



Many are called few are chosen to gather in the Upper room – Welcome!

As we move deeper into the glories of Spring, the elementals awaken & we experience in nature signs & images of the Earth-soul in ascension.

The sense of arising spreads all around us. And in the play of the elements, fire seems to have the last word in the essential dialogue between the heights & depths. From above resounds the fiery word & the other elements follow the creative call with joy & the beauty of ascent.

Whitsun has been called a festival of flowers. We see this out among the buds opening under the increasing power of the sun, under the etheric & astral influences. The heart of humanity as it opens to warmth & light is like the flower, aligning itself to the sun which permeates the earth. And what pours down from the sun, giving the flower, our image in reverse, the potency it needs, is like the tongues of fire descending upon the heads of the disciples, for us humans.

In the Jewish tradition this festival is called Shavuot, a spring holiday that celebrates the grain harvest, & the ripening of the first fruits as well as the giving of the Torah.

The Greek rendering is Pentecost.

This day is also called Whitsun Sunday after the white robes worn by those baptized with fire.

In Italy it is customary to scatter rose petals from the ceiling to recall the miracle of the fiery tongues resting on the heads of the prophets. In France they blow trumpets to suggest the sound of the mighty wind which accompanied the descent of the Holy Spirit. In Russia, the congregation carries flowers, & sheaves of barley. In Eastern Europe it is called the Festival of the Trinity.

Rudolf Steiner calls it 'The festival of United Soul Endeavor'.



Rudolf Steiner lectured a great deal about Whitsun. He spoke about Spiritual Science as a Whitsun gift.

Today we can see Whitsun as a festival of the 1st fruits of the Spirit. The festival of today is not bestowed on us by nature. It must be called forth...

Some say it is a festival of the future, for we must grow ripe to withstand the surging of the Spirit. Whitsun is the festival of our true higher self, which as yet only hovers above us like a dove.

At the same time it is the festival of community, arising from the harmonizing of our higher selves which are ONE in the spirit - The Cosmic Spirit of all pervading Love, Healing Spirit, Spirit of Wisdom, The Comforter, Councilor, Paraclete, Sophia, The Spirit of Truth.

“You shall know the truth & the Truth shall make you free.”

Christ fulfilled His Deed for all mankind. And, to each human individual, in order that we may be able to understand this Deed, Christ sends the Healing Spirit, Fulfilling his promise that each person may have access to the effects of the Deed, which was accomplished for all.

Whitsun presents us with a remarkable & dramatic picture of spirit-filled individuals, anointed & enkindled with the impulse to speak out of individual freedom regarding the truth & healing power of the Spirit...Speaking the Language of the heart, that all can understand.

The intense rush of spirit planted in the hearts of human beings highlights one of the greatest challenges of being human: placing our individual gifts, our individual ego, in right relationship within the social realm. This challenge is strongly felt during this time of the consciousness soul era.

Our groups striving to know Spiritual Science, working together as a community, have the possibility to create this type of culture, & the opportunity is here for



each of us to meet, human to human, where a sacrament is possible in every encounter.

Our individual strength comes from our personal development & is enhanced by weaving our gifts together with others, knitting our social world in conscious community.

During the Christmas Conference the time had come to take up this new evolutionary task, that of transforming or spiritualizing the human social sphere. This mighty impulse was given inspiration by the foundation stone meditation along with the daily rhythms as presented during the conference.

It was Rudolf Steiner's hope that a "spiritual foundation stone of Love" would be laid in the etheric hearts of all people, providing a bridge between the macro & microcosmic streams in the world & in human beings striving to create a conscious Michaelic community.

This Sophia inspired Michaelic community can be seen as a vessel in which the Christ Being can unite with humanity. Rudolf Steiner created the Anthroposophical Society so that striving individuals can meet to continue this work of evolution. We get a foreshadowing of this through the Whitsun experience of the 1st apostles.

Now let me ask you this, as seekers on the path, have you ever felt utterly alone, overwhelmed, or even a bit lost? Perhaps when you 1st began to know anthroposophy? Steiner speaks of this in 'How to know higher worlds' & in the 5th Gospel. You see, we have an opportunity to recognize & acknowledge the isolation that can come from our striving, a mirroring of the experience of the apostles those 10 days between Ascension & Whitsun. That uncomfortable feeling when waiting feels like wrestling.

The Ascension picture tells us that the deed of Golgotha was fulfilled for the physical & etheric body in the universal human sense. Whitsun tells us that each



single human being must make this deed bear fruit by personally receiving the Holy Spirit, a challenge to strive towards spiritual knowledge.

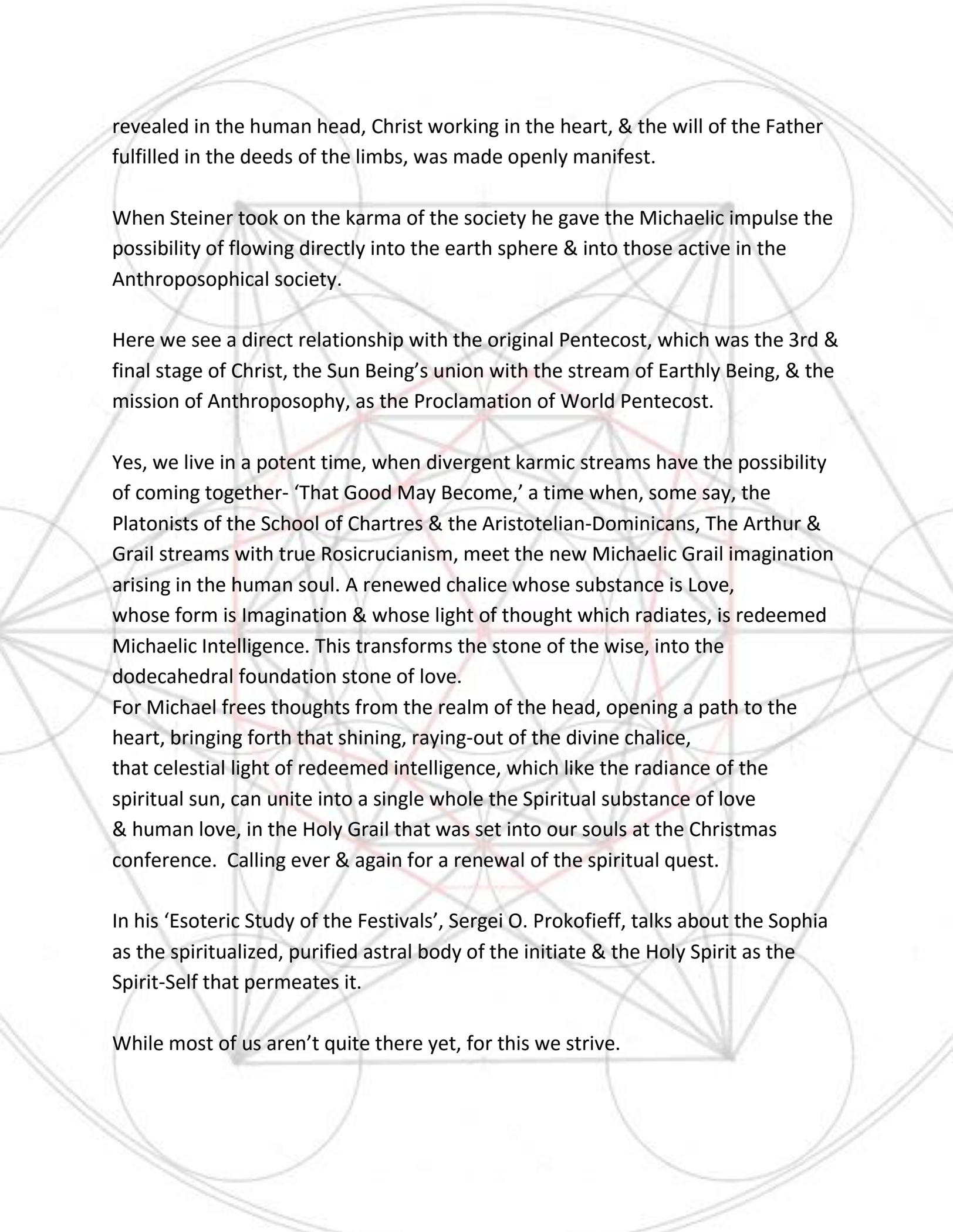
During our time together on this Whitsun day, we will work with the Whitsun imagination to creatively explore how we may engage in the lifting out of the 'me' into the 'we', out of opinion into wisdom; warming the I, to open the heart, in support of healthy community. We will endeavor to strengthen our individual soul forces to collectively open the portal into the Spirit worlds. As Steiner's Whitsun verse states: "This portal's key the Soul may fashion  
If she herself grow strong within the strife"

We will create an Ecclesia, a vessel, a chalice, a sheath for the Spirit. Then the spirit flame can spread out to become what Steiner called a "World Whitsun", which began in earnest at the Christmas conference, where the inverted Whitsun, was born, the idea of taking the spirit that has flowed through the head into the heart, transforming it into wisdom to redeem our intelligence, & then back out as a gift to humanity. Our work is to take our individual Inner Whitsun & expand it, into what Steiner calls the "World Festival of Knowledge" a path leading from 'Sprit Recollection', to 'Sprit Sensing', to 'Sprit Beholding'.

In this sense the Christmas Conference, in all its spiritual reality reveals itself as the true Whitsun for anthroposophers. Those who strive to take into their souls the Wisdom of the Holy Spirit concerning the human being- Anthropos-Sophia, which is the knowledge of the grail held aloft by Michael in this present age of the consciousness soul.

Let's think about it. The foundation stone was formed by Rudolf Steiner at the Christmas conference out of the Father-forces rising from the depths -gravity, unconscious will; the Son-forces working in the periphery - warmth, creative love; & the Spirit-forces descending from the heights -consciousness, wisdom.

Thru Steiner's profound mystery deed, an altogether new relationship of the macrocosmic forces working within the human - the thoughts of the Spirit



revealed in the human head, Christ working in the heart, & the will of the Father fulfilled in the deeds of the limbs, was made openly manifest.

When Steiner took on the karma of the society he gave the Michaelic impulse the possibility of flowing directly into the earth sphere & into those active in the Anthroposophical society.

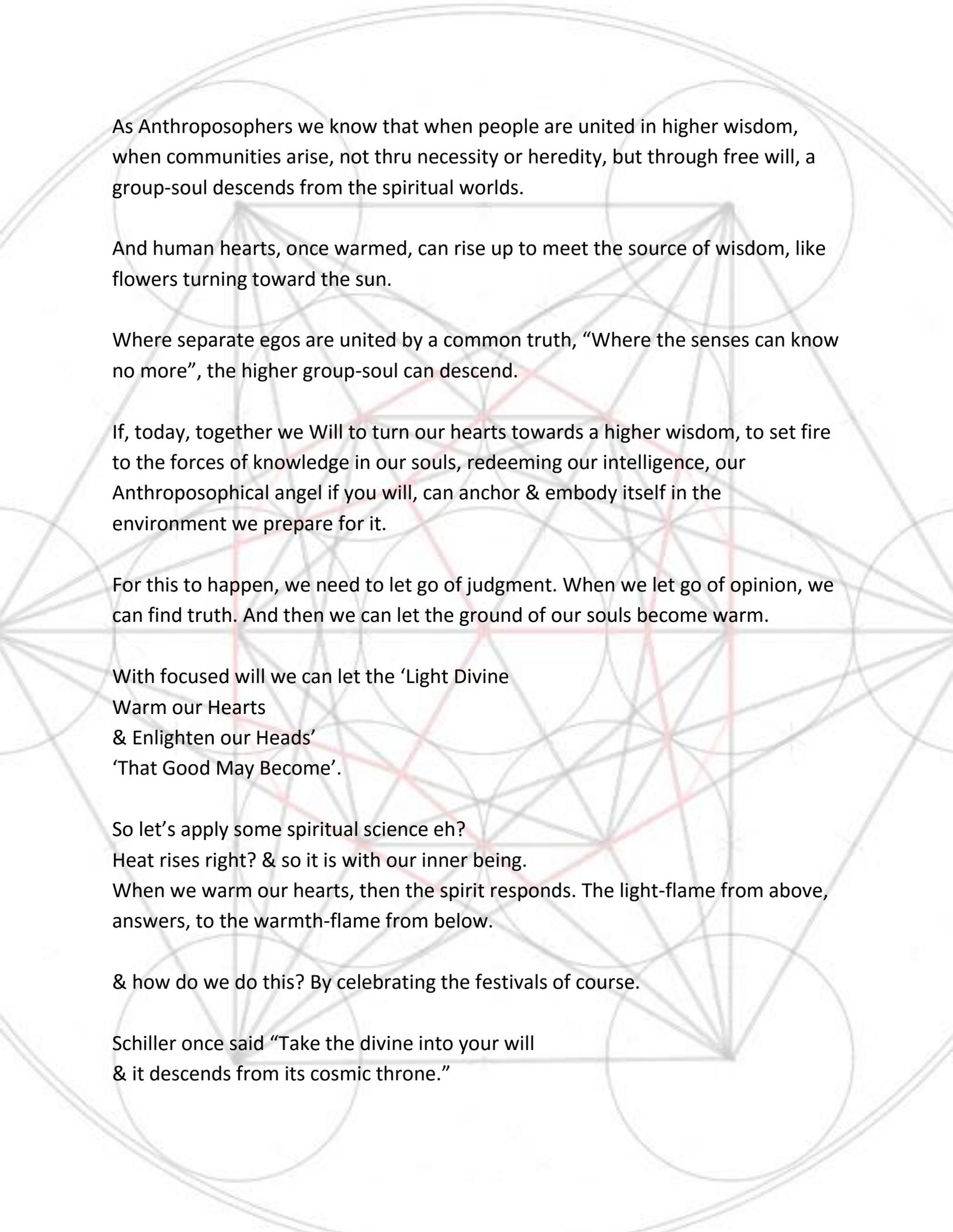
Here we see a direct relationship with the original Pentecost, which was the 3rd & final stage of Christ, the Sun Being's union with the stream of Earthly Being, & the mission of Anthroposophy, as the Proclamation of World Pentecost.

Yes, we live in a potent time, when divergent karmic streams have the possibility of coming together- 'That Good May Become,' a time when, some say, the Platonists of the School of Chartres & the Aristotelian-Dominicans, The Arthur & Grail streams with true Rosicrucianism, meet the new Michaelic Grail imagination arising in the human soul. A renewed chalice whose substance is Love, whose form is Imagination & whose light of thought which radiates, is redeemed Michaelic Intelligence. This transforms the stone of the wise, into the dodecahedral foundation stone of love.

For Michael frees thoughts from the realm of the head, opening a path to the heart, bringing forth that shining, raying-out of the divine chalice, that celestial light of redeemed intelligence, which like the radiance of the spiritual sun, can unite into a single whole the Spiritual substance of love & human love, in the Holy Grail that was set into our souls at the Christmas conference. Calling ever & again for a renewal of the spiritual quest.

In his 'Esoteric Study of the Festivals', Sergei O. Prokofieff, talks about the Sophia as the spiritualized, purified astral body of the initiate & the Holy Spirit as the Spirit-Self that permeates it.

While most of us aren't quite there yet, for this we strive.



As Anthroposophers we know that when people are united in higher wisdom, when communities arise, not thru necessity or heredity, but through free will, a group-soul descends from the spiritual worlds.

And human hearts, once warmed, can rise up to meet the source of wisdom, like flowers turning toward the sun.

Where separate egos are united by a common truth, “Where the senses can know no more”, the higher group-soul can descend.

If, today, together we Will to turn our hearts towards a higher wisdom, to set fire to the forces of knowledge in our souls, redeeming our intelligence, our Anthroposophical angel if you will, can anchor & embody itself in the environment we prepare for it.

For this to happen, we need to let go of judgment. When we let go of opinion, we can find truth. And then we can let the ground of our souls become warm.

With focused will we can let the ‘Light Divine  
Warm our Hearts  
& Enlighten our Heads’  
‘That Good May Become’.

So let’s apply some spiritual science eh?  
Heat rises right? & so it is with our inner being.  
When we warm our hearts, then the spirit responds. The light-flame from above, answers, to the warmth-flame from below.

& how do we do this? By celebrating the festivals of course.

Schiller once said “Take the divine into your will  
& it descends from its cosmic throne.”

Whitsun Sunday May 19<sup>th</sup> 2013, PROGRAM OUTLINE:

## **Vitae Sophia: a Whitsun festival**

### **The New Mysteries of 'I' and 'WE'**

a 'Hero's Journey' from head to heart

**Warmth** by **Martine Benmann & Clark Remington**, Cello & Piano

"Worship to the Eternity of Jesus" by the great 20th century French composer Olivier Messiaen

**Light** by **Jean Riordan** - Igniting the central candle & from it the 12 votives on our Whitsun table

**Whitsun Verse** by **Rudolf Steiner**: Presented by **Clark Remington**

There first  
Where sense can know no more,  
Stands the portal, which discloses  
Life-reality  
To Soul-being;  
This portal's key the Soul may fashion  
If she herself grow strong within the strife  
By World-Powers waged on their own ground  
With human forces;  
If of her own accord she puts to flight  
The sleep, which at the frontier of her senses  
Cloaks the forces of knowledge  
In spirit-night. (Translated by Owen Barfield)

**Tone of the Day:** **Hazel Archer Ginsberg**

**The Foundation Stone Meditation:** presented by **Christa Macbeth**

**AUM = A – I stand for myself, U- I stand for humanity, M – I stand for Life**

**Heart Seed Moving Meditation** – the pulse of I & We

**Biography Work** –we break into groups of 3 to share:

**'How I came to Anthroposophy'**

## **“The Three Languages”- Storytelling by Richard Dancey**

### **Dancing Sophia’s Labyrinth: Per Spiritum Sanctum Reviviscimus**

We gather as an Ecclesia, a vessel or Chalice, then as individuals we choose a packet of seeds from the Whitsun table before we enter & walk the labyrinth to receive/empower / heal our unique gifts which we then bring back out to the community. **(No Shoes or Bare Feet Please)**

Whitsun Chant to be sung as we walk the Labyrinth:

**Wings of The Dove the Comic Fire does Inspire X3**

**In my Head the Light of Thinking**

**In my Heart the Weaving Feeling**

**In my Limbs the Strength of Willing Repeat**

**AUM**

**Closing: The Wednesday Rhythm of The Foundation Stone Meditation -**

Presented by **Clark Remington**

***Spirit-Recalling***

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***Your own I  
comes into being within  
the I of God***

***Spirit-Mindfulness***

•

***Your own I  
unite with the I of the  
world***

***Spirit-Beholding***

•

***Your own I  
bestow for free &  
active willing***

