



The Christmas Festival in the Changing Course of Time By Rudolf Steiner *A Lecture given at Berlin December 22nd 1910 GA 125. The following is excerpted from the Rudolf Steiner Archive. The full text is available at www.portlandanthroposophy.org*

This short but profound lecture is a true gem among Steiner's works. Here he surveys the meaning of Christmas in past, present, and future. Contrasting the contemporary focus on gift giving with the deeply spiritual mood connected with advent and Christmas in earlier times, Steiner goes on to outline the history and meaning of the traditional Christmas Plays. Steiner then discusses the future development and significance of the Christmas festival, which will grow out of the new spiritual attitude brought by anthroposophy.

My Dear Friends: When we wander at this time of year through the streets of large cities, we find them full of all sorts of things which our contemporaries want to have for their celebration of the approaching Christmas festival. Indeed, it is one of the greatest festivals of the year which humanity can celebrate: the festival which commemorates the most powerful impulse in the evolution of mankind. And yet, if we contemplate what will take place in the coming days in large cities such as ours, we may well ask: Does all of this correspond rightly to what is meant to flow through the souls and hearts of man?

You are Invited to Celebrate Advent on Four Sundays:

Our experience of *The Foundation Stone Meditation* will build over the 4 Sundays. The translation that we will use and the Community Building article by R.van Romunde which will form the basis for this work are available on our website, www.portlandanthroposophy.org

Light refreshments afterward.

December 2,9,16 • 7-8:30 pm at the home of James Lee & Jannebeth Roell 3135 NE 17th Ave
To reserve your space call 503-249-3807, or email jannebeth@mindspring.com

December 23, 7-8:30 pm at the home of Mark & Valerie Hope, 2606 SE 58th Ave.
To reserve your space call 503-775-0778 or email valerieannhpdx@aol.com

Holy Nights Reminder: Please call Tom Klein to host an evening for our Holy Nights readings so he can post a schedule soon. 503-777-3176

The Portland Branch of the Anthroposophical Society invites you to

Save The Dates!

- | | |
|-------------------|--|
| Dec. 2, 9, 16, 23 | Advent Evenings: Working with the Foundation Stone Meditation |
| Dec. 26- Jan. 6 | Holy Nights Readings: The Gospel of St. John In Relationship to the Other Gospels |
| Jan. 18/19 | Dennis Klocek: The Healing Power of Stories (see attached flier) |
| Jan 26 | Luster & Image Colors 3 w/Chris Guilfoil |
| March 16 | Michael, Mani & the Interior of the Earth |
| April 26-27 | Rudolf Steiner's Work on Karma |

For more information about these branch-sponsored events, and other events and initiatives in our community, see the calendar section of this newsletter or visit the branch website.

If we don't give ourselves up to illusions but simply face the truth, then perhaps we cannot help but admit to ourselves: All these preparations and celebrations of the Christmas festival which we see in our time fit in very poorly on the one hand with all other happenings of modern civilization around us; and on the other hand they fit in equally poorly with what should live in the depth of the human heart as a commemorative thought of the greatest impulse which humanity received in the course of its evolution.

So it is perhaps no overstatement if we express the following view: There is a lack of harmony in what our eyes perceive, when we wish to permeate ourselves with the Christmas mood, and wish to receive this Christmas mood from what we can see in today's environment. There is a discord in seeing the streets bedecked with Christmas trees and other decorations in preparation for the festival, and then seeing modern traffic rushing through the midst of it all. And if modern man does not feel the full extent of this discord, the reason may well be that he has disaccustomed himself to be sensitive to all the depth and intimacy which can be connected with this approaching festival.



Nativity, by David Newbatt, Wynstones Press

Of all that the Christmas festival can do to deepen man's inner nature, basically no more is left today, especially for the city dweller, than a last faint echo. He is hardly in a position to feel even vaguely its former greatness. His habits prevent him from perceiving this greatness any longer, a greatness to which humanity had become accustomed in the course of centuries.

It would be totally wrong if we would look with pessimism at the fact that times have changed, and that in our modern cities it has become impossible to develop that mood of profound intimacy which prevailed in earlier

times with regard to this festival. It would not be right to allow such a pessimistic mood to arise, for at the same time we can feel an intimation — in our circles this feeling should certainly be present — that humanity can once again come to experience the full depth and greatness of the impulse which belongs to this festival. Seeking souls have every reason to ask themselves: "What can this 'Christ festival' mean to us?". And in their hearts they can admit: Precisely through Spiritual Science something will be given to humanity, which will bring again, in the fullest sense of the word, that depth and greatness which cannot be any more today. If we don't succumb to illusion and phantasy we must admit that these can no longer exist at present. What has become often a mere festival of gifts cannot be said to have the same meaning as what the Christmas festival meant to people for many centuries in the past. Through the celebration of this festival the souls used to blossom forth with hope-filled joy, with hope-borne certainty, and with the awareness of belonging to a spiritual Being, Who descended from Spiritual heights, and united Himself with the earth, so that every human soul of good will may share in His powers. Indeed, for many centuries the celebration of this festival awakened in the souls of men the consciousness that the individual human soul can feel firmly supported by the spiritual power just described, and that all men of good will can find themselves gathered together in the service of this spiritual power. Thereby they can also find together the right ways of life on earth, so that they can mean humanly as much as possible to one another, so that they can love each other as human beings on earth as much as possible.

... we must progress, from a material attitude which has entered and taken hold of all minds and hearts, towards a spiritual attitude. For, that renewal, which is necessary to counterbalance today's prosaic ways of life, can only be born out of the spirit. Outside, the traffic of cars may move by, electric trains may speed on, perhaps even balloons may fly across the sky. Nevertheless, in halls such as these, it will be possible that something of a holy mood lives and grows. This can however only happen as a result of what has flowed to us from spirit knowledge throughout the entire year. When this fruit of the entire year brings Christ closer to us, as could happen in former times in a much more childlike mood, then we may rightly hope that in a certain sense these halls will be "*cribs*". We may then look upon these halls in a similar way as the children and the grown-ups used to look on Christmas eve upon the cradle that was set up for them at home, or in still earlier times, in the church. They used to look at the little Child, at the shepherds before Him, and at "the ox and also the ass which stand near the crib with straw and grass". They felt that from this symbol strength would stream into their hearts, for all hope, for all love of man, for all that is great in mankind, and for all goals of the earth. If on this day, which shall be consecrated and dedicated to remembering the Christ

Impulse, we can feel that our earnest spiritual scientific striving throughout the entire year has kindled something in our hearts, then on this day our hearts will feel: "These our meeting halls are truly cradles! And these candles are symbols! And just as Christmas is a preparation for Easter, so these cradles, by virtue of the holy mood that fills them, and these candles, through the symbolism of their light, are meant to be a preparation for a great era for humanity, *the era of the resurrection of the most Holy Spirit, of truly spiritual life!*"

So let us try to feel that in this Christmas season our meeting halls are cradles, places in which, secluded from the outer world, something *great* is being prepared. Let us learn to feel that if we study diligently throughout the year, our insights, our wisdom, can be condensed on Christmas eve into very warm feelings, which glow like a fire, fueled by what we have gained throughout the whole year by immersing ourselves into great teachings. And let us feel that thereby we nurture our remembrance of the greatest impulse in human evolution. Let us also feel, therefore, that in these halls we may have faith that what now begins to burn within such a confined cradle as a holy fire, and as a light, filled with certainty of hope, will find its way to all mankind at some future time. Then this fire and this light will be strong enough to extend its power even to the hardest, most down to earth prose of life, to permeate it, to enkindle it, to warm it, to enlighten it! Thus can we feel here the Christmas mood as a mood of hope in anticipation of that World-Easter-mood which is to express the living spirit, needed for a renewal of humanity.

We best celebrate Christmas when we fill our souls in the coming days with this mood: In our Christmas we spiritually prepare the "Easter festival of all mankind", the resurrection of spiritual life. Yes indeed, cradles shall our places of work become at Christmas time! The child of light is to be born, whom we have nurtured throughout the entire year by immersing ourselves into the wisdom-treasures of Spiritual Science. In our places of work *Christ is to be born within the human soul*, in order that spiritual life may be resurrected at the great Eastertide of humanity. In its very essence humanity must come to feel spirituality as a resurrection, by virtue of what streams forth as Christmas mood from our halls into all humanity, in the present time as well as in the future.



**"HO HO THE MISTLETOE, HUNG FOR YOU TO SEE,
SOMEBODY WAITS FOR YOU,
KISS HER ONCE FOR ME"**

The following article has been excerpted from a longer one which is available at www.portlandanthroposophy.org

THE USE OF MISTLETOE FOR HEALING

By Julie Foster

For several years I have experienced the healing effects of Mistletoe in cancer patients. More recently I

have found that its use rather fits our times - more so than just treating a disease. When there is difficulty bringing all parts of oneself together (trouble waking up, falling asleep, concentrating, etc), feeling solid about one's place in life (love of your work, who you are or have become, etc.), repeated traumas, trouble generating internal warmth, or where the body has a tendency to seal off and make tumors or lumps within organs or on the skin----- this can put one at risk for cancer.

....There is some belief that cancer happens when the body loses its warmth-producing qualities. For instance, my husband, who had been a 'hot-blood,' about a year before his cancer diagnosis, became more cold, requiring extra clothing and blankets when he slept. Once he cleared the cancer his warmth returned.

Cancer has been described as a cooling illness, whereby processes of cell division proliferate indefinitely without ever dying off. With the advent of vaccines, anti-inflammatories for fevers, fast-paced lifestyles, over emphasis on technology, bottle-fed babies, lack of nutrients in our soils, food additives, and toxins in our environment we have deprived our natural mechanisms for creating strong immunity for vibrant health. I feel weary when a patient tells me that they never get sick, because the body must from time to time cleanse and purify through illness. Choosing wisely when, and if to vaccinate; nursing a fever appropriately; making essential time to be calm and enjoy life; creating a balance between being in nature and exposure to technology and media; breastfeeding; and consuming live, healthy foods and water are some ways to support the best health.

The way that Mistletoe grows gives us the clue as to why this medicine works so well in cancer treatment. It remains green all year long, independent of light, storing up chlorophyll in the darkness of the wood in which it has buried itself. The berries ripen in winter (out of sync) without warmth, just as cancer works out of sync, imposing on our bodies' normal physiological processes. Mistletoe is freed from the conditions to which other plants must submit. It must, like cancer, have a host to live on to sustain itself, growing in trees such as oak, apple, or pine. In malignant growth the boundary between the organism and nature no longer lies merely on the skin, in the sense organs, the inner intestinal wall, the lumina of the glands, but is now transferred into the physical body itself at the border between the tumors and the surrounding tissue (Husemann & Wolff, 2003). Likewise, the boundaries of host trees are breached for the sake of mistletoe to grow and thrive.

...I have witnessed the positive attributes of Mistletoe so many times that now I feel ethically compelled to offer this therapy where deemed appropriate. Even in patients who are terminal, I believe from an esoteric point of view that Mistletoe will help a person to cross over and ascend into the next stage of life.

The medicine is given primarily by self-injection. It is also given orally, topically and on rare occasion intravenously. Injections occur on a schedule, usually with a series of shots interspersed with 1-2 week breaks. Depending on the type of cancer, whether the person is undergoing chemotherapy or radiation, or the stage of the illness, the frequency and timing of Mistletoe injections varies. The therapy must be guided by a licensed medical provider.

Mistletoe extracts are used in cancer for both adjuvant and palliative purposes, either alone or in combination with chemotherapy or radiation. Many Anthroposophic doctors also suggest other remedies and healing modalities to support a person going through cancer treatment. If appropriate these might include remedies for pain, for cardiac and liver support, for immunity, and for strengthening the constitution. Nutritional support and a healthy mindset are also keys to healing.

Mistletoe, if invited, walks with you through life's most trying tribulations. It has the capacity to assist us to remember who we are, lines us up for our innate goodness, and calls forth the strength to face all within our worldly realm. Ultimately, we all are capable. LOVE WHICH CONQUERS DEATH, penetrates our souls in a higher way beyond our initial understanding. So why is it that we aspire to kiss under the Mistletoe in the dark of these wintery nights? Think about it. When everything shakes out in life, what is left? When someone receives a cancer diagnosis or a chronic debilitating disease a person asks many questions? Who am I? How do I want to live my life? What really matters? Does Love, Beauty, and Connection unite us all?!

About Julie Foster and Her Practice

I am Julie Foster, a Nurse Practitioner and steward to Pohala – a 'place of healing' clinic where I offer primary care/family medicine, bridging Anthroposophical and natural medicine with mainstream medicine. It has been said that the aim of Anthroposophical medicine is to enliven our etheric body. I hope to infuse these practices with my Hawaiian heritage, with the Aloha Spirit, where the etheric is strong and present. Additionally, drawing on the indigenous teachings of our world culture I collaborate with others to bring rite of passage ceremonies to the people. I doing this I engage a way of being that I feel is important for healing in our times.

I found Anthroposophy - introduced by a colleague's daughter to the tenets of Anthroposophical Medicine - when I turned 27, while living in rural NE Washington. The geography is and remains almost untouched. There are wide open spaces with rivers and rolling hills, green, though dry and stern. This land is rich and teeming with wildlife. Upon reflection I see that my soul was allowed to unfold amidst this background.

At that time I was putting together questions for my thesis: *How do thinking patterns in humans and culture*

relate to health? I was part of a holistic healing group with several types of providers, such as ND's, MD's, psychotherapists, practitioners of energetic medicine, etc. Anthroposophical medicine seemed to me to be the most comprehensive way to view the human being. At the time it seemed to be an umbrella for all healing modalities and philosophies of our times, and throughout time. I find this to be true for me to this day, as I draw on the healing wisdom of Anthroposophy for wisdom and personal growth. I see that the relationships within myself and the world around me are intricately connected. The insights I discover are deeply meaningful. I am passionate about healing for our times, to bring Anthroposophy to those I serve whether it be spoken, or unspoken.

You can further review my services at www.pohalaclinic.com, or schedule an appointment at 503-572-4196. We are located at 12050 SE Holgate Blvd., Portland 97266. Most insurances accepted, cash prices offered, and phone, skype or email consultations are available.



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

To submit an article, a calendar item, sign up for our email list, and contact the editors or the Council, go to <http://www.portlandbranch.org/contact>. The deadline for submissions is the 15th of the month. Items selected for publication may be edited for style, content and length.

Newsletter co-editors are Wes Burch & Valerie Hope. Seth Miller is our webmaster, and Ruth Klein is our accountant.

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

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2012!

Cyndia Ashkar, Chrystal Brim, Wes Burch, Lesley Cox Yvonne DeMaat, Mia Ellers, Ron Ennis, Charles Forester, Valerie Hope, Marsha Johnson, Tish Johnson, Bob Kellum, Ruth Klein, Tom Klein, Kathy Kremer, James Lee, Robin Lieberman, Regina Loos, Cheri Munske, Donna Patterson, Timothy Popof, Padeen Quinn, Jeff Rice, Walter Rice, Jannebeth Roell, Twila Rothrock, Diane Ramage, Chiaki Uchiyama.

Please submit your Branch membership dues (\$50), or your donations, to: The Portland Branch c/o Ruth Klein, 3609 SE Center, Portland, OR 97202

Portland Branch Council Meeting

Monday, December 10, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

First Class of the School of Spiritual Science, Lesson 13

Sunday, December 9 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207, Contact Diane Rumage at 503 908-0131 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month

Movement for Wellbeing with Dr. John Takacs

Beginning September 4, ending December 18, first and third Tuesday of each month • Bothmer Hall, next door to the clinic at 5909 SE Division Suggested \$12 each session in box on table • wear athletic or movement shoes or socks, clothing, to move in.

Dr. Takacs is offering these Spatial Dynamic & Bothmer movement exercise group sessions to his clinic patients and the general public as a basic foundation for engaging many physical and emotional challenges.

Monthly Painting Circle with Robin Lieberman

Second Thursday of each month, 5:30-8:30 pm • 1410 SW Morrison St., Suite 901 • \$50 includes all materials and snacks. Please register in advance • contact robin@robinlieberman.net or 503-222-1192

Each second Thursday Robin opens her studio to all who wish to paint in community. Inspired by the work of Liane Collot-d'Herbois we will explore a color or theme each month. Curiosity is the only prerequisite!

Advent Evenings

Four Sundays: **First 3 Sundays**, December 2, 9, 16 • 7-8:30 pm • home of James Lee & Jannebeth Roell, 3135 NE 17th • call 503-249-3807, or e-mail jannebeth@mindspring.com to reserve your space. **December 23, home of Mark & Valerie Hope, 2606 SE 58th Ave.** call 503-775-0778 or email valerieannhpx@ao.com

Our experience of the Foundation Stone meditation will build over the four Sundays. The translation that we will use, and the community building article by R. van Romunde which will form the basis for our work, are on our website, www.portlandanthroposophy.org. Light refreshments afterward.

Paint Your Way Into the Light: Annual Winter Solstice Celebration with Robin Lieberman (see attached flier)

Saturday, December 22, 10am-2pm • In a beautiful west-side wooded setting • \$50 includes all materials and refreshments • contact Robin, 503-222-1192, robin@robinlieberman.net Curiosity is the only pre-requisite!

Generate the inner warmth of your soul and radiate joyful kindness and gratitude with watercoloring. 'Celebrate each season, for you, too are transformed with the turns of the earth.' - Arthur Dobrin

Holy Nights Readings: The Gospel of St. John in Relationship to the Other Gospels

Every evening, December 26th - January 6th. 7:30-9 pm. Contact Tom Klein to sign up to host an evening at 503-777-3176. He will email the finalized schedule.

The Healing Power of Stories with Dennis Klocek (see attached flier)

Friday, January 18, 7:30-9pm; Saturday, January 19, 9am-4:30 pm • National College of Natural Medicine, 49 SW Porter St., Portland
Cost: Friday only \$20 general public, \$15 Portland Branch members & Students; Saturday \$50 general public, \$35 Branch Members and students. No one will be turned away because of inability to pay. \$5 of each tuition donated to the NCNM Athroposophically Extended Medicine Club.

This workshop will begin with a neurological survey of the issues that support a healthy theory of mind. Then, through dialogue exercises, we will look at an excerpt from Genesis to explore the archetypal stages that make a good story. Next we will make stories using myths of our family of origin. And then, using the inspired imagery of Rembrandt in the picture of Christ healing the sick as a stimulus, we will do story telling exercises in a two person (dyad) research format. The final part of our story will be the sharing of a brief biographical sketch with your dyad partner that helps them to have the theory of mind about the story you have just crafted about the Rembrandt print. These sequences can result in a satisfying weekend of self exploration, and exploration of the healing power of stories.

Watercolor Painting Classes Taught by Sandra Burch

Each class is a 4 Week Series (one two hour session per week). Starting in January. Located in Milwaukie. Specific dates and times to be determined. Cost: \$100 (includes one series, all materials and access to open studio time). Contact Sandra Burch: galenalyn@gmail.com or (503) 353-1818

Create a veil painting while exploring the themes of the first chapter of “How to Know Higher Worlds” OR Blessing – use veil painting to work with a blessing by John O’Donahue, or one of your own choice.

Luster and Image Colors, 3: Workshop with Chris Guilfoil

Saturday January 26, 2013, 9 am-5pm • 3135 NE 17th Ave., Portland 97212 • Cost \$75, includes materials. To reserve a place please register with a check made out to Chris Guilfoil and send it to J. Roell at the above address • Maximum 12 participants • Please bring a dish for a potluck lunch • For info contact Jannebeth Roell 503-249-3807, Jannebeth@mindspring.com

This is the third of four workshops on this theme. Chris will continue to work with us on the subject of luster and image colors. “One who, through a long period of soul-culture no longer considers as dogma but as experience what Dr. Steiner has said in his color lectures about ‘lustre’ and ‘image’ colors will see in this turning of luster into image and of image into luster, a priestly, redeeming act for the earth – a transformation.” ~ Maria Strakosch

Michael, Mani and the Interior of the Earth, With Marijo Rogers

Saturday, March 16, 2013, 10:00 AM to 2:30 PM • Location, NE Portland • Registration will be limited to the first 15 registrants. Cost \$35. Contact James Lee at anthroposophy@earthlink.net to register.

In *Leading Thoughts*, written at the end of his life, Rudolf Steiner says that in our time we must develop the strength “not to go under.” With this strength we are able not to succumb to dark intentions conjured into civilization today by adversarial powers from spheres within the earth. We can take initial steps in knowing about these spheres, for they affect us continually. Michael, the leading spirit of our time, and the individuality of Mani are essential for this work. There will be two 1.5 hour sessions with a potluck lunch in between them.

Rudolf Steiner’s Work on Karma: Emperor Julian, Herzeleide and Tycho Brahe, with Linda Connell, Jannebeth Roell, Marijo Rogers, and Diane Ramage

Friday, April 26, 8pm – 9:30 pm, April 27, 9am-5pm • Bothmer Hall, 5919 SE Division St. • Portland Requested Donation \$50. Scholarships are available; no one will be turned away because of finances. To register please send your contact information and a check made out to ‘The Portland Branch’ to V. Hope, 2606 SE 58th Ave., Portland, OR 97206

This workshop is dedicated to Rudolf Steiner’s work on karma, by using one of the karma exercises he gave at the end of his life. We will explore a series of incarnations cited by Rudolf Steiner in 1910 in *Occult History* and in 1924 in *Karmic Relationships*, Vol. II. After the presentation of these incarnations there will be a conversation with all participants using the Saturn, Sun, and Moon exercise in which we try to experience for ourselves the connection between these incarnations and something of the true impulses of this individuality.

Ongoing Local Activities and Study Groups

Council Meetings of the Portland Branch • Second Monday of the month 7-9 PM

2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpx@aol.com

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe.

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

9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required. Contact Diane Ramage at 971-271-7479 or Cheri Munske at 503 772-2632

First Class Study • Second and Fourth Tuesday of the month • Blue card required

7:30-9pm • Contact Tom Klein, 777-3176, Tgklein@aol.com.

This group works with the contents of the class.

Anthroposophical Course for Young Doctors • First Tuesday of the month

7-8:30 pm • Pohala Clinic, 12050 SE Holgate Blvd. • contact Julie Foster 503-572-4196, julie@pohalaclic.com

Karmic Relationships Study • First and third Thursday of the month

7-9:30 pm • Contact James Lee, 503-249-3804, anthroposophy@earthlink.net

The study group will continue working with lectures from the Karmic Relationships lecture cycle and applying Rudolf Steiner’s karma exercises.

Knowledge of the Higher Worlds • First and third Tuesdays

7:30-9 pm • 3046 NE 33rd Ave. • contact Donna Patterson and Bob Kellum, 503-331-7393

Monthly Painting Circle with Robin Lieberman

Second Thursday of each month, 5:30-8:30 pm • 1410 SW Morrison St., Suite 901 • \$50 includes all materials and snacks. Please register in advance • contact robin@robinlieberman.net or 503-222-1192

Each second Thursday Robin opens her studio to all who wish to paint in community. Inspired by the work of Liane Collot-d'Herbois we will explore a color or theme each month. Curiosity is the only prerequisite!

Mystery Dramas, with Speech-Formation Exercises 2nd and 4th Wednesdays

7:30 - 9:00 PM, in SW Portland • Starting to work on the 3rd Mystery Drama by Rudolf Steiner, The Guardian of the Threshold. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at drumage@comcast.net or by phone at (503) 908-0131

Portland Waldorf School Community Choir • Friday Mornings

8:45-10:15 am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room Free. Contact Marion Van Namen, 503-956-4046

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Michael Institute. Contact John Miles, 503-774-4946 johncmiles@usa.net

Outside of Portland

Devotional Painting as an Inner Path with Laura Summer

Saturday, January 19, 7pm - 8:30 pm • Art Building on Eugene Waldorf School Campus • \$5-\$10 suggested donation • Contact Marcia Seymour, marciaseymour@q.com or 541-484-5234

A conversation with Laura Summer including dark and light drawing exercises. For more information about Laura Summer: www.laurasummer.com www.freecolumbia.org

Expanding Our Usual Selves, Exploring New Approaches in Painting with Laura Summer

January 19 & 20, 9:30 am – 4:30 pm • Art Building on Eugene Waldorf School Campus • \$120-\$150 suggested donation • Contact Marcia Seymour, marciaseymour@q.com or 541-484-5234 • No experience necessary. The techniques are both exciting and very forgiving.

Working with watercolor, pastel, collage, poetry and block printing we will explore color and meaning in art. Through relaxing our expectations, while playfully manipulating our media, we will experience the realm of creation and develop skills for further work. We will observe our own process and learn how to step into someone else's artistic shoes, seeing ourselves more clearly in the mirror of the other.



A Gnome by David Newbatt, Wynstones Press.

"Celebrate each season for you, too, are transformed
with the turns of the earth." Arthur Dobrin

**PAINT
YOUR WAY INTO THE LIGHT
ANNUAL WINTER SOLSTICE
CELEBRATION**

*Generate the inner warmth of your soul and
radiate joyful kindness and gratitude with
watercoloring.*

Saturday, December 22, 2012

10:00 am - 2:00 pm

in a beautiful west-side wooded setting

Join Robin Lieberman, MSW, artist and painting therapist
for this enlivening and reflective session.
Robin is a warm and passionate teacher with a natural
ability to nurture one's creative process.

CURIOSITY IS THE ONLY PREREQUISITE!

\$50 includes all materials and refreshments

robin@robinlieberman.net

503-222-1192

SPONSORED BY THE PORTLAND ANTHROPOSOPHICAL SOCIETY



The Healing Power of Stories

Jan 18 & 19, Portland, OR
With Dennis Klocek

The human being is organized neurologically to respond to stories as healing forces. Through stories told in the family, young children learn how to make sense out of the seemingly random events of sense experience. This is known as theory of mind. In theory of mind consolidating neurological development gradually fixes family stories in the mind of the maturing person. On the one hand this development provides assistance in figuring out life patterns. However, the time must come to move out of the family of origin and its guiding myths and seek the transcendent, healing state of integration and individuation. Without new stories to grow on, adults can lose creative enthusiasm as life forces begin to wane. To navigate this perilous journey requires finding analogs to the personal quest in the healing stories handed down through generations, an activity that Rudolf Steiner calls Holy Science.

This workshop will begin with a neurological survey of the issues that support a healthy theory of mind. Then, through dialogue exercises we will look at an excerpt from Genesis to explore the archetypal stages that make a good story. Then we will make stories using myths of our family of origin. Then using the inspired imagery of Rembrandt in the picture of Christ healing the sick as a stimulus we will do story telling exercises in a two person (dyad) research format. The final part of our story will be the sharing of a brief biographical sketch with your dyad partner that helps them to have the theory of mind about the story you have just crafted about the Rembrandt print. These sequences result in a satisfying weekend of self exploration.

LECTURE

Friday, January 18th, 7:30 - 9 pm

WORKSHOP

Saturday, January 19th, 9 am - 4:30 pm

LOCATION

National College of Natural Medicine
49 SW Porter St., Portland, OR 97201

COST

Friday: General Public: \$20
Branch Members & Students: \$10

Saturday: General Public: \$50
Branch Members & Students: \$35

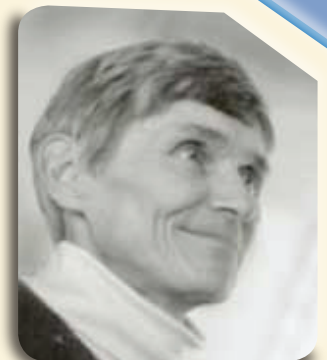
*No one will be turned away
because of inability to pay.*

\$5 each attendee donated to Anthroposophically Extended Medicine Club

REGISTER

Send registration form with a check to:
Walter Rice, 5316 SE Sherman St.
Portland, OR 97215, or contact him at
dub0302@hotmail.com
Attn: Healing Stories Workshop

Dennis Klocek is one of the outstanding thinkers/researchers of our time. He graduated in 1975 with an MFA from Temple University's Tyler School of Art with a thesis on Goethe's color theory. In 1982, his love for the work of Rudolf Steiner took him to Rudolf Steiner College in Sacramento, California, where he has been the director of the Consciousness Studies Program since 1992. His workshops and lectures are highly anticipated across the globe.



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The Healing Power of Stories

January 18 & 19
Portland, OR
with Dennis Klocek

REGISTRATION FORM

Send this completed form with your check made out to
The Portland Branch of the Anthroposophical Society, to:

Walter Rice
5316 SE Sherman St.
Portland, OR 97215
Attn: Healing Stories Workshop

LECTURE

Friday, January 18th, 7:30 - 9 pm

WORKSHOP

Saturday, January 19th, 9 am - 4:30 pm

LOCATION

National College of Natural Medicine
49 SW Porter St., Portland, OR 97201

Name: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Email: _____ Telephone: _____

*No one will be turned away
because of inability to pay.*

**\$5 each attendee donated to
the Anthroposophically
Extended Medicine Club**

Cost:

Friday Lecture:

General Public: \$20

Branch Members & Students: \$10

Saturday Workshop:

General Public: \$50

Branch Members & Students: \$35

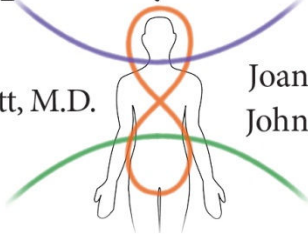
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Joan Takacs, D.O.
John Takacs, D.O.

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