



Raphael's Sistine Madonna, which according to Dr. Steiner is the picture that can arise out of all that we can feel at Christmas time.

## The Christmas Imagination

An excerpt from: *The Four Seasons and the Archangels*, Dr. Rudolf Steiner, October 6, 1923

**Ed. Note:** As a community we are working to build up our understanding of and connection to the cycle of the year and the Festivals by coming together to work with Dr. Steiner's lectures. (So much more rewarding than working alone!) See the Calendar and attached flier for information about **The Christmas Imagination** gathering. The entire lecture, containing a wealth of information and context, is available at: <http://wn.rsarchive.org/Lectures/GA229/English/RSP1968/19231006p01.html>

... Hence we can say something like this. In order to bring the essence of Christmas rightly before our souls, let us transpose ourselves into the being of man. In the Christmas spirit is expressed the coming to birth of the Jesus-child, who is ordained to receive the Christ into himself. Let us look closely at this. If we look at the figure of Mary, we are bound to see that her head reflects something heavenly in its whole appearance, its whole expression. We must then indicate that Mary is preparing to take into herself the Sun, the child, the Sun as it rays through the encircling air. And then we can see in the form of Mary the Moon-Earthly element.

...If we understand the cosmos in autumn, so as to represent all its formative forces in a picture, we come by necessity to an artistic portrayal of Michael and the Dragon, as I indicated yesterday. ***In the same way, everything we feel at Christmas-time flows together into the picture of Mary and the child — that picture which hovered so often before painters in earlier times, especially in the first Christian centuries, and of which the last echoes have been preserved in Raphael's Sistine Madonna.*** (emphasis added)

The Portland Branch of the Anthroposophical Society  
Invites you to

### Save The Date!

See the attached Calendar & fliers for more info.  
And more events

Nov. 29 – Dec. 20 Advent Observance

Dec. 17 The Christmas Imagination

Dec. 26-Jan. 6 Holy Nights Observance

March 20 Easter Observance

April 16 Rudolf Steiner's Healing  
Impulse with Dr. Incao

Your 2015 dues will be gratefully received. Thank you for helping to make our lively community life possible. Please send \$50 – or what you can – c/o Ruth Klein, 3609 SE Center St., Portland, OR 97202. No amount is too small.

The Sistine Madonna was born out of the great instinctive knowledge of nature and the spirit which prevailed in ancient times. For it is a picture of the Imagination which must in fact come to a man who transposes his inner vision into the secrets of Christmas in such a way that they become for him a living picture. Hence we can say: The course of the seasons must come to expression for inner vision in clear and glorious Imaginations. If one goes out with one's whole being into the world, the approach of autumn becomes the glorious Imagination of Michael's fight with the Dragon. Just as the Dragon can be represented only in a sulphurous form — born out of the sulphur-clouds — and just as the sword of Michael emerges when we think of the meteoric iron as concentrated in the sword and blended with it, so out of all that we can feel at Christmas time, arises the picture of Mary the mother, the folds of her robe following the forces of the Earth, while in the region of the breast — even these details are apparent in the painting — her garment has to be inwardly rounded, taking on the quicksilver form, so that here one has a feeling of inward enclosure. Here the Sun-forces can find entry, and the innocent Jesus-child, who must be thought of as having yet received no earthly nourishment, is the Sun-activity resting on Mary's arm, with the radiance of the stars above. That is how we have to represent the head and eyes of Mary, as though a light were shining out from within them towards men. And the Jesus-child in Mary's arm must appear as though emerging from the rounded cloud-shapes, tender and lovable, inwardly sheltered; and then the garment, subject to earthly gravity, expressing what the force of earthly gravity can become (see plate II)

All this is best rendered in colours. Then we have the picture which comes to shine out for us as a cosmic Imagination at Christmas-time — a picture we can live with until Easter, when out of cosmic relationships once again an Easter Imagination can arise...

**We are striving to understand more fully the alchemical references in this lecture. If anyone can illuminate us re. Sulfur, Mercury, Salt as it applies to The Christmas Imagination, and the Sistine Madonna, it will be greatly appreciated. VH**



## Here Come the Holy Nights Readings!

The time for The Holy Nights Readings is fast approaching, and it is time to put in your request to host an evening. For those who have never attended, the readings are every evening during the twelve nights of Christmas. They begin on December 26th and continue until January 6th. Each evening we read from a lecture series from 7:30 to about 9:00 and then have some time to socialize and partake of the refreshments provided by our hosts and others. This type of event happens in many anthroposophic communities and has been celebrated here for more than twenty five years. Last year there were about 13 people each evening and 39 people attended at least one reading. It is a unique experience to attend an event like this over twelve nights at this time of the year. There are often special events on some of the evenings including dropping lead on New Years Eve. This is an old ritual where people drop molten lead into water and try to see the coming year in the resulting structures.

This year we will be reading the The Gospel of St Mark lecture series which we last read in 2008.

**Please call (503-777-3176)** and reserve an evening to host. I will give priority for choice of dates to people who hosted last year, if you reserve by November 29th. After the 29th I will give out dates on a first come first serve basis. I look forward to seeing you all during the holy night's readings.  
~Tom Klein

## Greetings from PCCI

We are the Portland Community Coalition Initiative (camphill-inspired): Please save the date for our Fundraising Gala event scheduled for the evening of April 9th, 2016 at Cedarwood Waldorf School. This will be a wonderful way to reconnect as a broader community while enjoying refreshments, music, and guest speaker Graham Oslund from Vancouver, BC. Mark your calendars and invite your friends to do the same. More details will come after our event planning meeting in January. Though this event has some structure already in place, we will need help carrying out the logistics. Please attend our event planning meeting on Wed. Jan. 20th from 6:30-8:30 in downtown SW Portland. If you plan to attend, please reply to Robin Lieberman 503-222-1192 or [robin@robinlieberman.net](mailto:robin@robinlieberman.net) for location details and directions. The meeting minutes from our November board meeting out at GeerCrest Farm can be found by clicking this link: <https://docs.google.com/document/d/16XEacA19g-38xTlxOJ4v2kOOLmuEjpmEXUq7JRrgi-g/edit>

~Kelly Hogan





Foundation Stone -  
1st Goetheanum -

## Christmas Articulated Through Meditative

**Verse** *excerpted from a lecture  
by Virginia Cease, PhD,  
December 12, 2010 at the Waldorf  
School of Princeton*

The Foundation Stone Meditation itself evokes the original Christmas in its concluding Fourth Panel. In recent centuries of recapitulating the biblical narratives of the birth of Jesus, Christendom has remarked on the differences between the Gospels of Luke and Matthew: Luke 2:1-20 relates the story, now long familiar, depicting the Annunciation to the shepherds and their visitation to the child lying in a manger, while Matthew 1:18-2:12 recounts priestly kings who presented their gifts to the occupants of a house. These two depictions, emphasizing the forces of warmth and light respectively, meet in our awareness at every recitation of the Fourth Panel of the Foundation Stone Meditation.

Although today it is common to find these two scenarios conflated into a single tableau, such was not the case prior to the eighteenth century, when the kings and shepherds might be depicted in adjacent settings, but never staged as mingled. This iconological distinction suggests an intuitive, artistic recognition of the veiled historical truth that the diverse stories are indeed distinct and symbiotic, a relation the Fourth Panel of the Foundation Stone Meditation recognizes by juxtaposing their complementary meanings of Christmas for human evolution:

**The fourth verse of the Foundation Stone Meditation** refers to the Mystery of Golgotha as evolution's turning point of time through the birth of the true I – bestowed upon humanity through the coming of Christ two thousand years ago. The fourth verse culminates in a prayer offered to Christ in His supersensible form, a prayer that is highly appropriate for our time.

### Foundation Stone Meditation Fourth Verse

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

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.

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  
Through our heads  
We direct,  
With single will.



**“Festivals are not merely the commemoration of historical events or personalities. They are in and of themselves, each year, spiritual events carrying a significance that grows and deepens with the developing phases of human evolution.” ~Rudolf Steiner**

## Calendar of the Soul

### November 29–December 5, Verse 35

Can I in such wise know  
Being that, being known,  
it find itself again  
in soul's creative thrust!  
Strength I feel given me in trust  
To have a humble self begin to be  
A member of the Selfhood of the world

### December 6–13, Verse 36

In the recesses of my being  
I hear the Word of Worlds,  
Intent on Self-disclosure, whispering:  
'Flood with my spiritual Light  
the goals thy labours keep in sight  
and offer thus thyself through Me.'

### December 13–19, Verse 37

To be a torch to bear the Spirit's light  
into the dark night of a wintry world  
blessing and blest my eager heart aspires,  
bright shoots of soul  
sunk in the ground-bed of the world shall be  
and shining from the sensual dark  
the Word resound through all Reality.

### December 20–26, Verse 38

#### Christmas Mood

I seem, from trance now free,  
nursed by a soul  
the Spirit-child to see,  
the fruit of heaven-ward hope  
in cloudless heart by holy Word begot,  
waxing, triumphing, world-filling,  
my Essence and my God's from  
whence I spring.

### December 27–January 2, Verses 39 & 40

Devoted whole to Spirit's revelation  
I win as my reward  
the Light that is the substance of the world,  
Mind, grown more clear,  
lets now my Self appear,  
hid in the might of Thought true Selfhood  
shakes  
its sleeping wings and wakes.

Once I am truly in the Spirit's deeps  
straightway from out my soul's foundation –  
from boundless love within the heart –  
the fraud,  
the hollow shell of private inclinations  
fills with the might, the fire of the Word.

## The Seed

Under the earth  
There lies a seed  
Struggling with deep internal need  
Blind with a dark depravity  
Pulled ever down by the gravity  
Of a boschian world of carnal lust  
How can it know which way to trust?  
Here in indeed its darkest hour  
From whence comes the impulse to rise and flower?  
There midst the beetles, the worms and manure  
From whence comes the drive to attain something pure?  
To ascend to a light that cannot be seen  
From whence comes the inner sight for this dream?

Dull and asleep in a curled up ball  
Yet there arises a dream in its walls  
There in the light of the midnight sun  
it faintly recalls again the fun  
Of transforming all life's pains and scars  
To a cosmic dance with the planets and stars  
There in its inner destiny  
Arises a greater need to see  
To rise once more from its karmic past  
And make its way both true and fast  
Up from the clay from which it's cast

Slowly it opens to live its dream  
Guided along by a cosmic stream  
To rise from the darkened earthbound night  
Inch by inch toward an unseen light.  
There in the sun on a bright spring day,  
Look at the flowers along your way.  
Every one has a story to tell  
Of how it climbed from its personal hell  
To awaken within to a higher scheme  
And live what was once but a distant dream  
The air now is thick with the fragrant scent  
Of every bit of manure that went  
Into these lives to be transformed  
Now in the sun to be soul-warmed  
Borne in the heart by an inner fire  
Driven to find the self that's higher.

Robert kellum  
3-24-15

**From: *Calendar of the Soul; Multiple Translations,*  
Available from Mercury Press!**

[www.mercurypress.org](http://www.mercurypress.org)

## Portland Branch Calendar

December, 2015

### **First Class of the School of Spiritual Science – Lesson Eighteen**

Sunday, December 13, 9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206, Contact Diane Ramage at 971-271-7479; Cheri Munske at 503- 484-4133; or Rebecca Soloway, (516) 850-1027. Blue card required. Second Sunday of each month.

### **Portland Branch Council Meeting**

Monday, December 14 • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778; email [valerieannhpx@aol.com](mailto: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.

### **Carolina Allen: Works on Paper, Through December 4**

Thursday, November 12, 5:30 – 7:30 pm Opening Reception - 6 pm Artist Talk • The Art Hall at Cedarwood Waldorf School, 3030 SW Second Ave. • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) [thearthall.wordpress.com](http://thearthall.wordpress.com)

Exhibit open to the public by appointment through December 4. See flier and article in this newsletter.

### **Celebrate the Four Sundays of Advent with the Portland Branch**

Four Sundays, November 29 & December 6, 13, 20, 27 pm – 8:30 pm • At the home of James Lee & Jannebeth Roell • Call 503-249-3804 or email [anthroposophynow@comcast.net](mailto:anthroposophynow@comcast.net) to reserve your space.

Advent is the period beginning on the fourth Sunday before Christmas. Join the Portland Branch to read about events that took place in the spiritual world long before the birth of Christ on earth. The significance of these events or deeds is that they were a prerequisite for our unique human faculties of walking, speaking, thinking and memory in addition to human selflessness. *The Pre-Earthly Deeds of Christ* and *The Four Sacrifices of Christ* by Rudolf Steiner are the short lectures that will be considered during the Advent meetings this year. Copies of the lectures will be available at the study and at the following links: [The Pre-Earthly Deeds of Christ Online](#) and [The Four Sacrifices of Christ Online](#). Each Sunday we will consider the Deeds and Sacrifices as they occurred in human evolution.

### **Spiral of Lights at Portland Waldorf School**

Tuesday, December 1, 7:30pm • Portland Waldorf School 2300 SE Harrison St. Milwaukie, OR 97222 • Call 503 654 2200 or [www.portlandwaldorf.org](http://www.portlandwaldorf.org) for more information

The Portland community is invited to participate in walking the spiral of lights. As the outer world continues to darken we can kindle our inner light together.

### **The Christmas Imagination: a Portland Branch Exploration**

Thursday, December 17, 7pm • 3711 SE Brooklyn St. • contact Suzanne Walker, 503-208-2426 [zzwalker@mac.com](mailto:zzwalker@mac.com). to reserve a space, but do come if you find at the last minute that you can.

Last year we began our study of this important lecture, and have agreed to approach it again this Christmas season, as we continue our striving to penetrate and understand the deep significance of the festivals. Copies of *The Christmas Imagination* will be available at the study; can be found in the book, *The Four Seasons and the Archangels*, and are available at the following link: <http://wn.rsarchive.org/Lectures/GA229/English/RSP1968/19231006p01.html> “In the thought of Christmas and the thought of Easter, the soul of man wills to look upon the two great mysteries. And, as it thus looks, it finds in this contemplation strength filled with light for man’s thought, content filled with power for the will, an upright lift of the whole man, from whatever situation he needs this upright lift. As they thus confront us, these two pillars of the spirit – the thought of Christmas and the thought of Easter – they possess an eternal worth.” ~ Rudolf Steiner

### **The Michael Institute presents: A Child’s Christmas**

Tuesday, December 18, 6:30 pm • Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave • Contact Michael Office, 503-774-4946, [Michaelinstitute.com](http://Michaelinstitute.com)

A celebration of the Christmas festival for Portland’s Waldorf community. Festivities include a yule fire pit, holiday stories and caroling by the fire, a lantern lit procession, and performances from local Waldorf schools. Participants are encouraged to dress in costume as angels, shepherds or Victorian era holiday characters; and to bring a lantern with which to light the way.

### **Here Come the Holy Nights Readings! The Gospel of St. Mark**

December 26-January 6, 7:30-9:00 pm • Locations: Community Members' Homes. Please volunteer your home, we'd love to come visit you • Contact Tom Klein, 503-777-3176

See article in November newsletter.

### **Color and Light in Midlife, M.J. Davison Exhibit at the Art Hall through February 11**

Wednesday, January 13, 5:30 – 7:30 pm Opening Reception - 6 pm Artist Talk • The Art Hall at Cedarwood Waldorf School, 3030 SW Second Ave. • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) [theearthall.wordpress.com](http://theearthall.wordpress.com)

Exhibit open to the public by appointment through February 11. See flier in this newsletter.

### **Portland Community Coalition Initiative Event Planning Meeting**

Wednesday, January 20, 6:30-8:30 pm • If you plan to attend, please reply to Robin Lieberman 503-222-1192 or [robin@robinlieberman.net](mailto:robin@robinlieberman.net) for location details and directions..

Help to plan the Spring Gala fundraiser. Though some structure is in place, help is needed carrying out the logistics.

### **Christian Community Events**

Contact Sandra Burch with questions 503-353-1818, [galenalyn@gmail.com](mailto:galenalyn@gmail.com)

Rudolf Steiner gave new life to education with the Waldorf School, and he helped to found the Christian Community – a Movement for Religious Renewal – a Christian path for modern people. Come experience the renewed Mass and the Children's Service.

January 28-31, Reverend Craig Wiggins in Portland

May 19-22, Reverend Sanford Miller visits Portland

### **Easter Observance, Portland Branch - Save the Date!**

Sunday, March 20 (Palm Sunday) • Bothmer Hall, 5919 SE Division St. • Contact Rebecca and Jerry Soloway, , [jrsoloway@hotmail.com](mailto:jrsoloway@hotmail.com) or 503-908-7615

Stay tuned for further details.

### **PCCI Camphill-inspired initiative Gall fundraising meet & greet event with Graham Oslund**

Saturday, April 9, 4-6 pm • South Performance Space, Cedarwood Waldorf School, 3030 SW 2<sup>nd</sup> Ave • Contact Robin Lieberman, 503-222-1192, [robin@robinlieberman.net](mailto:robin@robinlieberman.net) See article December Newsletter.

### **Rudolph Steiner's Healing Impulse, with Dr. Philip Incao**

Saturday, April 16 • Bothmer Hall, 5915 SE Division. • For more information contact Dr. Bob Kellum, 503-331-7393

Dr. Incao is one of the first practitioners of Anthroposophic medicine in the U.S. He received his MD from Albert Einstein College of Medicine in 1966, and studied Anthroposophy and Anthroposophical medicine at Forest Row, England and Arlesheim, Switzerland. His special interest is learning how to apply to practical healing Rudolf Steiner's profound insights into the human being. He has studied children's health, the immune system, infections and vaccinations since 1970, and has given many lectures and written many articles on these topics.

## Ongoing Local Activities and Study Groups

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

9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. Contact Diane Rumage 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](mailto:Tgklein@aol.com).

This group works with the contents of the class.

### **First Class Study: The First Class of the Michael School and its Christological Foundations by S. Prokofieff • Second Thursday of the Month • For Members of the School of Spiritual Science**

7:30-9:00 pm • Contact Rebecca Soloway, [irsoloway@hotmail.com](mailto:irsoloway@hotmail.com) or 503-908-7615 • Blue Card required

### **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](mailto:valerieannhpx@aol.com)

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

### **Eurythmy for Waldorf Alumni: Wednesdays**

Study, 6:30-7:30 pm; Eurythmy; 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Contact Carrie Mass, [Carrie.mass@portlandwaldorf.org](mailto:Carrie.mass@portlandwaldorf.org)

If you've ever attended a Waldorf High School, this is for you!

### **Eurythmy Foundation Course: Tuesday Evenings, and one weekend a month.**

Tuesdays 6-7:30 pm; Saturdays 10:30 am - noon & 1-2:30 pm; Sundays 10:30 am - noon • Fee, \$20/session • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • Contact Jolanda Frischknecht, 503-896-3345 or [jolandafrischknecht@hotmail.com](mailto:jolandafrischknecht@hotmail.com) ; or Micha-el Institute, 503-774-4946, <http://www.micha-elinstitute.com/>

This class is for adults with prior experience in Eurythmy and beginners. Drop-ins welcome, but regular attendance is strongly encouraged.

### **Eurythmy, Portland Waldorf School Community: Wednesday Mornings**

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free

All are welcome. Contact: Carrie Mass, [Carrie.mass@portlandwaldorf.org](mailto:Carrie.mass@portlandwaldorf.org)

### **Festivals Study Group: First and Third Thursdays**

7-8:30 pm • 3711 SE Brooklyn St. • To find out which Thursday is next contact Suzanne Walker, 503-208-2426 [zzwalker@mac.com](mailto: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. This is also greatly deepening our experience of the cycle of the year.

### **Mystery Dramas of Rudolf Steiner and Speech-Formation Exercises • Second and Fourth Wednesdays (holidays excluded)**

7:30-9:00 pm • Free. Beginners are welcome –come check us out! • 8654 NE Boehmer St., Portland 97220 • Contact Diane Rumage by e-mail at [drumage@comcast.net](mailto:drumage@comcast.net) or by phone at 971-271-7479.

### **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 will donations gladly accepted, all voices are welcome. Contact [www.portlandwaldorf.org](http://www.portlandwaldorf.org) • [pws\\_choir-subscribe@yahoogroups.com](mailto:pws_choir-subscribe@yahoogroups.com) (503) 654-2200

### **Painting and Study with Patricia Lynch, Friday Mornings**

9:15-11:00 am, 3359 NE 72<sup>nd</sup> Ave., Portland. Contact Patricia Lynch at [patriciahomanlynch@gmail.com](mailto:patriciahomanlynch@gmail.com)

Painting from "Fifty-Two Weeks" by Laura Summer, and reading "Art as Spiritual Activity, Rudolf Steiner's Contribution to the Visual Arts." All are welcome.



**The Temple Legend Study Group • First and third Tuesdays**

7:30-9 pm • 3046 NE 33<sup>rd</sup> Ave. contact Donna Patterson and Bob Kellum, 503-331-7393 • All are welcome

**Theosophy Study Group • First Monday of the Month**

7:45-9:00 pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or [jrsoloway@hotmail.com](mailto:jrsoloway@hotmail.com)

Please join us in lively discussions centered on Rudolf Steiner's *Theosophy*.

**Threefold Social Renewal Study Group • Every Friday, beginning on September 18**

11:30 am – 1pm • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • contact Michael Givens, [mgivens.lac@gmail.com](mailto:mgivens.lac@gmail.com) or 503-609-0890

We will be reading and discussing *Becoming Human: A Social Task – The Threefold Social Order* by Karl Konig

**World Economy Study Group • Last Friday of the Month**

6:00-8:00 pm • 3046 NE 33<sup>rd</sup> Ave. • contact [mgivens.lac@gmail.com](mailto:mgivens.lac@gmail.com) or 503-609-0890

Please join us in a diverse study group around the principles and practices of Associative Economics. We will be reading and discussing Rudolf Steiner's 14 lectures on the "World Economy". The recommended text is "Economics: World as One Economy", translated by Dr. Christopher Houghton Budd. It can be found at <https://www.cfae.biz/publications/shop/>

**Waldorf Education and Teacher Training Lectures and Courses**

Conducted throughout the year by the Micha-el Institute. Contact John Miles, 503-774-4946 [johncmiles@usa.net](mailto:johncmiles@usa.net)

**Waldorf Teacher Education, Eugene**

September-June • Eugene Waldorf School • Contact Lee Ann Ernandes @ message phone, 541-686-9112

Preparing Waldorf teachers for their future vocation since 1990.

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 Rumage at 971-271-7479.

To submit an article or a calendar item, email it to both Valerie Hope, [valerieannhpdx@aol.com](mailto:valerieannhpdx@aol.com) and Wes Burch, [truelion@comcast.net](mailto:truelion@comcast.net). The deadline for submissions is the 15<sup>th</sup> of the previous month. Items selected for publication may be edited for style, content and length.

To sign up for our email list, or to contact the Branch Council, go to <http://www.portlandbranch.org/contact>

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

The newsletter and calendar are posted on the Branch website, [www.portlandanthroposophy.org](http://www.portlandanthroposophy.org). Paper copies are available at the Takacs, Pohala and Healthbridge Clinics; and the Cedarwood, Michael & Portland Waldorf Schools, and Swallowtail School.

**The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2015:**

Betty Baldwin, Wes & Sandra Burch, Gia Davis, Yvonne DeMaat, Mia Ellers, Julie Foster, Christopher Guilfoil, Joiline Hardman, Roxanne Hazen, Helen Homola, Valerie Hope, Lauren Johnson, Tish Johnson, Bob Kellum, Donna Kellum, Ruth Klein, Tom Klein, James Knight, James Lee, Robin Lieberman, Regina Loos, Patricia Lynch, Robin O'Brien, Nancy Pierce, Jeff Rice, Susan & Walter Rice, Jannebeth Roell, Diane Rumage, Padeen Quinn Jerry Soloway, Rebecca Soloway, John & Joan Takacs, Chiaki Uchiyama, Elizabeth Webber, Beth Wieting

We will gratefully receive your Branch membership dues (\$50 or what you can afford) each January. Send to: The Portland Branch c/o Ruth Klein, 3609 SE Center, Portland, OR 97202



## Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.

Joan Takacs, D.O.

John Takacs, D.O.



The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spacial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.

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## Embryo In Motion: Understanding Ourselves as Embryo

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You are warmly invited  
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# MJ Davison

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**Opening Reception**  
Wednesday, January 13, 2015  
5:30 - 7:30pm

**Artist Talk**  
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Exhibit open to the public  
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[thearthall.wordpress.com](http://thearthall.wordpress.com)

Please direct all inquires to  
Robin Lieberman at  
503-222-1192 or at  
[robin@robinlieberman.net](mailto:robin@robinlieberman.net)

**Cedarwood Waldorf School**  
3030 SW Second Avenue  
Portland, OR 97201



# The Christmas Imagination

A Portland Branch Exploration:  
Working together, we hope to  
understand more.

Thursday, December 17, 7pm  
3711 SE Brooklyn St.

Contact Suzanne Walker  
503-208-2426

[zzwalker@mac.com](mailto:zzwalker@mac.com)

to reserve a space, but do come  
if you discover at the last  
minute that you can.



Raphael's Sistine Madonna, which according to Dr. Steiner is the picture that can arise out of all that we can feel at Christmas time.

Continuing our striving to penetrate the deep significance of the festivals, we will come together to read and explore *The Christmas Imagination* which was given to us by Rudolf Steiner.

"In the thought of Christmas and the thought of Easter, the soul of man wills to look upon the two great mysteries. And, as it thus looks, it finds in this contemplation strength filled with light for man's thought, content filled with power for the will, an upright lift of the whole man, from whatever situation he needs this upright lift. As they thus confront us, these two pillars of the spirit – the thought of Christmas and the thought of Easter – they possess an eternal worth." ~ Rudolf Steiner