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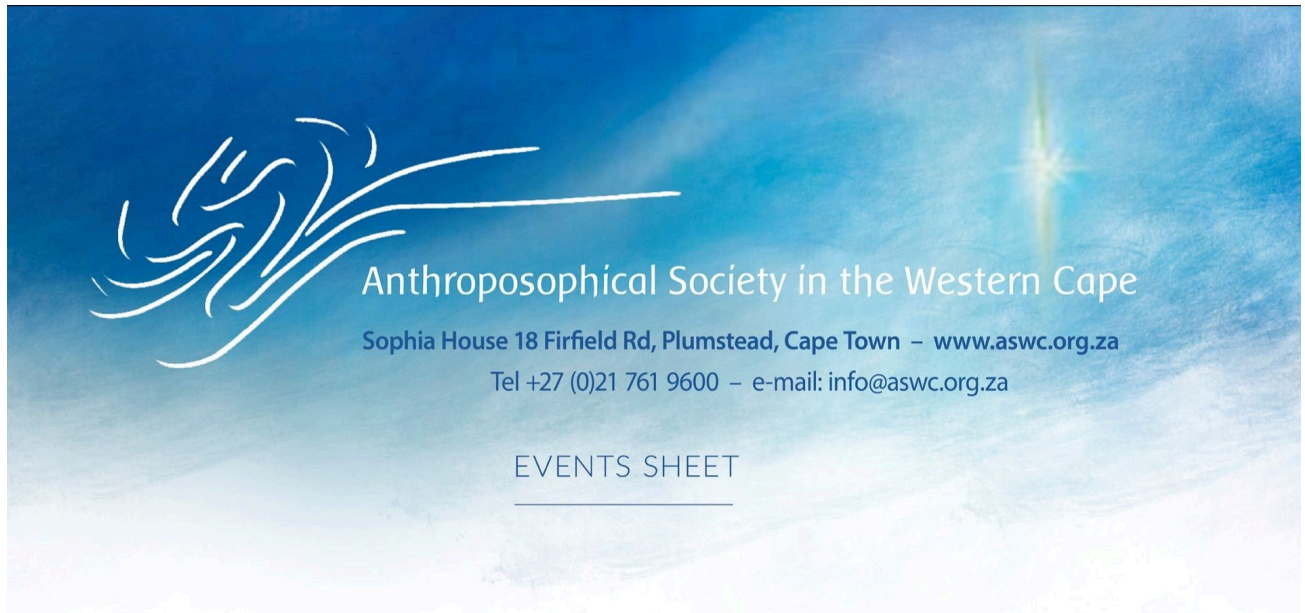
Latest Events Sheet from the ASWC

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From The Anthroposophical Society in the Western Cape <info@aswc.org.za>

Date Wed 2026-03-25 11:28 AM

To Librarian <info@aswc.org.za>



ASWC EVENTS

**CURRENT AFFAIRS CAFE** - our next cafe will take place on Wednesday 8 April at 4.30pm. We meet in the library at Sophia House, on the second Wednesday of each month. ALL WELCOME

**MEMBERS MEETING** - will take a pause for the Easter break and resume on Sunday 12 April, 5 pm in the Library, where we will listen in to what verse 28 of the Soul Calendar can reveal to us. ALL WELCOME.

# African Spirituality: Evolving our Way Into a Shared Future

A talk by Orland Bishop

Erin Hall, Rondebosch  
Friday, 27th March at 7 – 8.30 pm  
Suggested contribution R30

Orland Bishop is visiting Cape Town from Los Angeles; he is a community organiser, philosopher, healer, and teacher originally from Guyana. His work explores the ecology of nature and human consciousness, grounded in studies of medicine, psychology, naturopathy, phenomenology, and South and West African cosmologies. He co-founded the Shade Tree Multicultural Foundation and is the author of *The Seventh Shrine—Heart Cognitions on the African Spiritual Journey: From the Middle Passage to the Mountaintop*

This event is hosted by the Anthroposophical Society in Southern Africa. Orland is visiting Cape Town as a main contributor to an intergenerational gathering from 1 to 5 April – *Re-membering Our Shared Future: To Speak from the Stars*, taking place at Monkey Valley in Cape Town.

Our aim is to host a living commitment to the revitalisation of human understanding, the life within communities, and spiritual connections. By drawing together from the momentum of African and anthroposophical wisdom, creative practice, and intercultural dialogue, the gathering seeks to create experiences that live on into our shared future.



**ZOOM LINK FOR ORLAND BISHOP'S PUBLIC TALK** - for those who are unable to attend in person the OASA platform will be Zooming this event live. Use the following link:

<https://us02web.zoom.us/j/82960983979?>

OTHER EVENTS

# SOURDOUGH WORKSHOP

DISCOVER THE ART OF SOURDOUGH WITH MANDY BUTLER

HANDS-ON LEARNING IN THE LIVING ART OF  
BIODYNAMIC SOURDOUGH,  
FLOUR, FERMENTATION, FLAVOR, TASTING,  
BAKING, AND TROUBLESHOOTING.



**28 MARCH** 9:00 AM – 3:30 PM

**MOUNT NOBLE FARM - WELLINGTON**

**LIMITED SPACE! BOOKINGS: [INFO@BDAASA.ORG.ZA](mailto:INFO@BDAASA.ORG.ZA)**

**R350 P/P**

**TEA/COFFEE, PASTRIES  
& LIGHT LUNCH INCLUDED**

**FROM SOIL TO STARTER: THE BIODYNAMIC WAY**





Southern  
Cross  
Eurythmy Therapy  
Training

SCETT invites you to join a series of Anthroposophic lectures by  
DR DONALD PALMER and DR JAMES DYSON.



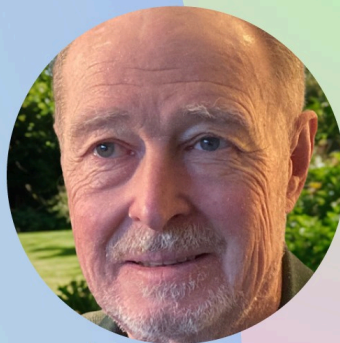
Donald Palmer

### NEUROLOGY

Online by Dr. Donald Palmer

4 online lectures on Neurology by Dr. Donald Palmer from New Zealand on **7, 8, 9** and **14 April** at 10 am.

If you would like to participate please send your email address to Julia O'Leary at [juliaoleary021@gmail.com](mailto:juliaoleary021@gmail.com) or Whatsapp Julia on 076 904 7632 to receive the link.



James Dyson

### MENTAL HEALTH

SCETT will host 9 lectures in a running course on mental health from 27 June to 2 July:

**Saturday 27 June** 10am to 12.30pm

**29, 30 June** and **1 July** 2 lectures per day:

9.30am to 11am | 4 30pm to 6pm

**2 July:** 9.30am to 10.45am | 1 1.15am to 12.30pm

Dr. James Dyson will also present lectures in person on **26 & 28 June** at Sophia House hosted by the Anthroposophic Society. Contact: Caroline Hurner for details: [Coordinator@aswc.org.za](mailto:Coordinator@aswc.org.za)

VENUE: Sophia House, 18 Firfield Rd, Plumstead | R100 per lecture

For enquiries & bookings please contact Julia O'Leary: 076 904 7632

[Juliaoleary021@gmail.com](mailto:Juliaoleary021@gmail.com)

Invitation to the annual  
**Biodynamic Prep Making**

**demeter**

at Bloublommetjieskloof Demeter Farm in Wellington

*11<sup>th</sup> April*



We start at 9am for some learning, some hard work,  
some conversation and a celebratory biodynamic meal.

**Cost R250 pp. (Demeter PGS members free)**



**Book at [wendy@bloublommetjieskloof.com](mailto:wendy@bloublommetjieskloof.com)  
or whatsapp 083 2263125**



# Listening Practitioner's Circle

Did you know that the inner place where you listen from can change the quality of relationships? Learn to apply the Theory U **Four Levels of Listening** in a series of practice sessions.

We engage in

- awareness-based practices
- embodying, journalling, and discussion
- holding space for empathic and generative listening.

I provide guidelines + worksheets

## **Circle 2 of 2026**

*Wednesdays*  
*15 April to 27 May*

18.45 to 20.45

7 x 2-hour weekly sessions

Fee: R1 260

Contact me if you want to discuss payment plans

Sophia House Group Room  
18 Firfield Road  
Plumstead, Cape Town



**Cobie Roelvert**

[www.cobieroelvert.co.za](http://www.cobieroelvert.co.za)

*With acknowledgement to the  
Presencing Institute*

*What change do YOU want to bring about?*



Southern  
Cross  
Eurythmy Therapy  
Training

SCETT is delighted to host a lecture and public presentation by  
Norman Kingeter and Rob Schapink.

## MOVEMENT AS MEDICINE



Norman Kingeter

Both are Eurythmy therapists from Arlesheim Clinic. They have studied the archives of Rudolf Steiner and Ita Wegman, researching case studies and indications of Eurythmy Therapy given by Rudolf Steiner from 1921 to 1924. Their book, "Rudolf Steiner's Indications for Eurythmy Therapy – Medical Case Histories from Arlesheim and Stuttgart" is being translated from German into English.



Rob Schapink

### LECTURE

Open to all interested in how sound and movement can become a healing tool:

**DATE & TIME:** 15th April 2026 at 7pm

**VENUE:** Sophia House, 18 Firfield Road, Plumstead

**FEE:** Donation at the door

### WORKSHOP

To all Eurythmists, Eurythmy students, Physicians and Eurythmy Therapists:

Norman and Rob will give a Workshop from their experience of the sequences given in the case studies. The aim of the course is to find the etheric principles in these sound sequences and to enable Eurythmy Therapists to compose individual sound sequences for the patient.

**DATES & TIMES:** Friday 17th April: 6pm to 8.30

Saturday 18th: 9am to 5 pm (bring and share lunch)

Sunday 19th: 9am to 12.30

**VENUE:** Studio Quella, Noordhoek (directions on booking)

**FEE:** R400

For any queries and to register for this workshop, please contact:

Julia O'Leary | 076 904 7632

juliaoleary021@gmail.com

or Liz Smith | 083 285 3777 | liz@quella.co.za

ONLINE EVENTS



Zoom Workshop

How to Use the

**BIODYNAMIC  
PLANTING CALENDAR**

Thursday, 26 March | 6:00 PM | Live on Zoom

**This workshop will focus mainly on the practical use of the calendar.**

Please register with this link:  
<https://us02web.zoom.us/meeting/register/v81z8152TJaIXR7VqD7xRQ>

Please [Click Here](#) to register

**PARZIVAL AND OUR PATH TO THE FUTURE** - with Douglas Miller, Friday 27 March at 9.00pm SA time. Wolfram von Eschenbach's epic poem *Parzival* points to a future that is in our hands. What path does it lay out for realizing a future that is both spiritually viable and in keeping with humanity's capacity for freedom? Douglas is a retired professor of German at the University of Michigan-Flint in the United States; his research, publication, and lecturing has focused on Goethe's accomplishments as a scientist and writer, as well as on the history and meaning of Rudolf Steiner and anthroposophy. Event hosted by the London Branch. Join Zoom Meeting <https://us02web.zoom.us/j/82632129836?pwd=SDZ3d0kxWk0wNU1uUzN5OStBZmN6QT09> Meeting ID: 826 3212 9836 Passcode: 755359

**A FUTURE OF MUSIC? – ELABORATIONS ON A STEINERIAN PERSPECTIVE** -a series of online talks by Stefan Pohlit, Ph.D., (Germany) on Saturdays: 28 March at 8.15pm (SA time) and April 11 and 25 at 7.15pm. (SA time)

**Part 1, 28 March:** introduces the foundations of music theory in ancient arithmetic traditions, including the quite astounding depth of harmonic symbolism in sacred writings, such as the Old Testament.

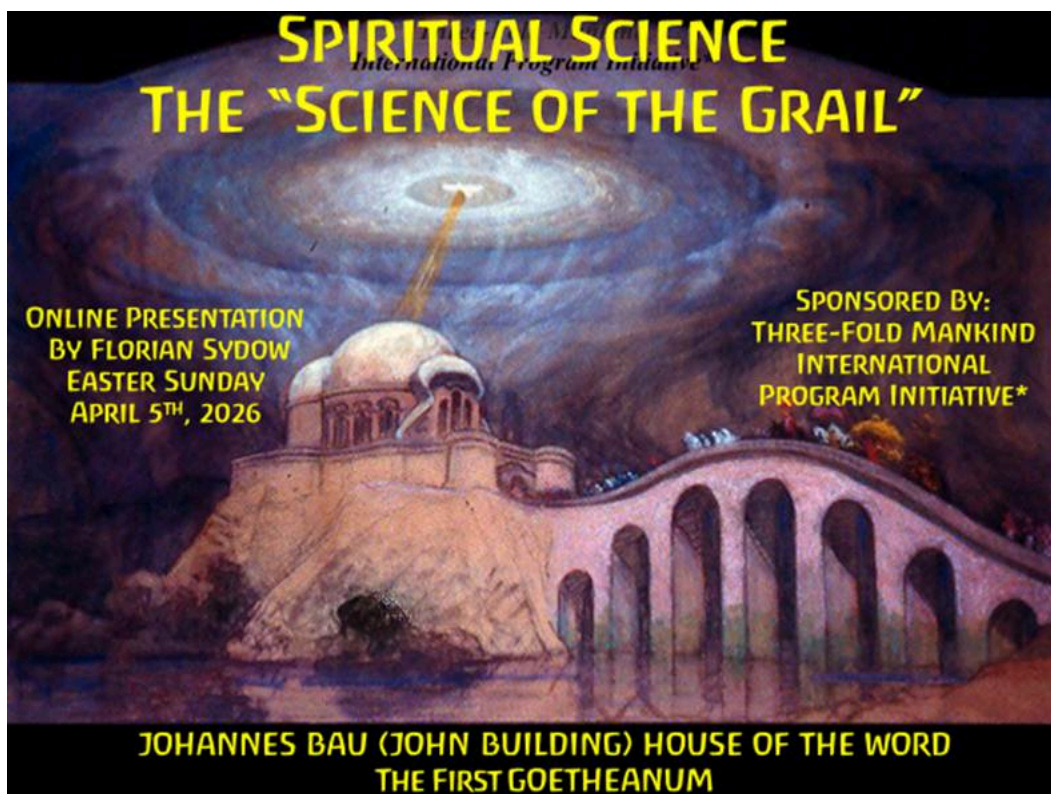
**Part 2, 11 April:** offers a brief outlook on Western music across from Pythagorean

methodology, by considering Steiner's specifications on music.

**Part 3, 25 April:** will deepen the comprehension of musical intervals in workshop format, by testing Ruland's speculative tone cycles and examples from Peter-Michael Riehm's as well as from my own work. (The German Waldorf teacher and professor Peter-Michael Riehm (1947-2007) described the history of music as an expression of maturing consciousness. It is the argument of this presentation that latent shifts continue to operate in our tone perception, opening "higher" dimensions in harmonic space. While the modern "split" between commercial and intellectual music can be identified as an Ahrimanic-Luciferic polarity, faculties that re-spiritualize music point towards a "middle", Christianic path.)

**Stefan Pohlit** (Ph. D.) is a composer, music theorist, and author. A student of the German educator Peter-Michael Riehm, he has developed a distinct approach to music based on anthroposphic principles. Pioneering his holistic practice of extended harmony, his works have been performed by world-class ensembles and orchestras. As an expert of Middle-Eastern music he lived in Turkey between 2007 and 2018. In 2021, he published his first novel, "Münzevi Adası", in Istanbul .

Lectures are free, but a \$15 suggested donation per presentation or \$40 for all three. To make your payment, please, follow the link to [DONATE](https://us06web.zoom.us/j/87231595140) Join Zoom Meeting <https://us06web.zoom.us/j/87231595140> Meeting ID: 872 3159 5140 Hosted by Three-Fold Mankind is an independent Chicago based initiative



This online event on Easter Sunday will be at 9pm SA time. In An Outline of Esoteric Science, Rudolf Steiner states: "... the highest imaginable ideal of human evolution results from Grail knowledge—that is, the spiritualization achieved through our own

work..."

This presentation is the first in a series that Florian Sydow will offer on this significant theme, which may be understood as a quest for the Holy Grail. According to Rudolf Steiner "The human being of modern times carries this dual nature within himself— aspiring Parzival and wounded Amfortas; this must be felt as an experience of self-knowledge." This esoteric drama which will continue to grow in contemporary and future relevance calls upon us to awaken to our higher destiny. This event is hosted by Three-Fold Mankind an independent Chicago based initiative. There is a suggested donation of \$15. To make your payment, please, follow the link [DONATE](#) Join Zoom Meeting

<https://us06web.zoom.us/j/83533676065>

Meeting ID: 835 3367 6065

**ONLINE CONFERENCE OF THE THEOSOPHICAL SOCIETY - Comparative**

**Diabology and the Iran war** on Sunday 5 April at 10:00 PM SA time. Join Zoom Meeting <https://us02web.zoom.us/j/86709358206> [OPEN HERE](#) for full programme of the conference and [OPEN HERE](#) to read of the THEOSOPHICAL PEACE PROPOSAL FOR ENDING THE UKRAINE–RUSSIA WAR AND THE MIDDLE EAST WARS.

**SIX LECTURES ON ITA WEGMAN**- livestreamed in English by Peter Selg to mark Ita Wegman's 150th anniversary.

Lecture 1: 8 February 2026, 5pm - Therapeutic Communities

Lecture 2: 5 April 2026, 5 pm - The Heart as Organ for Destiny,

Lecture 3: 28 June 2026, 5 pm - A Cosmic-earthly Path

Lecture 4: 23 August 2026, 5 pm - The Principle of Resistance and Hope

Lecture 5: 25 October 2026, 5 pm - The Principle of Responsibility

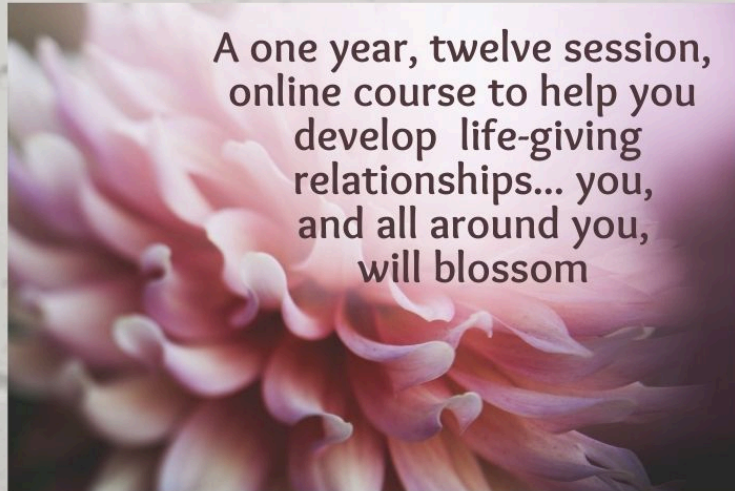
Lecture 6: 13 December 2026, 5pm - Friendship and Citizenship

Suggested donation: EUR 10 per lecture. Individual registration is required for each lecture. REGISTER here: <https://allgemeine-sektion.goetheanum.ch/en/six-lectures-iw>

A recording is provided to all registered participants, allowing those who are unable to attend the live session to view the lecture at a later time.

# How to Love

With Briar Grimley



A one year, twelve session,  
online course to help you  
develop life-giving  
relationships... you,  
and all around you,  
will blossom

You will grow the capacity for unconditional love,  
forgiveness, and emotional steadiness.

Ideal for individuals and collegial work.

**Starts Tuesday 14 April 2026 at 11:00 or 19:00 SAST**

2-hour sessions on 2nd Tuesdays each month, with a conversation  
session on 4th Tuesdays, and 1 buddy session per month

ZAR 5200 Global South residents  
ZAR 3200 McGregor residents  
£380/€450 Global North residents

Reductions available

Separate group sessions  
and prices available

[kallosophiabg@gmail.com](mailto:kallosophiabg@gmail.com)

Based on

Dr Tessabella Lovemore's work  
[www.tessabellalovemore.com](http://www.tessabellalovemore.com)



Dr. Tessabella Lovemore spent 20 years working in schools, teaching children of all abilities and ages. Having undertaken counselling training, she then completed a master's degree in behaviour in schools and coordinated a behaviour-related research project. Subsequently, she trained in Anthroposophical Psychotherapy and attained a PhD for her study of teachers' behaviour in relation to what they say about teaching morality.

It was when Dr. Lovemore was invited to run a course on relationships that she started to realise her personal experience of love—of both receiving and giving it—was largely absent, and that a [practical form of love](#) was needed: one with an enormous capacity for compassion and forgiveness, embracing love for anyone. She feels that she still benefits from the exercises she developed through numerous courses and that there

may be a fitting irony in how her married name, Lovemore, now sits better than it once did.

***BECOMING AWARE OF THE ETHERIC – MysTech’s 10th Annual Conference.***

August 6 – 9, 2026 Online Worldwide, all sessions will be recorded and available for those in different time zones or with scheduling conflicts. The aim of the conference is to gain fresh insights into the mysteries of technology from the perspective of spiritual science, presented through the original research of our distinguished speakers. You will also deepen your appreciation for social threefolding, biodynamics, eurythmy, and more – and discover how these approaches and ways of thinking can empower us to meet the challenges of the modern age. Early Bird Registration: [Click Here](#)

NEWSLETTERS, ARTICLES, RECORDINGS

***SLEEP ON IT! AWAKENING TO THE IMPORTANCE OF SLEEP IN EDUCATION– AND IN LIFE*** - a recorded talk by Douglas Gerwin hosted by FRAC From mainstream empirical studies, we know how much of our growing, our healing, and (according to recent research) our learning we undertake not during the waking day but while we are sleeping. At the same time, we see today an alarming decline in the amount--and, perhaps more importantly, the quality--of sleep. Perhaps unique among educational approaches, Waldorf education embraces the full circadian cycle of waking and sleeping. We will examine sleeping activity at three levels--physiological, psychological, and spiritual--and relate them to Waldorf school practices. As part of this investigation, we will explore specific steps to improving the quality and the rewards of the pedagogical night shift. After all, in the final analysis, Waldorf schools are night schools! [OPEN HERE](#) for the recording.

***PATH TO HEALTH NEWSLETTER*** – March’s message from Dr Raoul Goldberg on Empowerment and the remedy Ashwagandha. [OPEN HERE](#)

# THE BIODYNAMIC HARVEST HUB

FRESH BIODYNAMIC PRODUCE DELIVERED TO YOUR DOOR



**demeter** is the trademark for certified biodynamic product

Contact Thomas: 078 472 8264 [harvesthub@ibits.co.za](mailto:harvesthub@ibits.co.za)  
to receive our weekly availability lists

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Does anybody have a wheelbarrow in good condition that they could donate to the ASWC Society?

Please let us know either by replying to this email or phoning 071 323 3479



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The Anthroposophical Society in the Western Cape  
Sophia House, 18 Firfield Road, Plumstead  
Cape Town, Western Cape 7800  
South Africa

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