



Anthroposophical Society PORTLAND BRANCH

Newsletter

December 2016

A Christmas Contemplation: How Can the Destitution of Soul in Modern Times Be Overcome?

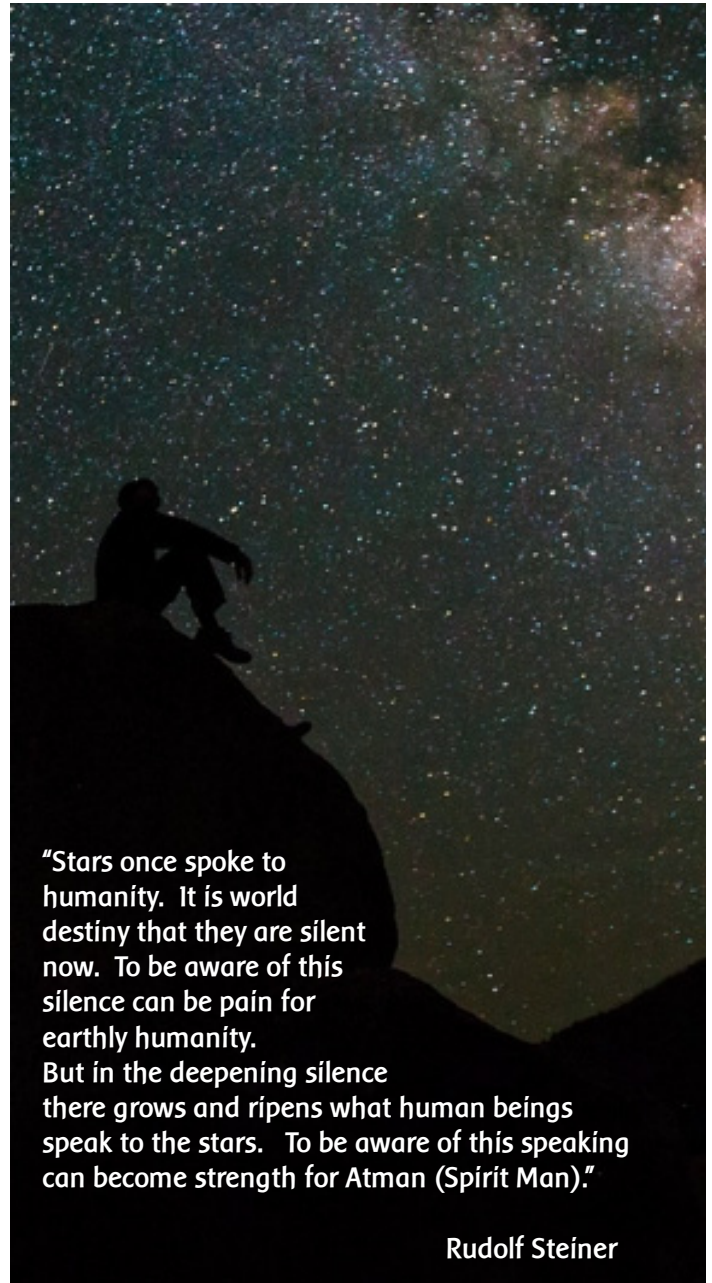
by Valerie Hope

We highly recommend this lecture in its entirety. It can be online found at:
<http://wn.rsarchive.org/Lectures/19161010p01.html>

We are grateful to Cheri Munske for bringing this lecture to our attention.

In many of his Christmas lectures, Dr. Steiner exhorts us to develop an understanding of Christmas which goes beyond our sentimental ideas about it. In early days, Christians celebrated the birth of Christ on the anniversary of the baptism, when Christ entered the body of Jesus. A more materialistic approach to Christmas came with the switch to celebrating the birth of the baby Jesus. Today, as we strive to develop our relationship to the true significance of Christmas, we might consider an aspect which is outlined in an extract from the lecture, *On the Three Magi (December 30, 1904)*. In it Dr. Steiner describes that, before the coming of Christ, “The principle of love was not within beings, but outside, manifesting as earthly Kama (earthly passion or desire, egoistic love). The first bringer of love free of all egoism is Christ who appeared in the body of Jesus of Nazareth.” (see the fourth panel of the Foundation Stone, pg.6)

As we contemplate the fact that Christ made it possible for us to develop love free of egoism while on the earth, we might wonder why we’re finding it so difficult to express such selfless love in our personal and less personal relationships. Especially in this time, when so many are feeling the stresses of significant challenges in the world at large, and in our Anthroposophical Society as well, we may conclude that greater effort on our part



“Stars once spoke to humanity. It is world destiny that they are silent now. To be aware of this silence can be pain for earthly humanity. But in the deepening silence there grows and ripens what human beings speak to the stars. To be aware of this speaking can become strength for Atman (Spirit Man).”

Rudolf Steiner

is required if we are to keep the promise of Christmas.

It can be helpful at such a time to consider where we – humanity – are developmentally. What are our developmental tasks in this time, and what hindrances

must we overcome to accomplish them? A particularly helpful lecture in this regard is titled, *How Can the Destitution of Soul in Modern Times Be Overcome?* (October 10, 1916) In it, Dr. Steiner describes what may seem familiar to many of us today: “How often nowadays one hears: ‘I don’t know what to do with myself, I don’t know how to organize my life.’ This comes from inability to see clearly what the needs of the present time are, and what man’s position is with regard to them. Many people are reduced by existing conditions to physical illness, physical strain and loss of balance. And a real understanding for this must be more and more intensively cultivated because what threatens us, *and is at the same time a necessity for the fifth post-Atlantean epoch*, (ed. emphasis) is the danger of DESTITUTION OF SOUL... Many people see what this means and feel how necessary it is that we should come to social understanding on the one hand and liberty of thought on the other. But today very few are inclined to make use of the right means to this end. For social understanding, what would be necessary to achieve it, is only too often served by a hotch-potch [hodge-podge? — e.Ed] of high-sounding phrases... Above all the study of life is necessary, the will to gain *knowledge of life itself*, (emphasis added) rather than to make out programs. The theoretical programmer is the enemy of the fifth post-Atlantean epoch of culture.”

The three lights of our age that Dr. Steiner identifies as necessary to avert destitution of soul are: Reciprocal Understanding in Social Life; Acquiring Freedom of Thought; and as a pre-requisite to those two, Living Knowledge of the Worlds Through Spiritual Science. More about this later. For now, let’s look at how our circumstance and developmental task has changed since the Graeco-Roman period; and why our tasks in this Consciousness Soul period are so challenging.

The Human Condition in Graeco-Roman Times

To help us understand our circumstance in this age of the consciousness soul (5th post-Atlantean period) Dr. Steiner contrasts it with the Graeco-Roman (4th post-Atlantean period), when human life was completely different, and still colored by a group soul element. At that time Greeks and Romans “...received the intellect, in so far as they needed to make use of it, “ready-made”, as a natural tendency of their stage of development; there was no need to cultivate it as we must do at present...”

“And so it was with heart-and-feeling...two people meeting for the first time knew how to tune in to each other. In this respect there is a great, difference between

The Portland Branch
of the Anthroposophical Society
Invites you to

Save The Dates!

See the attached calendar & fliers for
more info. and more events

Holy Nights Readings:

Dec. 26 to Jan. 6

See Page 6

2017!

8/19-21 Oliver Conradt, Solar Eclipse

8/29-9/2 Dr. Jaap van der Wal

10/26-30 Thomas Meyer

the preceding centuries down to the fifteenth century, and our own time. People, then, did not pass each other by with the complete indifference often shown nowadays... In virtue of their respective individualities people were drawn rapidly together, without so much need to exchange feelings and thoughts. Acquaintance was quickly made, in so far as it might be good for the two persons concerned, or necessary to a group of people forming themselves into a community. Heart-and-feeling in the one could still reach out more spiritually and make immediate contact with heart-and-feeling in the other.... In the fourth post-Atlantean epoch human relationships and undertakings depended to the greatest possible extent upon personal contacts...modern terms of intercourse are such that, fundamentally speaking, connections formed at a stroke are no longer even beneficial, and people can only approach one another on far more impersonal grounds.”

The Human Condition in Our Time (developing the consciousness soul)

Our circumstance today is quite different, and Dr. Steiner’s description explains that we find it so difficult because of our tendencies toward isolation, and as a result of the karma we have built up with one another over the course of lifetimes. “Towards this, modern man is developing; he is no longer possessed of a ready-made heart-and-feeling with its spontaneous reactions, nor of a penetrating intellect, but impelled by the consciousness soul to develop something far more detached, more individual, more dependent upon egoism, upon human loneliness inherent in the organization of his own body,

than was the intellectual soul or mind soul. Through the consciousness soul man is much more an individual, a solitary traveler through the world. And the tendency people now show to withdraw into themselves is becoming [a] more and more pronounced characteristic of our time. The hallmark of the consciousness soul is the urge towards an isolated life, secluded from the rest of mankind. Hence the difficulty of getting to know one another, especially of establishing confidence, without the transition period of formal acquaintanceship.”

Speaking to the difficulties that we experience in relationships as a result of karma, Dr. Steiner tells us, “The significance of all this becomes clearer if we give due weight to the spiritual-scientific truth that in the present age we are not thrown together by chance with other people. That the path of life brings us into contact with certain people and not with others depends upon the working out of individual karma. For we have entered upon a period of human evolution which brings man’s preceding karmic developments to a culminating point...through repeated earth-lives we have gradually reached a point at which, as a general rule, we do not meet anyone with whom in former incarnations we have not shared this or that experience.” Now the self-contained consciousness soul can only develop — and its development is destined to take place in our time — when less importance is attached to what takes place at present between one person and another than to what works inwardly in solitude as the result of former incarnations.. it implies the gradual coming to the surface, little by little in a feeling, instinctive way, of what they formerly lived through together.

Calendar translation by Stefan Schwabe:

“A transposition; I tried to recast these calendar verses in cadence and tenor, into our current English, to bring to our appreciation their strength and spirituality in terms of today’s thinking, feeling and willing.”

~St. Michael’s Feast 2011

“The course of the year has its own life. With this life the human soul can unfold a feeling-unison. If the soul opens itself to the influences that speak so variously to it week by week, it will find the right perception of itself. Thereby the soul will feel forces growing within that will strengthen it. It will observe that such inward forces want to be awakened — awakened by the soul’s ability to partake in the meaningful course of the world as it comes to life in the rhythms of time. Thereby the soul becomes fully aware of the delicate, yet vital threads that exist between itself and the world into which it has been born.”

– Rudolf Steiner
author of the Calendar of the Soul

Calendar of Soul

35. Thirty-fifth Week (December 1 - 7)

Can I grasp existence,
Such that it finds reflection
In my soul’s creative urge?
I do feel that I have the power
To introduce, a humble part,
My own Self into the Cosmic Self.

36. Thirty-sixth Week (December 8 - 14)

In my own being’s depths, a voice,
An urgency to manifest
Mystically the Cosmic Word:
Pervade the goals of all your work
With my Spirit Light
To offer yourself through me.

37. Thirty-seventh Week (December 15 - 21)

Winter

To bring this Spirit Light into the
Sphere of Winter’s Night
Is my blessed heart’s desire
That new and shining Soul beginnings
May root in Cosmic origins
And in the darkness of the senses,
the Word of God
May resound, – transfiguring all Existence.

38. Thirty-eighth Week (Christmas)

Hallowed Night Ambiance

I sense mysteriously redeemed
From my Soul’s womb the Spirit child;
The sacred Logos has conceived
In the Heart’s illumined shrine
The heavenly Seed of Hope;
Rejoicingly, it grows in distant worlds
From Godhead sources of my Being.

39. Thirty-ninth Week (December 29 - Jan. 4)

Surrendered to the Spirit’s Revelation
I find the Light of Cosmic Being.
Strength of thought expands,
Transfigured, gifting me my Self;
Awakening it liberates
From Concentration, Self-awareness.

What we ask today is that in becoming acquainted individual corners should be rubbed off. Because it is in the becoming acquainted, this rubbing off of corners, that the still unconscious, instinctive reminiscences and after-effects of former incarnations strike upwards.

“What I have now described for the fifth post-Atlantean epoch is only in its initial stage. And as the epoch continues it will become increasingly difficult to bring ourselves into a right relationship with others, because this demands inner development, inner activity. A beginning has been made, but what has begun must continue to spread and become more and more intensive...Stirred by certain after-effects of previous earth-lives, people are drawn together in love; but other forces work against these rising memories, and friends grow apart again. And this putting the durability of their relationship to the test is not only for those who meet in life as friends; it will also be increasingly difficult for children to understand their parents, parents their children, brothers and sisters each other. Reciprocal understanding will become more and more difficult, because of the increasing need to free what is karmically imprisoned within us, and to let it rise to the surface.”

We Must Meet These Difficulties if We Are To Develop Consciousness Soul

Nevertheless, Dr. Steiner assures us that the “negative prospect of ever increasing difficulty in reciprocal understanding...is an absolutely necessary condition. If the difficulty of coming to mutual understanding were not hanging over fifth post-Atlantean humanity, the consciousness soul could not develop, and people would have to live their life in common dependent upon their natural tendencies. And cultivation of individuality — which belongs to the consciousness soul — would not be able to develop either. This must take place. Men will have to undergo this test.”

“Nevertheless, if only this negative aspect of evolutionary conditions in the fifth post-Atlantean period were to prevail, war and strife would inevitably arise, and find their way into even our most unimportant concerns.” And it is here that Dr. Steiner offers the three great aims and impulses for the consciousness soul age, his remedies for “destitution of soul”.

Developing Social Understanding

As we develop ourselves as individuals - outgrowing the relative harmony and structure of the group soul experience, it will be essential to cultivate “ a conscious form

of SOCIAL UNDERSTANDING proceeding from a deep knowledge of the true being of the human individual...When spiritual science blossoms more and more out of the abstract into the concrete, into fullness of life, among its adherents a very special knowledge of, a very special interest in, humanity will be aroused. There will be people with special gifts for teaching others about the different temperaments and characterological tendencies, how this person with a particular temperament should be taken in such a way, whereas that other person with the same temperament but with a different trend of character requires different treatment. These specially gifted men will say to those who are ready to learn: “Look carefully; there is this type of person and there is that other type, and, with each, must deal differently.” Practical psychology, practical knowledge of the soul, but also a practical knowledge of life, will be cultivated, and out of this true social understanding for human development will grow.”

If we are to succeed in developing social understanding, it will be necessary to overcome our sympathies and antipathies toward others – which Dr. Steiner tells us are the greatest enemies of true social interests and can blot out or set on a false track a karmic connection which will then have to be laid aside until the next incarnation. Instead we are to “make up our minds to take people as they are.” Nationalism is another arena for sympathies and antipathies that Dr. Steiner characterizes as being “so strong that they are fearful testings for mankind”.

Acquiring Liberty of Thought in Religion and Other Branches of Community Life

Dr. Steiner posits that in the 4th post-Atlantean epoch, when we lived more as groups, it was necessary for religious authority to pour out dogmas and religious principles common to all, but this can no longer find its way to human hearts or be understood. “In the fifth period Christ is already actually entering the individual soul, and unconsciously or subconsciously we all carry Christ within us. But through ourselves alone we must find the way to understand Him anew. This will not come from the imposing of fixed dogmas, only from doing all we can to further what will make Christ universally comprehensible, to further the spread of universal religious knowledge in general, and to search out everything which can work to this end.” “Because humans are becoming more and more individual an attempt should be made for anyone to describe his inner experiences completely freed from dogma to another, in such a way that the latter might also be able to develop his own free life of religious

thought as an individual...we leave the soul, especially in the sphere of religion, its own liberty of thinking and scope to unfold this liberty... In this very age of the consciousness soul, the ahrimanic powers are most fiercely renewing their attack upon liberty of thought — the nerve and sinew in the stream of the spiritual scientific conception of life...”

Dr. Steiner characterizes “...the clash of conflict between germinating liberty of thought and the principle of authority which works into our times like a hang-over from the past. And there is a passion for dulling the consciousness and for self-deception where belief in authority is concerned...(which is) so great and so intensified that under its influence people are losing their power of judgment.” He tells us that under the pressure of authority in many spheres of life, including medicine, law, education and science, we would become more and more helpless if we did not resist this ahrimanic opposition and consciously strive after what springs from the human heart.

Living Knowledge of the Spiritual Worlds Through Spiritual Science

How will we be able to develop the capacities for human understanding, and for forming right judgments that free us from the bonds of authority? Good intentions are not enough. Dr. Steiner tells us that we can only achieve these results if “...the knowledge which comes only from spiritual science is quickened into life.” “We are told in spiritual science of a concrete spiritual world; of elemental beings surrounding us; of the Hierarchies, Angels, Archangels and so forth. The world becomes peopled for us with real spiritual content, spiritual forces and spiritual beings. That we should know nothing about these spiritual beings is no longer a matter of indifference to them as to some extent it still was in the fourth post-Atlantean period. But if in the fifth post-Atlantean epoch men on earth know nothing about them it is as though, a part of their spiritual nourishment was being withheld. The spiritual world is in close communication with our present physical world of earth.” Dr. Steiner goes on to explain that “...we can feel it as good fortune for earth-life that Christ should have entered it.” But from the standpoint of the angels, there is sorrow that he left their world. “...there is only one way for the Angels to find solace, and I described it rightly when I said that men on earth in their physical bodies should live with the Christ-thought in such a way that it can shine upwards as a light to the Angels — since the Mystery of Golgotha — shine up to the Angels as a light. Men say: Christ has entered into us, and we can develop in such a way that

He will be able to dwell in us — “not I, but Christ in me.” The Angels say: Christ has gone from the sphere of our inner life, and He shines up to us now like so many stars in the Christ-thought of individual men; He shines up to us since the Mystery of Golgotha, and there we find Him again. There is a real connection between the spiritual world and the human world. And this is also shown by the fact that the spiritual beings who apart from ourselves inhabit the spiritual world look with satisfaction and approval upon our thoughts about their world. They can help us only if we think about them; and although we may not have attained to clairvoyant vision into the spiritual world, if we know about these spiritual beings they can help us. In return for our study of spiritual science help comes to us from the spiritual world. It is not merely the things we learn, the knowledge we acquire, it is the beings of the higher Hierarchies themselves who help us when we know about them. And if in future, as the fifth post-Atlantean epoch proceeds, we face the authority of the expert, it will be good to have behind us not only our own human understanding but also what the spiritual beings are able to weave into it through our knowing about them. They qualify us to confront authority with sound judgment. The spiritual world helps us. We have need of it, we must know about it, and unite ourselves with it through conscious understanding. This is the third thing which must come to pass in the fifth post-Atlantean period.”

As we think about how to celebrate Christmas in a new way, we might consider how “...the three great concrete social ideals and ideals of cognition will enable the consciousness soul in the fifth post-Atlantean period to understand the Mystery of Golgotha, and to receive Christ in a new way. For we forge a real link with the spiritual worlds by learning to know how these worlds also stand to the central impulse of earth evolution, to the Christ impulse. The Christ impulse will become our real link with the spiritual worlds under the influence of the thoughts which stream from them earthwards, and which we offer up again in our thinking about Christ...”

“No, knowledge of the Spirit may not be described as fantastic. It is knowledge of the Spirit which first, of all endeavors to find a way of influencing the actual conditions under which destitution of soul, necessarily bound up with the fifth post-Atlantean epoch, arises... And we must remind ourselves as part of our endeavor in spiritual science that what may seem to us abstract truths have in them magic power which has only to be released for clear light to pour over the whole of life. And wherever we are placed, as scientists or practical workers in whatever sphere, however small our part, if we know how to

quicken into life, for whatever that sphere may be, the abstract truths we take in during our meetings, we shall be fellow-workers at the greatest tasks of our time. And our souls will then be filled with a gladness which is not superficial good cheer, but has its part in the life-giving seriousness that increases our strength; and instead of allowing life to degenerate into a mere excuse for enjoyment makes of us true workers in life.”

“Peace on Earth, good will toward men.”

Luke 2:14

Fourth Panel of the Foundation Stone Meditation

At the turning point of time
The Spirit Light of the World
Entered the Stream of Earthly Being.
Darkness of Night had held its sway.
Day-radiant Light streamed into human souls:
Light that gives warmth
To simple Shepherds’ Hearts.
Light that enlightens
The wise Heads of Kings.
O Light Divine,
O Sun of Christ,
Warm Thou our hearts,
Enlighten Thou our heads,
That Good may become –
What from our hearts we found
And from our heads direct
With single purpose.

~ Rudolf Steiner, Christmas Conference 1923-1924

Translation: Ernst Katz 1996 A composite, derived from several variants given by Rudolf Steiner. Revised and improved relative to previous translations by the same author.

Here Come the Holy Nights Readings

The time for The Holy Nights Readings is fast approaching. 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 33 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 Fifth Gospel and, Necessity and Freedom lecture series which we last read in 2009.

Please call me at 503-777-3176 for more information.

Tom Klein

A Christmas Letter

Listening has long seemed to us the greatest art. Though the beauty it breeds is rarely met with in social gatherings, where chatter is the order-or disorder- of the day, it is supremely social. For the true listener clears his consciousness of every trace of self in order to "entertain" the other's thinking. If his interest is warm + strong enough, it proves evocative, + the speaker may find cause to wonder at the life + depth his thoughts assume. Untold wealth is engendered by such interchange, wherein each is both a giver + a taker. It is a wealth which becomes in time the heritage of all mankind.

He who can listen to his fellows' thought + let its life grow great within him gradually learns another, larger kind of listening. He hears the voice of that which ought to be realized through him, speaking.

To hear it in himself attunes his ear to hear it speak in others also, with whom creative destiny has linked him. He perceives the patterns they should weave together. Each day, each hour becomes filled with significance. Never again can he content himself with meaningless exchange. He looks for necessity in each relationship, + beyond it to the free, creative possibilities it offers. This is the essence of true social feeling, though the man who holds to it is apt to be criticized as anti-social.



Christmas is that season of the year when winter's hush most inclines the inner ear to listening, when outer cold most favors the engendering of inner warmth. Hearts come awake, as though to hear angelic choruses resound anew. They reach out in brotherhood to ascertain the singing of the other's spirit, that their own may be blended with it in a heavenly harmony.

Christmas 1961 Marjorie Spock

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 Ramage at 971-271-7479.

To submit an article or a calendar item, email it both to Valerie Hope, valerieannhpx@aol.com and Wes Burch, truelion@comcast.net. The deadline for submissions is the 15th 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>

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 Waldorf Schools, and Swallowtail School.

Newsletter co-editors are Wes Burch & Valerie Hope; Seth Miller is our webmaster; and Ruth Klein is our treasurer; Christopher Guilfoil is our design and layout artist.

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2016:

Cyndia Ashkar, Betty Baldwin, Wesley Burch, Sandra Burch, Amanda Eastman, Christopher Guilfoil, Helen Homola, Valerie Hope, Tish Johnson, Bob Kellum, Donna Patterson-Kellum, Margaret Kerndt, Tom Klein, Ruth Klein, Anne Kollender, James Lee, Heidi Vaneck Leontie, Judith Levin, Martin Levin, Robin Lieberman, Regina Loos, Patricia Lynch, Cheri Munske, Natalie Norman, Padeen Quinn, Walter Rice, Susan Rice, Jannebeth Roell, Diane Ramage, Diane Schell-Rowley, Rebecca Soloway, Jerome Soloway, Barbara Strong, Linda Sussman, Marion Van Namen, Elizabeth Webber, Cindy Weinberg, Neil Weinberg, and thanks to a generous anonymous donor.

We will gratefully receive your Branch membership dues

(\$50 or what you can afford).

Send to: The Portland Branch c/o Ruth Klein, 3609 SE Center,
Portland, OR 97202

Portland Branch Calendar December, 2016

First Class of the School of Spiritual Science

December 11 (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

December 12 • 2606 SE 58th Ave. • 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. Meetings are on the second Monday of each month.

In Honor of the Advent Season

December 2 You are invited to a presentation of the “Madonna Series”. 7:30pm; Bothmer Hall. \$5 donation requested. Please see accompanying flyer at the end of the Newsletter.

Holy Nights Readings

December 26 to January 6 Place and time to be announced

This year we will be reading The Fifth Gospel and, Necessity and Freedom lecture series which we last read in 2009. Please call me at 503-777-3176 for more information. Tom Klein

“You detect at this point what life, which has poured into the world, actually is. Where can the source of this life be found? It can be found in what stirs the moral ideals and prompts us to say that if we allow ourselves to be filled by the light of moral ideals today they will bear life, matter, and light and create worlds. We carry that world-creating element, and the moral ideal is the source of all that creates worlds.”

Rudolf Steiner

“Universal Spirituality and Human Physicality, Bridging the Divide”

Rudolf Steiner Press 2014

Ongoing Local Activities and Study Groups

First Class of the School of Spiritual Science • On 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 Ramage at 971-271-7479, Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

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, jrsoloway@hotmail.com or 516-850-1027

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, valerieannhpdx@aol.com

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

An Outline of Esoteric Science 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

Please join us in lively discussions centered on Rudolf Steiner's An Outline of Esoteric Science.

Eurythmy Foundation Course with Jolanda Frischknecht • Tuesdays & One Weekend/Month

Tuesdays 6-7:30 pm, One weekend/month Friday 6-7:30, Saturday 10:30-2:30 with lunch break • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • \$20/session; Tuesdays Only \$80; weekend \$50; all classes \$120 • Contact Jolanda, jolandafrischknecht@hotmail.com, or 503-896-3345 See Flier, September newsletter.

This class is for those who have done Eurythmy for some time as well as for those new to it; for those who want to deepen their experience and dive into the eurythmical movements more intensively; session will consist of both Tone and Speech Eurythmy; we will explore and deepen the basic elements of Eurythmy as well as entering into an artistic process together of expressing poetry and music through the wonderfully enlivening and meaningful movements of Eurythmy.

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

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

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

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

We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to

Light, Color and Darkness in Painting (Therapy) Working with Indications from Liane Collot d'Herbois; a study and painting group: Last Monday of the Month Beginning September 26

10 am – 12 pm • Studio 901 at 1410 SW Morrison St. • Contact Robin Lieberman, 503-222-1192 or robin@robinlieberman.net or Cheri Munske 503-484-4133 • For artists working therapeutically out of Anthroposophy

Please join Robin Lieberman, MSW, painting therapist and Cheri Munske, art therapist, for study and painting. We will be working from Liane's book of the same title, exploring color each month.

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 Ramage by e-mail at dramage@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 • pws_choir-subscribe@yahoogroups.com (503) 654-2200

Painting and Study with Patricia Lynch

9:15-11:00 am, 3359 NE 72nd Ave., Portland. Contact Patricia Lynch at patriciahomanlynch@gmail.com

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

Temple Legend Study Group • First and third Tuesdays

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

Threefold Social Renewal Study Group • Every Friday

11:30 am – 1pm • Portland Waldorf School, 2300 SE Harrison St., Milwaukie • contact Michael Givens, 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

Community Painting Group • Tuesday Mornings

8:45-10:00 am • Portland Waldorf School, Grimm Room next to aftercare, 2300 SE Harrison St., Milwaukie
\$15 PWS parents & alumni, \$20 all others (per session) • Adults only. All levels of painting experience welcome! Led by Cheri Munske of Transformative Arts, participants will explore the beauty, colors and moods of the ever-changing seasons through watercolor painting and dynamic drawing exercises. observe them. This is also greatly deepening our experience of the cycle of the year.

• To register contact Cheri Munske, cherimunske@gmail.com, 503-484-4133 www.transformativeartspdx.com •

World Economy Study Group • Last Friday of the Month

6:00-8:00 pm • 3046 NE 33rd Ave. • contact 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 Michael Institute. Contact John Miles, 503-774-4946 johncmiles@usa.net

Waldorf Teacher Education Eugene

September-June • Eugene Waldorf School • Contact LeeAnn Ernandes @ Message phone: 541-686-9112

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Embryo In Motion: Understanding Ourselves as Embryo

4-DVD Set Now Available With Jaap van der Wal, PhD, MD

This beautiful 4-DVD set was professionally recorded live in Portland, OR, June 3–6, 2010.

To learn more about the 4-DVD set and for instructions on how to order it, go to the “shop” portal on the Portland Branch website at www.PortlandAnthroposophy.org.

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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Contact Valerie Hope at Valerieannhpdx@aol.com

Dr. Lisa Del Alba
Anthroposophical N.D.

Benjamin Bell LMT
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7477 SE 52nd Ave. Portland, OR 97206

Eugene Scheduling
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HEALTH CARE
uorhealth.com

Transformative Arts presents

The Madonna Series



Friday, December 2, 2016

7:30 pm

Bothmer Hall

In 1911, Dr. Felix Pipers, an Anthroposophical physician, approached Rudolf Steiner to work with him in treating children and adults, who suggested a series of Madonna images primarily painted by the Renaissance artist, Raphael. This series has become known as the "Madonna Treatment", and is used as a therapy in Camphill Communities and other therapeutic settings. The essence and importance of the series lies in the particular sequential order as well as the composition of the pictures. The 15 images, often accompanied by lyre music, have a regenerative force, enlivening the human being.

In honor of the Advent Season you are invited to join us in a devotional mood for this remarkable and healing Madonna Series. Adults Only. \$5

Presentation: Cheri Munske, Lyre: Diane Rowley
cherimunske@gmail.com



Monday, December 12th, 2016 at 7:30PM

Lloyd Center 10 & Imax 1510 NE Multnomah Street

This is the 2016 documentary everyone has been talking about. Please come out to this special event for our community and friends, to see it for yourself and have conversation with other parents and professionals.

THIS IS NOT A FILM AGAINST VACCINATIONS, BUT IT IS A FILM THAT CAN HELP US ALL THINK MORE CLEARLY ABOUT WHAT POLICIES ARE BEST FOR OUR CHILDREN, AND HOW WE MIGHT BETTER ORGANIZE OURSELVES AS THE ISSUES IT BRINGS UP CONFRONT US IN THE FUTURE.

We need 60 people to sign up to make this film happen.

To sign up, go to: <http://gathr.us/screening/18673>

For more information, contact Bob Kellum AT HEALTHBRIDGE@INTEGRA.NET