



**LOS ANGELES BRANCH**  
**ANTHROPOSOPHICAL SOCIETY IN AMERICA**  
**MARCH, APRIL, MAY 2012**

**SPRING EURYTHMY FUNSHOPS**  
**WITH LYNN STULL**

March 10, Saturday, 10:00 a.m. - 12:15 p.m.

Bodacious Praying: soul gestures and the poetry of prayer

April 28, Saturday, 10:00 a.m. - 12:15 p.m.

Listening: listening deeply to oneself and others

May 12, Saturday, 10:00 a.m. - 12:15 p.m.

Merriment: using the elements of Merriment and Play to invigorate oneself and others

No experience necessary. Just be open to having fun! Please come at 9:45 a.m. so that we can start promptly at 10:00 a.m.

\$25 per session

**FIRST CLASS** (Blue cards required.)

March 4, Sunday, 5:00 p.m. Lesson 16

April 1, Sunday, 5:00 p.m. Lesson 17

April 28, Saturday, 7:00 - 8:30 p.m. Lecture for Class members, "Who is the Being called Anthroposophia?" given by Dr. Ross Rentea

May 6, Sunday, 5:00 p.m. Lesson 18

**THE FOUNDATION STONE MEDITATION**  
**AND CREATIVE SPEECH**

**WITH JUDITH POWNALL GERSTEIN**

March 10, Saturday, 1:30 - 4:00 p.m.

Creative Speech artist Judith Pownall Gerstein will lead this afternoon session in an open discussion of Rudolf Steiner's Foundation Stone Meditation. Participants are encouraged to share their study, research and experience working with this powerful meditation. The discussion will be followed by Creative Speech exercises and techniques for differentiating a way of speaking for thinking, feeling and willing, important to speaking this and other poetry and prose. In the third part of the session we will apply these skills to speaking the entire Foundation Stone Meditation as a chorus. Comfortable shoes are suggested.

Admission: \$10

Judith Pownall Gerstein studied Creative Speech and received the four-year diploma from The London School of Speech Formation, London, England; she has taught, performed and practiced this art for many years, in many settings. In addition, she has worked therapeutically with both children and adults.

**ANNUAL GENERAL MEETING OF THE MEMBERS**  
**OF OUR BRANCH**

March 18, Sunday, 2:00 - 4:00 p.m.

The theme of this year's Annual General Meeting of the members of our Branch is "Nurturing the Spirit of Collaborative Endeavor". In addition to considering our Branch's financial health and electing Branch officers, we will celebrate the 21<sup>st</sup> anniversary of signing the lease for our Branch building, and give special thanks to those who have carried the work of our Branch's Library and Bookshop. They truly exemplify the spirit of collaborative endeavor.

**PAINTING WITH KO HAWKES**

March 24, Saturday, 9:00 a.m. - 12:30 p.m.

April 21, Saturday, 9:00 a.m. - 12:30 p.m.

May 26, Saturday, 9:00 a.m. - 12:30 p.m.

Ko writes: This year we started painting from poems on the months. Painting in watercolors allows us to become more "free" in many definitions of the word, since we cannot control how the colors blend and flow. We have to work with what the colors present to us. Do come and try your hand at it. Please telephone Ko at (626) 794-0852. It helps me prepare materials for the class.

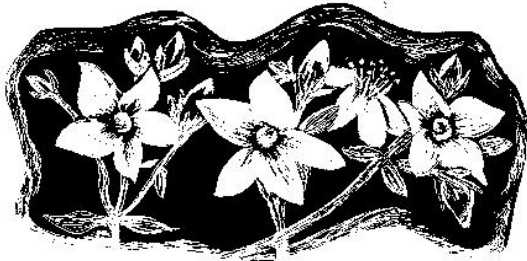
\$30 per class

## CELEBRATING AN AMAZING CENTURY: 100 YEARS OF EURYTHMY

March 31, Saturday, 7:30 p.m.

All are warmly invited to join us for this celebration of the 100<sup>th</sup> anniversary of the birth of the Art of Eurythmy. The festive program, offered by eurythmists from the Southern California region, will include solo and group performances of new works and traditional favorites, and also will touch on the history of eurythmy.

Admission: \$20



## EASTER FESTIVAL WHAT HAPPENED IN THE EARTH'S INTERIOR DURING THE RESURRECTION?

April 7, Saturday, 2:00 - 3:30 p.m.

As Sergei Prokofieff brings out in his book *The Mystery of the Resurrection in the Light of Anthroposophy* (English translation published by Temple Lodge in 2010), the Resurrection wrought momentous effects within the Earth's interior, effects which continue to the present time. Our Easter Festival will explore some of these effects, with the aid of pictures by Wilfried Ogilvie and Ninetta Sombart, music performed by Margaret Shipman and friends, and key passages in Prokofieff's book, particularly its third chapter, "The Resurrection and the Interior of the Earth". Special Easter refreshments will be served.

## EXPLORING ANTHROPOSOPHICAL MEDICINE – INSIGHTS, CHALLENGES AND OPPORTUNITIES: A WEEKEND WITH ROSS RENTEA, M.D.

April 27, Friday, 8:00 - 9:30 p.m.

*Lecture for members and friends.* Dr. Rentea will introduce fundamental principles of Anthroposophical medicine and demonstrate new research results showing how anthroposophical medicine can become even more effective.

April 28, Saturday, 2:00 - 5:00 p.m.

*Workshop for members and friends.* We will go over specific anthroposophical medical and nutritional therapies and approaches to common conditions such as hardening of the arteries, blood sugar problems, memory and learning difficulties, and more. We also will work on ways to arrive at new and more insightful solutions to the day to day burdens of fatigue, nervousness, etc. Another element of the workshop will be the practical uses of True Botanica supplements and remedies. The entire session will be in workshop format with ample opportunity for questions and answers.

Admission: \$20 per event, \$30 for the weekend

In addition to the lecture and workshop for members and friends, Dr. Rentea will guide a *workshop for professional therapists* from 10:00 a.m. to noon on the morning of Saturday, April 28. In this workshop he will offer novel therapeutic and nutritional protocols to condition specific issues and/or discuss therapy management problems. Special emphasis will be given to the work with boswellia, berberine, the seven metals, and other specifically anthroposophical medicines and substances. For further information concerning the workshop, please contact Jane Hipolito: [janehipolito@earthlink.net](mailto:janehipolito@earthlink.net); (714) 993-6498.

Dr. Ross Rentea has been a practicing family physician for over 30 years. He specializes in Anthroposophical medicine. He graduated from the University of Chicago's Pritzker School of Medicine. The Paulina Medical Clinic which he and his wife Andrea Rentea, M.D. opened in Chicago in 1983 enjoys an international reputation. Besides his activity as a physician, he is an author, editor, and innovator. He is a Board member of the American College for Anthroposophical Medicine and a member of the School for Spiritual Science since 1972. He is co-founder of the True Botanica Company and the True Botanica Foundation.

## APPROACHING THE WHITSUN MYSTERY

"Just as once upon a time at the first Whitsun Festival something shone forth from each of the disciples, so the thought of Pentecost should now become alive again for our anthroposophical understanding. Something must light up and shine forth from our souls." (Rudolf Steiner, lecture of June 4, 1924, published in English as "The Whitsuntide Festival, Its place in the study of Karma", in *The Festivals and Their Meaning*, Rudolf Steiner Press, 1981)

How can we clarify, deepen, and enliven our understanding of Whitsun? This May, we will explore this important question in two Branch events.

### MEMBERS' MEETING – AND FIELD TRIP

May 12, Saturday, 2:00 - 4:00 p.m.

This event will center on two aspects of the complex Whitsun Mystery: Whitsun as the festival of united soul-endeavor and also as a festival of flowers. First, we will consider statements by Rudolf Steiner and artworks on the theme. Then we will visit the Norton Simon Museum's new exhibition "Lessons of the Cherry Blossom: Japanese Woodblock Prints", commemorating the 100<sup>th</sup> anniversary of the gift of over 3,000 cherry trees to Washington D.C. from Tokyo, Japan.

### WHITSUN FESTIVAL

May 26, Saturday, 2:00 - 3:30 p.m.

Flowers, united soul-endeavor, and a third aspect of the Whitsun Mystery, free individuality, will be the focus of our Whitsun Festival, which will include an informal "readers' theater" presentation of selected writings by Charles Dickens, offered by members and friends of the Literary Arts and Humanities Section. The celebration will conclude with a birthday party for Dickens, who was born 200 years ago, on February 7, 1812.



Calendar artwork by Dory Rindge.

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## NEWS FROM THE LIBRARY

Our Harvest Sale has resulted in a 50% reduction in our inventory. But that means we still have an awful lot of books left. They continue to be on sale: **40% OFF**. Please come and browse.

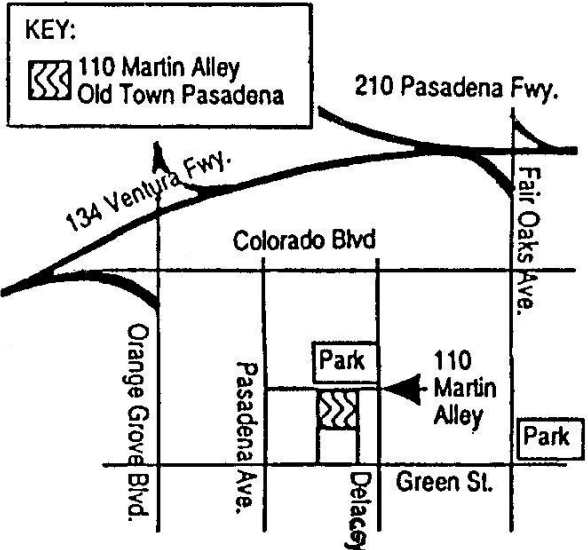
We are forming a plan to convert the bookshop space into an attractive meeting place for small group discussions and presentations, with comfortable furniture and an atmosphere that stimulates open contact. The two 'island' bookcases will be removed.

NOTE: the island bookcases are available to any member on a first-come-first-serve basis for the cost of removing them and taking them away. If you are interested let Philip know before Feb. 29 by email at [phmees@sbcglobal.net](mailto:phmees@sbcglobal.net). The bookcases are large and have shelves on both sides.

The Library will be open on Saturdays from 1:00-5:00 p.m. We encourage you to access it through the "Bookstore and Library" portion of our website, [anthroposophyla.org](http://anthroposophyla.org). If you cannot come on Saturdays we can mail books. They can be returned by mail, put in the book drop at the building, or be returned on Saturdays.

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For information about study groups and about the activities and library of the Los Angeles Branch, please visit our website, [www.anthroposophyla.org](http://www.anthroposophyla.org), or contact Jane Hipolito, Branch Chair: [janehipolito@earthlink.net](mailto:janehipolito@earthlink.net), (714) 993-6498.



**CALENDAR OF EVENTS**  
**MARCH APRIL MAY 2012**

Anthroposophical Foundation of California  
 Rudolf Steiner Community Center  
 110 Martin Alley, Pasadena CA 91105

