



Anthroposophical Society PORTLAND BRANCH

Newsletter

April 2020

A Fruitful Gathering of Friends

Three New Groups were initiated at our March 8 annual gathering, which many of those present signed on to. If you would like to participate in any of these activities, contact the persons indicated below. We are still considering how best to organize these initiatives given the new conditions of isolation that we all find ourselves in. Feel free to contact us with ideas. Help is also needed with the national AGM which is meant to be held in Portland in October, depending on how things develop for gatherings by then.

Deepening Our Connection to the Foundation Stone and the Being Anthroposophia, as a prerequisite for developing the quality of love in ourselves necessary for overcoming sympathies and antipathies so we can form effective communities capable of giving to the world what it needs. Contact Valerie Hope: valerieannhpdx@aol.com

A Care Group, which could include: a phone list of people available for those experiencing an illness/emergency; end of life/vigil care; a living situation for aging Anthroposophists. As a first step, would anyone be willing to coordinate setting up a call list for anyone without a local emergency contact during this pandemic?

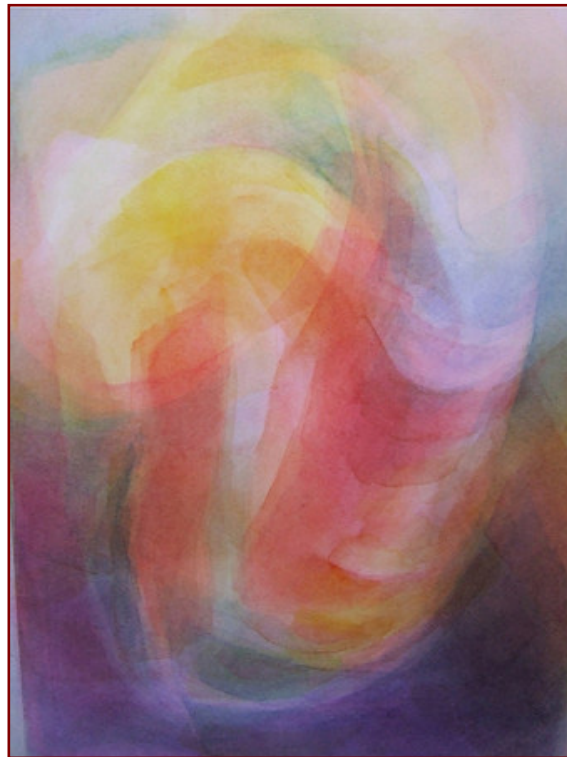
A Festivals Group, which would ensure that at the very least the community observes the four main festivals: Easter, Christmas, St. Johns, Michaelmas – and All Souls. The festivals group, which has been studying the cycle of the year for nearly 7 years, reported that they do not have the forces necessary for organizing the observances on their own. Contact Valerie Hope: valerieannhpdx@aol.com

Help Needed to Carry the National Society's Annual Gathering in Portland October 8-11 Contact Jerry Soloway to

find out if you can help to support this event: jrsoloway@hotmail.com

I will attempt to paint a picture below of our Branch annual gathering, to fill in what those unable to attend will have missed, and to refresh the memories of those 27 members who did come, bringing an amazing variety of potluck dishes and scrumptious desserts to the table.

The Singing, the Blessing, the Food, New Council Members: To begin with, the beautiful music of a round sung by participants in three parts filled the hall, serving to bless the food, and helping to form the group.



The Heart Begins to Think Watercolor Christopher Guilfoil

As people were finishing their desserts council members were introduced, and we celebrated three new members: Sara Genta, James Knight, and Cheri Munske joined existing council members Valerie Hope, Ruth Klein, Tom Klein, Walter Rice, and Jerry Soloway!

John Bloom's Challenge to Members: John Bloom's January letter to members was then read aloud, as the Council felt that his message and challenge was important for us to take to heart. John's letter reads, in part, 'There is a cultural sea change afoot, even in the face of conflict and violence, a highly politicized environment, and an uncertain economy. There is a palpable search for community, for mutual support, for deep listening, an echoing of values, and for reconsidering how working consciously with inclusion and

justice might speak to the next generation of Waldorf teachers and biodynamic farmers to support the growing momentum of interest in the work of the Society and anthroposophy. At the same time, there are real success-generated challenges if we are to maintain anthroposophy as a wellspring.'

John gave Waldorf Schools as an example of success-generated

challenges, highlighted by a question at a Waldorf School conference. "We have Waldorf education, why do we need anthroposophy and Rudolf Steiner?" Several nodding heads affirmed the resonance of the question. John continues, "The question is an indicator of how the practical work, as it moves further out in service to the world, can become (or is becoming) disconnected from the wellspring. This is a rightful challenge in many ways, a natural consequence of the need for and growth of Waldorf education."

We are called to help meet this challenge by returning – each of us - to the wellsprings of Anthroposophy ourselves, for the sake of the many 'daughter movements' of Anthroposophy, whose success in working with indications from the spiritual world depend on working with Anthroposophy itself.

The Foundation Stone, the Meditation, the Being Anthroposophia, and Us: Next I chronicled my long journey to a deeper understanding of the Foundation Stone, the Foundation Stone Meditation, and the importance of a freely developed relationship to the being Anthroposophia, who knocks on the portal of our hearts asking to be let in, and who wishes to help us ensure that our decisions are firmly rooted in the spiritual. The supersensible dodecahedral Foundation Stone of Love that we can connect to, through working earnestly with Anthroposophia and the Foundation Stone Meditation, is a pre-requisite to each of us developing the quality of brotherhood necessary for forming healthy Anthroposophical communities capable of having healthy effects in the world. Sergei Prokofieff's small book, *Relating to Rudolf Steiner and the Laying of the Foundation Stone*, was invaluable for pulling together a more complete picture, as was the study group that worked with it following last year's annual gathering. A copy of the latest Foundation Stone meditation pamphlet was made available to all attendees.

Foundation Stone Study Groups are Forming: A large majority of those in attendance signed up to work together to deepen our relationship to the meditation, the being Anthroposophia, and the Dodecahedral Foundation Stone of Love. If you have not already signed up and would like to be involved see the box at the beginning of this piece. Likely groups will be formed based on neighborhood and time of day available, with a coming together of all at some point to share our working. In the meantime we're working to develop ways to proceed at a distance. Ideas are welcome – contact Valerie at valerieannhpx@aol.com

Honoring Dr. Bob Kellum and His February 21 Crossing the Threshold: Wes Burch and Bob's wife, Donna Kellum offered observations and memories. Of particular note: in November Bob played Johannes, and Donna his Maria, in the performance of a scene from Rudolf Steiner's mystery drama, 'The Guardian of the Threshold'.

Ruth Klein offered a review of the events of 2019.

The Portland Branch Library is now housed at the Portland Waldorf School. We are grateful to eurythmist Carrie Mass for agreeing to share her space with all the books. We also owe Ian Terrell, the school's part-time librarian, a deep debt of gratitude

for all of the work that he has put into this project. The following information is for when the school re-opens:

Ian has created a full online catalog of our books, which you can access at anthroposophicallibraryofportland.weebly.com

To check out a book: text or call Ian at 503-490-8385, or email him at Library@PortlandWaldorf.org and leave the following information: your name, the book title and author, the publication date, and the expected return date. Ian will text you back to let you know you can pick up the book in the PWS office.

To return a book: drop it off at the PWS main office with a note that it is part of the Portland Branch library. Text Ian to let him know that the book is waiting to be re-shelved.

Other Community Initiatives:

- Sara Genta offered both modest ideas and more ambitious dreams for what a care group could offer the community, and passed a sign-up sheet for those who would like to participate.
- Jerry Soloway described the national AGM's of the recent past, and he and Rebecca offered a listing of tasks our community is to perform in support of the October 8-11 AGM which, God willing, will be held in Portland. To find out more and offer assistance contact Jerry at jrsoloway@hotmail.com
- Timothy Kennedy, who works as a contractor, described a project he is involved with on acreage near Battleground, Washington which would offer a variety of living situations, including co-housing, individual housing, end of life care and yes, even green burial. For more information you can contact him at timok33@gmail.com
- The Anthromed group at the National University of Naturopathic medicine has quite a lively group, thanks in large part to the efforts of student Jennifer McNeal! They recently held a day-long workshop on pain, which included a talk by Dr. Adam Blanning, who also gave a talk for the Branch's School of Spiritual Science. Jennifer offered that the group would be happy to join forces with the Branch to bring other medical events to Portland.
- Sara Genta and Lisa Jones invited members to join them in exploring possibilities for updating and possibly integrating our communications infrastructure, which had been put in place more than a decade ago, given that there have been many innovations since then.

Budget: Tom Klein reported on budgetary trends, including the fact that some of our events lose money.

Branch Conversation/ Priorities: Unfortunately there was not as much time left for this important community conversation as had been hoped, so many of us stayed longer.

Patricia Lynch shared that, in putting together support for Donna Kellum and for the vigil when Dr. Bob Kellum crossed the threshold on February 21, she experienced a vibrant, healthy community which responded, some with only an hour's notice, to quickly fill all the slots, 24 hours/day for 3 days. It should be added that Patricia herself, at the beach, then painted 40 thank-you cards, hand-wrote a thank you and Novalis verse on each one, had Donna sign them, and addressed and posted them. It was a labor of love for which I – and I think all of us – are grateful!

It was expressed that it is a priority to, at the very least, observe the four festivals and All Souls, and several people signed up to help ensure that happens. Up to now there has not been the person power to organize them all.

Recitation of the Foundation Stone Meditation: The gathering ended with James Knight reading the Foundation Stone Meditation. With all that had preceded to enliven it, the words filled the room and our hearts.

Respectfully Submitted, Valerie Hope

From Mouth to Ear: Listening to the Spirit in the Digital Age

**Impressions from Dr. Adam Blanning's 2/16/20
talk related to the School for Spiritual Science,
First Class**

by Valerie Hope

We were so pleased that Dr. Blanning was willing and able to join us after a busy few days at the early childhood conference here, and a speaking engagement at the National University of Natural Medicine. What follows are my impressions of what Adam brought, as found in notes taken by Rebecca Soloway and myself. Therefore, except for what was taken from his newsletter article, statements are not actually direct quotes from Adam, but what was recorded in notes and to a degree re-arranged by me.

From my perspective, he largely addressed the question, 'How do we bring alive, move from written concept to living process, what Rudolf Steiner brought in all of his work, and especially in the lessons and mantras of the First Class?' I begin with some of what Adam shared in the February newsletter:

"There is something very special about the human voice, a unique part of our individuality matched only by our capacity to listen. Speaking and listening help build a pathway to imaginations that we do not find so commonly in our everyday life. In fact, in our highly technological society, more and more of life has become sharing which only involves screens and eyes--with what was previously always spoken language is abstracted into ever shorter messages of emails, texts, and tweets. It is not so easy to find spaces to truly listen."¹

Today we can experience the world moving from many kinds of content, to primarily visual content. People, even 4 year olds, can spend more than 7 hours a day in front of a screen. At the same time we see an increase in anxiety and suicidal ideation, and a decrease in interest in the world. The physiology of listening is different, it involves an interest in the other – I take you in as you are. And speaking from experience is different from repeating information - for both the teller and the listener, it is different to repeat what is alive for us.

It is much easier to miscommunicate today than in the past. We

can be in community, but still experience great loneliness. Online communities provide a community of sorts, but the folk soul is fake.

"In the mystery schools, knowledge was always conveyed "from mouth to ear." This could be interpreted as simply a means for keeping things secret, for making sure that something was not written down so that it was protected from being shared or seen in ways which could not be controlled. But in truth, this pathway of "mouth to ear" relates much more to the physiology of hearing, and how that process works specifically within the will."²

¹ Dr. Adam Blanning, Feb. Branch Newsletter

² Ibid

Suggestions for Easter Reading from Valerie Hope

Dear Friends, this season leading up to Easter, the festivals group came together to work with Rudolf Steiner's indications, as we have done for all the festivals over the last nearly 7 years. This year - most recently as a Zoom group - we read two lectures that we hadn't taken up before, and would like to highly recommend them to you, especially in this time when we likely won't be gathering for Easter observances. They are titled Spiritual Bells of Easter I, and Spiritual Bells of Easter II. They are in the book, 'The Festivals and Their Meaning', or can be found on Rudolf Steiner Archive here: <https://wn.rsarchive.org/Lectures/Easter/19090410p01.html> and <https://wn.rsarchive.org/Lectures/Easter/19090411p01.html>

The Portland Branch
of the Anthroposophical Society
Invites You to

Save The Dates!

As we navigate this opportunity for greater self-knowledge and freedom dates will be in flux for awhile. Please refer to the contact names in the Portland Branch Calendar and Ongoing Local Activities and Study Groups for current information.

Urban Biodynamic Gardening

- Get Stirring!

with Sandra Burch



Things have changed dramatically in a few short weeks. In feeling a loss of agency, a numbness that could be called fear, an anger that rolls through at least once a day, all accompanied by a desperate wish to correct something that is not in my power to manage, let alone mend. I find myself asking: "whatever can I do to help?"

Nourishing the earth is a great place to start. Supporting the earth supports its inhabitants too. I find myself turning to my garden everyday. It is outdoors and the natural world that are stabilizing right now.

I tell myself: first and simply enough - just go outside. Connect with something greater than the news. Look around and notice the glorious beauty of nature. We can each support this realm by applying the preps, starting with BD 500.

The first prep of the gardening year, sprayed on bare soil before planting, is BD Preparation 500 - Horn Manure, sometimes just called 500. This prep is "the key to the biodynamic world. It is made from cow manure stuffed in a cow horn and buried for six months over winter. The dark crumbly substance that results has populations of beneficial microorganisms far higher than those in normal compost or good soil. Sprayed on the earth, horn manure gives the garden solid foundations and charges the soil with all the life force it needs." (from *Biodynamic Gardening* by Monty Waldin). Sometimes this same prep is also applied in the autumn, around Michaelmas, to tuck the garden beds in for their winter rest.

Might we look to this simple substance to teach us how to live in this changed world? First, what can we learn about what a prep is? It is a concentrated prepared substance, made with a recipe given to us by Rudolf Steiner and the natural world is involved. Importantly, something that is the waste matter from the cow, manure, is aged and transformed. What is usually rejected or expelled becomes valuable. Rudolf Steiner gave us many 'recipes' for life. We can learn to look at what appears to be waste and find a way to transform it.

Next, we go outdoors and use a vessel open to the heavens. We stir a small amount of the prep - less than a quarter cup for a whole acre - in around two gallons of water - usually in a five gallon bucket. Stirring first one direction and creating a vortex that pulls cosmic forces down into the water, and then breaking up that vortex, creating chaos - by stirring in the other direction. Rhythmically creating order and then destroying it, for one hour. We could become aware of ourselves as a container, with an intention to open to the spiritual world, and bring the healing

we need into our being. In the stirring we alternate between creating chaos and then restoring order: dying into the disorder and reborn into an elegant and lively form. We exist just long enough in this dynamic receiving vortex before the impulse for a confusing mess comes again. We can see that chaos leads to order.

After this we pour the energized liquid into a small bucket and take a whisk broom, or a cluster of sticks or sometimes cedar boughs and dip in the potentized prep and sprinkle, with a flourish of the wrist, flicking the prep in droplets onto the earth. And we can tell ourselves: only a little bit is needed. Our small efforts have a positive impact, even if we don't see results right away. If you are ready to buy some BD 500, you can order it online at: oregonbd.org



Leaves

By Sara Teasdale

One by one, like leaves from a tree
All my faiths have forsaken me;
But the stars above my head
Burn in white and delicate red,
And beneath my feet the earth
Brings the sturdy grass to birth.
I who was content to be
But a silken-singing tree,
But a rustle of delight
In the wistful heart of night—
I have lost the leaves that knew
Touch of rain and weight of dew.
Blinded by a leafy crown
I looked neither up nor down—
But the little leaves that die
Have left me room to see the sky;
Now for the first time I know
Stars above and earth below

Calendar of the Soul

Week 52

When from the soul's deep ground
The Spirit turns to the life of worlds
And Beauty wells from widths of space,
Then from the farthest Heavens flows
Life's strength into the human form
And weds in mighty working
The Spirit's being to the life of man.

Week 1 Easter Mood

When from the world's wide realms
The sun speaks to the human mind,
And joy from depths of soul
Unites with light in gazing,
Then thoughts from selfhood's sheath
Stream into far spread spaces,
And dimly bind
Man's being to the Spirit's life.

Week 2

Into the outer world of sense
Thought power its own nature loses;
Once again the spirit worlds
Light upon their offspring, man,
Who needs must find his source in them
Yet fruit of soul
Within himself.

Week 3

To the universal All there speaks,
Itself forgetting
And mindful of its primal state,
The growing I of man:
'In you my self releasing
From fetters of my selfhood
I find the ground of my true being.'

Calendar translation
by Liselotte and William Mann

The Portland Branch Newsletter is published monthly to serve Branch members and friends. To learn more about the Portland Branch of the Anthroposophical Society, contact Diane Rumage at 971-271-7479.

To submit an article or a calendar item email it to Christopher Guilfoil: c.guilfoil@gmail.com. The deadline for submissions is the 15th of the month preceding publication. Items selected for publication may be edited for style, content and length.

To sign up for our newsletter/email list go to:

<http://www.portlandbranch.org> and click on the button at the top of the right hand column on the home page.

The newsletter and calendar are posted on the Branch website, www.portlandanthroposophy.org. Paper copies are available at the Pohala and Healthbridge Clinics; and the Cedarwood, Michael, Portland and Swallowtail Waldorf Schools.

Our current newsletter team: Editor, design, layout, and illustrations: Christopher Guilfoil; Editing and proofreading Wes Burch; Calendar: Jeremy Davis; Printing and distribution: Jerry Soloway; Webmaster Angelica Hesse; Treasurer: Ruth Klein

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2020:

Virginia Berg, Wes Burch, Sandra Burch, Jeremy Davis, Stacy Durych, Sara Genta, Deborah Ham, Lauren Johnson, Tish Johnson, Lisa Jones, Donna Patterson Kellum, Bob Kellum, Tom Klein, Ruth Klein, James Knight, Anne Kollender, Martin Levin, Judith Levin, Robin Lieberman, Patricia Lynch, Lisa Masterson, Brian McClure, Jennifer McNeal, Cheri Munske, Jeff Rice, Walter Rice, Susan Rice, Diane Rumage, Rebecca Soloway, Jerry Soloway, Elizabeth Webber, Brian Wickert

Your 2020 dues will be gratefully received:

Thank you for helping to make our lively community life possible. A typical contribution is \$50, but no amount is too large or too small. You can send a check to The Portland Branch, c/o Ruth Klein, 12286 SE 41st Court, Milwaukie, OR 97222. Or you can donate online at portlandbranch.org.

You can also make your contribution online, by clicking 'pay here' toward the bottom of the right-hand column on the home page of our website, portlandbranch.org.

We would like to gratefully acknowledge the following who generously provide spaces for our many activities: Dr. Joan and John Takacs for their long-standing donation of Bothmer Hall; the Portland Waldorf School; and the Cedarwood School.

Another Way to Donate to the Portland Branch

If you shop at Amazon and use the following link, a small donation, .5% of the price of your eligible purchases will be donated to the Portland Branch. smile.amazon.com/ch/93-1269233

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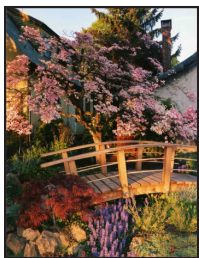
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Contact: Editor c.guilfoil@gmail.com

First Class of the School of Spiritual Science

Sunday, April 19, 9:30am • Lesson XVIII • Note the date change • (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. • Lessons are normally held on the second Sunday of each month • April 19 meeting to be determined. Members will receive email notification regarding the status. For questions please contact Cheri Munske at cherimunske@gmail.com, Diane Rumage at drumage@comcast.net, or Rebecca Soloway at rrsoloway1@gmail.com.

Portland Branch Council Meeting - Postponed

Monday, April 13, 7pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778, valerieannhpx@aol.com

All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe. Please contact Valerie to let her know you're coming. Meetings are normally held on the second Monday of the month.

Oregon Biodynamic Group Spring Open House - Postponed

Saturday, April 4, 10a-4pm • Farm Campus of Swallowtail Waldorf School, 31620 NW Camp Ireland St. Hillsboro, OR 97124 • Contact oregonbd@gmail.com or Noah Marquiss, 971-331-0332

Presentations on a wide range of topics by Oregon BD members from across the state. Bring your own lunch and all-weather gear. For more info see flier or www.oregonbd.org. Suggested Donation \$20.

The Unspeaking Center

by Rainer Maria Rilke

She who reconciles the ill-matched threads
of her life, and weaves them gratefully
into a single cloth—
it's she who drives the loudmouths from the hall
and clears it for a different celebration
where the one guest is you.
In the softness of evening
it's you she receives.
You are the partner of her loneliness,
the unspeaking center of her monologues.
With each disclosure you encompass more
and she stretches beyond what limits her,
to hold you.



From *The Book of Hours*

Translated by Anita Barrows and Joanna Macy

Rilke speaks hauntingly of love and loneliness as he evokes Penelope weaving while she waits for Odysseus to return.

Ongoing Local Activities and Study Groups

First Class of the School of Spiritual Science • Second Sunday of the Month

9:30am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required.
Contact Cheri Munske, 503-772-2632, or Rebecca Soloway, 516-850-1027

Council Meetings of the Portland Branch • Second Monday of the month

7-9pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, 503-775-0778, valerieannhpdx@aol.com
All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe.

School of Spiritual Science Study • Second Thursday of the Month

The First Class of the Michael School and its Christological Foundations by S. Prokofieff • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, 516-850-1027, rrsoloway1@gmail.com

Christianity as Mystical Fact Study Group • First Monday of the Month

7:45-9pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615, jrsoloway@hotmail.com
Please join us in lively discussions centered on Rudolf Steiner's *Christianity as Mystical Fact*.

Community Painting Tuesday Mornings

8:45-10:00am Tuesday Morning Painting Group for adults resumes March 2020. Watercolor painting focusing on color studies and seasonal moods. All levels welcome. Portland Waldorf School. Contact cherimunske@gmail.com to RSVP.

Adult Eurythmy Class with Jolanda Frischknecht

Tuesdays 6:30-8pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Cost: \$20/session; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 Feel free to drop in, invite friends.

Eurythmy for Waldorf Alumni: Wednesdays

Study, 6:30-7:30pm; Eurythmy; 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Contact Carrie Mass, Carrie.mass@portlandwaldorf.org If you've ever attended a Waldorf High School, this is for you!

Eurythmy, Portland Waldorf School Community: Thursday Mornings

8:45-9:30am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact Sarah Rem, sannerem@gmail.com 503-729-1740

Pacific Eurythmy, Open Classes for the Community in Anthroposophy and the Arts: Monday Evenings

For details please see our website, www.PacificEurythmy.com or call Jolanda, 503-896-3345 or Carrie, 415-686-3791

Festivals Study Group: First and Third Friday Mornings

10am-12pm • 2606 SE 58th Ave, Portland • Contact Suzanne Walker, 503-208-2426 zzwalker@mac.com • We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to observe them according to his indications. This study is also greatly deepening our experience of the Calendar of the Soul and the cycle of the year.

Knowledge of Higher Worlds by Rudolf Steiner • Friday Mornings beginning October 4

9:15-11am • Contact Patricia Lynch at patriciahomanlynch@gmail.com

Singing Circle at the Portland Waldorf School • Friday Mornings

8:45-10:15am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • all voices are welcomed. Contact Julianne Renzema at momartist@yahoo.com. No practice during school breaks.

Speech Formation and Mystery Drama Group • Every 2nd and 4th Wednesday

7:25-8:55pm • 8654 NE Boehmer St, Portland, OR 97220 • Free. New participants accepted. No experience necessary, just enthusiasm and a love of the Word. • Contact Diane Ramage 971 271-7479 drumage@comcast.net

Friday Book Study in Corvallis beginning October 4

5:15-6:15pm at the home of Renate Joy • 1020 NW 25th Street, Corvallis • Our new study is Rudolf Steiner's "Occult Science: An Outline" (If you are planning to buy this book, we suggest the classic translation by George and Mary Adams.) This is a great way to study anthroposophy in community with others, where different perspectives are shared, and understanding can deepen.

Study of Gospel Lectures • Every Sunday

9-10:30am • Please call for venue • Free. Long established group of researchers reading and discussing Steiner lectures on the Gospels. • Contact Cliff W, 360-750-4858 or Suzanne W, 503-208-2426

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact Jen Davis, 503-449-7387 jennifer@micha-elinstitute.com

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