: Neuroplasticity and Brain Health * Accelerated Learning 101 for Entrepreneurs * Science of Musical Medicine * Heart Intelligence for the 21st Century * EMF Mitigation Strategies. Daniel is especially passionate about working one on one with individuals through their innate vocal signature. Whether the modality is specialized Voice-Work for self-healing, Brain Performance practices, or Emotional Alchemy, he has witnessed the rapid shifts that can arise through deep listening and compassionate presence.

Tim Nadelle

Tim Nadelle found his spiritual home in anthroposophy in 1983 when visiting a Camphill Community in Northern Ireland. Tim produced and acted in the Portal of Initiation, which his wife, Magi, directed, over the course of 3 years, culminating in the performance of the entire play in Toronto in 2017. Tim has delivered lectures and written articles on anthroposophical subjects and has led workshops on the Philosophy of Spiritual Activity.

Registration for Ottawa Anthroposophical Conference September 30 - October 1, 2023 &/or Eurythmy Performance September 29, 2023

A) Register for Conference & or Eurythmy &/or Meals

	Ottawa Anthroposophical Conference September 30 - October 1, 2023	Eurythmy Performance September 29, 2023	Attend both events
Registration Fee	\$100	\$50	\$125

Name(s) of registrant(s) _____

Email address of registrant(s) _____

Date upon which you are submitting this registration _____

Attend Only Conference Sept 30 - Oct 1? (If yes, write \$100) _____

Attend Only Eurythmy Performance Sept 29? (If yes, write \$50) _____

Attend Both Events (If yes, write \$125) _____

Make an optional donation for the eurythmy? _____

select
only
one

\$100
\$50
\$125

If yes, write in amount

Conference & Eurythmy Subtotal

Fees for Optional Meals

Meal order

pre-payment must be

received by September 20

Write "Vegetarian" or "Meat": _____

(Vegetarian or meat)

Lunch Saturday 30 Sept. 2023 \$21.90 _____

Lunch Sunday 1 Oct. 2023 \$17.60 _____

Meal Total

GRAND TOTAL CONFERENCE, EURYTHMY & MEALS

If paying by mail... Make cheque out to The Anthroposophical Society in Canada. Mail registration form with cheque to Lynn Lagroix, The Anthroposophical Society in Canada, #131 - 1 Hesperus Road, Thornhill, ON, L4J 0G9

If paying by Interac email transfer... Complete and scan registration form. Attach it in an email to ascbookkeeping@gmail.com. Then send an Interac email money transfer also to ascbookkeeping@gmail.com.

Funding assistance is definitely available for the conference upon request, but not for lunches. Email 3riversottawa@gmail.com to request funding assistance.

A) Register for Conference Workshops

To help us prepare seating and assign workshop rooms, please indicate your preferred workshops with an X.

Saturday Morning	Eurythmy	Planetary Seal (maximum 7 people)	Philosophy of Freedom
Saturday Afternoon	Speech	Aging & the Threshold	
Sunday Afternoon	Golden Section	Kemptville Tea Party	

We're looking forward to seeing you there!