



The Anthroposophical Society  
La Société Anthroposophique **Canada**

## November Enews 2024

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Reminder: Please complete the Society Survey **Know Thyself**.  
The purpose of the survey is for the society to know itself better through a  
database of contact information and activity.

Read more [here](#).

Book Reviews:

Members, please consider sharing your reviews of new  
anthroposophical books here in the enews. Email them to  
[communications@anthroposophy.ca](mailto:communications@anthroposophy.ca)

Contributions for Perspectives 2025

As mentioned in the October enews, the theme of this year's  
Perspectives journal 'Encountering Polarization'. The  
communications working group has received several offers to write  
on this topic from members from the point of view of personal  
experience. However, we have room for a few more pieces.

We and the Council feel that a deeper reckoning with  
how polarization is working in us as anthroposophists would be a  
healing gesture to explore. We are looking for members who want  
to write about their experience of polarization, not about the point of  
view they brought to a particular polarizing issue but the experience  
of living in opposition or polarity with one another. We imagine this  
issue consisting of many small pieces rather than four larger  
ones. If you are interested please contact Mark McGivern with your  
idea.

[communications@anthroposophy.ca](mailto:communications@anthroposophy.ca)

Looking Back at the Manitoba Festival  
Alice Natiuk



Time has moved on since some of us gathered in the centre of the continent in the interlake of Manitoba on the land under the cosmic skies with a clear intent - "That Good may Become." This was the Festival of Initiative to celebrate the 100th Anniversary of the founding of the Anthroposophical Society hosted by the Society in Canada. Presenters and participants from the US, Switzerland, Germany, and Africa were involved. The Foundation Stone was highlighted and worked with daily as the guiding light. The Festival was held on Monika Pudelko's property. And made possible by the hard work of many people over several years, especially Kim Hunter and Monika. It is now over a year later.

I recently met with Monika at the Forks where we ended our Festival last year. We had coffee together and she spoke of how the Festival changed the land for her; gave her hope from all the warm, healing encounters she had. Monika experienced us together there "in truth of spirit with honesty of hearts" on the rural prairie landscape.

Monika continues to develop a biodynamic market garden. In summer she had a weekly presence at a Farmers' Market north of Gimli where she has been going occasionally for several years selling her handmade knitted clothing. At the market there is a growing interest in biodynamic farming and tasty healthy food giving opportunity for education and introduction to new varieties of vegetables.

There were hopes of a small Festival this summer on the land, but it did not happen. Perhaps everyone had enough from the Festival last year. In any case, now the focus is on the land to build an economic base for the initiative. Road improvements have been made as well as extensions to the vegetable gardens. Our record-breaking spring rains this year brought us countless mosquitoes and extreme heat in the summer. I do recall mosquitoes and heat were feared last summer but did not materialize... gratefully!

Relationships with people in Manitoba and into the southern central States have grown. A group of 5 - 6 people in Manitoba met through the winter studying the Philosophy of Freedom with Marion and Andreas Schmitt online. They met monthly at the Earthship to share and study and do eurythmy which was an enlivening helpful process. Monika reported enthusiasm and diligence in their study and growth. Now that 7-month study group is completed, and they have switched to working as a local Manitoba group with *How to Know Higher Worlds*. Monika also reported visits to friends in Viroqua, Wisconsin plus teaching eurythmy in Fargo, North Dakota in connection with the circle of friends, the local Fargo group. These connections were developed because of the Festival.

Unfortunately, the difficult local land disputes around Monika's property are still not fully settled. And continue to be a strain. But a new addition is the building of a gazebo. This is situated in a spot where a large number of us did eurythmy on some unforgettable mornings last summer with the words of the Foundation Stone spoken.

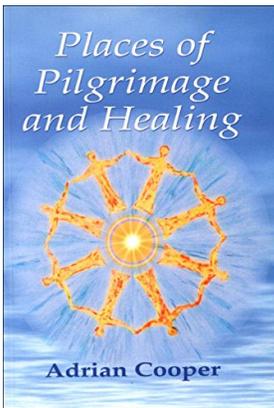
Most recently on Sunday the 20th of October, the study group was held at the nearly finished gazebo which is hexagon shaped. There were 2 new members in the group. They were Dominic Mwaura who has resided in Manitoba for several years and was presenter at the festival, plus Hugh Whistler who is Manitoban-born and just recently rented an apartment in Teulon, 15 minutes away from the festival site. The six attendees of the study group all attended the Festival. At this study group each person stood at a pillar and was able to bring the spiritual foundation back to life. Together they shared out of their lives and did the "growing and withering" exercise out of *Knowledge of Higher Worlds*. May this event foster and ground further connections of building an anthroposophic circle in Manitoba going into the winter and the New Year of 2025.

Monika and I concluded our time at the Forks by walking down to the meeting place of the Red and Assiniboine Rivers where the Festival group met for a closing ceremony. She spoke of how the river chakra has changed, a different energy, a new openness. I was aware of a mother and young daughter there by the riverside. Later Monika told me of her fascination with the river system of our continent... of the Red River flowing north and the

Mississippi going south with a vortex central to all this in the northern States. She has driven along the rivers around that area. And is interested in sharing more with us.



Y



Book Review by Mick Taylor

**Places of Pilgrimage and Healing** (Capall Bann)  
by Dr. Adrian Cooper

There are only about twelve books which are at the heart and soul of my thinking. Adrian Cooper's *Places of Pilgrimage and Healing* is one of them. To research his book, Cooper interviewed 45 people, all of whom had been told by medical professionals that there was nothing more that could be done to help them. Those interviews took fifteen years to complete. Some of the interviewees had been diagnosed with terminal illness. Others live with chronic mental illness. Each of the 45 interviewees had at least one opportunity to be taken on a pilgrimage journey. The experience of having done so changed each of their lives.

Cooper's book is of interest to the Anthroposophical community mainly because it discusses pilgrimage and healing as elements in the evolution of consciousness. The book also recognises humankind as multi-dimensional beings. The central role of freedom to seek, travel, learn and adapt also figures strongly. The interconnectedness of pilgrimage and healing journeys within the wider biosphere is examined with great insight. The application of spiritual practice (pilgrimage) within the practicalities of healing is also central.

HIGHLY RECOMMENDED

**ANTHROPOSOPHY CANADA WIDE**  
**Sunday December 8th**

1pm PST, 3pm Central, 4pm EST and 5pm Atlantic



## THE ANTHROPOSOPHICAL PATH An Experiential Introduction

A 90-minute workshop with Robert McKay  
An experiential introduction to a number of meditations  
as practiced through Spiritual Science.

Zoom Link:  
<https://zoom.us/j/95603357769>

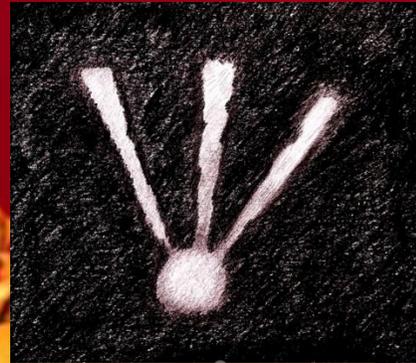
## SAVE THE DATE - AUG 14-17 2025

Deepening the Work of the School for Spiritual  
Science in North America

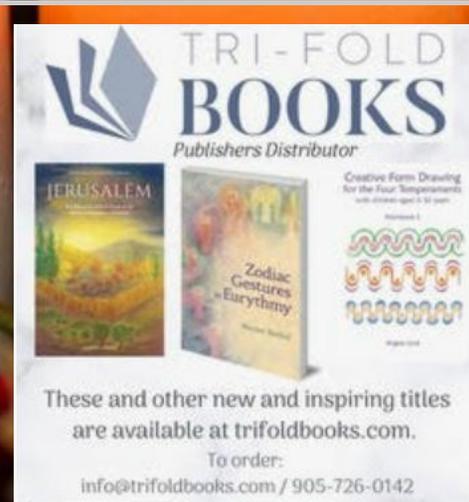
*Space, Time, and the Human Heart*  
August 14-17, 2025

Threefold Education Foundation, Chestnut Ridge,  
NY

MORE INFORMATION WILL BE AVAILABLE IN EARLY 2025 at  
[Threefold.org](http://Threefold.org)



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