

Autumn/Winter Programme 2024



Artist: Lesley Ann Beckett

"The task of art is to take hold of the shining, the radiance, the manifestation of that which as spirit weaves and lives throughout the world."

Rudolf Steiner in 'The Arts and their Mission'

The Sheffield Steiner Group
78 Cherry Tree Road
Nether Edge
S11 9AB

sheffieldsteinergroup@gmail.com

sheffieldsteinergroup.co.uk

Sheffield Steiner Group is supported by
the charity Tintagel House (Sheffield) Ltd
(Charity no 704041)

Expressing the Spirit in Art

Led by Lesley Ann Beckett

Saturday 19th October

10.30am – 12.30pm

78 Cherry Tree Road, Nether Edge, S11 9AB



Lesley's illustrated talk will focus on the work of various artists, including her own work.

You are invited to consider what is needed to take the journey towards 'creating'.

Lesley is a fine artist and teacher based in Sheffield with a fine art degree, a teaching degree and a Waldorf teacher training (London Steiner house). Her own art relates to nature, the human being and the spirit, about the thresholds between these worlds. She hopes to reveal rather than symbolise, seeing beyond the confines of one world or another.

Donations are accepted with gratitude



Living in the Light of these Sayings

Your purpose in Life is to find your Purpose and give it your Heart and Soul*Buddha Do not ask what the World needs but what makes you come alive. The world needs people who come Alive**Thurman To the dull mind, nature is leaden. To the illumined mind the whole world burns and sparkles with delight**Emerson Education is not the filling of a bucket, but the lighting of a fire**Y.B. Yeats Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom**Viktor Frankl I am because you are**Ubuntu the good does not oppose, it redeems. It does not fight, it heal**Rudolf Steiner) What you sow, so shall you reap**St Paul When the doors of perception are cleansed then everything appears as it is, infinite**William Blake*

Beginning with **A FREE TALK**

Saturday 28th September

10.30 am – 12.30pm

**Broomhill Methodist Centre,
Fulwood Road, S10 3BD**

After that, meetings will be fortnightly at
78 Cherry Tree Rd, Sheffield S11 9AB

A 6 session course unpacking these sayings in the light of Rudolf Steiner's Spiritual Science: a path of inner development and outer social change. Talks, conversations and exercises in sensing and thinking with Robert Chamberlain

Contributions welcome. £5 /£3 per session
or £20/ £12 for the whole course

Bridging Thresholds Theatre Group.

Between the known and unknown worlds; ordinary consciousness and a heightened one

Led by **Julia Smith**

Fortnightly, beginning

Saturday, 28th September

2.00pm - 4.30pm

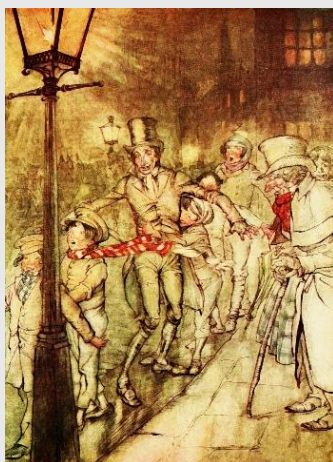
Brantwood School, 1 Kenwood Bank, Nether Edge, Sheffield, S7 1NU

If you are interested in plays that have a spiritual dimension and how we live in the world, then this may be the kind of community drama group for you. Creative speech and drama exercises, semi-staged dramatic readings. Full productions when possible.

"In these six sessions, from 28th September, we will work towards a performance of '**A Christmas Carol**' by **Charles Dickens**. This story is highly relevant to today's world and offers rich food for thought. It is a wonderfully uplifting production to bring to life." Julia

Fees £10 per session or £40 paid in advance for all 6 sessions with the Mask workshop is included.

Enquiries for all these events to Susan McHale at sheffieldsteinergrout@gmail.com

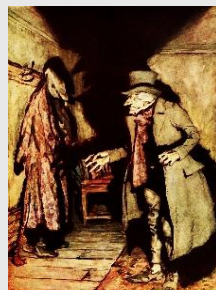


Mask Workshop:

Saturday 26th October

2.00pm - 5pm

Brantwood School, 1 Kenwood Bank, Nether Edge, Sheffield, S7 1NU



Using Masks to explore the **Spirits of Christmas Past, Present and Future**

Join us to experience a fun drama session using masks. All welcome (16 +)

Led by **Julia Smith**, a Theatre Practitioner for Bradford Theatres who also leads two projects for The Royal Shakespeare Company. She is particularly interested in exploring RSC active techniques and Rudolf Steiner's insights into drama and mystery plays.

Deeper Meanings within 'A Christmas Carol'

A illustrated talk by **Steve Roberts**

Friday 13th December

7.00pm - 9.00pm

An introduction to the deeper aspects of 'A Christmas Carol' by Charles Dickens

'A Christmas Carol'

Saturday 14th December

2.00pm - 5.00pm

A semi-staged, dramatic reading performance by **Bridging Thresholds Theatre Group**

at the Merlin Theatre, Meadow Bank Rd, Nether Edge, S11 9AH



Winter Light Spiral

A Family Event

Sunday December 8th

3.00pm - 4.30pm

Facilitated by **Johanna**

Arnold Freeman Hall, Merlin Theatre Meadowbank Road, Nether Edge S11 9AH



An enchanting evening of carol singing and reflection walking a beautifully illuminated spiral path, bringing light into the darkness and marking the anticipation of the Solstice.

Free! All ages welcome (children must be accompanied by their responsible adult)

Johanna van de Voort is an event and ceremony coordinator; a drama facilitator and leads women's wellbeing groups.

Christmas Festival

Saturday 21st December

7pm to 9.00pm

at 78 Cherry Tree Road, Nether Edge

Carols, songs, stories and readings around a candlelit Christmas Tree



Epiphany: Spraying the Three Kings biodynamic preparation on the field edges

Monday 6th January 2025

1.00pm at Moss Valley Market Garden

The Three Kings Preparation, made of gold, frankincense and myrrh, can be seen as an offering to the elemental world and as a blessing for the earth. These gifts were offered to the Jesus child.

For information contact **Martin** at mossvalleymarketgarden@gmail.com

A Listening Circle towards the Autumnal Equinox

Tuesday 17th September
7.00pm – 9.30pm

Facilitated by **Johanna Van de Voort**

A transformative Listening Circle to celebrate the Autumn Equinox and honour the protective and courageous energy of Michael.

This sacred gathering will focus on themes of balance, gratitude, transition, and introspection. The evening will include meditation, singing, movement, journaling, and heartfelt sharing. You will have the opportunity to let go of what no longer serves you and set intentions for the darker winter months ahead. Connect with a supportive community and embrace the spirit of this season. Cost £12

Please note:

Once the session has started the door are closed. Be timely.

All Welcome!

What to bring:

Journal and Pen
Cushion and Blanket

The Weleda Way

Led by **Teresa Kaczmarek**
Saturday 16th November
2.00pm - 4.00pm
at 78 Cherry Tree Road,
Nether Edge, S11 9AB



A friendly workshop to introduce Steiner's Threefold approach to natural wellness, Weleda's biodynamic gardens in Derbyshire and Scotland and offering Free samples and self-care tips to take away. A practical session includes self-care massage using Weleda products.



"As a Weleda Aesthetician and Advisor, my personal mission is to maintain a balanced lifestyle and inspire others who seek the same." Teresa

To book a place or to enquire please contact
sheffieldsteinergroup@gmail.com

Donations for the workshop are accepted with gratitude

Seasonal Walks

Led by **Vicky Wade**



Sunday September 22nd
Autumn Equinox Walk
(Around Ashover)



Sunday October 20th
Yorkshire Sculpture
Park



Sunday December 1st
Advent Walk

an opportunity to go foraging for



Christmas greenery for your home

for up-to-date information on these walks
contact **Vicky** on **07956 015879**



Join our mailing list for reminders and
details about each walk at

sheffieldsteinergroup@gmail.com

Open House

Wednesdays from 5.30pm–8.00pm
to

Browse, borrow, and return books in the
Sheffield Steiner Library

Please contact us to join the library



The house at no.78 is open weekly
to access the library and for
Informal social gatherings and
refreshments and optional
arts/crafts or singing sessions

ALL WELCOME

(Please contact us re mobility assistance)

In October and early November, we are
exploring Meditation practices. To keep
updated on Wednesday evening activities
please join our mailing list by contacting
sheffieldsteinergroup@gmail.com

Visit our new website

sheffieldsteinergroup.co.uk **Rudolf**
Steiner and Anthroposophy



Rudolf Steiner (1861–1925) was an Austrian philosopher of science by training, a visionary artist and social pioneer who dedicated his life to meeting the needs of the time and the questions put to him by professionals in various fields such as education, medicine, the arts and agriculture. His meditative path of insight and practice, **Anthroposophy**, could be described as 'thinking with the heart' ('Anthropos' – the human being, 'Sophia' – wisdom).

Study Groups

Monday 2.00pm–3.30pm:
Sergei Prokofiev's works
Study Group at no.78

Wednesday 5.30pm–8.00pm at no.78
Open House (Library access)
Wednesday 7.30pm–8.00pm:
Steiner's book 'Theosophy'
An online Study Group

Thursday 10.30am–12.00pm:
Steiner's 'Metamorphosis of the Soul'
Study Group at no.78
musgrovekm13@aol.com

Sundays fortnightly from 29th Sept to 14th Dec
4.00pm–6.00pm: **Michael School**
at no.78 Cherry Tree Road. Please contact
dave.s.alderson@gmail.com

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INNER ALCHEMY: Introducing Metal Colour Light Therapy

Goetheanum Inspired metal-coloured glass panels with artistic engravings, used as a therapeutic tool.

An introductory talk by **Kayte Pritchard** with an opportunity to experience the glass.

Saturday October 5th

10.30am -1.00pm

78 Cherry Tree Road, Nether Edge, Sheffield, S11 9AB



From Steiner's vision and intention for the Goetheanum windows to the therapy room. The impulse that led to discovering the colours and metals used to create therapy glass and some of the benefits

shown through research and testimonials. Kayte will share her journey as a student therapist and recording it in her writing of

'Alchemy in Motion: The Hero and The Alchemist meet the Divine while the Wheel of Fortune Keeps Turning'.

You will be offered the opportunity to join a short group meditation of preparation before sitting with the glass for a short therapeutic experience. If you want to book a slot for this contact.

Donations welcome

sheffieldsteinergroup@gmail.com



Eurythmy Workshop

with **Mary Watson**

Saturday, 21st September

10.30am - 1.00pm

at Brantwood School, Nether Edge, S11 9AH

**'The Turning Point of Time:
an exploration of
the Foundation Stone of Love'**

In this movement workshop we are invited to experience, through Eurythmy, the words of a significant meditation given by Rudolf Steiner. Eurythmy is a creative and therapeutic art that expresses sound, speech and music through gestures.



sheffieldsteinergroup@gmail.com to book. £12/£8 donation requested on the day.

Please bring comfortable shoes

Mary Watson is an experienced Eurythmy teacher and practitioner who is delighted to return to Sheffield to share this workshop. Mary and her family lived as part of the community at Tintagel House and the Merlin Theatre in Sheffield before moving to Michael House, a Waldorf school in Ilkeston. There, with other teachers, she co-founded the NESTT teacher training group for Northern schools.