



**'May Human Beings Hear It':  
An Online  
Holy Nights Gathering  
2019-2020**



**Welcome**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**1st Holy Night:  
Tuesday 24 December 2019**

## Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times: We must really be ashamed, if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

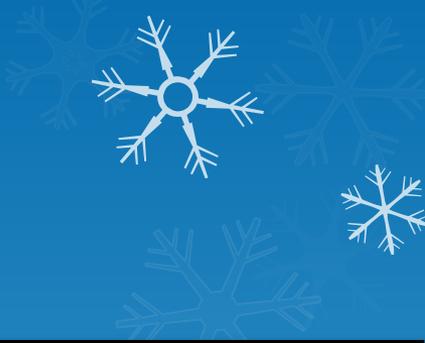
May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

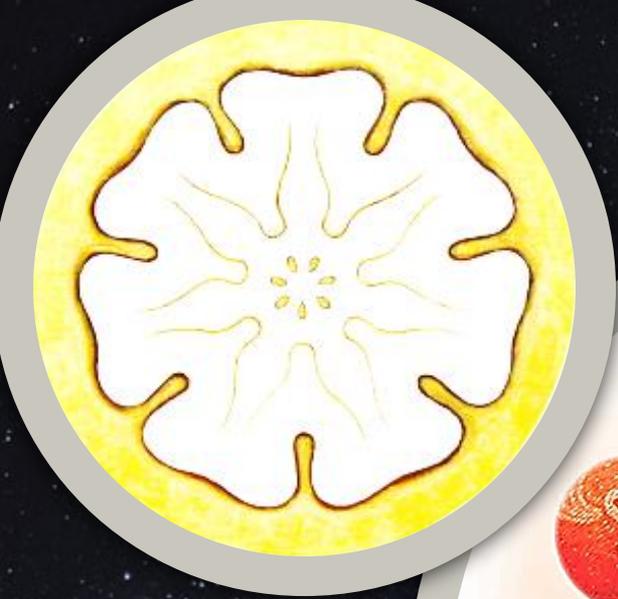
~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





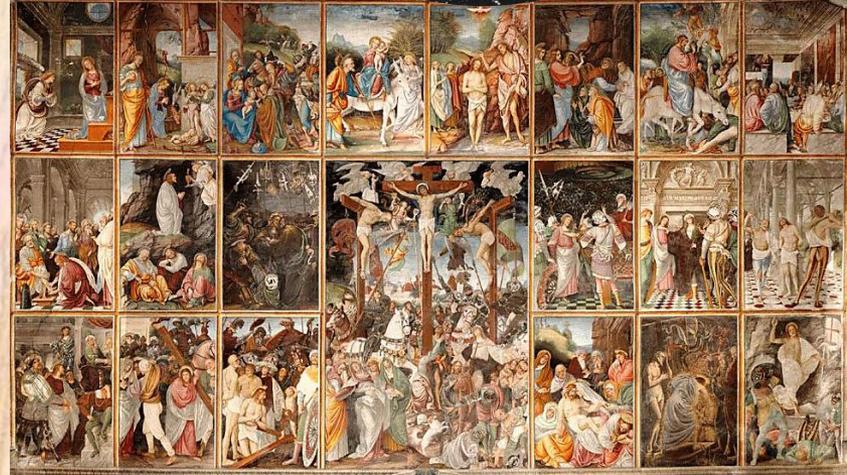
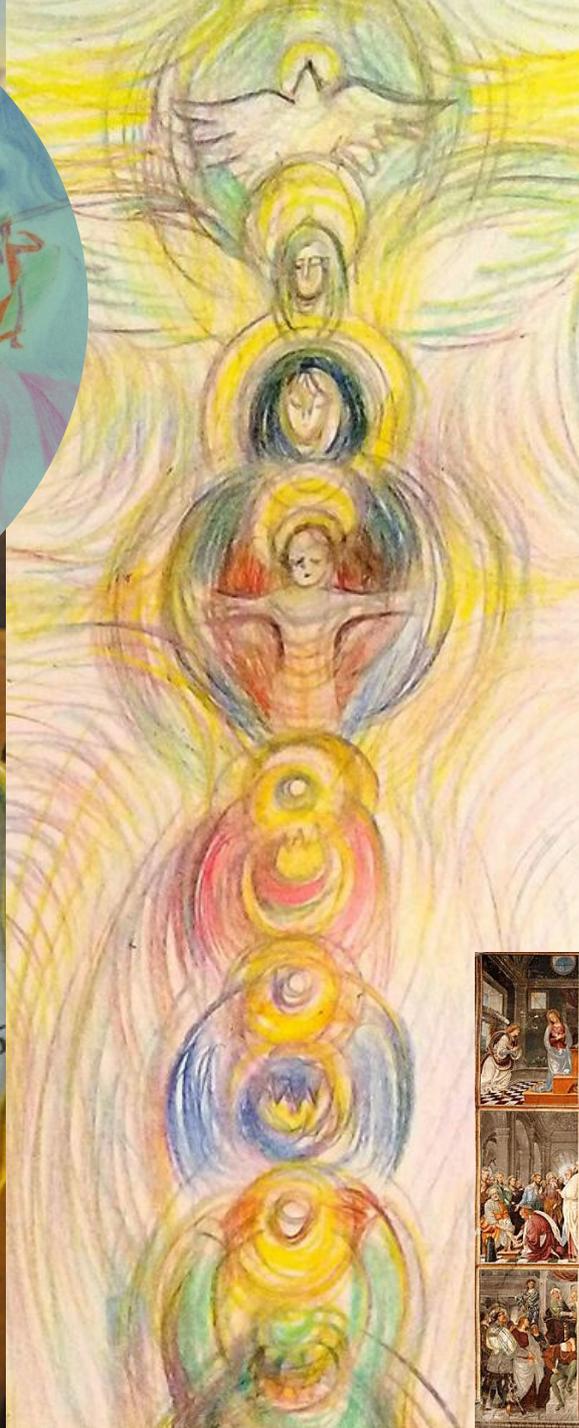
 1	 2	 3	 4
 5	 6	 7	 8
 9	 10	 11	 12

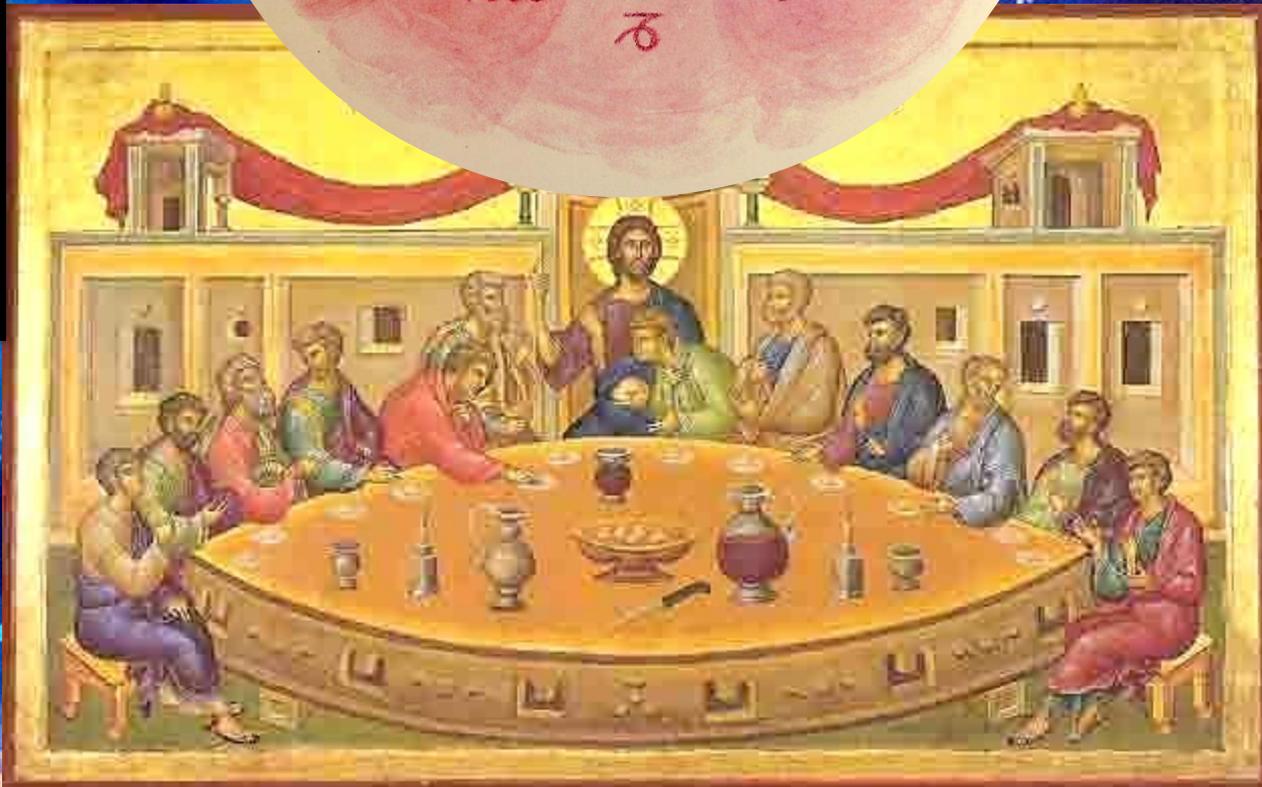
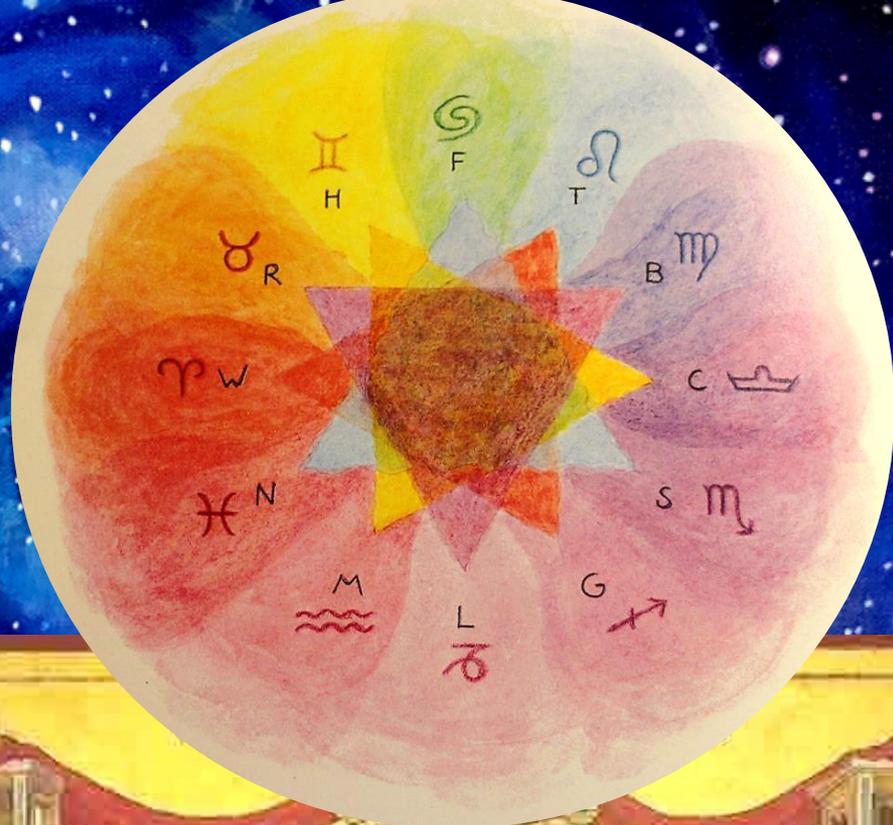
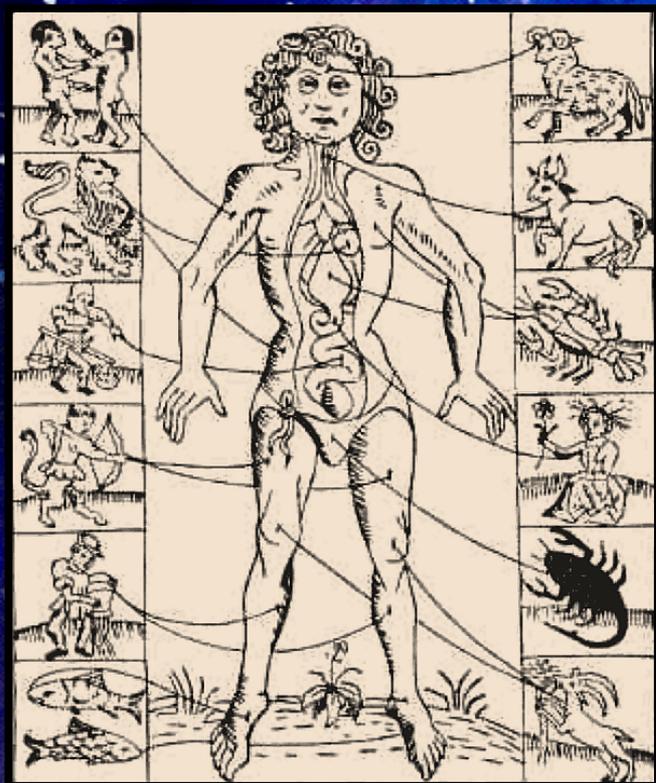












**1st Holy Night:**  
**Tuesday 24 December 2019**  
**Christmas Eve**  
**Adam & Eve's Day**

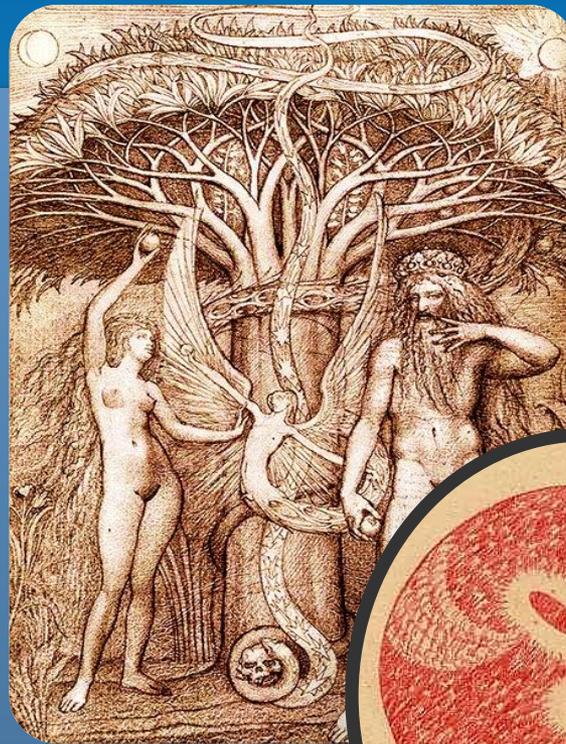
**Constellation of Pisces**  
The 2 Fishes (ruling the feet)

**The Sphere of the Human Being**

Virtue: Magnanimity Becomes Love

Eurythmy Sound: 'N'

Musical Keys: B flat Major / A minor



A Goethean Conversation with:  
Laura, Angela, Hazel





# THE CHRISTMAS CONFERENCE

FOR THE FOUNDATION OF THE  
GENERAL ANTHROPOSOPHICAL  
SOCIETY  
1923/1924

1  
*Uebe Geist-Erinnerung*  
 Denn es waltet der Vater Geist der Kisten  
 In den Welken-Tropfen Sein originäres

2  
*Uebe Geist-Besinnen*  
 Denn es waltet der Christus, will im Wokken  
 In den Welkenzyklon Salen-begrabenet.

3  
*Uebe Geist-Entfalten*  
 Denn es waltet der 3. eisten Weltgedanken  
 In Welkenwachen Licht-erlehenet.

(Königsberg)  
 28. XII 23

RUDOLF STEINER  
 FOREWORD & CONCLUSION BY MARIE STEINER





## The Rhythms of the Foundation Stone Meditation

You will find, my dear friends, that if you pay attention to the inner rhythms that lie in these verses, if you then present these inner rhythms to your soul and perform a suitable meditation within yourself, allowing your thoughts to come to rest upon them, then these sayings can be felt to be the speaking of cosmic secrets in so far as these cosmic secrets are resurrected in the human soul and human self knowledge.

~Rudolf Steiner, Dec. 27, 1923

Tuesday

Du lebest in den Gliedern  
Denn es waltet der Vatergeist der Höhen  
In den Weltentiefen Sein-erzeugend

Du lebest in dem Herzens-Lungenschlage  
Denn es waltet der Chr. Wille im Umkreis  
In den Weltenrhythmen seelenbegnadend

Du lebest im ruhenden Haupte  
Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht erflehend

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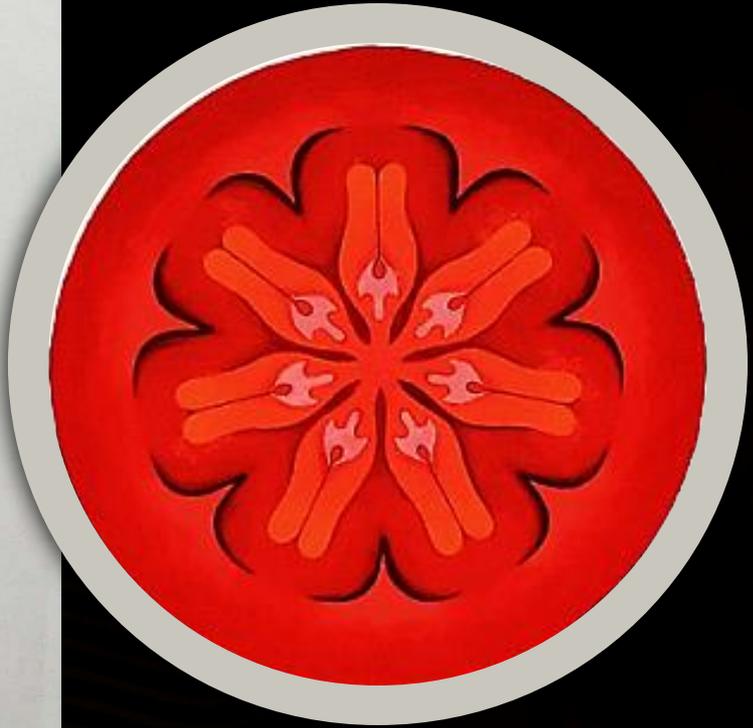
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Du lebest im ruhenden Haupte  
Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht erflehend

You live in the limbs  
For the Father spirit of the heights holds  
sway  
engendering existence in depths of  
worlds

You live within the beat of heart and lung  
For the will of Christ holds sway to  
all horizons  
bestowing grace on souls in rhythms  
of worlds

You live within the resting head  
For the spirit's universal thoughts hold sway,  
beseeching light in being of worlds





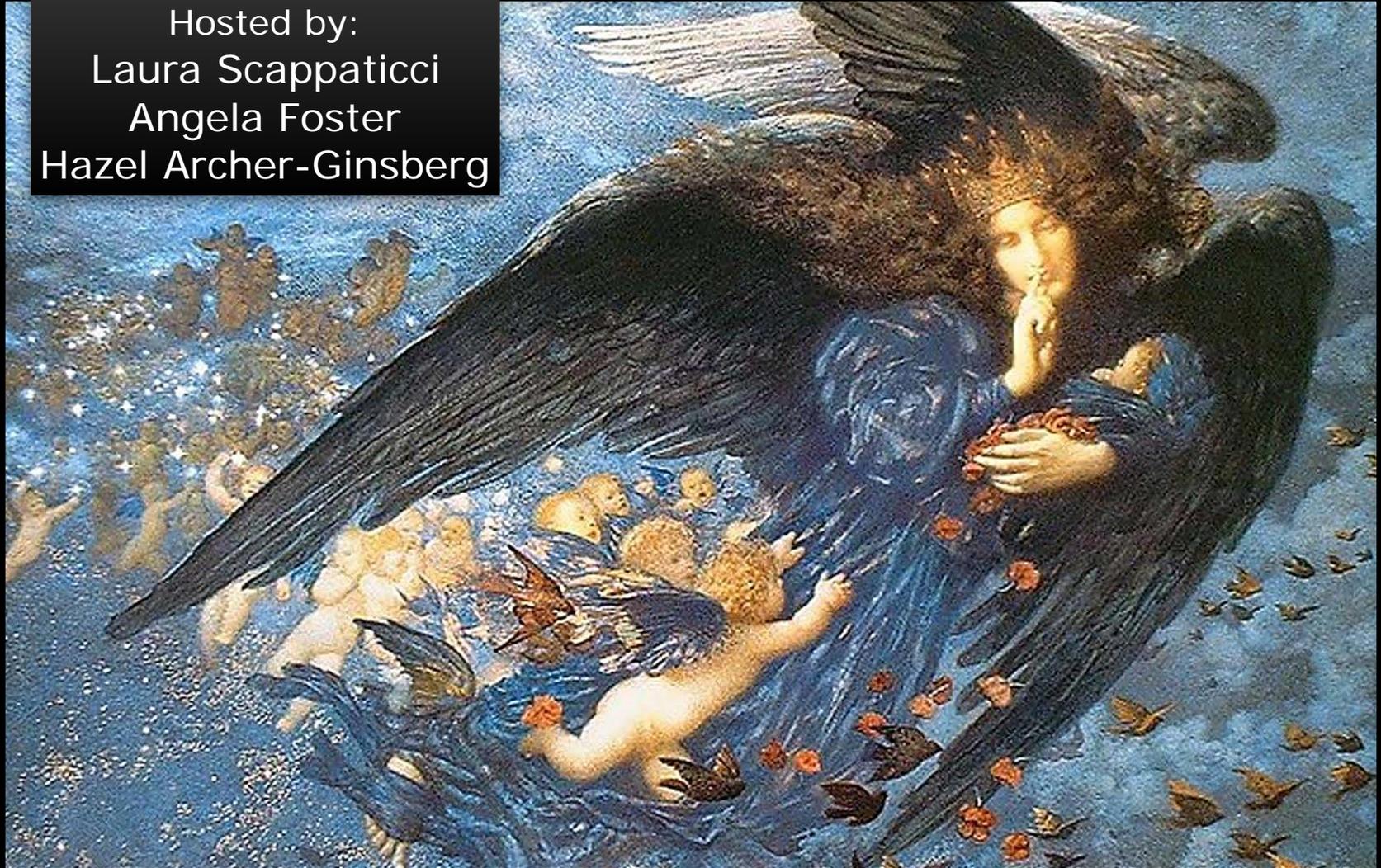
My dear friends, hear it as it resounds in your own hearts!  
Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

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**Merry  
Christmas!**

**2<sup>nd</sup> Holy Night:  
Wednesday 25 December 2019**

## Love

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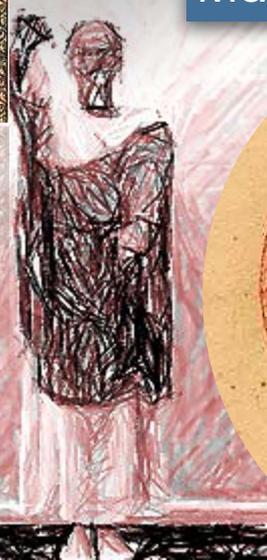
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So that we may truthfully say at all times:  
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if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





**2<sup>nd</sup> Holy Night:**  
**Wednesday 25 December 2019**  
**Christmas Day**  
The Birth of the Luke Jesus

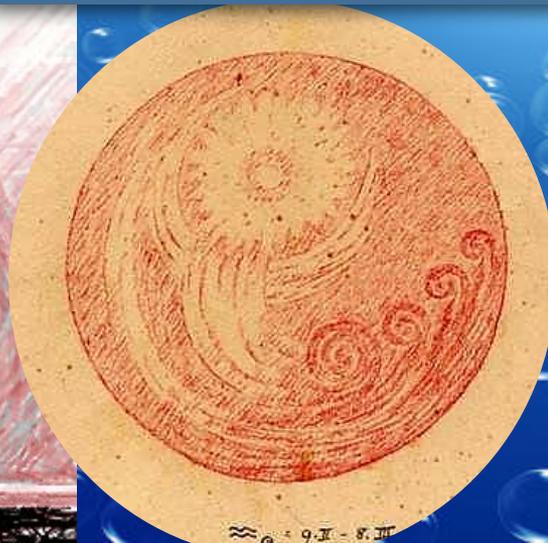
**Constellation of Aquarius,**  
The Water Bearer  
Ruling the calves, & ankles

**The Sphere of the Angeloi**  
also called 'Sons of Life' or 'Sons of Twilight'

Virtue: Discretion becomes the power  
of meditation

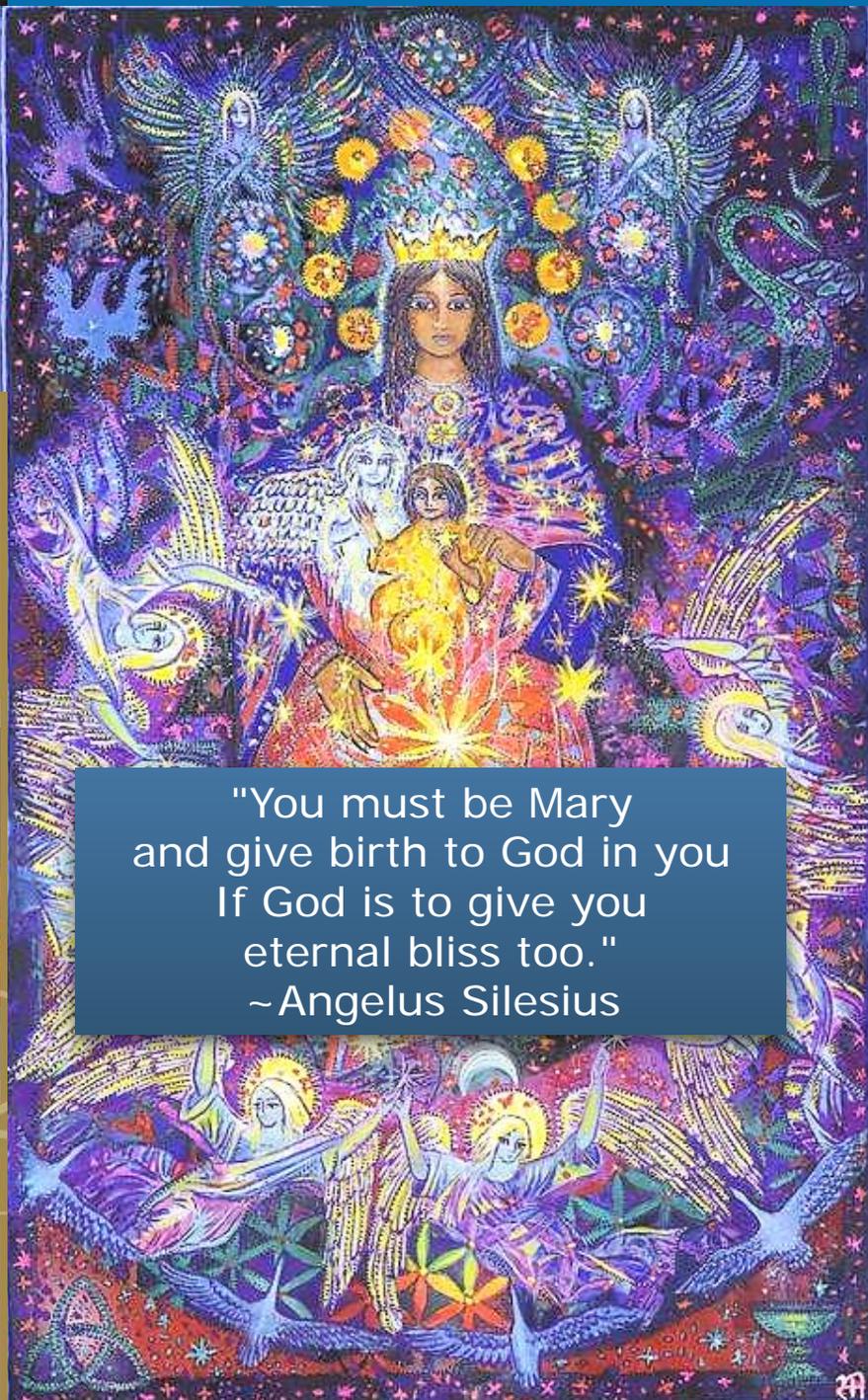
Eurythmy Sound: 'M'

Musical Keys: E flat Major / E minor



Hosted by:  
The Sophia  
Holding Group





"You must be Mary  
and give birth to God in you  
If God is to give you  
eternal bliss too."  
~Angelus Silesius



## The Rhythms of the Foundation Stone Meditation

You will find, my dear friends, that if you pay attention to the inner rhythms that lie in these verses, if you then present these inner rhythms to your soul and perform a suitable meditation within yourself, allowing your thoughts to come to rest upon them, then these sayings can be felt to be the speaking of cosmic secrets in so far as these cosmic secrets are resurrected in the human soul and human self knowledge.

~Rudolf Steiner, Dec. 27, 1923

A suggestion by Rudolf Steiner can be helpful in this endeavor:

*And we find the right way in to such verses that have been heard out of the world Word when we inwardly organize them in our own souls in such a way that they cannot leave us again. And we will be able to thus organize them by first lifting what the rhythm can give us out of what has resounded in this way. I will first write up for you here, my dear friends, a part of what the rhythm can give.<sup>13\*</sup>*

That is the key: to organize<sup>13\*</sup> them in our own souls in such a way that they cannot leave us again. This is why it best to learn the seven rhythms by heart.

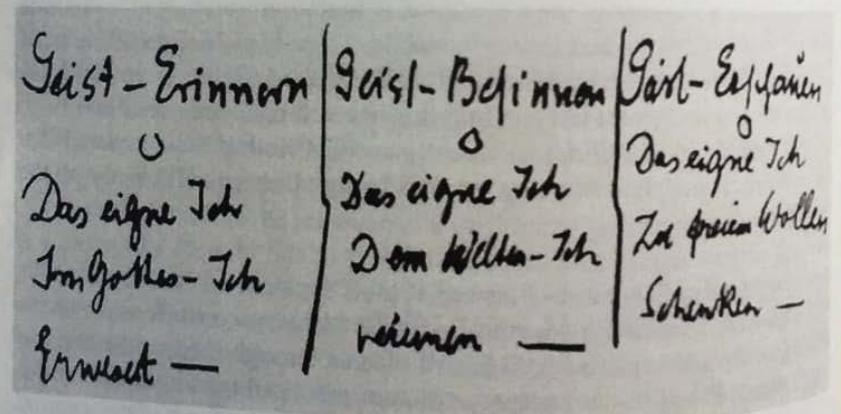
Because these seven meditative verses belong to the exercises which Dr Wegman was also intended to meditate on, they are reproduced here.



PART 4: THE CHRISTMAS FOUNDATION MEETING

Geist-Erinnen ○ Das eigne Ich In Gottes-Ich Erweset -	Geist-Besinnen ○ Das eigne Ich Dem Welten-Ich Vereinen -	Geist-Erschauen ○ Das eigne Ich Zu freiem Wollen Schenken -
Spirit remembering ○ Our own I Gains being Within the I of God -	Spirit awareness ○ Our own I Unite With I of worlds -	Spirit beholding ○ Our own I Bestow For will in freedom -

Wednesday



<sup>13\*</sup> Translator's note: The word Steiner uses is 'gliedern' (structure, organize), but E.Z. suggests here that the word could be read as 'gliedern' (structure, organize), but E.Z. suggests read: 'to inwardly organize' (structure, organize) would then



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

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Angela Foster  
Hazel Archer-Ginsberg

WELCOME

**3<sup>rd</sup> Holy Night:  
Thursday 26 December 2019**



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~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



# 3rd Holy Night: Thursday 26 December 2019

Solar Eclipse, Feast of St. Steven, Kwanzaa, Boxing Day

## Constellation of Capricorn

The Sea-goat

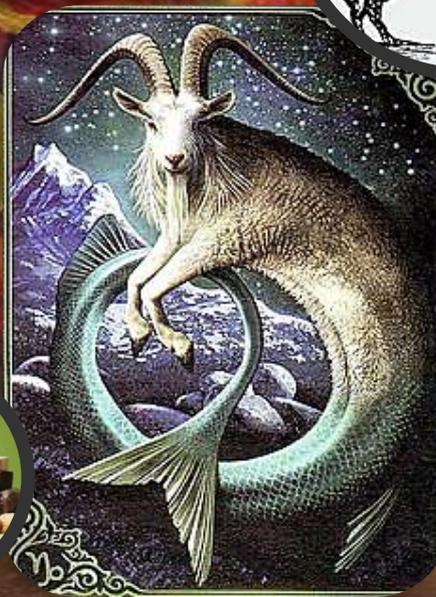
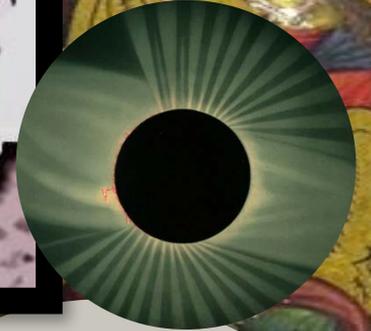
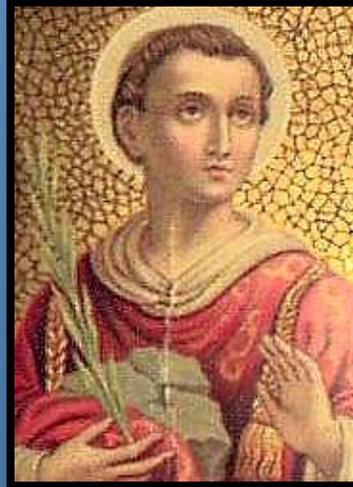
Ruling the knees & bones

## The Sphere of the Archangel, or Fire-Spirits

Virtue: Courage becomes  
the power of redemption

Eurythmy Sound: 'L'

Musical Keys: A flat Major / B minor



Hosted by:  
The Rudolf Steiner Branch,  
Chicago

# CHAOS & THE COEL COETH INCANTATION

~Written by **Hazel Archer-Ginsberg**

Eurythmy: Johanna Rohde, Deborah Rogers, Mary Spalding

Voices: Members of the Rudolf Steiner Branch Chicago



Thursday

Das eigne Ich  
Im Gottes Ich  
erweset

Das eigne Ich  
Dem Welten Ich  
Vereinen

Dem eignen Ich  
Zu freiem Wollen  
schenken

Leben

fühlen

denken

Menschen-Welten Wesen

Menschen Seelen Wirken

Menschen Geistes Gründen



190

Das eigne Ich  
Im Gottes Ich  
erweset  
leben  
Menschen-Welten Wesen

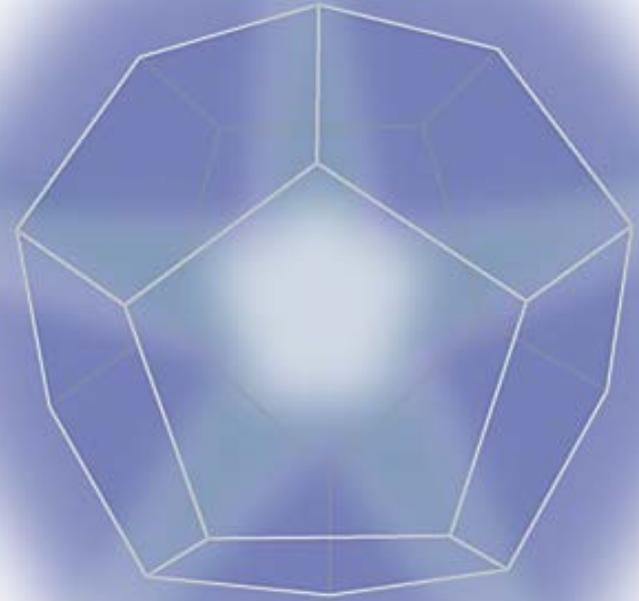
Das eigne Ich  
Dem Welten Ich  
Vereinen  
fühlen  
Menschen Seelen Wirken

Dem eignen Ich  
Zu freiem Wollen  
schenken  
denken  
Menschen Geistes Gründen

Our own I  
Gains being  
Within the I of God  
Live  
Human universal being

Our own I  
Unite  
With I of worlds  
Feel  
Human working of the soul

Our own I  
Bestow  
For will in freedom  
Think  
Human grounds of spirit



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

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**Welcome**



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Laura Scappaticci  
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**4<sup>th</sup> Holy Night:  
Friday 27 December 2019**

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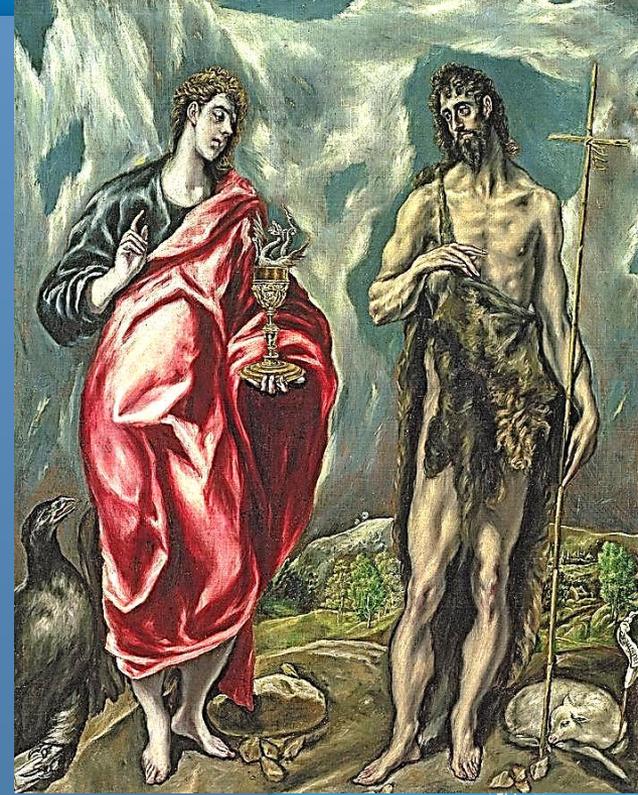
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~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



4th Holy Night:  
Friday 27 December 2019  
Feast of St. John

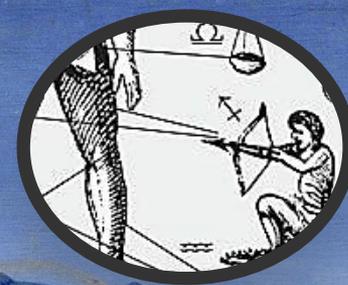
Constellation of Sagittarius (Archer)  
Ruling the hips & thighs

The Sphere of the Archai,  
Principalities, Spirits of Personality

Virtue: Control of speech and thinking becomes  
a feeling for the truth.

Eurythmy Sounds: 'G' and 'K'

Musical Keys: C sharp Major/F sharp minor



Hosted by:  
Mary Stewart Adams



The 3-Fold Mystery of Birth  
During the Holy Nights  
& Its Relation to the Cycle of the Year.

Mary Stewart Adams



1

*Uebe Geist-Erinnern*

*Denn es waltet der Vater Geist der Höhen  
In den Welten-Tiefen Sein erzeugend*

2

*Uebe Geist-Besinnen*

*Denn es waltet der Christus-Wille im Umkreis  
In den Weltenrhythmen Seelen-begnadend*

3

*Uebe Geist-Erschauen*

*Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend*

1

*Practice spirit remembering*

*For the Father spirit of the heights holds sway  
engendering existence in depths of worlds*

2

*Practice spirit awareness*

*For the will of Christ holds sway to all horizons  
bestowing grace on souls in rhythms of worlds*

3

*Practice spirit beholding*

*For the spirit's universal thoughts hold sway,  
beseeching light in being of worlds*

Friday

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Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend.*





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**5<sup>th</sup> Holy Night:  
Saturday 28 December 2019**

**Welcome**



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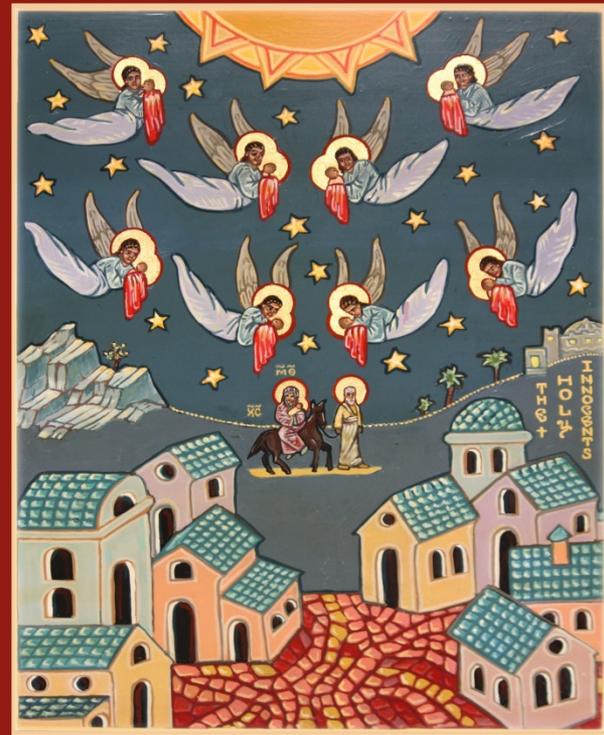
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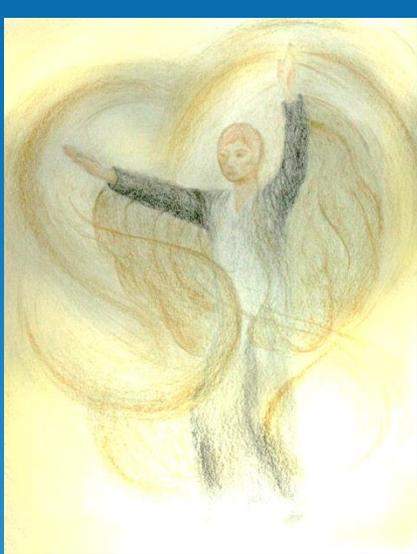
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Rudolf Steiner, Berlin, 24th of December, 1912





**5th Holy Night:**  
**Saturday 28 December 2019**  
 Feast of The Holy Innocents

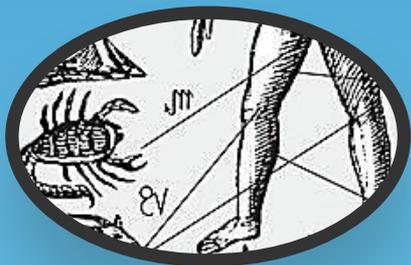
**Constellation of Scorpio** Scorpi  
 Eagle/Dove  
 Ruling the genitals

**The Sphere of the Exusiai,**  
 the 'Elohim', Spirits of Form, Powers

Virtue: Patience becomes understanding

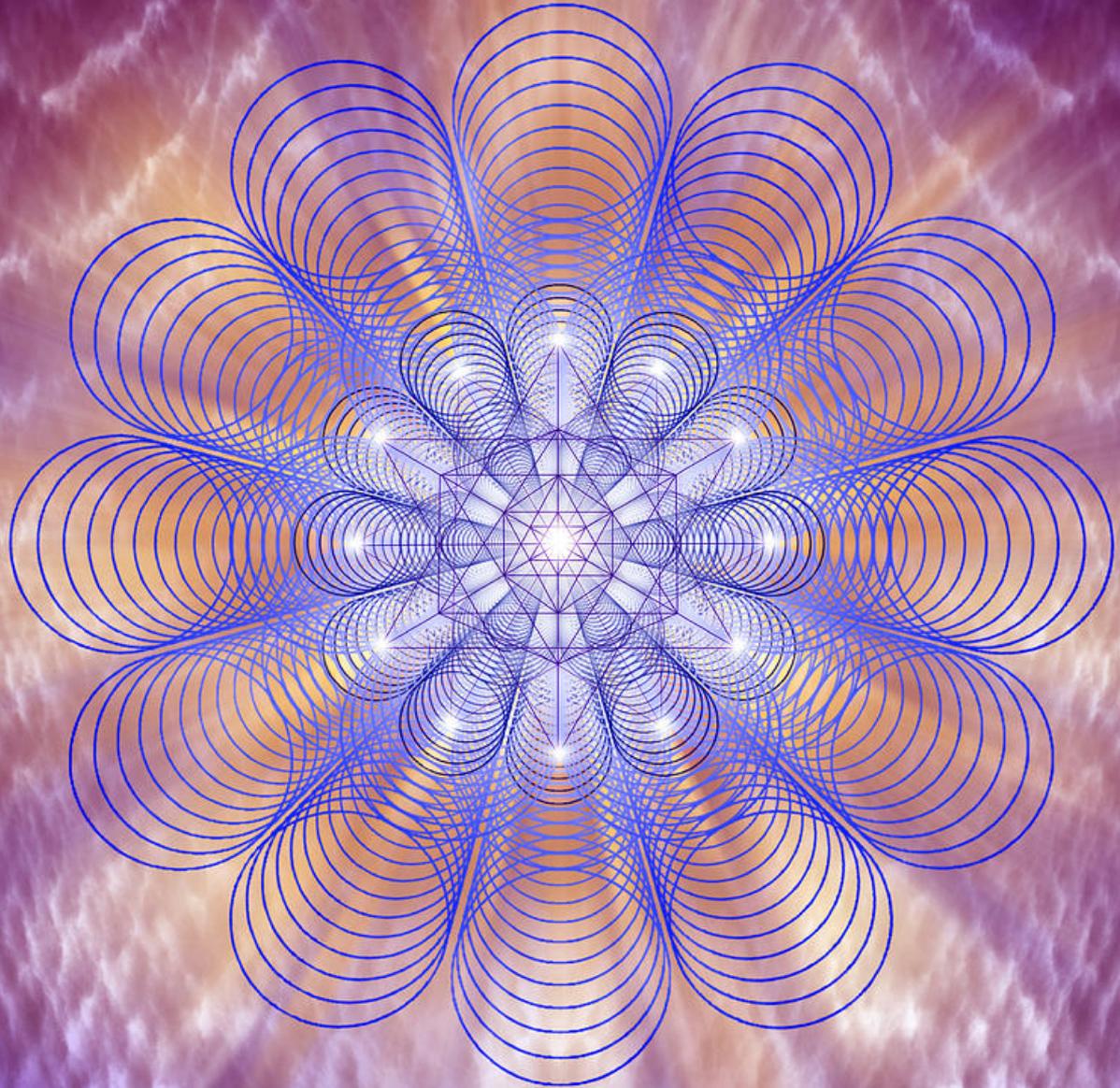
Eurythmy Sound: 'S'

Musical Keys: F sharp Major/C sharp minor



Hosted by:  
 The Dallas Maitreya Branch

The Dallas  
Maitreya  
Branch



The  
Maitreya Montage

*ES*  
more  
17

Saturday



Uebe Geist-Erinnern S. Ch. T. Lasset aus den Höhen erklingen Was in den Tiefen das Echo findet	Uebe Geist-Besinnen K. D. Ex. Lasset vom Osten Was durch den Westen sich gestaltet	Uebe Geist-Erschauen A. AA. Ang. Lasset aus den Tiefen Erbitten Was in den Höhen Erhöret wird.
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Uebe Geist-Erinnen  
S. Ch. T.

Lasset aus den Höhen  
Erklingen  
Was in den Tiefen das  
Echo findet

Uebe Geist-Besinnen  
K.D. Ex.

Lasset vom Osten  
Befeuern  
Was durch den Westen  
Sich gestaltet

Uebe Geist-Erschauen  
A. AA. Ang.

Lasset aus den Tiefen  
Erbitten  
Was in den Höhen  
Erhöret wird.

Practice spirit remembering  
S. Ch. Th.

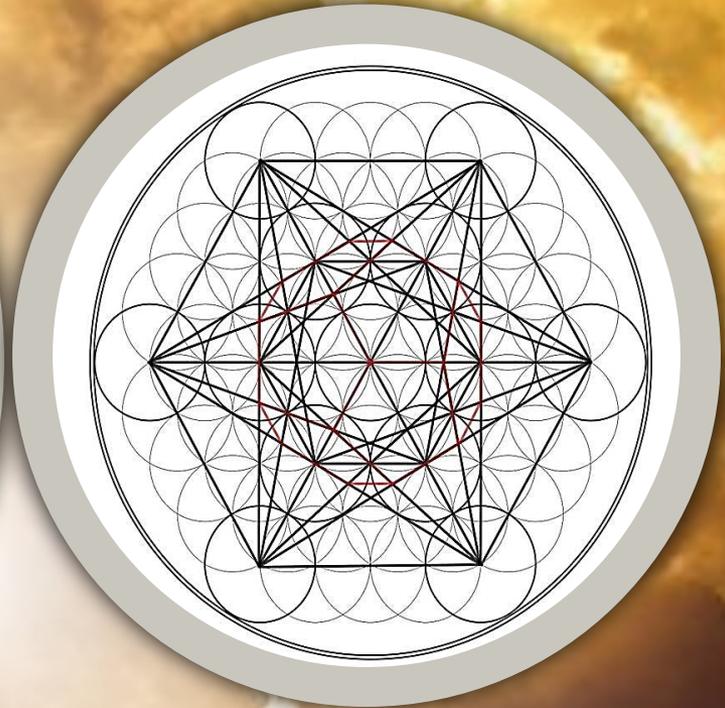
Let ring out from the heights  
what finds its echo in  
the depths

Practice spirit awareness  
K. D. Ex.

Let flame up from the East  
what through the West  
takes form

Practice spirit beholding  
A. AA. Ang.

Let from the depths  
ascend the plea heard in  
the heights.



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Welcome

**6<sup>th</sup> Holy Night:**  
**Sunday 29 December 2019**

**'May Human Beings Hear It':**  
**An Online 12 Holy Nights Gathering**  
**2019-2020**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

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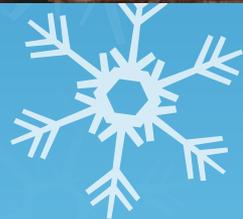
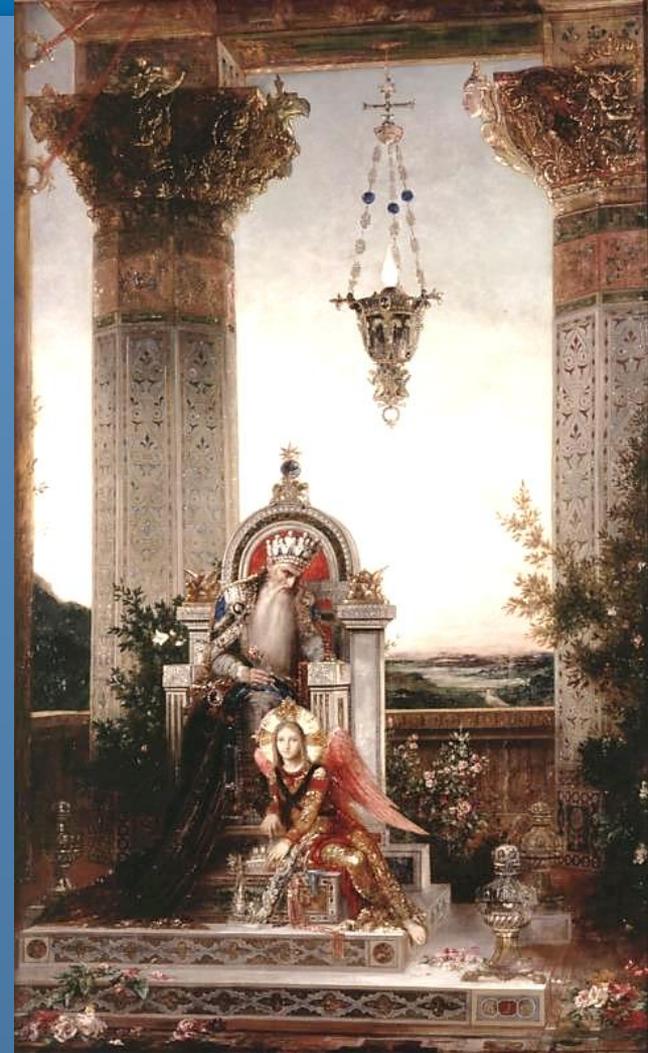
There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times: we must really be ashamed, if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





Hosted by:  
The Rockford TN. Group

**6th Holy Night:**  
**Sunday 29 December 2019**  
Feast of King David

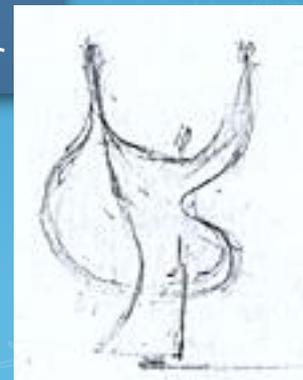
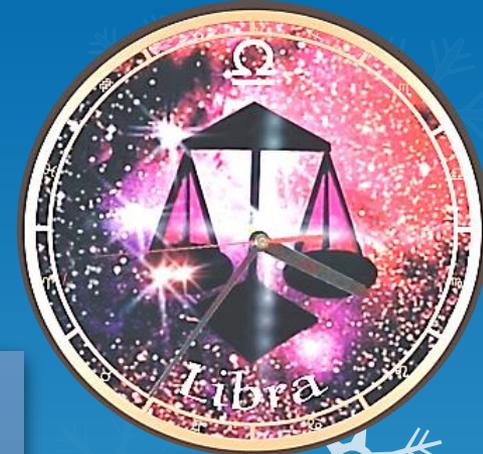
**Constellation of Libra** - Scales  
Ruling the kidneys & lumbar region

**The Sphere of the Dynamis,**  
Spirits of Movement, Virtues / Might

Virtue: Contentment becomes  
self-composure

Eurythmy Sound: 'Tz'

Musical Keys: B Major / G sharp minor



The Rockford TN. Group

**"Christ, the Sun Spirit"**

by Oskar Kürten,  
trans. by Dr. Philip Owenby





Geist-Erinnern Uebe Geist-Besinnen Uebe Geisterschauen

Dass gut werde  
 Was wir aus Herzen  
~~gründen~~  
 aus Häuptern zielvoll  
~~führen~~  
 wollen.

Geist-Erinnern

Uebe Geist-Besinnen

Uebe Geisterschauen

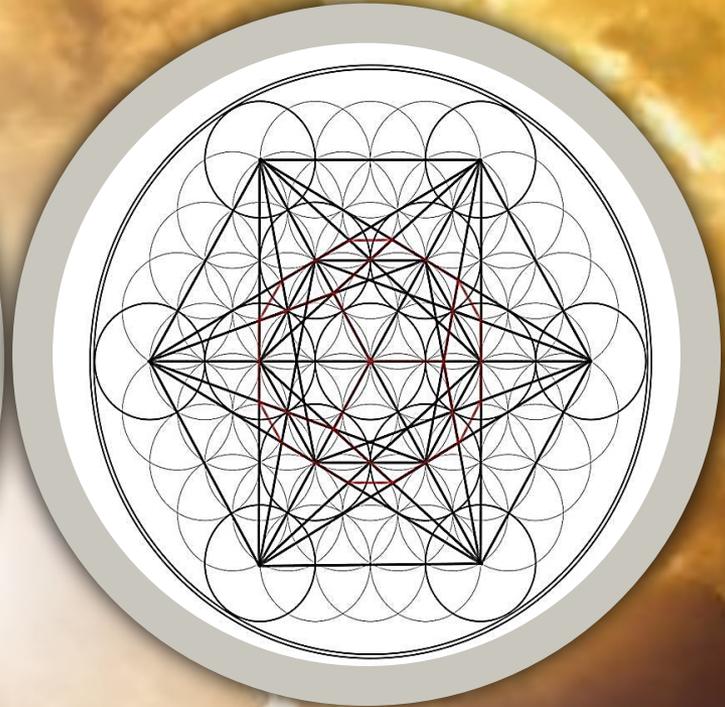
*Dass gut werde  
 Was wir aus Herzen  
gründen  
 aus Häuptern zielvoll  
führen  
 wollen.*

Spirit remembering

Practice spirit awareness

Practice spirit beholding

so that good become  
 what through hearts  
 we ground,  
 what through heads we seek  
 to guide  
 with clear intent.



My dear friends, hear it as it resounds in your own hearts! Then will you find here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.



**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering***

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**7<sup>th</sup> Holy Night:  
Monday 30 December 2019  
2019-2020**

**7th Holy Night:  
Monday 30 December 2019**

**Constellation of Virgo, The Virgin**  
Ruling the abdomen & digestive system

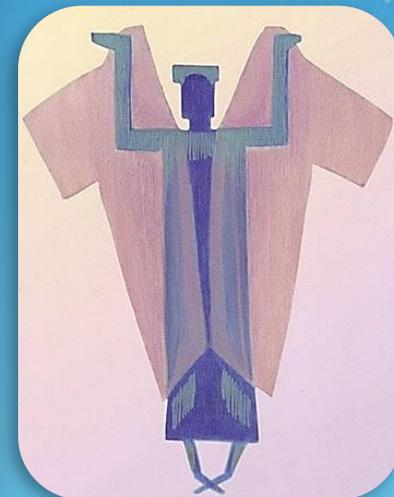
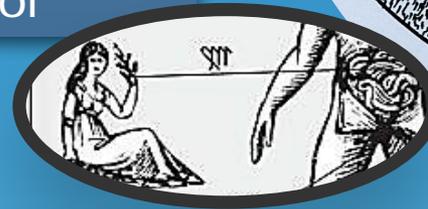
**Sphere of the Kyriotetes,**  
Spirits of Wisdom, Dominions

Virtue: Courtesy becomes  
steadiness of feeling

Eurythmy Sounds: 'B' and 'P'

Musical Keys: E Major / E flat minor

Hosted by:  
The Eastern Regional Council



## Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

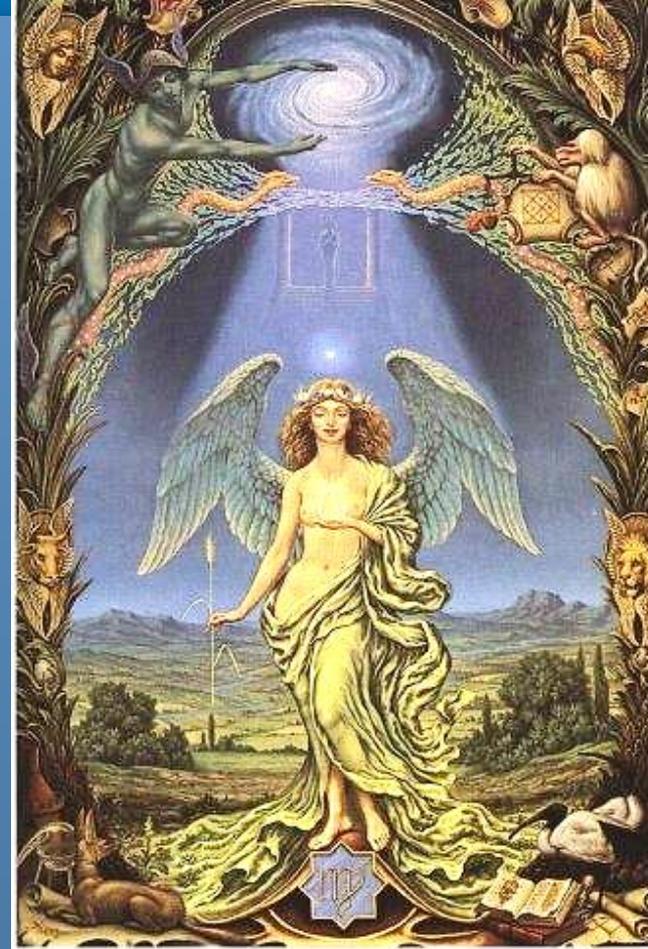
There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times: We must really be ashamed, if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



The Eastern Regional Council



"Sophia to Anthroposophia"



Göttliches Licht

Chr. - Sonne

Das hören die Elementargeister  
in

O.W.N.S.

Menschen mögen es hören!



Göttliches Licht

Chr. - Sonne

Das hören die Elementargeister

von

O.W.N.S.

Menschen mögen es hören!

God-filled light

Christ sun

The elemental spirits hear it

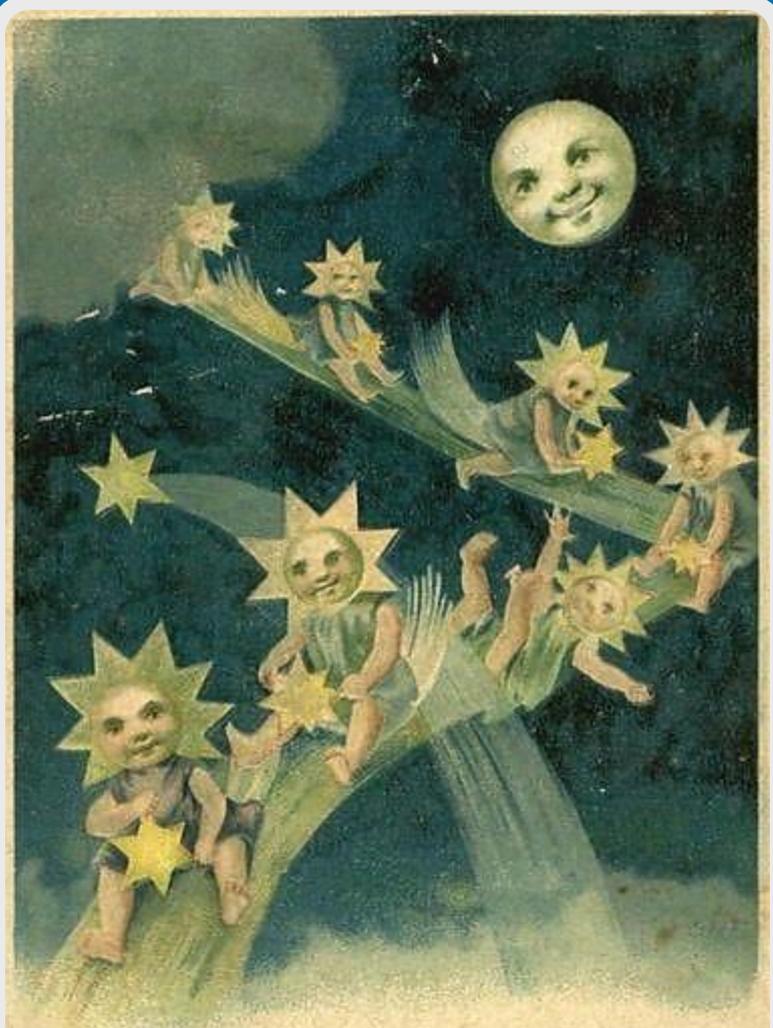
in

E.W.N.S

May human beings hear it!

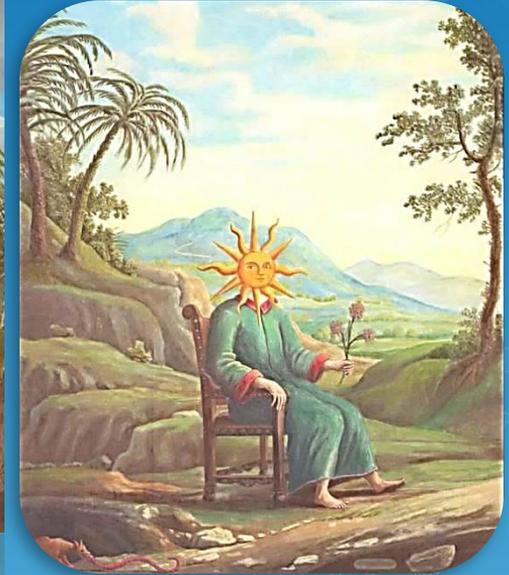
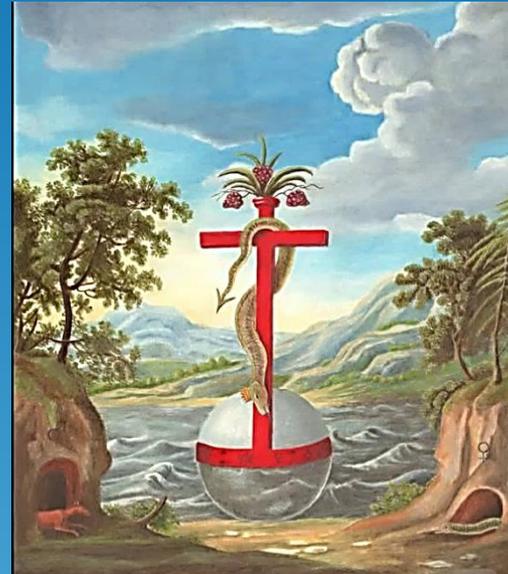
NYE

'The Hidden Holy Night'  
(No Zoom Call)



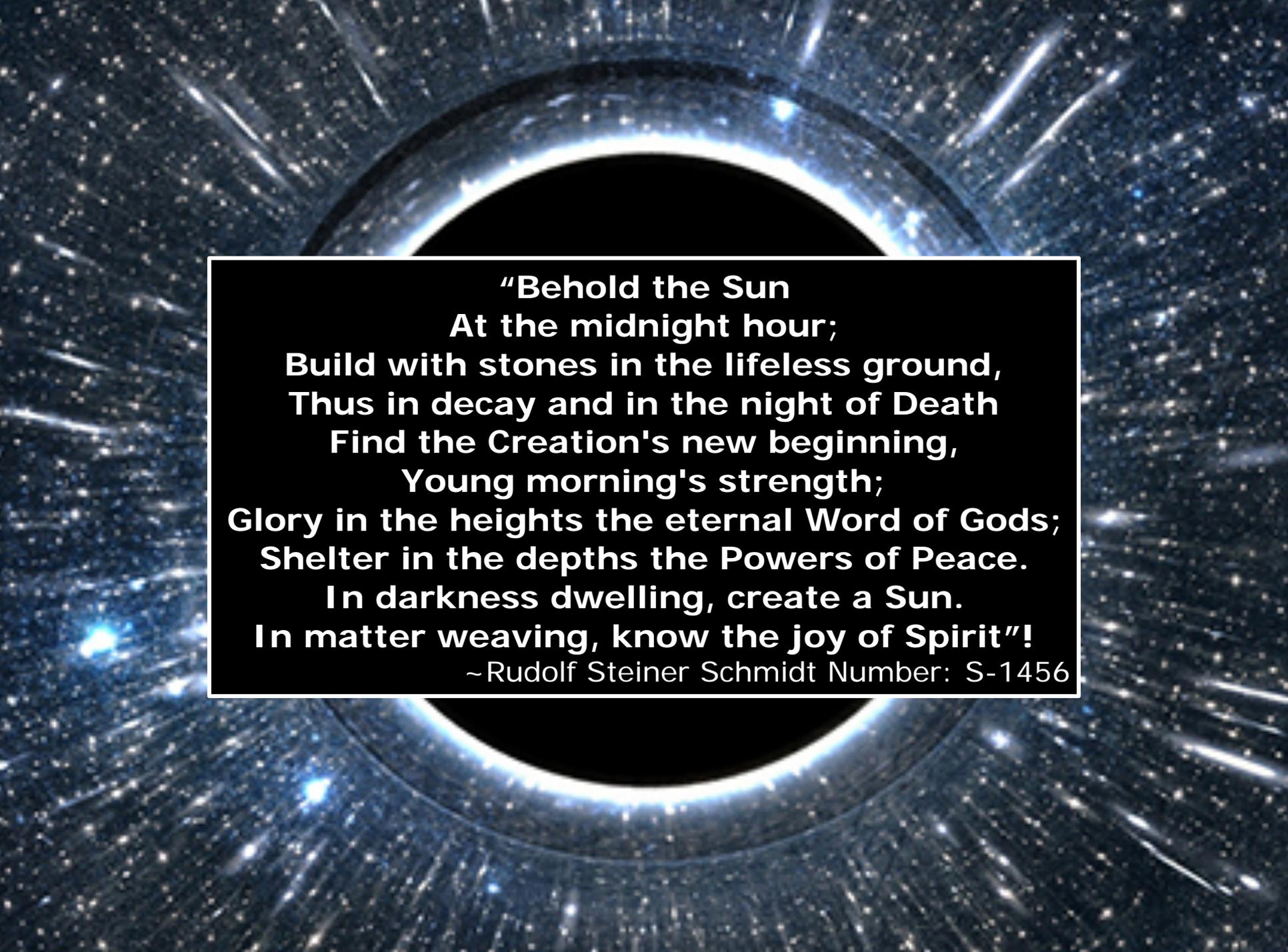
A HAPPY  
NEW YEAR

MEMORIAL  
TO HAPPY



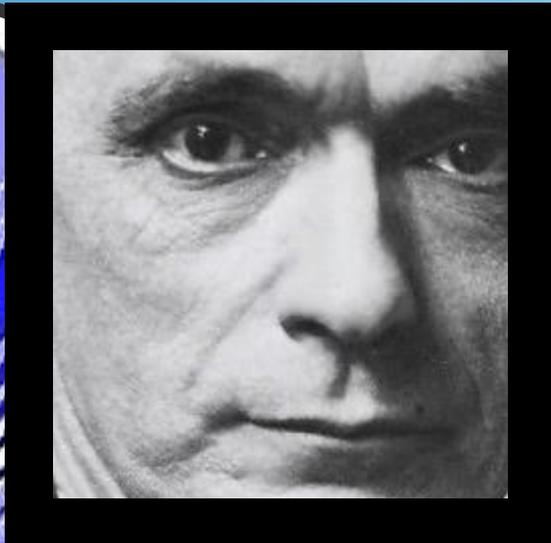
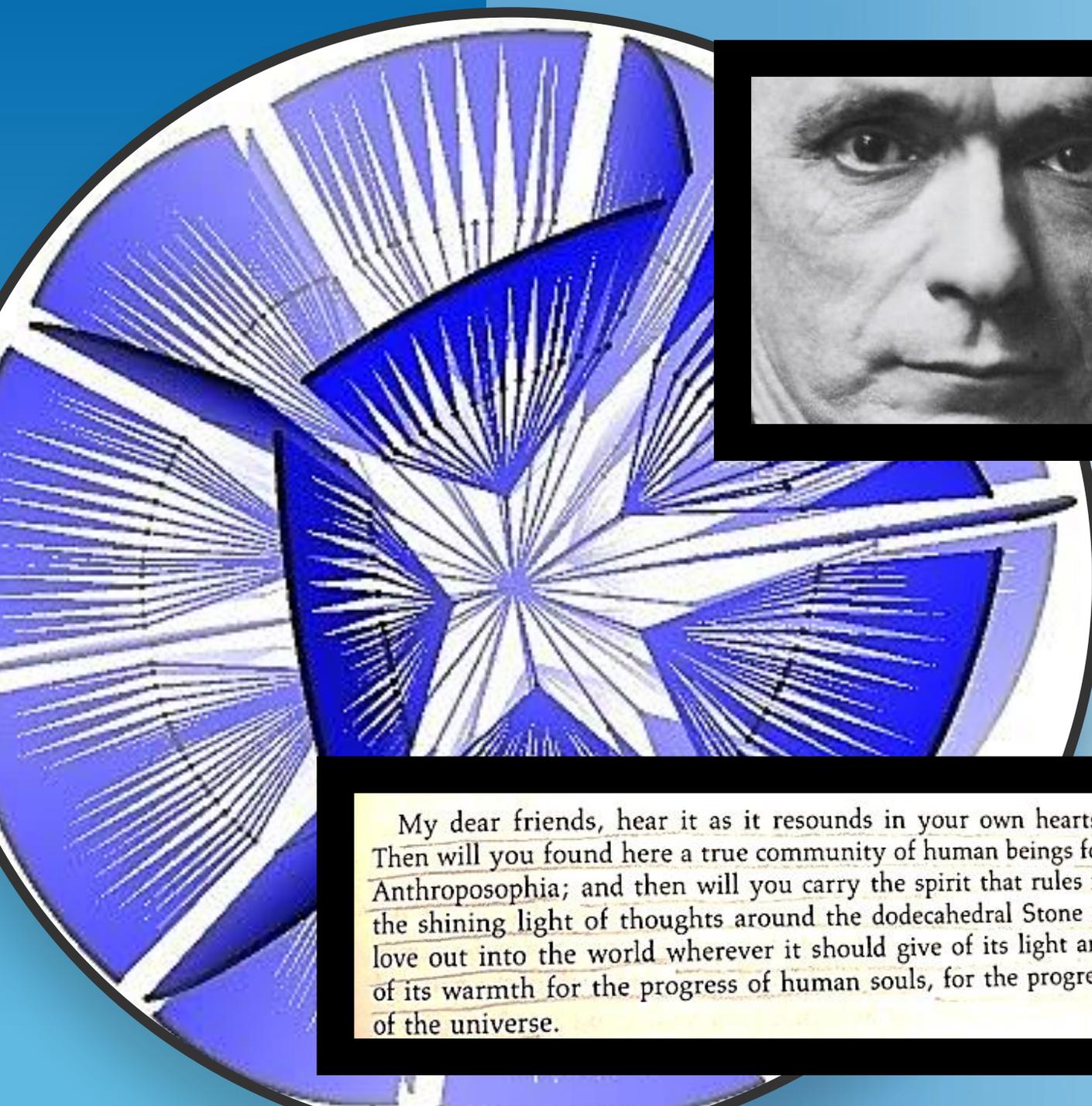
**"On New Year's Eve our folk soul briefly releases us  
& consequently what we then think is perceived  
by the highest hierarchies & has the power  
in it to be brought into reality"**

~Rudolf Steiner in conversation with H. Hahn,  
reported in Das Goetheanum, # 3, Jan 4, 1990



**"Behold the Sun  
At the midnight hour;  
Build with stones in the lifeless ground,  
Thus in decay and in the night of Death  
Find the Creation's new beginning,  
Young morning's strength;  
Glory in the heights the eternal Word of Gods;  
Shelter in the depths the Powers of Peace.  
In darkness dwelling, create a Sun.  
In matter weaving, know the joy of Spirit!"**

~Rudolf Steiner Schmidt Number: S-1456



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.



**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020***

**Happy New year!**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**8th Holy Night:  
Wednesday 1 January 2020**

## Love

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May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



Hosted by:  
Tess Parker, Abigail Dancey  
& The Youth

**8th Holy Night:**  
**Wednesday 1 January 2020**  
New Years Day - Solemnity of Mary

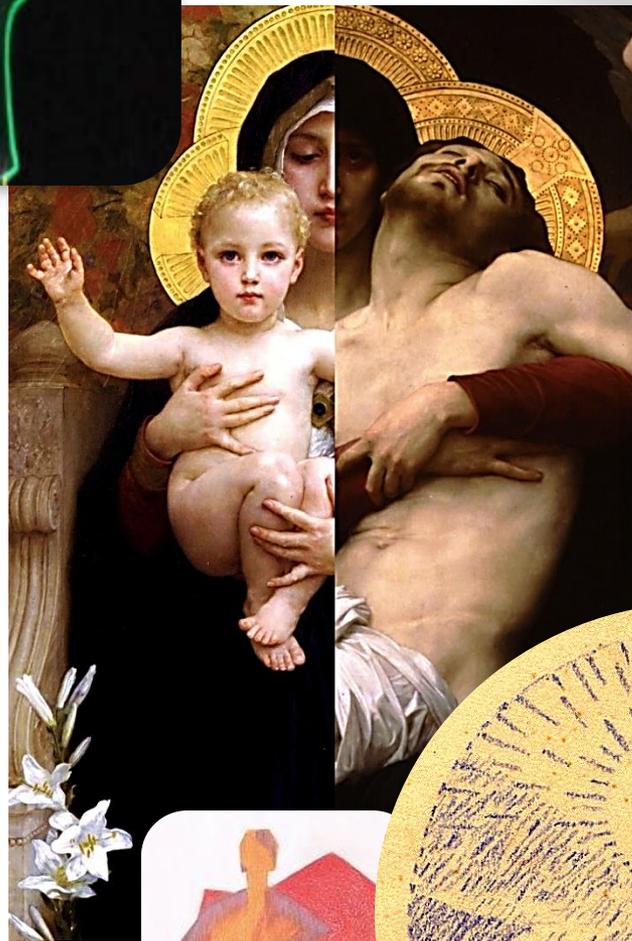
**Constellation of Leo, LION**  
Ruling the heart

**The Sphere of the Thrones,**  
Spirits of Will

Virtue: Compassion becomes freedom.

Eurythmy Sounds: 'T' and 'D'

Musical Keys: A Major / B flat minor





Inner Suspension  
and Worldly Resolve:  
A Three Kings Preparation for 2020

Hosted by:  
Tess Parker, Abigail Dancey & The Youth



A suggestion by Rudolf Steiner can be helpful in this endeavor:

*And we find the right way in to such verses that have been heard out of the world Word when we inwardly organize them in our own souls in such a way that they cannot leave us again. And we will be able to thus organize them by first lifting what the rhythm can give us out of what has resounded in this way. I will first write up for you here, my dear friends, a part of what the rhythm can give.<sup>13\*</sup>*

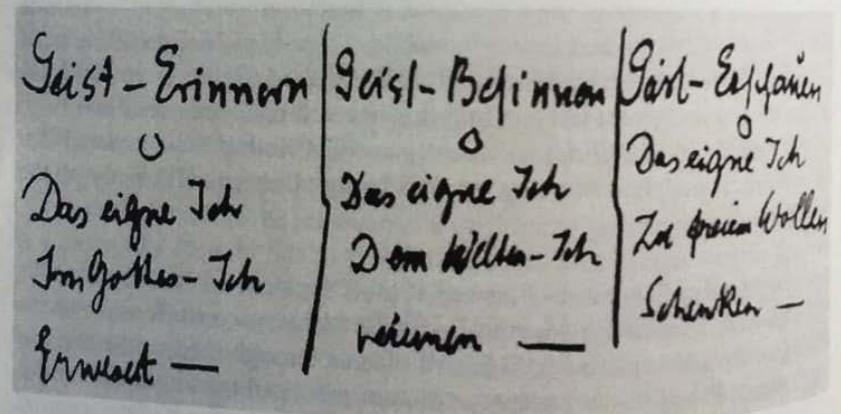
That is the key: to organize<sup>13\*</sup> them in our own souls in such a way that they cannot leave us again. This is why it best to learn the seven rhythms by heart.

Because these seven meditative verses belong to the exercises which Dr Wegman was also intended to meditate on, they are reproduced here.

PART 4: THE CHRISTMAS FOUNDATION MEETING

Geist-Erinnen ○ Das eigne Ich In Gottes-Ich Erweset -	Geist-Besinnen ○ Das eigne Ich Dem Welten-Ich Vereinen -	Geist-Erschauen ○ Das eigne Ich Zu freiem Wollen Schenken -
Spirit remembering ○ Our own I Gains being Within the I of God -	Spirit awareness ○ Our own I Unite With I of worlds -	Spirit beholding ○ Our own I Bestow For will in freedom -

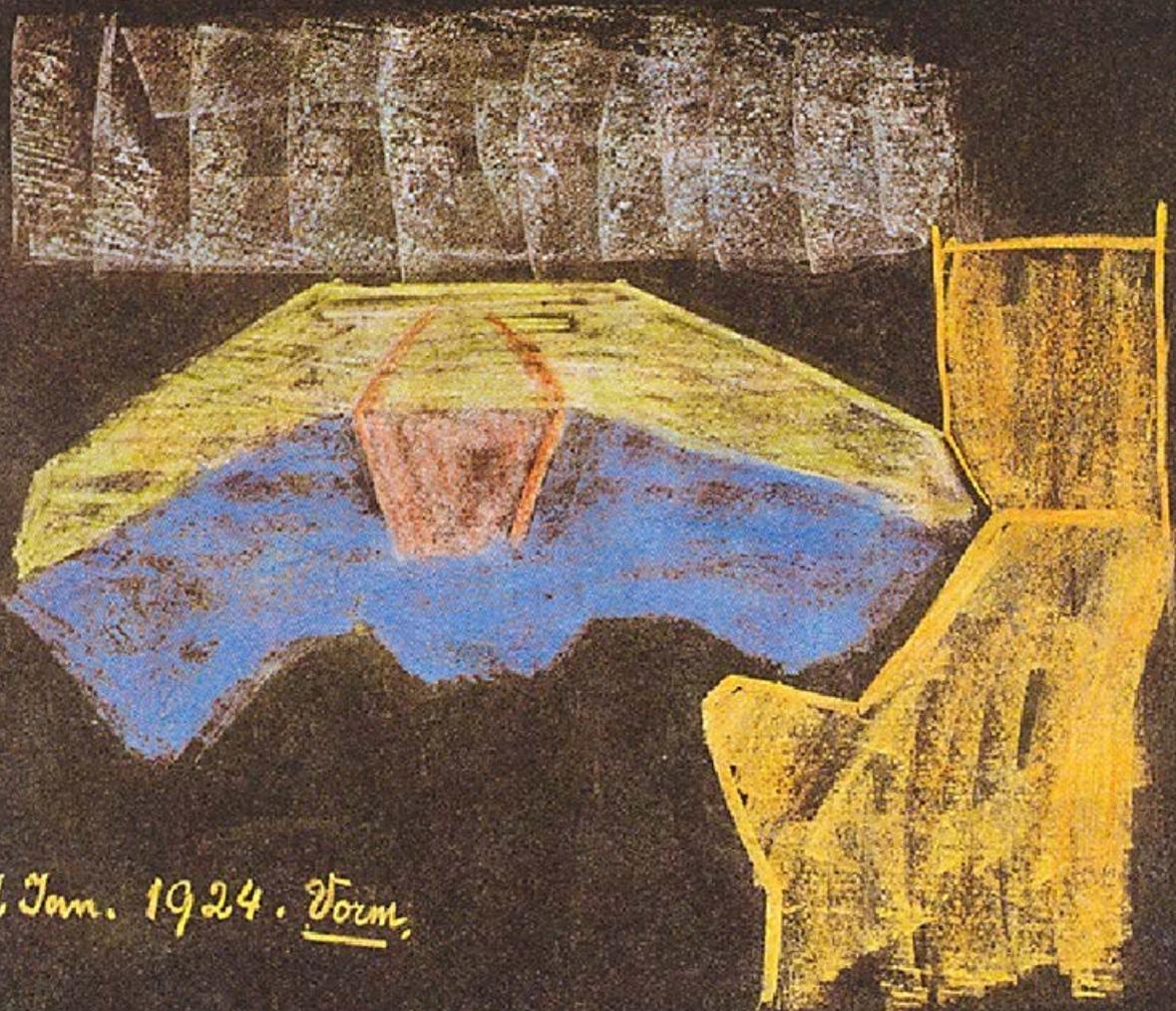
Wednesday



<sup>13\*</sup> Translator's note: The word Steiner uses is 'gliedern' (structure, organize), but E.Z. suggests here that the word could be read as 'organize' and the sentence would then read: 'to inwardly organize them in our own souls in such a way that they cannot leave us again.'



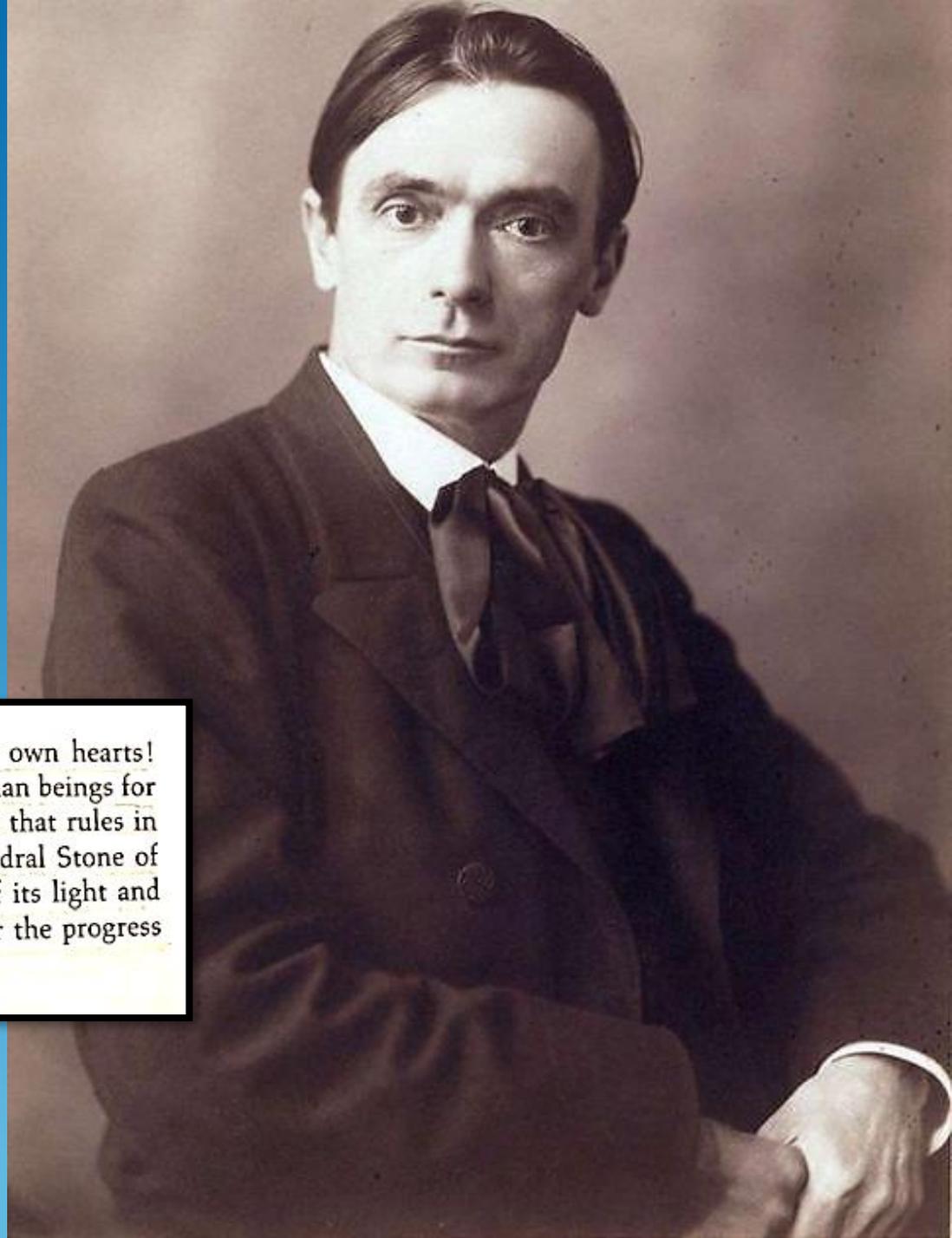
1. Jan. 1924. Vorn,



'On the Right Entry into the Spiritual World:  
The Responsibility Incumbent on Us'  
Lecture and words of farewell by Rudolf Steiner  
**1 JANUARY 1924** in the evening

And so, my dear friends,  
bear out with you into the world your warm hearts  
in whose soil you have laid the Foundation Stone  
for the Anthroposophical Society,  
bear out with you your warm hearts in order to do work  
in the world that is strong in healing.  
Help will come to you because your heads will be enlightened  
by what you all now want to be able to direct in conscious willing.  
Let us today make this resolve with all our strength.  
And we shall see that if we show ourselves to be worthy,  
then a good star will shine over that which is willed from here.  
My dear friends, follow this good star.  
We shall see whither the gods shall lead us through the light of this star.

Light Divine  
Christ-Sun,  
Warm thou  
Our hearts,  
Enlighten thou  
Our heads!



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

The background of the image is a composite of a starry night sky and a snowy mountain landscape. In the upper right, a bright starburst with multiple long, thin rays emanates from a central point. The rest of the sky is filled with numerous smaller stars. Below the sky, a dark, rugged mountain range is visible, with snow-covered peaks and evergreen trees in the foreground. The overall color palette is dominated by deep blues, purples, and whites.

**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering***

**9<sup>th</sup> Holy Night:  
Thursday 2 January 2020**

**Happy New Year!**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg



**9th Holy Night:  
Thursday 2 January 2020**

**Constellation of Cancer**  
Crab (the Vortex) Ruling the chest

**The Sphere of the Cherubim,**  
Spirits of Harmony

Virtue: Unselfishness becomes  
catharsis

Eurythmy Sound: 'F'

Musical Keys: D Major / F minor



Hosted by:  
The Western Regional Council



ΧΕΡΟΥΒΙΜ

## Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times:  
We must really be ashamed,  
if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

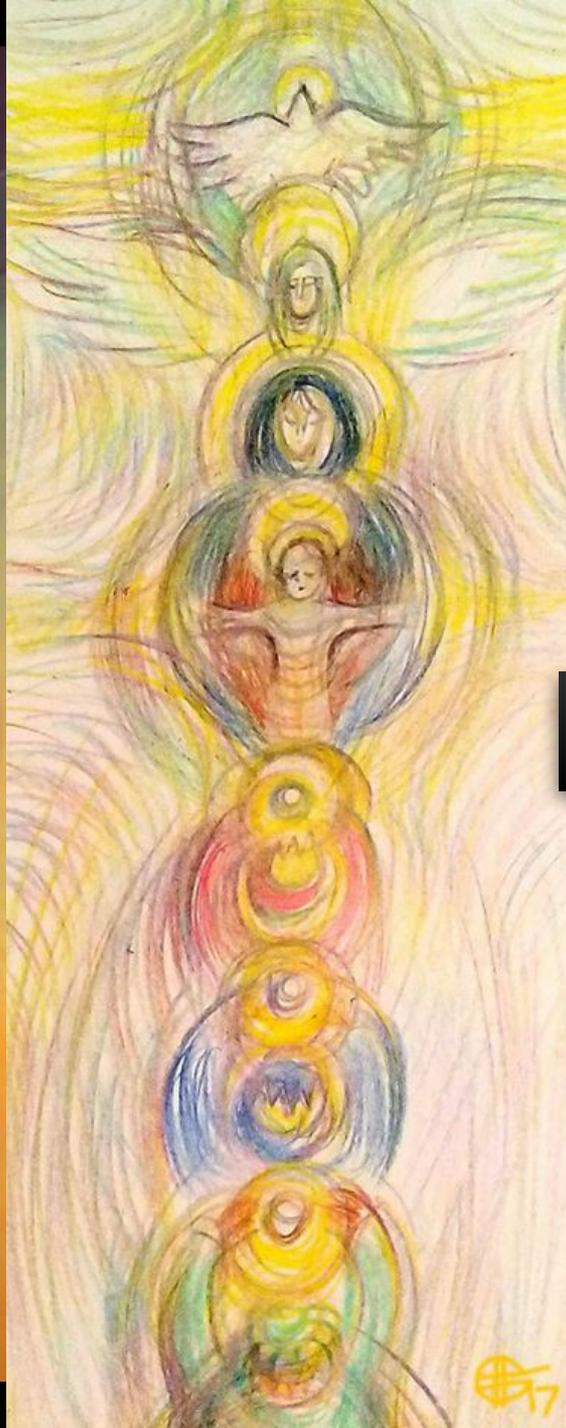
May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





The Birth of the Sun Spirit



Hosted by:  
The Western Regional Council



Thursday

Das eigne Ich  
Im Gottes Ich  
erweset

Das eigne Ich  
Dem Welten Ich  
Vereinen

Dem eignen Ich  
Zu freiem Wollen  
schenken

Leben

fühlen

denken

Menschen-Welten Wesen

Menschen Seelen Wirken

Menschen Geistes Gründen



190

Das eigne Ich  
Im Gottes Ich  
erweset  
leben  
Menschen-Welten Wesen

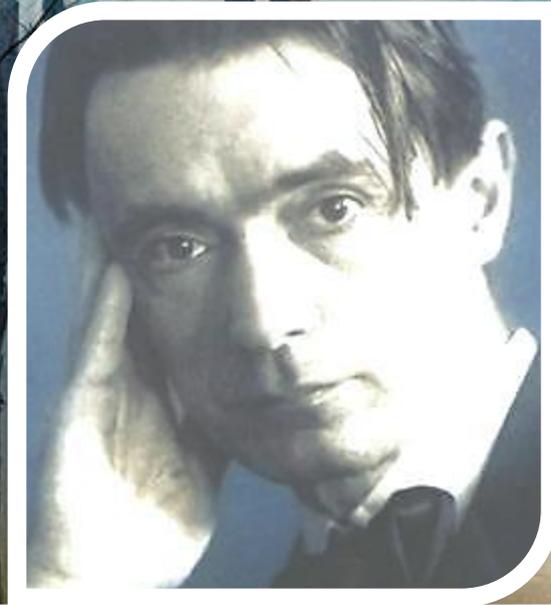
Das eigne Ich  
Dem Welten Ich  
Vereinen  
fühlen  
Menschen Seelen Wirken

Dem eignen Ich  
Zu freiem Wollen  
schenken  
denken  
Menschen Geistes Gründen

Our own I  
Gains being  
Within the I of God  
Live  
Human universal being

Our own I  
Unite  
With I of worlds  
Feel  
Human working of the soul

Our own I  
Bestow  
For will in freedom  
Think  
Human grounds of spirit



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

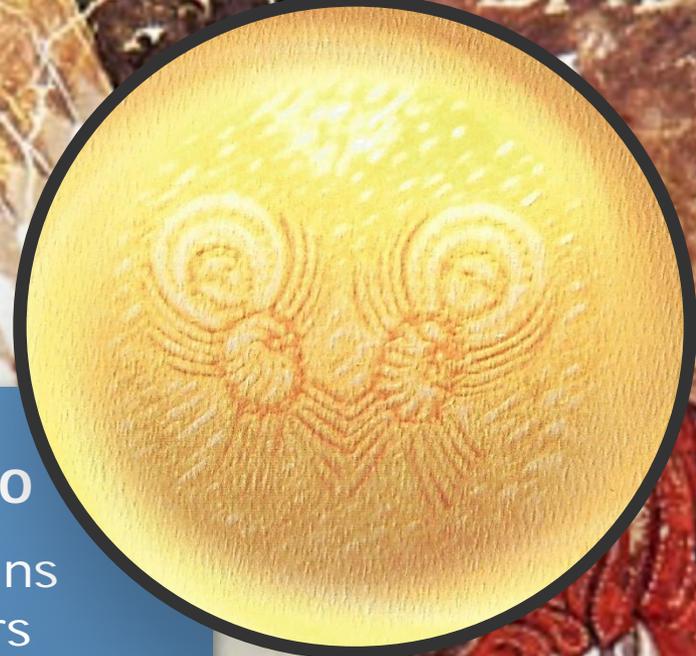
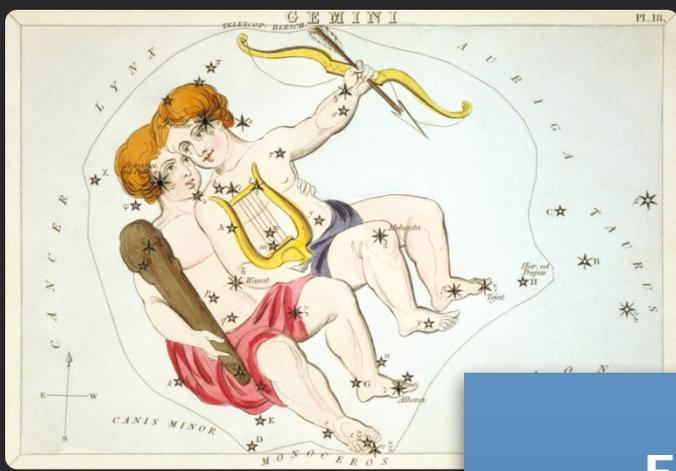
**10<sup>th</sup> Holy Night:  
Friday 3 January 2020**

**Welcome**



Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**Happy New Year!**



**10<sup>th</sup> Holy Night:  
Friday 3 January 2020**

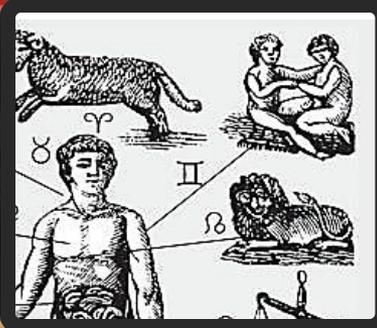
**Constellation of Gemini, Twins**  
Ruling lungs, arms, & shoulders

**The Sphere of the Seraphim, Spirits of Love**

Virtue: Perseverance becomes faithfulness

Eurythmy Sounds: 'H' and 'Ch'

Musical Keys: G Major / C minor



Hosted by:  
The Portland Branch



## Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

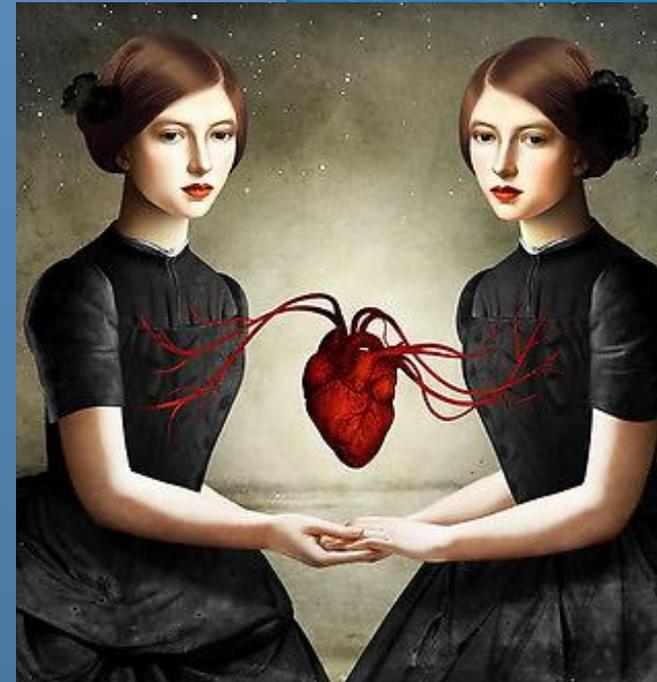
There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

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So that we may truthfully say at all times: We must really be ashamed, if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912





The Portland Branch

"Making a Journey  
to Understanding  
the Holy Nights"

1

*Uebe Geist-Erinnern*

*Denn es waltet der Vater Geist der Höhen  
In den Welten-Tiefen Sein erzeugend*

2

*Uebe Geist-Besinnen*

*Denn es waltet der Christus-Wille im Umkreis  
In den Weltenrhythmen Seelen-begnadend*

3

*Uebe Geist-Erschauen*

*Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend*

1

*Practice spirit remembering*

*For the Father spirit of the heights holds sway  
engendering existence in depths of worlds*

2

*Practice spirit awareness*

*For the will of Christ holds sway to all horizons  
bestowing grace on souls in rhythms of worlds*

3

*Practice spirit beholding*

*For the spirit's universal thoughts hold sway,  
beseeching light in being of worlds*

Friday

1

*Uebe Geist-Erinnern*

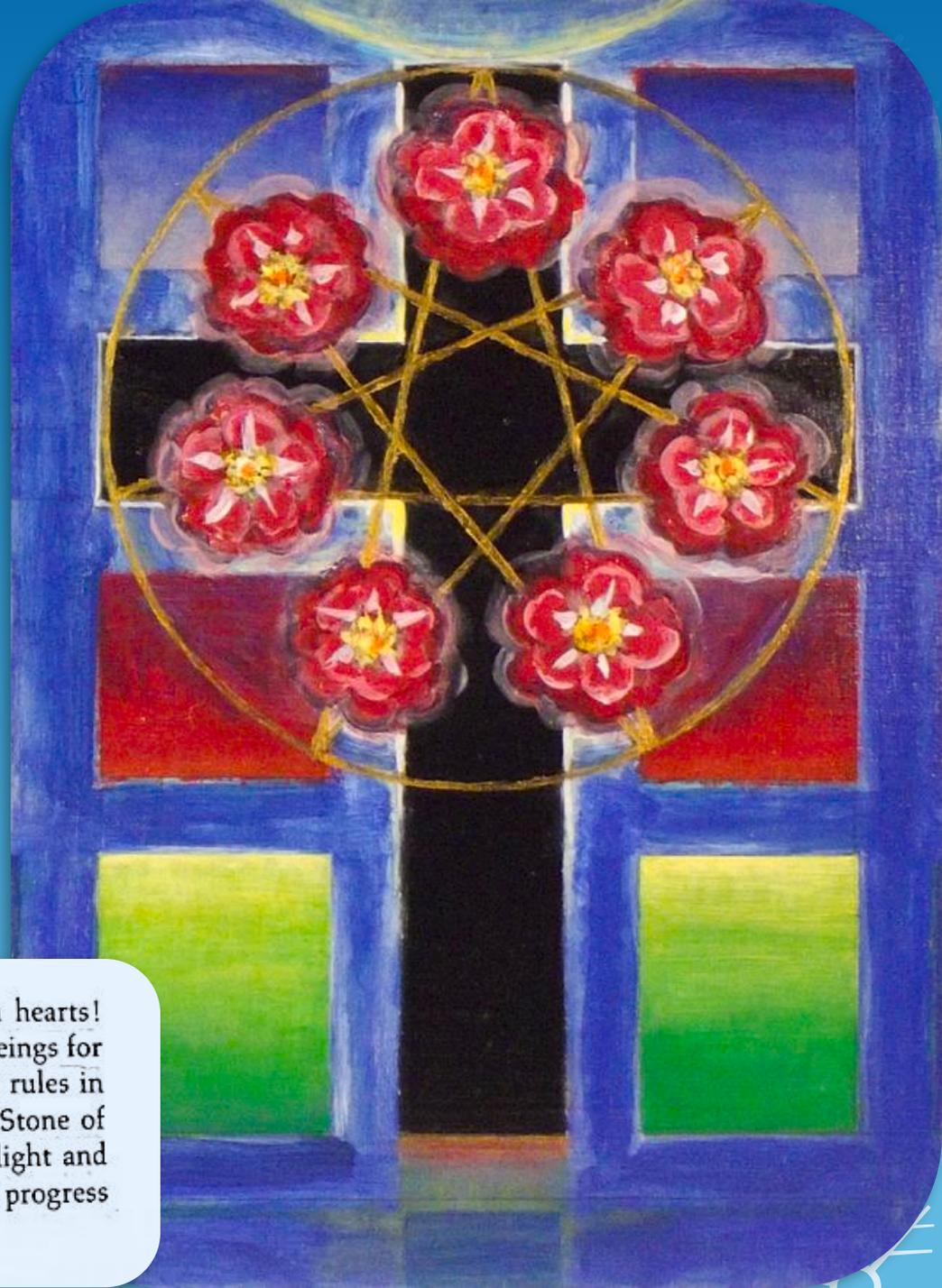
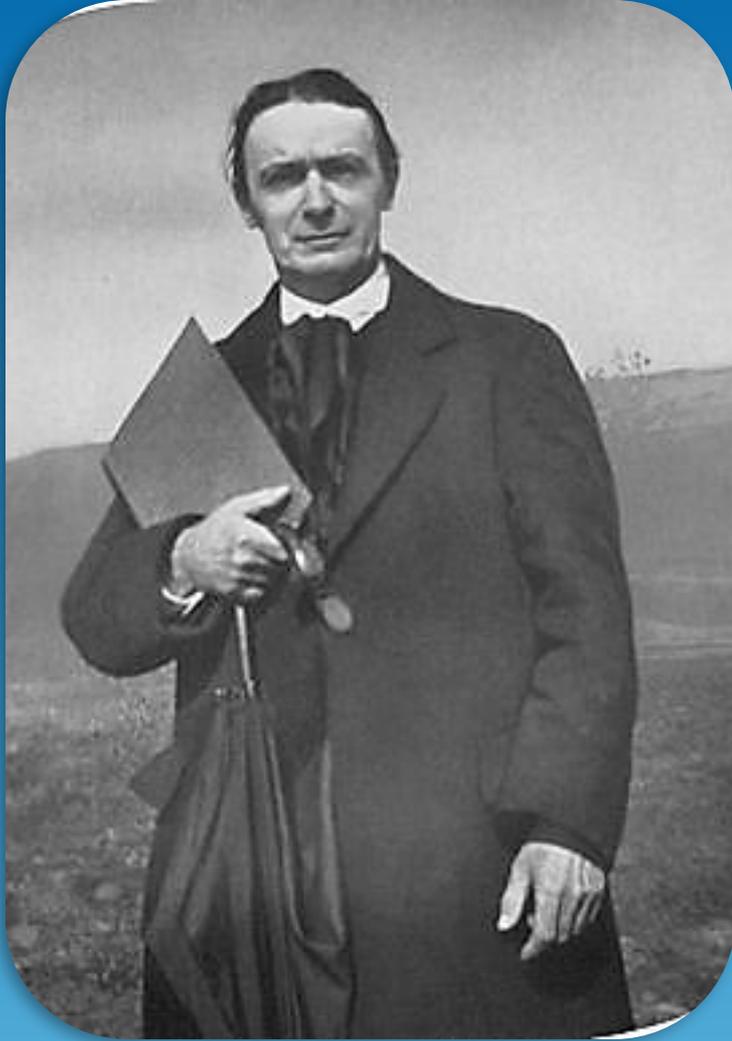
*Denn es waltet der Vater Geist der Höhen  
In den Welten-Tiefen Sein erzeugend.*

2

*Uebe Geist-Besinnen  
Denn es waltet der Christus-Wille im Umkreis  
In den Weltenrhythmen Seelen-begnadend.*

*Uebe Geist-Erschauen  
Denn es walten des Geistes Weltgedanken  
Im Weltenwesen Licht-erflehend.*





My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.

**Welcome**

***'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020***

**11<sup>th</sup> Holy Night:  
Saturday 4 January 2020**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**Happy New Year!**

## Love

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~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



**11<sup>th</sup> Holy Night:  
Saturday 4 January 2020**

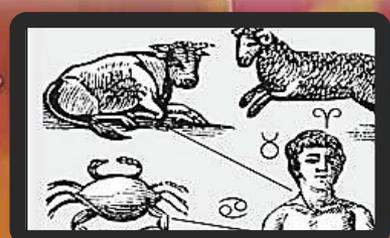
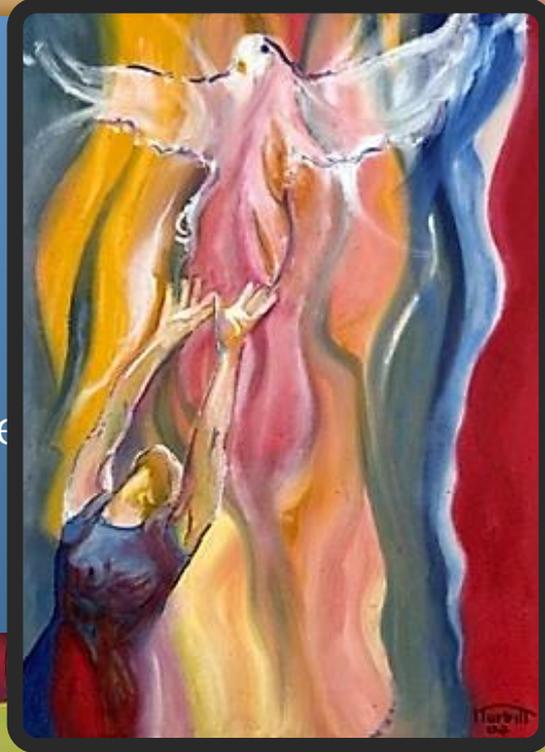
**Constellation of Taurus**, Bull  
Ruling the neck & throat/larynx

**The Sphere of the Holy Spirit**

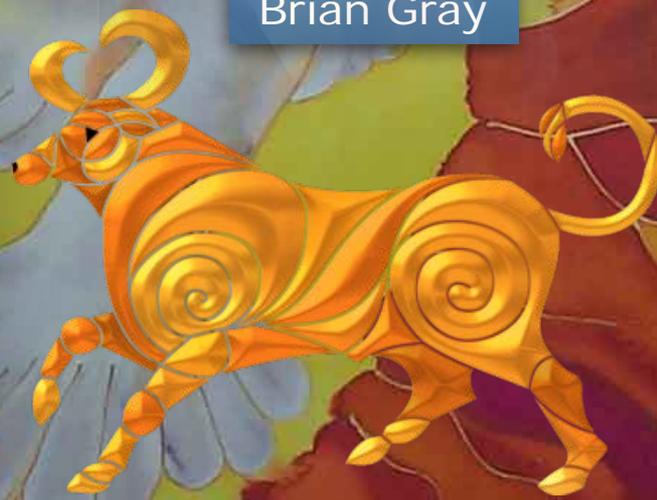
Virtue: Equilibrium becomes progress

Eurythmy Sound: 'R'

Musical Keys: C Major / G minor



Hosted by:  
Brian Gray





Brian Gray

Cultural ages in their zodiacal sequence from the time of The Fall



Saturday



<p>Uebe Geist-Erinnern S. Ch. T. Lasset aus den Höhen erklingen Was in den Tiefen das Echo findet</p>	<p>Uebe Geist-Besinnen K. D. Ex. Lasset vom Osten Was durch den Westen sich gestaltet</p>	<p>Uebe Geist-Erschauen A. AA. Ang. Lasset aus den Tiefen erbitten Was in den Höhen erhöret wird.</p>
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Uebe Geist-Erinnern  
S. Ch. T.

Lasset aus den Höhen  
Erklingen  
Was in den Tiefen das  
Echo findet

Uebe Geist-Besinnen  
K. D. Ex.

Lasset vom Osten  
Befeuern  
Was durch den Westen  
Sich gestaltet

Uebe Geist-Erschauen  
A. AA. Ang.

Lasset aus den Tiefen  
Erbitten  
Was in den Höhen  
Erhöret wird.

Practice spirit remembering  
S. Ch. Th.

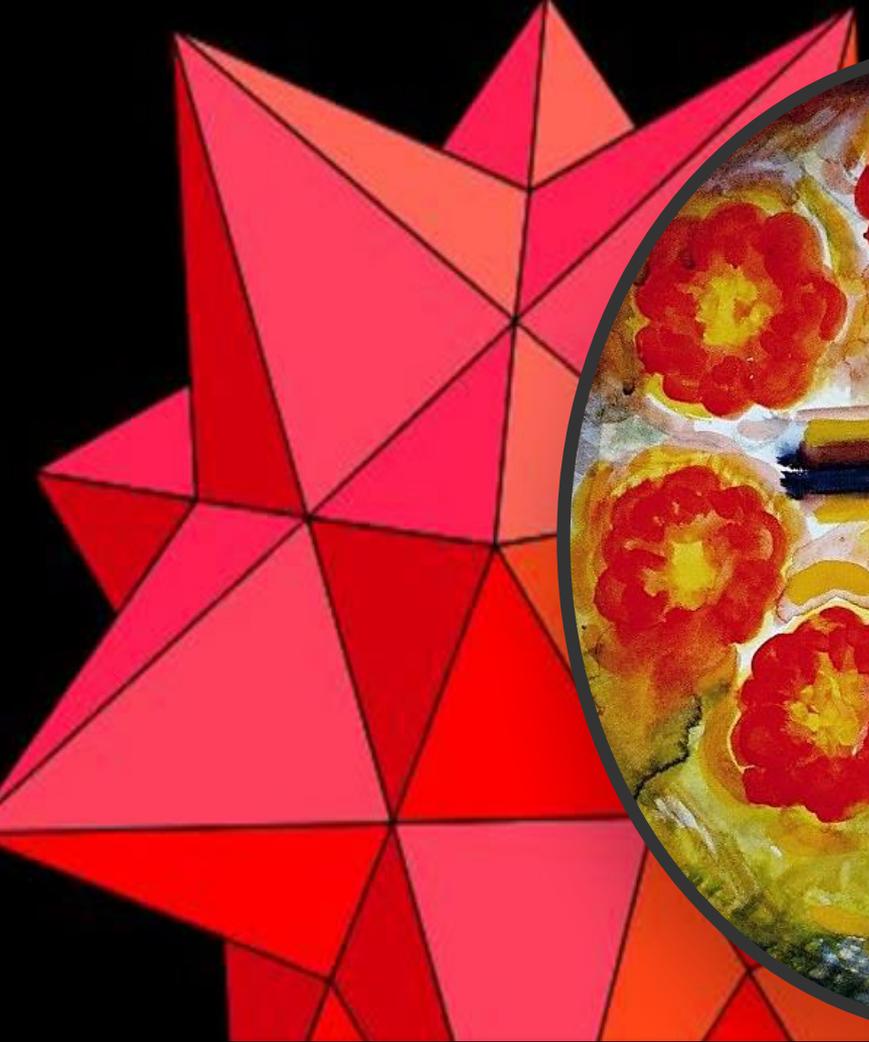
Let ring out from the heights  
what finds its echo in  
the depths

Practice spirit awareness  
K. D. Ex.

Let flame up from the East  
what through the West  
takes form

Practice spirit beholding  
A. AA. Ang.

Let from the depths  
ascend the plea heard in  
the heights.



My dear friends, hear it as it resounds in your own hearts!  
Then will you found here a true community of human beings for  
Anthroposophia; and then will you carry the spirit that rules in  
the shining light of thoughts around the dodecahedral Stone of  
love out into the world wherever it should give of its light and  
of its warmth for the progress of human souls, for the progress  
of the universe.

**'May Human Beings Hear It':  
An Online Holy Nights Gathering  
2019-2020**

**Welcome**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg

**12<sup>th</sup> Holy Night:  
Sunday 5 January 2020**



**Happy New Year!**



**12th Holy Night:  
Sunday 5 January 2020  
Epiphany Eve 'Three Kings'**

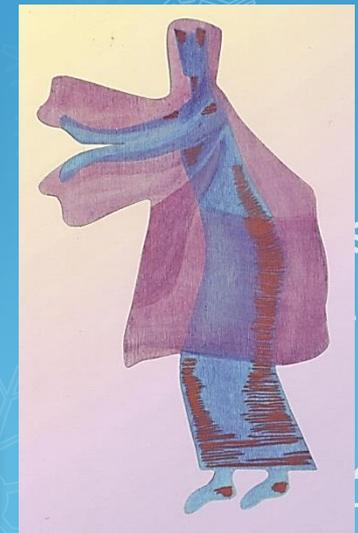
**Constellation of Aries, Ram  
Ruling the head**

**The Sphere of the Mystic Lamb**

Virtue: Devotion becomes  
the power of sacrifice

Eurythmy Sounds: 'V' and 'W'

Musical Keys: F Major / D minor



Hosted by:  
**The Central Regional Council**

## Love

What is it really that we should write in our hearts — the feeling that we may have on this Christmas night?

In this Christmas night there should pour into our hearts the fundamental human feeling of love the fundamental feeling that says: Compared with all other forces and powers and treasures of the world, the treasures and the power and the force of love are the greatest, the most intense, the most powerful.

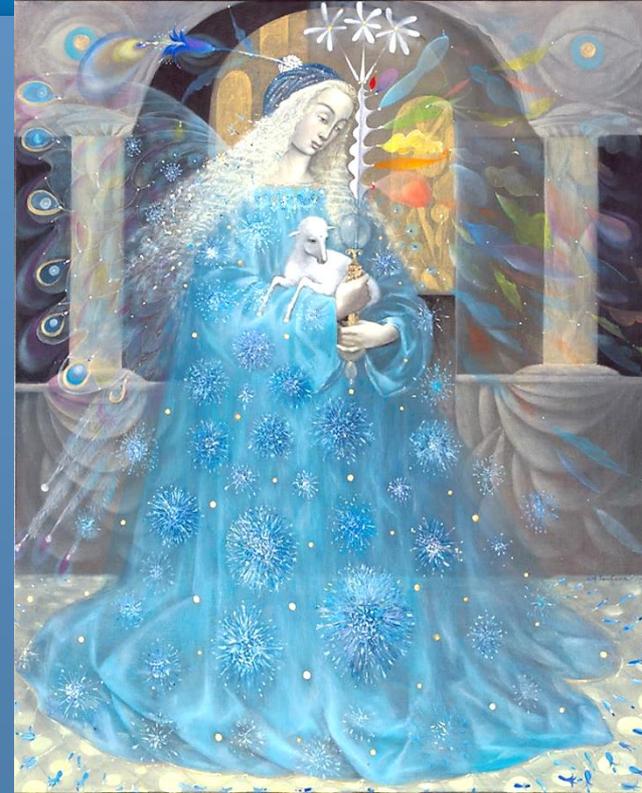
There should pour into our hearts, into our souls, the feeling that: Wisdom is a great thing — that love is still greater; Might is a great thing — that love is yet greater.

And this feeling of the power and force and strength of love should pour into our hearts so strongly that from this Christmas night something may overflow into all our feelings during the rest of the year,

So that we may truthfully say at all times: We must really be ashamed, if in any hour of the year we do anything that cannot hold good when the spirit gazes into that night in which we would pour the all-power of love into our hearts.

May it be possible for the days and the hours of the year to pass in such a way that we need not be ashamed of them in the light of the feeling that we would pour into our souls on Christmas night!

~THOUGHTS ON CHRISTMAS EVE,  
Rudolf Steiner, Berlin, 24th of December, 1912



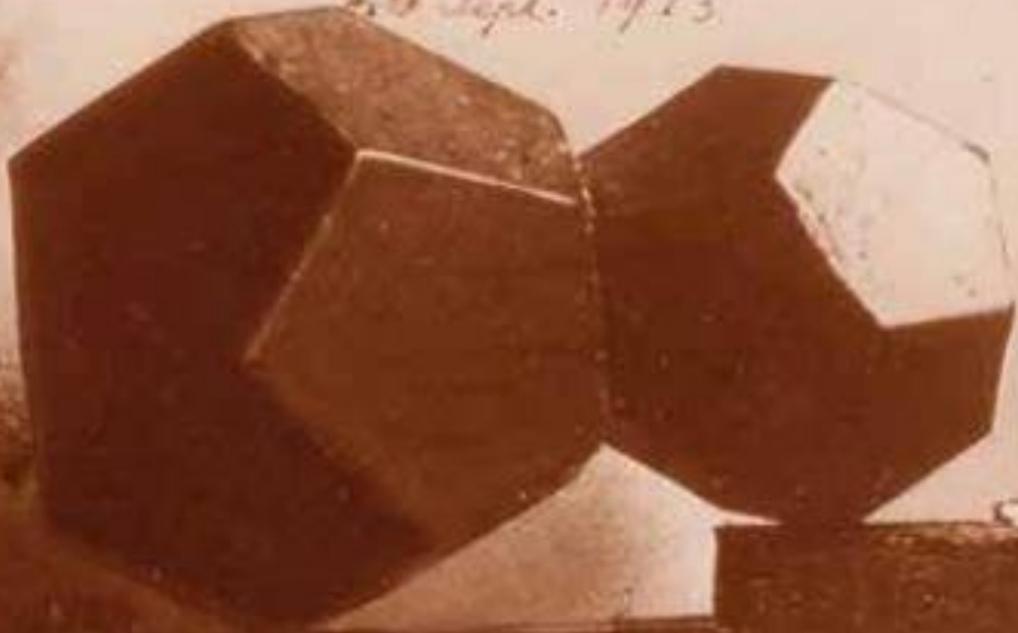


Eve of Epiphany

A reading of a  
Three Kings play  
out of the book of Matthew

L. M. Stein

20 Sept. 1913



My dear friends, hear it as it resounds in your own hearts! Then will you found here a true community of human beings for Anthroposophia; and then will you carry the spirit that rules in the shining light of thoughts around the dodecahedral Stone of love out into the world wherever it should give of its light and of its warmth for the progress of human souls, for the progress of the universe.



**'May Human Beings Hear It':  
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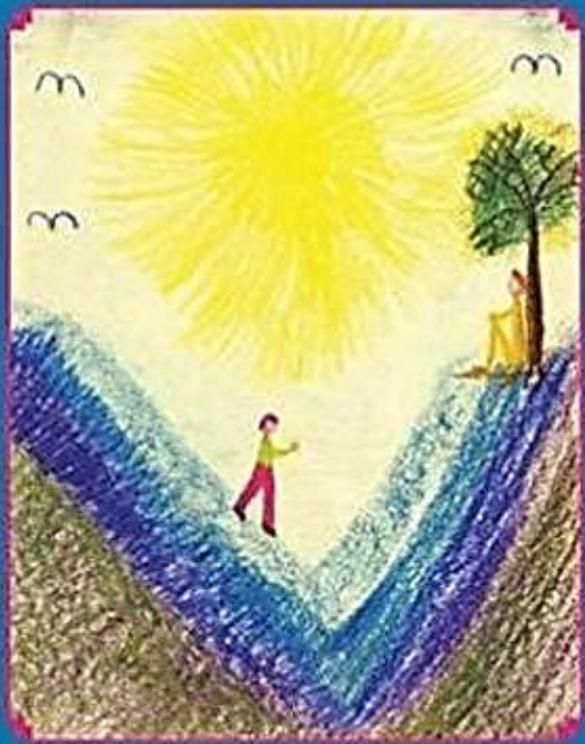
**THANK YOU!**

Hosted by:  
Laura Scappaticci  
Angela Foster  
Hazel Archer-Ginsberg





# Marjorie Spock



## The Art Of Goethean Conversation

"Whence came you hither?"  
asked the golden king.

"Out of the clefts where gold dwells,"  
replied the serpent.

"What is more glorious than gold?"

"Light!"

"What is more quickening than Light?"

"Conversation!"



You live within  
the limbs

For the Father-Spirit  
of The heights  
holds sway

In depths of worlds  
begetting life

You live within the beat  
of heart and lung

For the Christ-will encircling  
us holds sway

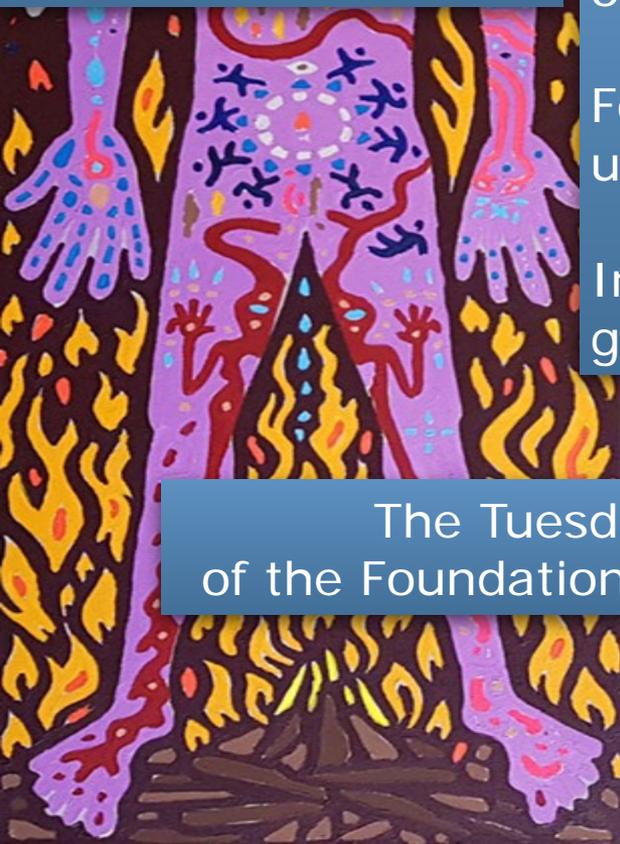
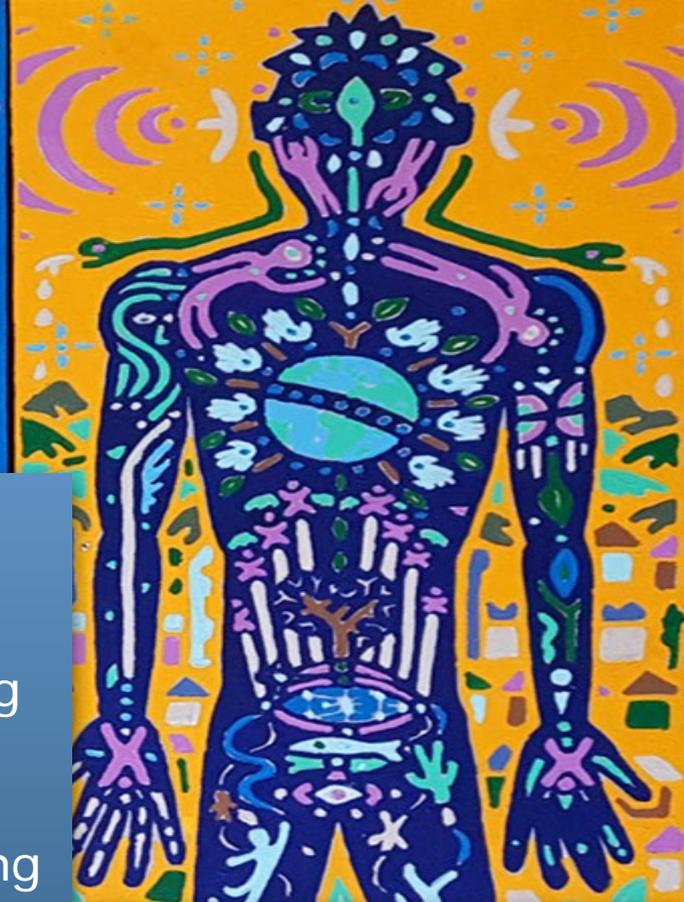
In world rhythms, bestowing  
grace upon souls

The Tuesday Rhythm  
of the Foundation Stone Meditation

You live within the  
resting head

For the spirits' world-  
thoughts hold sway

In cosmic being,  
imploring light



The Wednesday Rhythm  
of the Foundation Stone Meditation

Spirit-Recalling

Your own I  
Comes into being  
In the I of God

Spirit-Sensing

Unite your own I  
With the I of the world

Spirit-Beholding

Bestow on your own I  
For free and active  
Willing



## The Thursday Rhythm of the Foundation Stone Meditation

Your own I  
Comes into being  
In the I of God

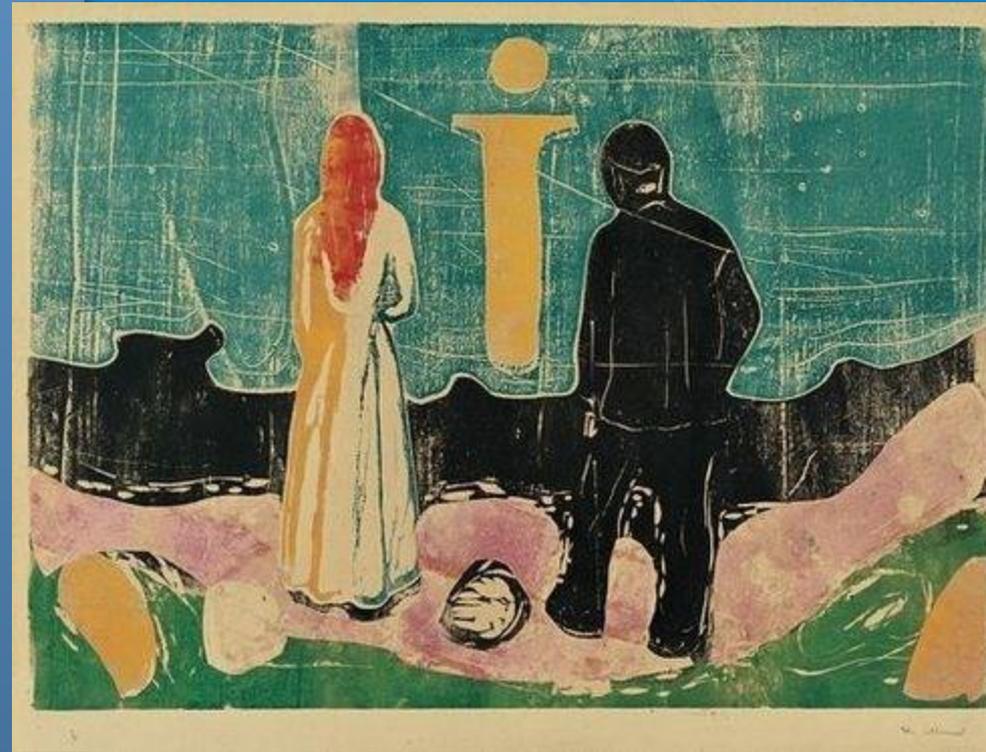
Live  
In human world-all being

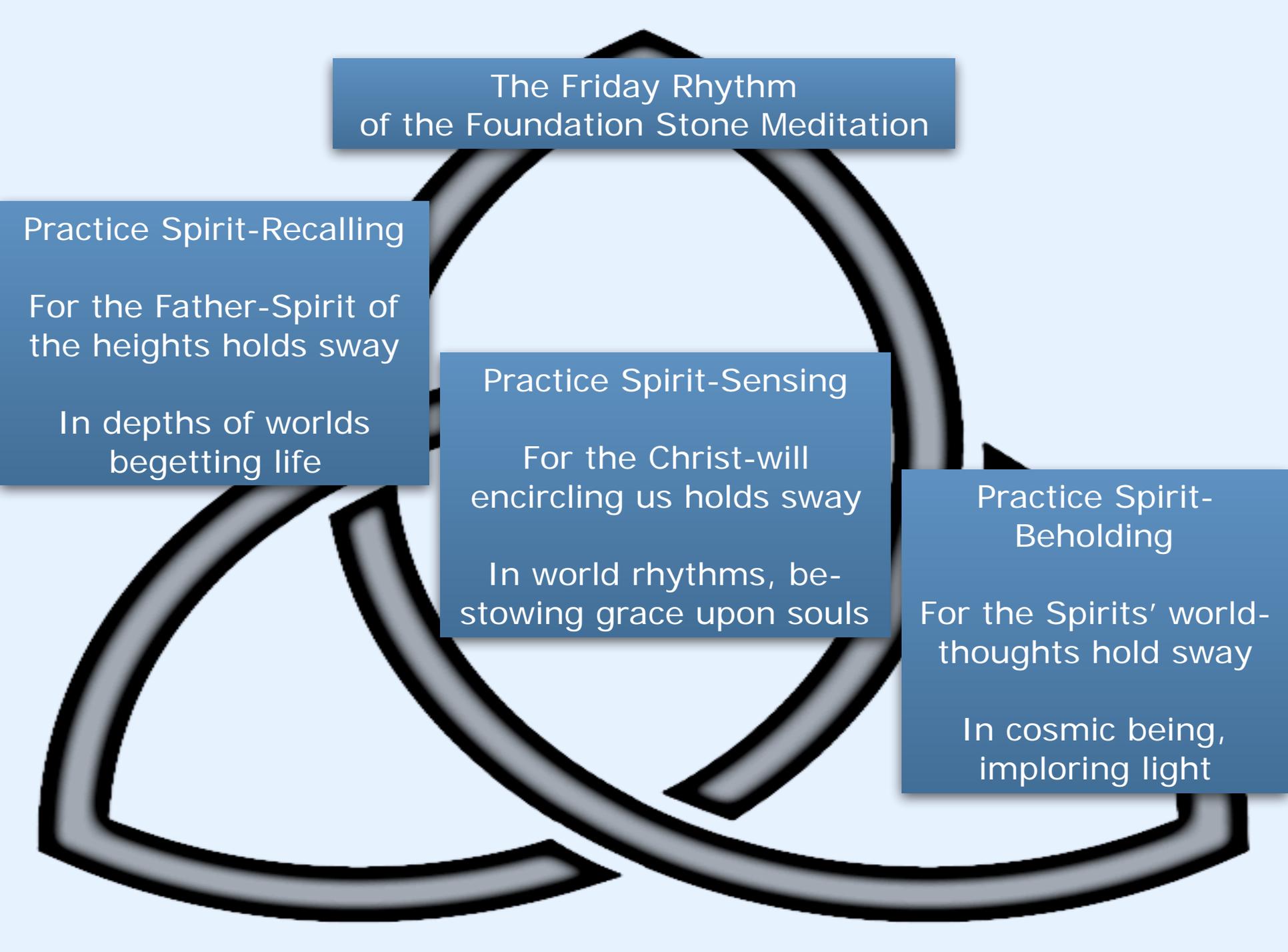
Unite your own I  
With the I of the world

Feel  
In human soul's creating

Bestow on your own I  
For free and active willing

Think  
In human spirit depths





The Friday Rhythm  
of the Foundation Stone Meditation

Practice Spirit-Recalling

For the Father-Spirit of  
the heights holds sway

In depths of worlds  
begetting life

Practice Spirit-Sensing

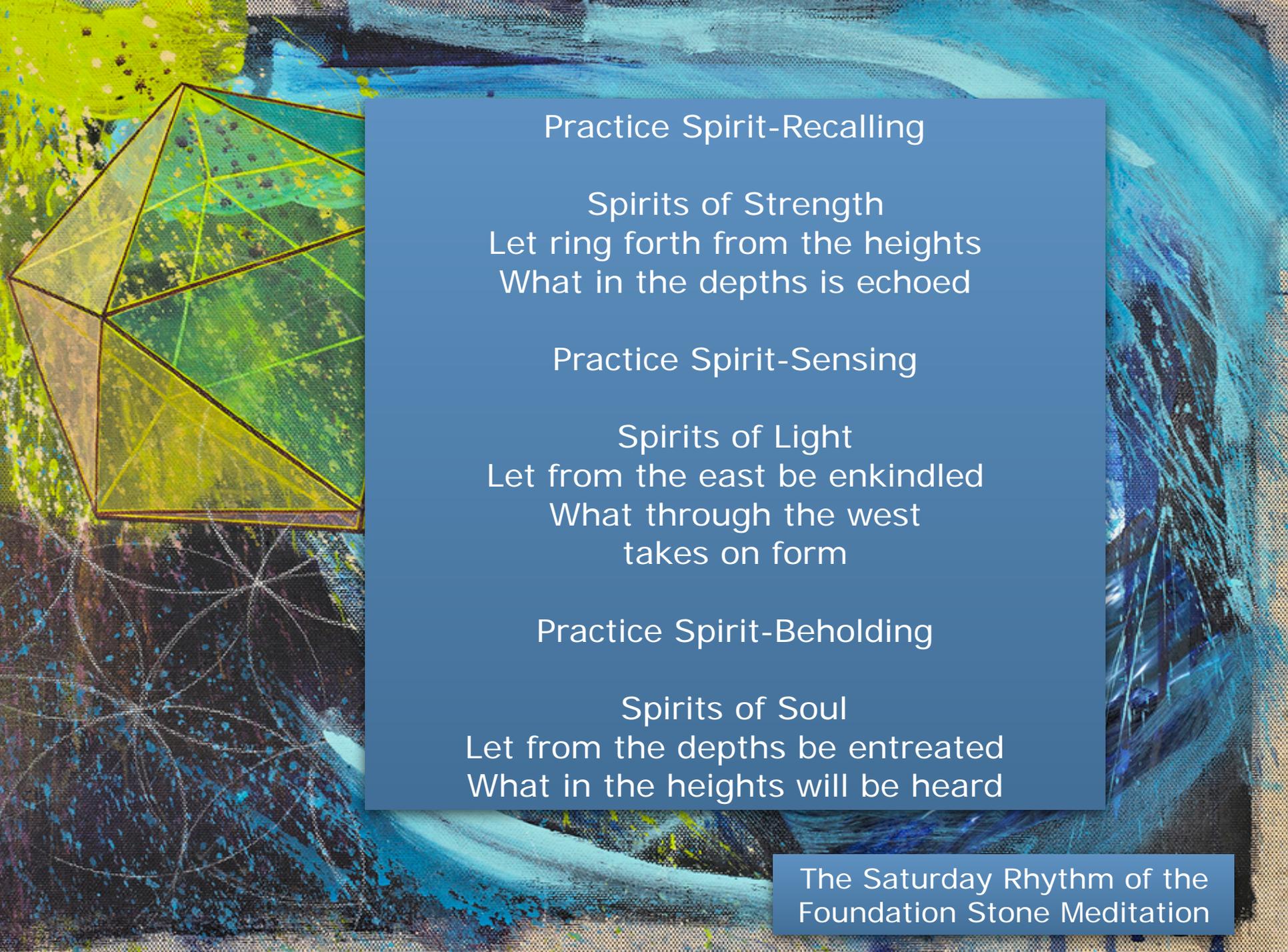
For the Christ-will  
encircling us holds sway

In world rhythms, be-  
stowing grace upon souls

Practice Spirit-  
Beholding

For the Spirits' world-  
thoughts hold sway

In cosmic being,  
imploring light



Practice Spirit-Recalling

Spirits of Strength

Let ring forth from the heights  
What in the depths is echoed

Practice Spirit-Sensing

Spirits of Light

Let from the east be enkindled  
What through the west  
takes on form

Practice Spirit-Beholding

Spirits of Soul

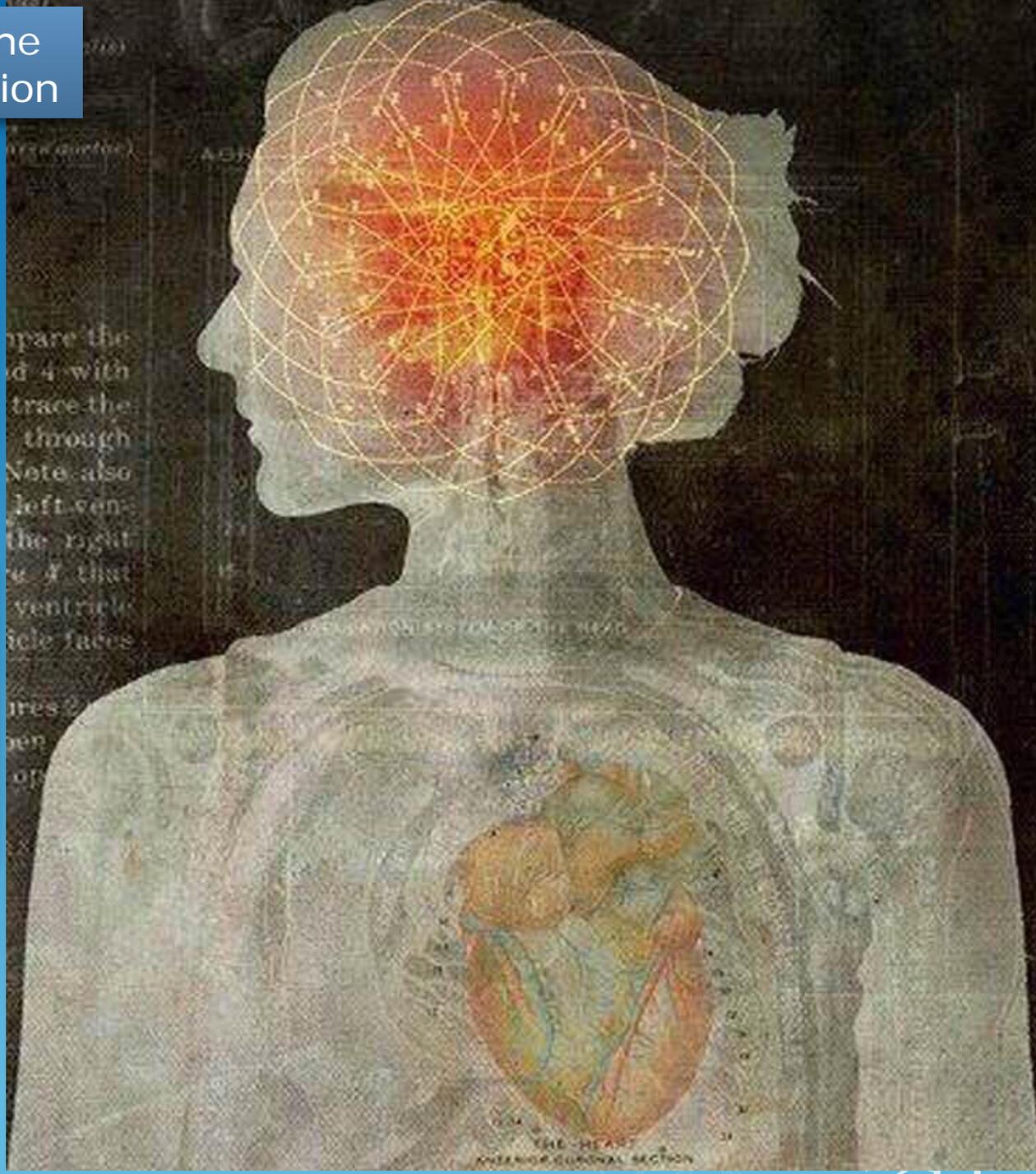
Let from the depths be entreated  
What in the heights will be heard

The Saturday Rhythm of the  
Foundation Stone Meditation

# The Sunday Rhythm of the Foundation Stone Meditation

Practice Spirit-Recalling  
Practice Spirit-Sensing  
Practice Spirit-Beholding

That good may become  
What from our hearts  
    We are founding,  
What from our heads  
    We direct,  
With focused willing.





The Monday Rhythm  
of the Foundation Stone Meditation

Light Divine,  
Christ-Sun!

This is heard by the spirits  
of the elements  
In east, west, north, south:  
May human beings hear it!



Menschenseele!

Du lebst im ruhenden Haupte  
Das dir aus Ewigkeitsgründen  
Die Weltgedanken erschliesst =  
Über Geist - Erschauen  
In Gedanken - Ruhe  
Wo die ewigen Götterziele  
Wellen - Wesens - Licht  
Dem eignen Ich  
Zu freiem Wollen  
Senken  
Und du wirst wahrhaft denken  
Im Menschen - Geistes - Gründen.

Human Soul!

You live within the resting head  
Which from the grounds of eternity  
Unlocks for you world-thoughts:

Practice spirit-beholding  
In stillness of thought,  
Where the gods' eternal aims  
Bestow the light of cosmic being  
On your own I  
For free and active willing.

And you will truly think  
In human spirit depths.

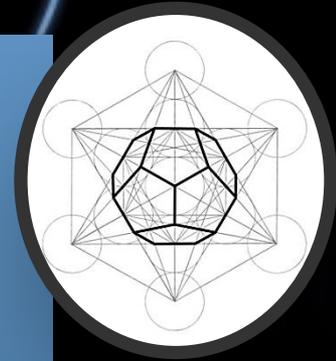
The 3<sup>rd</sup> Panel of  
The Foundation Stone Meditation  
~ Rudolf Steiner

For the Spirits' world-thoughts  
hold sway  
In cosmic being,  
imploing light.

Spirits of Soul:  
Let from the depths be entreated  
What in the heights will be heard,  
Speaking:  
In the spirit's cosmic thoughts the  
soul awakens.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!

In der Zeitenwende  
Trat das Willen - Geistes - Licht  
In den irdischen Wissensstrom ;  
Nacht dunkel hatte ausgewallt  
Taghelles Licht  
Ersahle in Menschenseelen  
Licht, das erwärmet  
Die armen Hirten <sup>herzen</sup> ~~seelen~~  
Licht, das erleuchtet  
Die weisen Königshäupter -



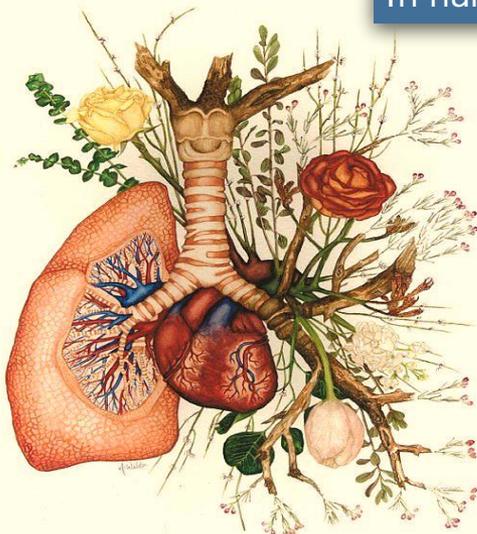
Menschenseele!  
Du lebst in dem Herz- und Lungen-Schlage  
Der dich durch den Zeiterrhythmus  
Ins eigne Seelenwesensfühlen leitet,  
Übe Geist - Besinnen  
Im Seelengleichgewichte  
Wo die wogenden  
Willen - Werke - Taten

The 2<sup>nd</sup> Panel of  
The Foundation Stone Meditation  
~ Rudolf Steiner

Human Soul!  
You live within the beat  
of heart and lung  
Which leads you through  
the rhythms of time  
Into the feeling of your own soul being:

Practice spirit-sensing  
In balance of the soul,  
Where the surging deeds  
Of World-evolving  
Unite your own I  
With the I of the world;  
And you will truly feel  
In human soul's creating.

Das eigne Ich  
wollen  
Durch ~~das Ich~~ - Ich  
Vereinigen  
Und du wirst wahrhaft fühlen  
Im Menschen - Seelen - Wirken.



For the Christ-will encircling us holds sway,  
In world rhythms,  
Bestowing grace upon souls.  
Spirits of Light:  
Let from the east be enkindled  
What through the west takes on form,  
Speaking:  
In Christ death becomes life.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!

The 1<sup>st</sup> Panel of  
The Foundation Stone Meditation  
~ Rudolf Steiner

Human Soul!  
You live within the limbs  
Which bear you through the world of space  
Into the spirits' ocean-being:

Practice spirit-recalling  
In depths of soul,  
Where in the wielding  
World-Creator-Being  
Your own I  
Comes into being  
In the I of God;  
And you will truly live  
In human world-all being.

Menschenseele!  
Du lebest in den Gliedern  
Die dich durch die Raumeswelt  
Im Geistesmeereswellen tragen:  
Übe Geist-Erinnern  
In Seelentiefen  
Wo in waltendem  
Wellenschöpfer-Sein  
Das eigne Ich  
In Gotter-Ich  
Erweset  
Und du wirst wahrhaft leben  
Im Menschen-Wellen-Wesen.

For the Father-Spirit of the  
heights holds sway  
In depths of worlds begetting life.  
Spirits of Strength:  
Let ring forth from the heights  
What in the depths is echoed,  
Speaking:  
Out of the Godhead we are born.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!



Human Soul!  
You live within the limbs  
Which bear you through  
the world of space  
Into the spirits' ocean-being:

Practice spirit-recalling  
In depths of soul,  
Where in the wielding  
World-Creator-Being  
Your own I  
Comes into being  
In the I of God;  
And you will truly live  
In human world-all being.

For the Father-Spirit of the  
heights holds sway  
In depths of worlds  
begetting life.  
Spirits of Strength:  
Let ring forth from  
the heights  
What in the depths  
is echoed,  
Speaking: Out of the  
Godhead we are born.

This is heard by the sprits  
of the elements  
In east, west, north, south:  
May human beings hear it!

Human Soul!  
You live within the beat  
of heart and lung  
Which leads you through  
The rhythms of time  
Into the feeling of  
your own soul-being:

Practice spirit-sensing  
In balance of the soul,  
Where the surging deeds  
Of World-evolving  
Unite your own I  
With the I of the world;  
And you will truly feel  
In human soul's creating.

For the Christ-will encircling us  
holds sway,  
In world rhythms,  
Bestowing grace upon souls.  
Spirits of Light:  
Let from the east  
be enkindled  
What through the west  
Takes on form,  
Speaking: In Christ death  
becomes life.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!

Human Soul!  
You live within the resting head  
Which from the grounds of  
eternity  
Unlocks for you world-thoughts:

Practice spirit-beholding  
In stillness of thought,  
Where the gods' eternal aims  
Bestow the light of cosmic being  
On your own I  
For free and active willing.  
And you will truly think  
In human spirit depths.

For the Spirits' world-thoughts  
hold sway  
In cosmic being,  
imploing light.  
Spirits of Soul:  
Let from the depths  
be entreated  
What in the heights will be heard,  
Speaking:  
In the spirit's cosmic thoughts  
the soul awakens.

This is heard by the spirits  
Of the elements  
In east, west, north, south:  
May human beings hear it!

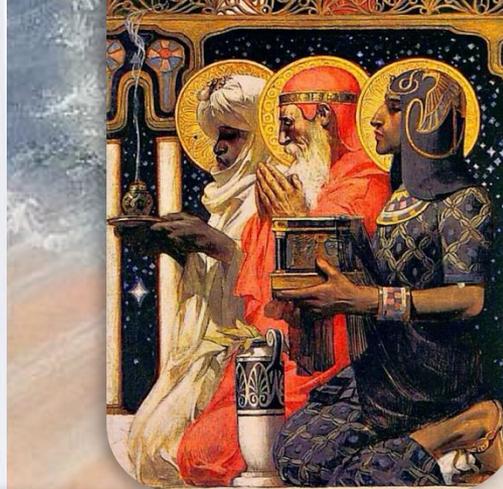
Dem es waltet der Vater - Geist der Höhen  
 In den Weltentiefen Sein - erzeugend  
 S. Ch. Th.

Lasset aus den Höhen erklingen  
 Was in den Tiefen das Echo findet:

Das spricht:  
 E. D. n.



Das hören die  
 Elementengeister  
 im  
 O. W. N. S.  
 Menschen mögen es  
 hören.



Göttliches Licht  
 Christus Sonne  
 erwärme unsre Herzen  
 Erleuchte unsre Häupter

Was gut werde  
 Was wir aus Herzen  
 gründen  
 uns Häuptern  
 Zielvoll führen wollen.

At the turning point of time  
 The Spirit-light of the world  
 Entered the stream of earth  
 existence.

Light divine,  
 Christ-Sun,

Warm  
 Our hearts;

Enlighten  
 Our heads;

That good may become

What from our hearts  
 We are founding,

What from our heads  
 We direct,

With focused willing.

Darkness of night  
 Had ceased its reign;  
 Day-radiant light  
 Shone forth in human souls:

Light  
 That gives warmth  
 To simple shepherds' hearts;

Light  
 That enlightens  
 The wise heads of kings.

The 4<sup>th</sup> Panel of  
 The Foundation Stone Meditation  
 ~Rudolf Steiner

Dem es waltet der Christus - Wille im Umkreis  
 In den Wellenrhythmen Seelen - begrundend

⌘

K. D. E.

Lasset vom Osten befeuern

Was durch den Westen hin gestaltet:

Das spricht.

J. Ch. M.

