

[Test] The Latest Events Sheet from the ASWC

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

Date Wed 2025-12-10 12:35 PM

To Librarian <info@aswc.org.za>



WISHING YOU JOY, PEACE, AND RENEWAL

As 2025 draws to a close, we offer our deep gratitude to all within this community for travelling this past year with us and we look forward with hope to our coming collective journey.

Christmas

If, as Herod, we fill our lives with things,  
and again with things.

If we consider ourselves so unimportant  
that we must fill every moment of our lives with action,  
when will we have the time to make the long,  
slow journey across the desert as did the  
Magi?

Or sit and watch the stars as did the  
shepherds?

Or brood over the coming of the Child as did  
Mary?

For each one of us, there is a desert to travel.  
A star to discover.

And a being within ourselves to bring to life.

*anonymous*

A light blue rectangular button with rounded corners and a thin grey border. The text "ASWC EVENTS" is centered in a dark blue, sans-serif font.

ASWC EVENTS



CELEBRATING  
*Marion Penfold*  
AT HER 90TH BIRTHDAY PARTY



Please join us  
*at Sophia House*

18 Firfield Road  
Plumstead

SUNDAY  
**14 December**  
**2025**  
15h00 - 17h30

*Bring along a beautifully presented  
sweet or savoury treat to share at the  
High Tea table as we joyfully celebrate  
Marion - beloved teacher, storyteller,  
life-long explorer, wise elder, friend,  
mentor, joyful adventurer.*

**CURRENT AFFAIRS CAFE** - will meet **TODAY** Wednesday 10 December at 4.30 in the library at Sophia House, for our last meeting of the year. We would like to suggest as a topic to look at how Anthroposophy is now making a prominent appearance in popular media, for example in the work of Gigi Young. She is an ex 'fashion model' and a 'psychic development 'counsellor' who has her own YouTube channel where she talks about current affairs in the light of Anthroposophy. She is reaching a very wide audience with Steiner's ideas: it would be interesting to look at some of her videos and have a discussion about what she is doing. Several big names in the popular media (notably Russell Brand) are now starting to talk about Lucifer, Ahriman and the Azuras as a result of her work.

**LOCAL MEMBERS MEETING** - we will convene again next year on Sunday 25 January

at 5pm in the library at Sophia House. Uncovering the deep wisdom held within verse 17 of the Soul Calendar. ALL WELCOME.

### How Culture meets Spirituality

A Firebird, the Grail and seeds for a Southern Future.

Wherever man voyages  
Be sure that he will find  
Symbols and images  
Of what he left behind.  
Under the Southern Cross  
The flying fish whirr and dip;  
The moonlight waters toss  
Argus the southern ship.  
The shy chameleon hides;  
The Centaur Phoenix glides  
Up through the reborn sky.

-From R.N., Southern Stars

**All are welcome**

Presentation by Shelani van Niekerk  
Date: Friday 16 January 2026  
Time : 18:30 - 20:00  
Place : The Sophia House, Plumstead

Cost:  
Donation

### Where have we been? Where are we going?

You are invited to a presentation of story, image and inquiry, inspired by the exploration of *The Grailstone in Africa and the Search for Prester John* by Heleen de Villiers, looking into the question of how culture meets spirituality. This inquiry presented a unique opportunity to research the weaving of South Africa's shared life in the past and the inner striving of individual human beings in the present, taking into consideration ancient images such as the Firebird of Arabia, to African cultural myth and the Grail mystery of the west; pre-Christian, ancient spiritual foreshadowing to future spiritual realities.

How might this inform the shaping of an evolving culture in our time?

Out of the imagination of the Firebird and the Grail, we cultivate a shared space in inquiry and companionship where you are invited to consciously work with the element of fire as an earthly expression of inner warmth, light, enthusiasm, transformation and will.

Fire can represent many things: from the body's heat and metabolism, to the fire of creativity and courage; it can be destruction, purification or renewal.

This workshop invites you to bring your own connection to fire and explore it through the creative sphere of shaping a firebird out of clay, participating in a fire-lighting ceremony (offering something you have created in the workshop), returning to an ancient practice of gathering around the fire listening to a story, witnessing a fire performance, and finally lighting a palm candle and being guided into movement with your fire.

### Warmth and Light

An evening experience with fire

"I want with Cosmic Spirit  
To enthuse each Human Being  
That a Flame they may become  
And fiery will unfold  
The Essence of their Being"  
-Rudolf Steiner

Workshop  
Date: Saturday, 17 January 2026  
Time : 17:00 - 21:00  
Place : Sophia House, Plumstead

Bring an object that represents your connection to fire.

An offering facilitated and held together by Shelani van Niekerk and Liesl Haasbroek  
For any queries whatsapp +27730494471 or Call +27615126622



## A KARMA DRAMA WEEKEND

### Mike Chase at Sophia House

30<sup>th</sup> January to - 1<sup>st</sup> February 2026



Exploring Karmic Journeying and  
Kamalok

**The Workshop includes Karmic Journeying** developed by Jostein Saether.

This is a richly imaginative exercise that supports the karmic question of the researcher in finding an answer. Working with the imagination of the spiritual hut, described by Rudolf Steiner in *Knowledge of the Higher worlds*, this process invites one to develop a rich imaginative relationship with one's angel. By asking the Angel for support to find the answer, a journey is undertaken, initially through moral imagination, and then intuitively, across the threshold to the time and place where the answer lies.

In addition, **Karmaloka Drama**, developed by Mike, is an embodied interactive process enabling the karma researcher to process and digest past-life traumas, doubles and personalities. This process using masks and psychodramatic action methods, helps work with unconscious pasts of oneself by exploring what the past is asking one to transform for the future. **Workshop:**

Friday 30 January 2026, 6pm to 9pm

Saturday 31<sup>st</sup> January 9am to 6pm with a bring and share lunch.

Sunday 1st February, 9am to 1 pm

**Costs:** SAR 2000 bursaries available. **Bookings** via [info@aswc.org.za](mailto:info@aswc.org.za)

**Venue:** Sophia House 18 Firfield rd. Plumstead.

#### Book Launch:

***Karma Drama, Karma and Past-Life Research Methods Inspired by Spiritual Science.***

Mike Chase's new book will be launched in Cape Town, on **Thursday 29 January 18:30 – 20:30**

The evening will include a talk, and demonstration, followed by several preparation exercises for Rudolf Steiner's Four-day Karma Exercise. The results of this exercise will be explored on the Sunday morning during the workshop. (Other options will be available to support those not attending the workshop).



**The library and office will close at 12pm on December 12th  
and reopens on Tuesday 13th January 2026.**

OTHER EVENTS



# Generative Coaching Conversation

*I hold an open, heartfelt space where you bring a challenge or issue that is important to you. In this safe, shared space, through deep listening, stillness, and a generative conversation, you gain access to your inner knowing and the innate wisdom of your future potential Self.*

**In person:** 60-75 minutes

*(in Plumstead, Cape Town, or your home / office)*

Per session: R550

OR

**Online:** 60-75 minutes

Per session: R550 / €35 / \$40 / £30

*Book one session, or a series of sessions according to your needs. A tailored payment package can be arranged.*

*With acknowledgement to the Presencing Institute.*

**Call or WhatsApp to find out more, or to book:  
074 030 5251**



**Cobie Roelvert**

BA Dance (Eurythmy)  
Levels of Listening (Presencing Institute)  
Leading from the Emerging Future (MIT Learn)

*I have led public eurythmy classes for 20+ years and am a eurythmy lecturer and mentor. I facilitate the "How to Love" course since 2023 and have held "Listening Practice" circles and courses since 2020. I work extensively with presencing methods and tools.*



**What gift do YOU bring as a human being?**



# Inner Leadership through Art

**"In this time, more than ever-  
our inner compass  
to navigate our way, is critical"**

**Discover inner strengths and  
understanding to empower yourself  
and enhance your relationships**

An introduction to the Seven  
Steps of Spiritual Development based on  
Margarete van den Brink's book  
Transforming People and Organisations

**No art experience required**

Working with colour, painting, clay, charcoal, collage, creative writing and deep listening exercises you will access your own wisdom, strength and inner leadership qualities.

**2026 Thursdays 18.00-21.00**  
**Feb 26. March 5,12,19,25.**  
**April 16,23. May 7,14.**  
**Held at CCE Plumstead**

**Course fee**  
**R3800**

(Includes all materials and teas)

**Contact [bridgingpolarities@gmail.com](mailto:bridgingpolarities@gmail.com)**  
**[www.bridgingpolarities.co.za](http://www.bridgingpolarities.co.za)**

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## ONLINE EVENTS

**REFINED BREATHING - WHY WE NEED IT NOW** - zoom presentation by Andrew Linnell on Friday 5th December at 9 pm SA time. Breathing is a feature of all living beings. Before we became upright human beings, what did we breathe? What will we inhale and exhale in the future? How far away is that future? We will explore what Rudolf Steiner called "Refined Breathing" and the yoga of the near future. Andrew is a co-founder of MysTech, an Anthroposophical organization seeking to realise Rudolf Steiner's indications on Mechanical Occultism. He serves as president of the Boston branch of the Anthroposophical Society. This talk is hosted by the London Branch. Zoom link:

<https://us02web.zoom.us/j/82632129836?pwd=SDZ3d0kxWk0wNU1uUzN5OStBZmN6QT09>

Meeting ID: 826 3212 9836

Passcode: 755359

**MEETING ON THE CONSTITUTION QUESTION** - 12 - 14 December at the Goetheanum. To register for the livestream where an English translation is planned, please use the following link:

<https://goetheanum-ch.zoom.us/meeting/register/DZYZjIbRRoOyJgSpBEVDEg>

**100 YEARS RUDOLF STEINER CONFERENCE** - December 15 and 16, attendance is possible online. Harvard's Program for the Evolution of Spirituality is delighted to host this special conference marking the centennial of the death of spiritual teacher Rudolf Steiner. The conference will be held at Harvard Divinity School . [Register for the 100 Years Rudolf Steiner Conference below.](#)

<https://pes.hds.harvard.edu/steinerconference>

**JOIN THE ANTHROPOSOPHICAL SOCIETY IN AMERICA - in preparation and during the Holy Nights.**

December 21 *Winter Solstice Address* with Mary Stewart Adams

December 22, 23, 24 with Andrew Wolpert. In these three one-hour-long presentations, and anticipating a fourth at Easter 2026, Andrew will invite us to accompany Raphael on his journey from the childhood of Jesus, through the Incarnation, to the affirmation of the Resurrection of Christ. Beginning at Christmas, this series will lead us to Easter and coincide with the opening of the exhibition of Raphael's work at the Metropolitan Museum of Art next year.

December 25-January 4 *Daily Contemplations* led by community members

In addition to the daily, 15-minute contemplations, we will host:

January 5 *12th Night offering* by Bruce Donehower: Under the Sign of the Mother: Raphael-Novalis

January 6, 2026 *Epiphany Address on the Theme for the Year Ahead* with Mary Stewart Adams

**All events happen at 6pm SA time and recordings are available . [REGISTER HERE](#)**

**THE FOURTH PART OF THE FOUNDATION STONE VERSE** - an online conversation with Michael Merle on Mondays 29 December & 5 January 2026 at 19h00. Contact John-Peter Gernaat at [hello@anthroposophy.joburg](mailto:hello@anthroposophy.joburg) to receive the ZOOM link.

**KUFUNDA VILLAGE**- an eco-village in Zimbabwe  
Kufunda Village is offering three events in 2026.



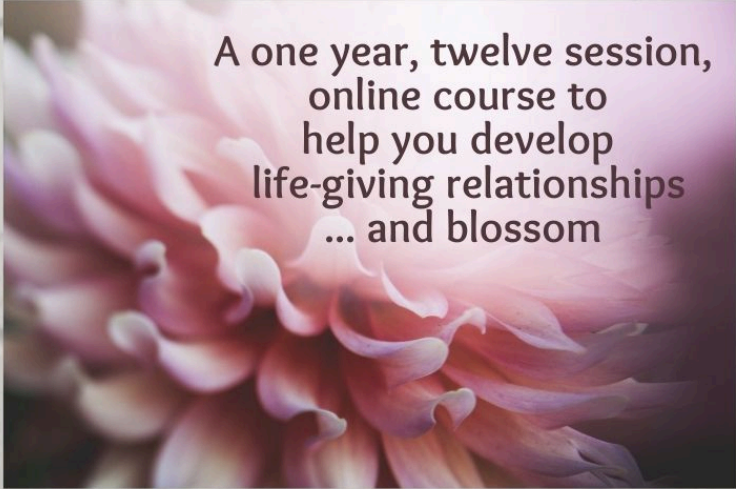
Art of Learning Village Gathering, January 2026

A Return to the Unbroken - A Threshold Retreat, January 2026

Pathways: The Future is a Verb - International Youth Gathering, August 2026 [Open here](#)

# How to Love

*With Briar Grimley*




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

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

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

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



NEWSLETTERS, ARTICLES, RECORDINGS

## **NEWSLETTER OF THE ANTHROPOSOPHICAL SOCIETY IN GREAT BRITAIN-**

Christmas 2025 [Open here](#)

**REFINING BREATHING - WHY WE NEED IT NOW** - recording of the talk by Andrew Linnel hosted by the London Branch last week. [Open here](#)

**LIVING NATURE OF THE WORD** - recording available of Geoff Norris' talk which includes: The origin of language as an inspired, creative force; The potential of speech as a **moral and healing power**; How we can experience the breath of creation within the spoken word itself. Hosted by MysTech. [Open here](#)

**MEDICAL SECTION NEWSLETTER** [Open here](#)

**YOUTH SECTION NEWSLETTER** - [Open here](#)

**GREETINGS FROM KUFUNDA VILLAGE** - a video made of the village by two Danish volunteers  
[Open here](#)

**RECORDING OF EXPERIENCES AT THE GIFTS OF AFRICA CONFERENCE** - the first Anthroposophical youth gathering in Africa. An interview with Jed, Shelani, Khalil, and Stacieva, exploring their experiences and the significance of young people coming together in spirit across the continent. You can find the video via this link to the OASA platform [Open here](#)

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**Our mailing address is:**

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