



Medical Section  
School of  
Spiritual Science

# Medical Section Conference 2019

Friday 24th 4pm - Sunday 26th May 3pm

at The Steiner Academy Herefordshire  
Much Dewchurch, Hereford, HR2 8DL

with guest speaker

**Dr Matthias Girke**

Leader of the Medical Section  
at the Goetheanum  
and Specialist in Internal Medicine

Open to all doctors, nurses, counsellors, therapists including those in social therapy and curative education, who see their work as connected to Anthroposophy and the Medical Section

# ‘Generating Health’ and ‘Incarnation Challenges’ ‘Sleep Disorders’ and ‘Metabolic Disorders’

We have asked Matthias Girke to tackle two groups of conditions that have come to the fore in the context of current societal and cultural pressures and stress. On the one hand he will discuss sleep disorders; the challenge of entering sleep, so that it is renewing at night. On the other hand he will discuss metabolic disorders; the challenges of fully penetrating our bodies in the day with activity and engagement with life. These metabolic disorders are increasing not only in later life but also in young people and children.

## Generating Our Own Spiritual and Soul Health and our Communal Incarnation Challenges

*“We must have been in the Michael school together before we were born. How can we become more aware of our medical and therapeutic tasks together?”*

- Dr Saskia Renkema

At a time when any approach to medicine other than materialistic reductionist medicine is being suppressed by economic, administrative and academic pressures; how can more spiritual approaches sustain themselves organisationally? How can individual practitioners sustain themselves? Which aspects of a Michaelic and Raphaelic Schooling are needed? These will be questions taken up in our own group work and in Matthias’s Lectures.

How can we co-create a context for each other? What initiatives can we take to make the Medical Section a real community of responsibility, mutual support and inner work?

### **Dr Matthias Girke**



Matthias was one of the pioneers of an anthroposophic hospital, Havelhoehe, in Berlin. He worked there as one of the leading internal physicians until his move to Dornach to take up the leadership of the Medical Section. He is also a member of the ‘Vorstand’ at the Goetheanum.

# Programme

## Friday 24th May

16:00	Tea and Registration
16:45	Welcome – Introduction and Conference logistics
17:00	Meeting your neighbours and sharing what you leave behind and hopes for the conference
17:15	UK Medical Section Facilitation – Stefan Geider – past Saskia Renkema – present David McGavin - Survey of Initiatives within the Medical Section in the UK
18:00	Conversation with Neighbour- Exploring responses so far
18:15	<i>Supper</i>
19.30	Mathias Girke Lecture - Aspects of the Michael / Raphael Schooling demanded by the present situation
20:30	Questions and Discussion
20:45	Closing Space – Questions you want to take into sleep Verse

## Saturday 25th May

9:00	Group A Eurythmy
9:00	Group B Interdisciplinary Groups Echo space. What are the joys and sufferings in your work and your social context?
10:00	Group B Eurythmy
10:00	Group A Interdisciplinary Groups Echo space. What are the joys and sufferings in your work and your social context?
11.00	<i>Coffee</i>
11.30	Mathias Girke Lecture - Salutogenesis at the Abyss of Culture – Sleeplessness

12.30	Questions and Discussion
13:00	<i>Lunch</i>
14.00	Interdisciplinary groups (Digestion)
15.15	Live Reports from Training and Study Activities with Posters Reporting on Centres
16.15	<i>Tea</i> walking/talking
17:00	Initiative and Interest Groups
18:15	<i>Supper</i>
19:30	Mathias Girke Lecture - Metabolic Disturbances as Incarnation Challenges
20:30	Questions and Discussion
20:45	Closing Space Verse

## Sunday 26th May

9:00	Group B Eurythmy
9:00	Group A Interdisciplinary groups Hopes and initiatives for the future
10:00	Group A Eurythmy
10:00	Group B Interdisciplinary groups Hopes and initiatives for the future
11:00	<i>Coffee</i>
11.30	Plenum Session – Feedback from Interdisciplinary and Initiative groups
13:00	<i>Lunch</i>
14.00	Mathias Girke Closing Contribution
15:00	Thanks and Close

Register on line at [www.elysiahealth.org](http://www.elysiahealth.org)  
or contact Lindsey Garner, [admin@elysiacentre.org](mailto:admin@elysiacentre.org)

Telephone 07800 535 063 for a registration form and brochure

Cost £125 (including meals but not accommodation)

Signposts to local accommodation will be available

Please make cheques payable to the Elysia Therapeutic Centre  
and post to the Elysia Therapeutic Centre,  
52 Bowling Green Rd, Stourbridge DY8 3RZ

If cost prevents you from attending, please speak to Lindsey Garner



The Inner Courtyard of the Steiner Academy Hereford